

NAMI JEFFCO  
P. O. BOX 1921  
ARVADA, CO  
80001

Meetings:

1st and 3rd Wednesday of each month

Time: 7:00—8:30 p.m.

Place:

Lakewood Christian Church (South entrance)

2025 Kipling Street

Lakewood, CO

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# The Voice of NAMI Jeffco

Summer Issue 2006  
Formerly known as JAMI

Contact No. 303-421-8522

## NAMI JEFFCO ANNUAL PICNIC

**Come join us for an afternoon of fellowship, fun and food!**

Saturday, August 26, 2006

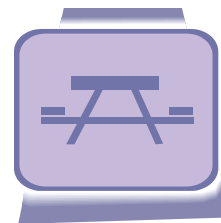
At MORSE PARK

8180 West 20th Ave., Lakewood

Starts at 11:30 a.m.

Food will be served at 12:00 p.m.

Food and beverages will be provided.



## 1ST ANNUAL NAMI COLORADO WALK/RUN



Sunday, September 10, 2006 rain or shine  
Washington Park, Denver

Intake area: Diagonal near East Mississippi  
Check in: 7:30 a.m.

Start times: competitive run 9 a.m.  
Non-competitive walk/run 9:30 a.m.  
Awards 11:30 a.m.

More information: 303-321-3104 or 303-421-8522

Teams Encouraged! NAMI Jeffco wants YOU! 303-421-8522

SEE INSERT FOR ADDITIONAL INFORMATION

Printable information also available at [www.namicolorado.org](http://www.namicolorado.org)

**NAMI Jeffco Mission Statement:** The National Alliance on Mental Illness Jeffco (NAMI Jefferson County, formerly JAMI) is a non-profit organization. We are affiliated with the National Alliance on Mental Illness and NAMI Colorado.

Our mission is to provide emotional support to families of the mentally ill, to promote education to its members and the general public about mental illness, to advocate for new remedial legislation, to promote community support programs, including appropriate living arrangements linked with social, vocational and employment programs and to work toward removing the stigma to mental illness through public education, and to promote research in prevention and care.



Like your new newsletter? Feedback welcome, Call Pam Haynes 303-279-7661, e-mail at pam-haynes@aol.com

## Education and Support Meetings July—December 2006

Each first Wednesday of every month 7-8:30 p.m.—Education meetings.

Speakers to be announced: check our affiliate site at [www.namicolorado.org](http://www.namicolorado.org)

Each third Wednesday of every month 7-8:30 p.m.—Support group, drop-ins encouraged and consumers, family members, friends, all welcome.

### UPCOMING EDUCATION NIGHT PROGRAMS:

July 5: video “Shadow Voices”

August 2: To be announced (check our web page via [www.namicolorado.org](http://www.namicolorado.org) - affiliates)

September 6: Tina Baker Squire from JCMH (Jefferson Center for Mental Health) will speak regarding housing options for consumers.

October—December: To be announced.

### Summary of Recent Education Night Programs:

March 1— Bethany Wolf, NAMI Colorado spoke and answered questions regarding current mental health legislation. Donna Grano spoke with passion about the successful Filling The Gap dental program which reaches many, many consumers.

April 5—Dr. Lawrence Adler, Psychiatrist at University of Colorado Health Sciences Center and at the Veterans Hospital spoke at length about suicide, suicide prevention as well as triggers and symptoms. Dr. Adler is currently conducting studies on veterans and is a strong proponent of mental health care for PTSD and for veterans returning from Iraq.

May 3— Dr. Michael Randolph and Dr. Bob Cowan were on hand at NAMI Jeffco’s ASK THE DOCTOR evening. Questions regarding medications, illness diagnosis, prescription regulations, insurance related problems and more were discussed at this illuminating question and answer period bringing together two top psychiatrists. Their candor and caring were evident throughout this informative evening.

June 7— Two videos, “Horizons of Hope” narrated by Dr. Freedman, Psychiatrist at the University of Colorado Health Sciences Center and “Voices of Courage” were shown. These movies provide hope and insight from the perspective of consumers as well as resources available to anyone needing help. Discussion followed the films and provided added information and support.

**In Memory**  
**Gregg L. Dethlefs**  
**Born**  
**November 11, 1954**  
Wessington Springs, S.D.  
**Deceased**  
**May 25, 2006**  
Kittridge, CO



Survived by his wife, Suzanne; son, Patrick; daughters, Amy and Maya.

A friend to all, former Summit Center Clubhouse Director Greg Dethlefs (for ten years) will be greatly missed. His leadership abilities enabled him to touch so many lives, both consumers and family members.

#### Testimonials

“...He was a wonderful part of the clubhouse movement and was a great support to anyone who needed it. We will certainly miss him worldwide and will miss his optimistic and calming approach.” *Patty Skokan, Sweden*

“...He had a wonderful way of laughing at life and putting the daily challenges of living in perspective. I will really miss him.” *Barb Andres, Kansas*

“...Greg was a real advocate for people, people with mental illness, clubhouses and the ICCD. His voice will be missed but always remembered.” *Joel Corcoran, President ICCD*

“...He never had a bad word to say about anyone. He was a good man and while he will be missed very much, he will live on in our minds and in our hearts.” *Karen J. Colorado*

## A Reading from Elizabeth Tarbox’s Life Tides:

When I see you with worry on your brow and shadows in your eyes, and I say to you, “What’s up?” remind me gently that I was not there when you made that journey to the center of your soul. Tell me as kindly as you can that I am sleeping when night clutches at you and you are driven to a place in your heart which is ever night. Do not let me say, “Don’t worry,” when worry is all you know and it feels as if worry is all you’ll ever know.

For none of us ever really walks in another’s shoes or knows the innermost rooms of a person’s heart. None of us truly knows the lonely places of another’s journey or the causes of the lines around another’s eyes. Therefore, let us be gentle with one another. Let us listen more than we speak and accept more than we judge. Let our open, outstretched hands reach and touch that we may walk along together for a while in friendship and in trust.

### BOARD OF DIRECTORS—NAMI Jeffco

President.....Dennis Hofts phone: 303-421-8522  
 Vice President...Norm Bertelsen  
 Secretary.....Gloria Zann  
 Treasurer.....Roy Reed  
 Nita Bradford, Lois Dupuis, Donna Grano, Mary Anne Harrell, Tom O'Brien, Fran Reed, Larry Krause, Pam Haynes  
 Summit Center Advisory Board....Norm Bertelsen  
 Membership... Tom O'Brien  
 Education Programs/Hospitality...Mary Anne Harrell  
 Newsletter...Lois DuPuis, Gloria Zann, Pam Haynes 303-279-7661  
 Support Night Facilitators....Tom O'Brien, Lois Dupuis  
 Legislation...Nita Bradford, Pamela Krause  
 Family to Family Liaison...Nita Bradford

Family to Family Jefferson County class coordinator...Pam Haynes  
 Mailing services....Norm Bertelsen  
 Nominating committee .. Gloria Zann, Lois Dupuis  
 NAMI Colorado Board Member....Dennis Hofts

#### CONTACT INFORMATION:

General Info: Dennis Hofts 303-432-5144  
 Family to Family Education Classes: Pam Haynes 303-279-7661, pamhaynes@aol.com  
 Membership: Tom O'Brien 303-697-9761  
 Filling the Gap: Dona Grano: 303-420-2006, dgardenfun10@msn.com  
 Contributions: Roy Reed: 303-988-2488, Roy.reed@comcast.net  
 Support Night: Tom O'Brien 303-697-9761 and/or Lois Dupuis (phone) larjdupuis\_02@msn.com

Housing Wish List from Jefferson Center for Mental Health. Please drop off at Teller Place, 7290 W.14th Ave. Lakewood—best to call ahead to make sure someone is in 303-232-8047; For further information call Tina Baker at JCMH 303-432-5432.

For consumers in need: (please donate items which are either new or in excellent condition): Sheets, Comforters (twin size), Blankets (twin size), Bath Towels, Clothes Hampers, Glassware (drinking), Coffee Mugs, Kitchen utensils, Cookware, i.e. pots and pans, Board games, DVD players, Movies, Basketballs and Footballs, Art supplies, Badminton Sets and anything which might be helpful for consumers living in the residential housing facilities. THANK YOU!



### Resources

Jefferson Center for Mental Health  
 Information: 303-425-0300  
 Emergency Access: 303-425-0300  
 Children Services: 303-425-0300  
 TCL: 303-432-5400  
 Summit Center: 303-432-5800  
 SSI & SSDI: 1-800-772-1213  
 Jefferson County Human Services  
 Main Number: 303-271-1388  
 Medicaid: 303-271-4339  
 Food Stamps: 303-271-4047  
 EAP: 303-271-4399

Useful Websites:  
 NAMI Colorado:  
[www.NAMIColorado.org](http://www.NAMIColorado.org)  
[www.empowercolorado.com](http://www.empowercolorado.com)  
[www.admhn.org](http://www.admhn.org)  
[www.medscape.com](http://www.medscape.com)  
[www.vote-smart.org](http://www.vote-smart.org)  
[www.faithnetnami.org](http://www.faithnetnami.org)  
[www.coloradohealthguide.org](http://www.coloradohealthguide.org)  
[www.ehealthinsurance.com](http://www.ehealthinsurance.com) (comparison shop insurance)  
[www.mhacolorado.org/](http://www.mhacolorado.org/) (Mental Health Association of CO)  
[www.silverribbon.org](http://www.silverribbon.org)

**Jefferson County Housing Authority: accepting applications for wait list for Section 8 Public Housing, Senior/Disabled Subsidized Housing Programs.**

**ON  
 Mon., July 10, 2006—Fri.,  
 July 21, 2006  
 8:00 a.m.—3:00 p.m.  
 ONLY AT  
 7490 West 45th Ave.  
 Wheat Ridge, CO**

### What is CIT (Crisis Intervention Teams)?

What is new on Capital Hill?

A **BIG** thank you to everyone who called in to Governor Owens' office encouraging him to veto SB 001 (which included a Preferred Drug List)! Governor Owens vetoed Senate Bill #1 on May 26, 2006. Together our voices counted and together we have made a difference!

An international program, CIT gives police officers new strategies and tools for identifying, preventing and de-escalating mental health crisis calls. CIT decreases arrest and injury rates for people with a brain disorder, a developmental disability, or a closed head injury. This training also increases officer and citizen safety and enhances community involvement in law enforcement efforts.

CIT is built upon partnerships between law enforcement agencies, mental health and social service providers, hospitals, and advocates (i.e. NAMI). The expectation is that these partnerships are ongoing. The "first response" officers will give their teams feedback on each of the calls where they have used their CIT skills. This feedback provides input that is used to further improve our community's handling of difficult situations involving people with brain disorders and the justice system.

At present over 1,300 officers across the state are trained in CIT.

It is suggested that when in a crisis situation, the person calling the police ask for a "CIT trained officer" and all efforts are then made by the police department answering the call to send out a specially trained and certified officer well versed in unique issues involving mental illness. For more information: Heather Cameron, CIT Manager, Colorado Division of Criminal Justice, Colorado Regional Community Policing Institute, 303-273-1971, heather.cameron@cdps.state.co.us.

### WE WORRY

Letter from your NAMI Jeffco President –Dennis Hofts

Your Board of Directors of NAMI Jeffco are people who are : hopeful, dedicated, determined and optimistic.

Your Board of Directors of NAMI Jeffco are people who are: worried.

We are worried about many things:

- how to convince the legislature and congress to properly fund care for the mentally ill;
- how to improve mental health services;
- how to obtain more funds and dentists for the Filling the Gap dental program;
- how to best serve the NAMI Jeffco membership; and
- how to recruit additional board members!! Your board is pleased to welcome new members Larry Krause who brings understanding and awareness of the mental health system and the needs of the clients and Pam Haynes who brings Family to Family teaching experience, creativity and energy. You would not replace anybody, but rather ADD STRENGTH!

The following is the length of service for 10 of our 12 Board members:

Nita Bradford	18 yrs.	Lois Dupuis	20 yrs.	Roy Reed	19 yrs.	Dennis Hofts	7 yrs.
Donna Granno	20 yrs.	Tom O'Brien	14 yrs.	Gloria Zann	20 yrs.		
Mary Anne Harrell	20 yrs.	Norm Bertelsen	10 yrs.	Dennis Dupuis	9 yrs.		

The average length of service of these ten dedicated folks is **17- 18 years !!!**

The average age of these ten dedicated folks is 68 years old!



**Board Meetings are open to all members! Come and see what we do and how you can help!**

NO ONE is talking about stepping down. However, it is not in the best interest for any organization to rely so much on so few. Please, please consider stepping forward and volunteering to be on your Board!

The Board meets on the third Wednesday (prior to Support Session) at 5:30 p.m. each month. No minimum attendance is required. However, the pattern of attendance is about 90%. The **NEW** position of Associate Member is now available! It is a non voting position, however, it would be an opportunity to see what the Board does as well as have input on decisions. It is an opportunity to give assistance to Board Members who are could really need an extra pair of hands. Please call me at 303-421-8522 or speak to anyone on the Board about possible interest and specific areas in which you can help! There is no minimum time commitment requirement. Thanks to you all for your interest and support! Dennis Hofts

## FAMILY-TO-FAMILY EDUCATION COURSE

# Education and Support for Families Dealing with Mental Illness

**The National Alliance on Mental Illness (NAMI) Of Colorado and the National Alliance on Mental Illness Jefferson County (NAMI Jeffco) will sponsor FREE 12-week “Family-to-Family” Education Courses in Jefferson County beginning in August 2006**

Hope • Resources • Support • Education • Advocacy • Self-Care

The Family-To-Family course is designed specifically for the families of persons diagnosed with a mental illness in order to provide education, support, and advocacy for those families. Topics covered include: the five major mental illnesses, schizophrenia, manic-depressive (bi-polar), major depression, Obsessive Compulsive Disorder (OCD), and anxiety disorder. Additional topics covered include: coping skills, basic medication information, listening and communication techniques, problem solving skills, recovery and rehabilitation, and self-care for family members and caregivers

**Class Location:** Littleton, Tuesday evenings, beginning September, 2006

**Class Location:** Wheat Ridge (Lutheran Hospital), Thursday evenings, beginning August 24, 2006, 6:30 PM-9:00 PM

**COST:** FREE

**Please call to Register:** Pam Haynes, Jefferson Co. Family-to-Family Coordinator  
303-279-7661 or 720-635-5796

**\*\*\*You do not have to live in Jefferson County to participate**

*For information regarding dates, times and locations of Family-to-Family classes in other areas, please contact Cheri Bishop at 303-697-6808 or NAMI Colorado at 303-321-3104. All classes are open to family members or caregivers of loved ones with a mental illness regardless of which county or area they reside in.*

**A Note from two students in the Littleton class Spring '06:**

***“How fortunate we were to have the Family to Family classes available to us. The helpful information concerning mental illness, and the caring, understanding, support, and friendship we received was priceless!***

***We are so grateful to Cheri, Fran and Mark for their dedication and time. Hopefully, our donation will help continue to make these worthwhile and important classes available to many others.***

***This class gave us hope. We want the same for many more people in the future.” C & E***

### **FILLING THE GAP**

WHAT IS THE PROGRAM AND WHOM DOES IT SERVE? The mission of the “Filling the Gap” Dental Program (FTG) is to provide **NO COST** dental services to adults with a severe and persistent mental illness living in Jefferson, Gilpin or Clear Creek County. People participating in this program cannot afford dental care. Their monthly income is approximately \$500.00. Their need for dental care is **desperate**.

Prior to this innovative program, most dental care was EMERGENCY only.

This year alone FTG has provided dental services to 23 people and have 18 more receiving dental care right now. These folks are so thankful and appreciate what FTG has done for them. It is hard to feel good about yourself when you have teeth that look bad, cause pain and need to be fixed. Some of these individuals have teeth black with decay, broken at the gum line and/or have few teeth left in their mouths.

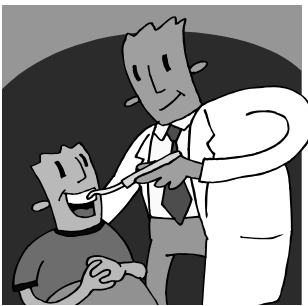
### **DOLLAR FOR DOLLAR MATCHING DONATION—DOUBLE YOUR DONATION TODAY!**

**A generous benefactor has committed to matching funds to FTG dollar for dollar up to \$5,000. What a terrific opportunity for us to turn \$5,000 into \$10,000. This means that for every dollar donated, it becomes \$2.00. WOW!**

We provide organized and fact based presentations which include a short film to Churches, Temples, Businesses and other interested groups. Call Donna 303-420-2006.

FTG can also be the recipient of a gift in memory of a loved one!

**Dentists and oral surgeons working with the program provide their services at a 50% discount. FTG provides the difference.**



What factors contribute to poor dental health in this population?

- Limited finances allow nothing for dental care;
- Difficulty in developing and maintaining good oral hygiene skills;
- Fear of dentists and dental procedures;
- Poor nutrition;
- Tooth decay due to medication and heavy smoking.

### **WHAT YOU CAN DO TO HELP**

- Dentists and hygienists can volunteer pro-bono dental services for one individual, specific periods of time, or reduced fees to serve these people.

### **WHAT “FILLING THE GAP” DOES**

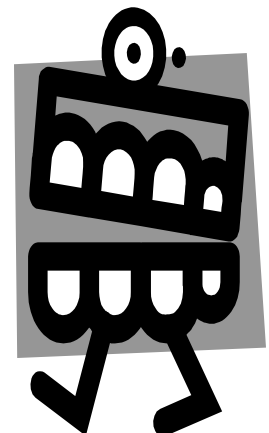
- Provides information and support for dentists and hygienists
- Develops a list of qualified consumers and match them to dental care providers
- Ensures that transportation is provided and support given during appointments, if needed
- Develops funding resources to support the program
- JCMH provides case management support and develop oral hygiene training.

**CALL DONNA: 303-420-2006**

**E-mail Donna:  
dgardenfun10@msn.com**

This program is highly successful and uniquely Jefferson County. It has been nationally recognized and continues to grow substantially, but we need dentists? Will your dentist help?

Call Donna: 303-420-2006.



Dear Family and Friends,

Are you afraid? I am too, considering,  
 I can't guarantee what I may do.  
 Please, don't give up on me, and walk away,  
 I need you each and every day.  
 I'm so afraid, I will continue to fall,  
 Its not easy to stand up tall.  
 Hug me and don't let me go,  
 Until; I am strong enough, to really grow.  
 I feel like my mind is going crazy,  
 All my thoughts are really hazy.  
 It's extremely cold in here,  
 I'm covered in total fear.  
 My body is shaking,  
 I'm really not faking.  
 I am truly tired of this fight,  
 Just love me, and I'll be alright.  
 Do you get tired of the way I act?  
 I know my mind is way off track.  
 I feel so very, very weak,  
 The kids at school, call me a freak.  
 Mentally, emotionally, I easily tire,  
 Feeling like I am hanging from a wire.  
 I want to be like others you see,  
 This isn't who I chose to be.  
 Don't get me wrong, its not your  
 Fault that I am ill,  
 I am extremely sorry for the way you may feel.  
 Let's give it a shot and try something new.  
 Share with me also, what's going on with you.  
 One last thing...  
 Please, make me grow up and take responsibility for my  
 Mental state, Then have faith, that as long as I'm alive  
 It's never too late. - Tracy Pawlass 8/25/04

#### GREAT READS:

Overcoming Depression, 3rd Ed, 1997

Demitri F. and Janice Popolos, NY: Harper Perennial  
The Bipolar Child, Demetri Papolos, M.D. and Janice Papolos  
Bipolar Disorder: Insights for Recovery, Jane Mountain, M.D.  
 writes about her personal challenge of living with bipolar disorder; Dr. Mountain lives in Denver where she facilitates a support group as well as conducts seminars on hope and insight to not only those living with the illness, but also families and friends.

Surviving Schizophrenia: A Manual on Bipolar Disorder for Patients, Families, and Providers, 4th Ed., 2002

E. Fuller Torry, M.D., Harper Collins  
The Quiet Room, autobiography of Lori Schiller who has schizophrenia.

The Day the Voices Stopped: A Memoir of Madness and Hope, Ken Steele and Claire Berman—memoir of Ken Steele living with his schizophrenia and his recovery, advice on how families can help support loved ones with mental illnesses.  
Surviving Manic Depression: A Manual on Bipolar Disorder

for Parents, Families, and Providers (2002)

E. Fuller Torry, M.D., Michael B. Knable, M.D.  
I'm Not Sick, I Don't Need Help! Helping the Seriously Mentally Ill Accept Treatment, (2000)

Xavier Amador, Peconic, NY: Vida Press  
An Unquiet Mind: A Memoir of Moods and Madness (1997)

Kay Redfield Jamison, NY: Random House  
When Someone You Love Has a Mental Illness: A Handbook for Family, Friends, and Caregivers (1992)

Rebecca Woolis, M.F.C.C., NY: Putnam Publishing Group  
I Hate You Don't Leave Me, Kreisman, Halstraus  
Stop Pretending, Sonya Jones

His Bright Light, Danielle Steele's personal account of living and dealing with her son's Bipolar Disorder  
The Eden Express, Mark Vonnegut's personal journey through mental illness with a very hopeful outcome.

A Brilliant Madness, Patty Duke's perspective of living with manic depression,  
 Patty Duke and Gloria Hochman  
The Essential Guide to Psychiatric Drugs, Jack M. Gorman, M.D.

Divided Minds, Pamela Spiro Wagner and Carolyn S. Spiro, M.D., Twin sisters and their journey through Pamela's Schizophrenia.

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Visit the NAMI Colorado website on your computer, click on "Affiliates", scroll down to Jefferson County and visit our new webpage to keep up with what is happening in NAMI Jeffco. Important contact information is at your fingertips!

[www.namicolorado.org](http://www.namicolorado.org)

- Affiliates and Support
- Jefferson County (web page)



NAMI Jeffco  
Post Office Box 1921  
Arvada, CO 80001

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Membership Application\*

Note: The number on your newsletter label indicates the year in which your Membership; Is paid. Example: If the label reads 2006, your membership is paid through December 2006.

\*When joining NAMI Jeffco, you automatically become a member of NAMI National and NAMI Colorado. You will receive all current newsletters/information from the county, state and national organizations.

Type of Membership:	Price
<input type="checkbox"/> Family Membership	\$ 40.00
<input type="checkbox"/> Sponsor Membership	\$ 50.00
<input type="checkbox"/> Corporate Sponsor	\$250.00
<input type="checkbox"/> Consumers/Special rate if appropriate	\$ 3.00
<input type="checkbox"/> Newsletter only	\$ 10.00
<input type="checkbox"/> Special Donation to: Filling the Gap Dental Program	\$
<input type="checkbox"/> Special Donation to Summit Center, 3810 Pierce Street, Wheat Ridge, CO 80033	\$
<input type="checkbox"/> Special Donation to Family-to-Family Education classes	\$

\_\_\_\_\_  
Name

\_\_\_\_\_  
Address

\_\_\_\_\_  
Phone

\_\_\_\_\_  
E-mail address

Please mail your check to:  
NAMI Jeffco  
Post Office Box 1921  
Arvada, CO 80001

Method of Payment  
 Check