



NEWSLETTER

NATIONAL ALLIANCE ON MENTAL ILLNESS OF MASSACHUSETTS, INC. | CAMBRIDGE-MIDDLESEX AFFILIATE

JOIN US FOR

NEW CLASSES • SUPPORT GROUPS • PROGRAMS THIS SPRING

SUPPORT

12-WEEK FAMILY-TO-FAMILY CLASS

THURSDAY, MARCH 5–MAY 14, 2020
6:30-9 PM | CAMBRIDGE HOSPITAL

Contact teachers Carolyn White (Carolyn@nami-cambridge-middlesex.org) or Elizabeth Fong (EFong@nami-cambridge-middlesex.org) to register. You must register in advance.

NAMI-CM FAMILY SUPPORT GROUPS

Free and confidential drop-in support groups for caregiving family and friends of people with mental illness.

1ST AND 3RD MONDAYS OF EVERY MONTH | 7:30-9:30 PM.
CAMBRIDGE HOSPITAL, 3RD FLOOR, 1493 CAMBRIDGE ST., CAMBRIDGE



EDUCATION

Back by Popular Demand: In Our Own Voice

TUESDAY, MARCH 10, 2020, 7-8:30 PM

Two guests from NAMI's powerful "In Our Own Voice" Program will share their personal experiences with mental illness. As leaders with lived experience, they will talk openly about what it is like to have a mental health condition.

MACHT AUDITORIUM, CAMBRIDGE HOSPITAL, 1493 CAMBRIDGE ST., CAMBRIDGE
(PARKING VOUCHERS AVAILABLE)

Planning a Life / Special Needs

TUESDAY, APRIL 7, 2020, 7-8:30 PM

Michael Wiener is a professional financial advisor whose practice is exclusively devoted to families who have children with special needs. He will speak to the considerations that address the financial, residential, vocational, social, recreational and health and wellness challenges that are crucial in creating as independent a life that may be possible for our children. He will include various benefits/programs/subsidies that may be available, along with your own personal plan, including your own estate planning.

MACHT AUDITORIUM, CAMBRIDGE HOSPITAL, 1493 CAMBRIDGE ST., CAMBRIDGE
(PARKING VOUCHERS AVAILABLE)

Speaking of Science *Coming in June.*

EVENTS

Advocacy Day

FRIDAY, APRIL 3, 2020
MASSACHUSETTS
STATE HOUSE

Join us at the State House to tell your story/frustrations to your State legislators and build support for reforms and funding. <https://namimass.org/advocacy-day/>



NAMI National Convention, Atlanta

JULY 15-18, 2020

Hear about cutting edge research and recovery strategies and meet mental health advocates from around the country. Discounted early bird registration deadline March 2

<https://www.nami.org/Get-Involved/NAMI-National-Convention>

IT'S BACK: THE WALK!

SATURDAY MAY 16

SIGN UP NOW:

<https://www.namiwalks.org/team/NAMI-CAMBRIDGE>

As Walk leader John Sharp says:
"It's always a sunny day!"





EDUCATION PROGRAM



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In Our Own Voice

TUESDAY, MARCH 10, 2020

7:00-8:30 PM

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Treating Mental Illness: Let's Get It Right

DR. PHILIP WANG, the new chief of psychiatry at the Cambridge Health Alliance is a man on a mission—to see earlier detection of mental illness and prompt intervention. Speaking at NAMI-CM's December program, he explained how slow detection and late intervention of mental illness in teenagers is ruining lives. Decades of research has confirmed that the median age of onset is a young 14.

“Early onset of mental illness and the lack of diagnosis and prompt treatment disrupts education, work, and the social lives of these young people,” he explained.

Because of missed opportunities for treatment, he reported, one-third of these teens experience:

- ✦ Early drop out from school
- ✦ Social isolation
- ✦ Getting caught up in the juvenile justice system

More than one-third have co-occurring substance abuse disorders. Fewer than half receive any treatment at all, due to the fragmentation of care. In addition to these problems, mental health disparities disproportionately impact certain immigrant populations and the LGBTQ community. Largely due to these problems, Dr. Wang believes, suicide is the third leading cause of death among young people.

Despite spending 14 percent of its Gross Domestic Product on health care, when it comes to mental health treatment, way too much is left up to the patient, he pointed out. CHA, he explained, is moving to a much more effective measurement-based collaborative care model built around teams of primary care physicians, care managers, and psychiatrists to catch and treat signs of mental illness earlier and, hopefully, improving—even saving—lives.



NAMI-CM Programs — PAST AND PRESENT

- The Power of Peers • Pete Early • Self Care •
- Financial Planning • Dealing with Anxiety •
- Cannabis and Mental Health • Dual Diagnosis •
- New Treatment Approaches •
- Let's Be Clear: Effective Communication •
- Mental Illness & Jail • Suicide Prevention •
- DMH Entitlements • Let's Talk About Depression •
- Housing •

What Would You Like?

Contact Jim Kobler:
jim@nami-cambridgемiddlesex.org
or Jane Martin:
jane@nami-cambridgемiddlesex.org
with your ideas.

NAMI CAMBRIDGE / MIDDLESEX NEWS



NAMI-CM President Jane Martin (center) presents a donation from the September NAMI auction to Mary Cassesso, president of the Cambridge Health Alliance Foundation and chief community officer at our December program featuring Dr. Philip Wang, new chair and chief of psychiatry.

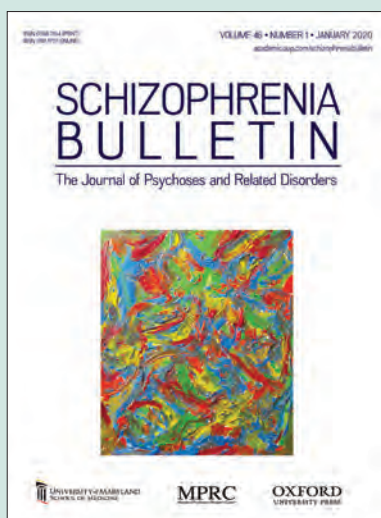
Bon Appetit!

Eight NAMI-CM auction winners met their culinary match at Christine and John Doucet's house where she demonstrated the French art of crepe making and served her masterpieces to the great satisfaction of all.



Betsy Post (left) and Valerie Headley are looking forward to helping NAMI-Cambridge expand its Family Support Group offerings as newly-trained leaders. Valerie hopes to build support for communities of color.

A painting by Nick Ouellette, artist, son of board member Larry Ouellette, and frequent donor to the NAMI-CM Auction, was recently chosen for the cover of the January 2020 issue of *Schizophrenia Bulletin*, a premier quarterly journal which regularly features the art of someone with a serious mental illness on its cover and pays the artists! (<https://academic.oup.com/schizophreniabulletin>) You can see more of Nick's work at (www.nicholaslouellette.com)



RESOURCES

SUPPORT

► **NAMI-Cambridge Family Support Groups (FSG)**

Free and confidential drop-in support groups are open to caregiving family and friends of people with mental illness every first and third Monday, 7:30-9:30 pm, at Cambridge Hospital, 1493 Cambridge St., Cambridge. For information, email rae@nami-cambridgемiddlesex.org, visit name-cambridgемiddlesex.org, or call 617-984-0527.

► **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

EDUCATION

► **Family-to-Family**

Thursday, March 5-May 14, 2020, 6:30-9:00 pm, Cambridge Hospital, 1493 Cambridge St., Cambridge
Preregister with Carolyn (Carolyn@nami-cambridgемiddlesex.org) or *Elizabeth* (EFong@nami-cambridgемiddlesex.org)

Family-to-Family is a free 12-week course for family caregivers of individuals with severe mental illnesses that discusses the clinical treatment of these illnesses and teaches the knowledge and skills that family members need to cope effectively. Family-to-Family offers resources, insights, coping skills, and genuine support for families. Our volunteer teachers equip the class participants with the knowledge they need to navigate the mental health system.

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 Schraffi's Center, 529 Main St., Ste. 1M17
Boston, MA 02129*

Psychiatric Emergencies

Call 911 for immediate medical help.

CHA 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 877-382-1609

SUICIDE PREVENTION

Samaritans of Massachusetts

24-hr. emotional distress line 1-800-273-TALK

24 hour crisis intervention/hotline 1-877-870-HOPE

Teen Line (statewide) 1-800-252-8336

24 hour Helpline 1-617-247-0220

SUBSTANCE ABUSE HELP

Mass Substance Abuse HELPLINE 1-800-327-5050

Free, confidential information and referrals

Cambridge Support Group for Family and Friends

Mondays, 7-8:30 pm, Spaulding Hospital. Free parking.

<http://www.bphc.org/whatwedo/Recovery-Services/paaths-connect-to-services/Pages/paaths.aspx>

CHILDREN'S MENTAL HEALTH

Riverside Community Care's CBHI program provides help to area families with children ages 3-21 who are experiencing significant emotional/behavioral disturbances and who have MassHealth insurance.

Contact: 617-354-1519 ext.114, RBiscan@riversidecc.org

OTHER RESOURCES

NAMI National Legal Center (namimass.org under "Resources" includes "Road Map through the Massachusetts Criminal Justice System for Persons with Mental Illness and Their Family."

NAMI CAMBRIDGE / MIDDLESEX

RESOURCES

FIND YOUR LEGISLATOR

<http://www.wheredoivotema.com/bal/MyElectionInfo.aspx>

SENATE

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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.

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Sean Garballey
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MEMBERSHIP

Your membership helps strengthen the voice of NAMI, nationally and locally, for the millions of Americans living with serious mental illness. Please join today. NAMI-Cambridge/Middlesex offers free support groups and education programs for family members and friends of the mentally ill.

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 _____ EMAIL ADDRESS _____

(Enter your address, if you want to receive occasional updates by email.)

- 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.

VISIT OUR WEBSITE

WWW.NAMI-CAMBRIDGEMIDDLESEX.ORG