NAMI-CAMBRIDGE 7TH ANNUAL AUCTION
A benefit for the NAMI-CM Social Inclusion Fund
SUNDAY, SEPTEMBER 23, 2018
237 BRATTLE STREET • CAMBRIDGE

A benefit for the NAMI-CM Social Inclusion Fund
Check out our latest offerings and register for the event at:
www.biddingforgood.com/namicambridge

SUNDAY, SEPTEMBER 23, 2018
237 BRATTLE STREET • CAMBRIDGE

$50 in advance; $60 at the door
INFORMATION: 617-354-6644
marypat@nami-cambridgemiddlesex.org

FREE FAMILY-TO-FAMILY CLASS
12 THURSDAYS, STARTING 9/20 • 6:30-9:00 PM

CLOzapine’s Risks and Rewards
One Family’s Story and a Psychiatrist’s Perspective
WEDNESDAY, OCTOBER 10, 2018 • 6:30-8:30 PM

ADVOCACY: THE NATIONAL PICTURE
PETE EARLY
TUESDAY, DECEMBER 4, 2018

A Message to Family Members: “TAKE CARE OF YOURSELF”
WEDNESDAY, JANUARY 9, 2019 • 6:30-8:30 PM

For more information go to 617-984-0527 or
www.nami-cambridgemiddlesex.org
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 or Sharon at 914-960-9072 with your phone number and best time to call. Free and confidential

► Area Family Support Groups
ACTON Contact Susan McDougall at mcdoaugalla@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: bosoje222@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

VISIT OUR WEBSITE
WWW.NAMI-CAMBRIDGEMIDDLESEX.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 Schraff’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.”

This Newsletter is published quarterly by the National Alliance on Mental Illness of Massachusetts, Inc./Cambridge-Middlesex Affiliate for its members and others interested in our education, support, and advocacy work on behalf of the mentally ill. You can find back issues at www.nami-cambridgemiddlesex.org.
What a Walk!

Thanks to our fearless leader John Sharp and our “always sunny day,” an astonishing 92 NAMI-CM walkers charged down the three-mile path, raising $56,000 (45% for NAMI-CM, 45% for NAMIMASS and 10% for NAMI national.) Cambridge Health Alliance joined the NAMI-CM team this year, along with friends from Cape Cod and walkers from all over eastern Massachusetts. The top fundraiser was once again the indefatigable Carolyn White who raised more than $3,000, even though she could not be here for the Walk. Regina Aldhurst and Teresa Cardosi both had 38 donors and 21 additional walkers raised more than $500 each. Thanks to all!
Speaking of Science 2018


Dr. Whitfield-Gabrieli explained how the efforts in her lab are focused on translating discoveries and methodologies in basic neuroscience to more effective treatments for mental illnesses. Several areas of particular interest are early identification of people who would benefit from interventions at a young age, tailoring of therapies to subjects based on their patterns of brain function (personalized medicine), and using fMRI brain imaging to provide immediate feedback to subjects in the form of video-game-like graphics with the goal of normalizing the patterns of activation of different systems in the cerebral cortex.

Dr. Whitfield-Gabrieli’s work holds hope for identifying children who may be at risk for anxiety and mood disorders. Through the Boston Adolescent Neuroimaging of Depression and Anxiety (BANDA) project, she and other researchers and clinicians from MGH, McLean Hospital, MIT and BU are using brain imaging and other clinical tests to look for patterns of brain function that could be used to identify children at risk for these disorders. Their imaging results suggest that some brain activity patterns characteristic of those disorders may be identifiable in advance of obvious symptoms and she hopes that this can lead to preventive measures.

Dr. Whitfield-Gabrieli reported that medication/mindfulness training is one of the more effective mental exercises that seems to restore more balanced patterns of brain activity, as observed brain scans.

Many in the audience were interested in how they or their loved ones might be able to participate in ongoing studies and were encouraged by Dr. Whitfield-Gabrieli to contact her for further information.

Whitfield-Gabrieli is moving from MIT to the Northeastern University Center for Cognitive and Brain Health where she is Professor of Psychology and Director of the MRI Imaging Center.

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

Francis of Assisi

Secretary of the Commonwealth
Elections Division, McCormack Building
One Ashburton Place, Room 1705
Boston, MA 02108
Toll-Free: 1-800-462-VOTE (8683)
617-727-2828 Fax: 617-742-3238
Email: elections@sec.state.ma.us
Call 1-800-462-8683 or 617-727-2828 or email elections@sec.state.ma.us, if your town or legislators are not listed here.
Criminal Justice Legislation

The Restoration Center
NAMI Massachusetts advocates supported a bill that would establish a planning process for a Restoration Center in Middlesex County, a 24-hour police drop-off center for persons experiencing behavioral health crises. This bill was attached to the Criminal Justice Reform Package by Senator Cindy Friedman, and was ultimately adopted in the final bill and signed into law in April. NAMI Massachusetts was appointed as a member of the Restoration Center Planning Commission, which has met three times to date.

The Statewide CIT Center for Community Policing
One of the bills highlighted during Advocacy Day was the Statewide Crisis Intervention Team (CIT) Center bill. Over the last several months, NAMI Mass staff and advocates have raised awareness about this legislation and the need for CIT training for police officers around the state. This bill was submitted as an amendment to the House Opioid Treatment bill by Representative Linda Dean Campbell, and was included in the final bill that was passed and signed by the governor last week, formally creating a statewide center for police training in behavioral health.

FY2019 Budget

Increased DMH funding for ACCS
The 2019 Budget includes an historic increase to the DMH budget of more than $92 million. About $83 million of this new money will fund the redesigned adult services, creating the new Adult Community Clinical Services (ACCS), which have replaced Community Based Flexible Support (CBFS) services.

Increased Jail Diversion Funding
The budget includes an additional $1 million for DMH’s jail diversion programs.

Items Not Adopted
NAMI Massachusetts members spent significant time and effort advocating for an earmark for the NAMI Peer-to-Peer program and for the Criminal Justice and Community Support Trust Fund, successfully convincing several Senators to sign on to these important amendments. Unfortunately, neither one was adopted in the legislative budget.

Additionally, NAMI Massachusetts supported an increase in funding to the Rental Subsidy Program for DMH clients, an amendment that was championed by Massachusetts Association for Mental Health (MAMH), but was not adopted.

CEOS & EMPLOYEES TALK ABOUT MENTAL HEALTH IN THE WORKPLACE
OCTOBER 16, 6-7:30 PM
Talking about mental health in the workplace and why hiring individuals with mental health challenges is good for business
A Panel Discussion Celebrating the Launching of the Barkin/Whitman Workforce Development Program

Pierce Hall on Mclean Campus
115 Mill Street Belmont, MA 02478

Refreshments will be provided.
Contact Joanne Grady-Savard
617-855-3298 joannegs@coleresourcecenter.org
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