It’s Not Too Late!

Join our team (61 strong at press time), including a healthy group from Cambridge Health Alliance, to meet our goal of $45,000.

To Walk
(BEFORE MAY 19)

www.namiwalks.org/team/
NAMI-CAMBRIDGE

CONTACT:
John Sharp | 781-646-6381
john@nami-cambridgemiddlesex.org

SIGN UP AT NAMI-Cambridge table at
Walk before 10 am May 19
(Walk Team T-shirts for sale)

To Give
(UNTIL JUNE 30)

www.namiwalks.org/team/
NAMI-CAMBRIDGE

OR

MAIL:
Send checks made out to NAMI MASS
to 245 Park Ave., Arlington, MA 2476

Walk with us for . . .

RECOVERY • EDUCATION • SUPPORT • ADVOCACY . . . and bring a friend!
EDUCATION AND SUPPORT

Family Support Groups (FSG)
For family members and friends of people with mental illness
First, third, and fourth Mondays, 7:30-9:30 pm
Cambridge Hospital, 3rd Floor Learning Center
1493 Cambridge Street, Cambridge.
Free and confidential
See www.nami-cambridgemiddlesex.org for more information.

Family-to-Family Education Program (F2F)
For family members and friends of people with mental illness
Twelve-week comprehensive education program offered in fall starting Thursday, Sept. 20, 2018, and spring.
Advance Registration is required. Contact Carolyn at Carolyn@nami-cambridgemiddlesex.org with your phone number and best time to call.
Free and confidential

Area Family Support Groups
ACTON  Contact Susan McDougall at mcdougalltal@aol.com or 978-263-8830; Clare Cooper at ccooper@westfordconsulting.com or cell 978-692-8994.
BEDFORD  Call the NAMI of Central Middlesex affiliate helpline 781-982-3318.
DORCHESTER  Contact Monica, 857-342-2796 or Mpomare28@gmail.com; Mark, 617-522-7439 or mzanger@comcast.net.
STOW  Call Trish Woods at 978-897-2962.
WAKEFIELD  Contact Kay at 781-438-1851, or Diane at 978-658-3567 or email: Dianeh23@yahoo.com
CARING FOR THE SOUL-CAMBRIDGE
Info: bosejo222@yahoo.com.

For Peers
FREE PEER-TO-PEER CLASSES
Cambridge Hospital
Contact Judi Maguire at jmaguire@namimass.org for schedule and registration.

NAMI CONNECTIONS
Support group for peers/consumers
Wednesdays and Fridays 10:30-Noon
Cambridge/Somerville RLC, 35 Medford St., Ste. 111, First Floor, Somerville
Contact Janel at 617-863-5388 or tanj@vinfen.org

IMPORTANT PHONE NUMBERS

NAMI Cambridge-Middlesex  . . . . . . . . . . . 617-984-0527
Recorded information about education meetings, family support groups, and membership. You can leave a message.

NAMI Mass COMPASS
for help navigating the mental health system in Massachusetts: 9 am-5 pm, Mon-Fri . . . . . . . . . . 617-704-NAMI (6264)

NAMI Mass Office
(9am-5pm, M-F) . . . . . . . . . . . . . . . . . . . . . . . . 617-580-8541
The Schrafft’s Center, 529 Main St., Ste. 1M17
Boston, MA 02129

Psychiatric Emergencies
Call 911 for immediate medical help.

Cambridge Hospital  . . . . . . . . . . . . . . . . . . . . . . . . . 617-665-1560
The Psychiatric Emergency Service (PES) of the Cambridge Health Alliance (CHA) is located in the Emergency Department at Cambridge Hospital, 1493 Cambridge St., Cambridge. Psychiatrists and clinical social workers are on duty 24 hours a day.

BEST Team
(Boston Emergency Service Team) . . . . . . . . . . . . 800-981-4357
Primary emergency service team that serves Boston, Cambridge, and Somerville. In-person behavioral health crisis assessment, intervention, and stabilization service in the community or at their two centers, 24 hours a day for individuals of all ages covered by MassHealth (Medicaid) plans, Medicare, and the uninsured.

Emergency Psychiatric Services
for other communities call . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . 877-382-1609

SUICIDE PREVENTION
National Suicide Prevention Lifeline  1-800-273-TALK
Free, confidential 24-hr. emotional distress line

Samaritans of Massachusetts  1-877-870-HOPE
24 hour Crisis Intervention/Hotline

Samaritans of Massachusetts  1-800-252-8336
Teen Line (statewide)

Samaritans of Massachusetts  1-617-247-0220
24 hour Helpline

SUBSTANCE ABUSE HELP
Mass Substance Abuse HELPLINE  1-800-327-5050
Free, confidential information and referrals

OTHER RESOURCES
NAMI National Legal Center (namimass.org under “Resources”)  
Among other useful information is a comprehensive “Road Map through the Massachusetts Criminal Justice System for Persons with Mental Illness and Their Family.”

VISIT OUR WEBSITE
WWW.NAMI-CAMBRIDGEMIDDLESEX.ORG
2017 Auction Winners

We’ll See You September 23 for this year’s event!

Birding with John
Expert birder John Sharp took a group of eight auction winners on one of his iconic birding trips through Mt. Auburn Cemetery on a beautiful Sunday morning. They turned binoculars and cameras on an Ovenbird hopping along the ground within easy view, a Great horned owl way up in a tree, fighting off two crows, a season’s worth of warblers, and, the thrill of the day, an immature Red-tailed hawk swooping down on a squirrel and then trying to figure out what to do with it!

A Trip to Paris
Carolyn White (right) with a lucky guest in her light-filled Paris apartment.

Tennis on Grass
Auction winner Jean Claude Sureau played on grass at the beautiful Longwood Club with his son and a friend. The old guys won, he reports.

MEMBERS—Watch for renewal date on the mailing label of your newsletter—envelope enclosed.

Join NAMI Cambridge-Middlesex:

Please print clearly and mail to the address below with your check or visit www.nami.org to join online

NAME
STREET
CITY STATE ZIP
TELEPHONE NUMBER EMAIL ADDRESS

I would like to become a NAMI-CM member. Please send $40 for Individual Membership or $60 for the new Household Membership (covers all individuals in your home) (or $5 for Open Door Membership).

I want the Cambridge-Middlesex NAMI newsletter only, since I am already a member of another affiliate. Please send $10.

Make checks payable to: NAMI-CM Mail to: NAMI-CM, 174 APPLETON ST., CAMBRIDGE, MA 02138
This is not an office, but a mailing address only. NAMI-CM is a volunteer organization; we do not maintain an office.
### Advocacy

**The Restoration Center:** Planning process was included in the Criminal Justice Reform Bill, which was signed by the Governor in April. The planning commission has started meeting.

**DMH Budget:** Looks like a win! Both The House and Senate Ways and Means budgets fully funded the increase to DMH proposed by the Governor, including funding for Adult Community Clinical Services (ACCS).

**Statewide CIT bill:** This bill ended up in different committees—House bill (H.4356) in the Health Care Financing committee, and Senate Bill (S. 2452) in the Senate Ways and Means Committee. Recent NAMI Mass meetings with Senator Cindy Friedman and Senate President Harriet Chandler about these two initiatives, particularly the CIT bill, were very positive.

### Faster Psyc valuations Offered at CHA

The Cambridge Health Alliance has opened its new Psychiatric Access Service (PAS) on the first floor of Cambridge Hospital to offer faster access to psychiatric evaluations and treatment. This will allows patients to be stepped up or down to an intermediate level of care, helping to reduce or avoid inpatient stays. It will also open a new five-day Partial Program on May 21.

Referrals to the new service may come from emergency department providers, inpatient discharge planners, outpatient providers, primary care providers, or integrated care providers. More information can be obtained by calling the PAS at 617-666-1356, M-F, 9 am–5 pm.
The Power of Peer Support

The purpose of the Peer Support role is to create a relationship between equals that is non-clinical and supports a partnership aimed at growth and recovery.

APRIL 3, 2018 Four trained Peer Specialists and Recovery Coaches gave us a “crash course” in how the peer support workforce is leveraging the power of lived experience to help others.

Members of the peer workforce, including Certified Peer Specialists (CPS), Certified Addiction Recovery Coaches, Peer Mentors; Young Mentors; and Trained Family Partners, can be found working at Recovery Learning Centers, peer-run mental health and addiction Recovery Centers; in Behavioral Health Provider Agencies; Clubhouses, Hospitals, Out Patient Clinics, Homeless Shelters, Detox Centers, and Specialty Courts.

Studies of the Peer Support workforce have documented reduced relapse rates, improvements in psychiatric symptoms, decreased homelessness, expansion of social support networks, enhanced functioning, and decreased lengths of stay in hospitals. Two Recovery Coaches hired by CHA Everett to work with patients in the ED there got 15 patients into detox in their first month on the job.

Peer Support Workers are individuals in recovery who have lived experience with a psychiatric diagnosis, trauma, or substance use and are trained to help people struggling with a similar experience to gain hope, explore recovery, and achieve life goals. Their role is not to provide clinical treatment. They are responsible for minimizing power differentials as much as possible and not participating in tasks that have the potential for or appearance of coercion, including medication administration, acting as a personal driver, and handling an individual’s funds.

The Power of Peer Support

APRIL 3, 2018 Four trained Peer Specialists and Recovery Coaches gave us a “crash course” in how the peer support workforce is leveraging the power of lived experience to help others.

Members of the peer workforce, including Certified Peer Specialists (CPS), Certified Addiction Recovery Coaches, Peer Mentors; Young Mentors; and Trained Family Partners, can be found working at Recovery Learning Centers, peer-run mental health and addiction Recovery Centers; in Behavioral Health Provider Agencies; Clubhouses, Hospitals, Out Patient Clinics, Homeless Shelters, Detox Centers, and Specialty Courts.

Studies of the Peer Support workforce have documented reduced relapse rates, improvements in psychiatric symptoms, decreased homelessness, expansion of social support networks, enhanced functioning, and decreased lengths of stay in hospitals. Two Recovery Coaches hired by CHA Everett to work with patients in the ED there got 15 patients into detox in their first month on the job.

Peer Support Workers are individuals in recovery who have lived experience with a psychiatric diagnosis, trauma, or substance use and are trained to help people struggling with a similar experience to gain hope, explore recovery, and achieve life goals. Their role is not to provide clinical treatment. They are responsible for minimizing power differentials as much as possible and not participating in tasks that have the potential for or appearance of coercion, including medication administration, acting as a personal driver, and handling an individual’s funds.

Yoga instructor Laura Fronius of Universal Power Yoga in Norwood, thanked NAMI-CM for all the help and support we provided to her family by donating the proceeds of one class with 34 attendees, $600, to our affiliate.

“Start by doing what’s necessary, then do what’s possible, and, suddenly, you are doing the impossible.”

Francis of Assisi
Inside this issue:
Save the Date ............... p.1
Resources ..................... p.2
Auction Winners ........... p.3
NAMI-CM News ........... p.4-5

SPEAKING OF SCIENCE 2018

How Neuroimaging Can Serve Patients and Families Dealing with Psychiatric Illness

TUESDAY, JUNE 5, 2018  6:30-8:30 PM
MACHT AUDITORIUM, CAMBRIDGE HOSPITAL