

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

MEETINGS

1st Wed. of each month-
Education

3rd Wed. of each month-
Support Group

Both meetings :

7:00 p.m.—8:30 p.m.

Lakewood Christian
Church located at

2025 Kipling Street—South
Entrance of Church off the
20th Avenue entrance

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The Voice of NAMI Jeffco

Proudly serving Jefferson, Clear Creek and Gilpin Counties

Winter Issue 2007
Formerly known as JAMI

Contact Nos. 303-349-2563
303-279-7661

NAMI JEFFCO ANNUAL PICNIC

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

Saturday, August 18, 2007, 11:00 a.m.

The Pavilion at Morse Park, 20th and Carr Streets, Lakewood

Details coming soon!



2nd ANNUAL NAMI COLORADO WALK/RUN

For the Mind of America

Save the Date!



Plan to join us for our Walk and 5K Race, building awareness about
mental illness and reducing stigma.

Saturday morning

September 22, 2007

Clement Park, Littleton

If you are interested in volunteering for the Walk Committee call Char
303-321-3104

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.

What is Foothills Behavioral Health? FBH is a new Medicaid managed care mental health company. It was incorporated on June 10, 2004, as Colorado Limited Liability Company. FBH is owned by Jefferson Center for Mental Health and the Mental Health Center serving Boulder and Broomfield Counties. Both centers are tax exempt Colorado Corporations. 303-432-5950

What is Consumer and Family Affairs Advisory Board? An energetic forum in which consumers voice their opinions and ideas about recovery and mental health services to FBH and the two mental health centers; an active and involved group of adult consumers and family members of adult consumers who have Medicaid or who receive services at either mental health center. Hazel Bond, MA Director, Office of Consumer and Family Affairs 303-432-5956; Lois Dupuis, NAMI Jeffco Board Member also member of the CFAB 303-465-4079



MEETINGS

Board Meetings: First Wednesday of each month

5:00 p.m. - 6:30 p.m.

Support Meetings: Third Wednesday of each month

7:00 p.m.– 8:30 p.m.

Education Night: First Wednesday of each month

7:00 p.m. - 8:30 p.m.

No Education Meetings in July and August

Previous Education Night Meetings:

August 2, 2006: Jean Trombley, Executive Director Jeffco Family Support Network. "The goal of the JeffCo Family Support Network is to create and sustain a family-based organization whose mission is to provide family advocacy and support services to families raising children with mental health challenges. Maureen Paris, manager of Ombudsman for Medicaid Managed Care spoke regarding investigating folks' complaints about government officials or agencies. Maureen is affiliated with governmental agencies.

September 6, 2006: Tina Baker Squire spoke about housing options for consumers. A representative from Colorado Fund for People with Disabilities (CFPD) gave an informative presentation about setting up a Trust which protects a person's Supplemental Social Security Income and Medicaid should a person receive an inheritance or other income putting himself/herself over the maximum allowable to receive these benefits.

October 4, 2006: Dr. Robert Cowan, M.D., Psychiatrist, presented an informational meeting about anxieties and treatments.

November 1, 2006: Shannon Ready, Case Manager at JCMH and Bryce Bowers, Case Manager Aide from JCMH discussed a grant program enabling a liaison system whereby consumers in jail would have a contact to help transition out of a difficult legal situation.

December 6, 2006: Dennis Hofts, Nita Bradford and Norm Bertelsen gave a book report presentation on I Am Not Sick, I Don't Need Help, a book by Xavier Amador, Ph.D.

What's Coming Up for Education Meetings in 2007:

February 7: **W. David Murphy, Esq.** entered private law practice specializing in the areas of estate planning, business planning as well as employee benefits issues. Mr. Murphy has served as V.P. of the Jefferson County Community Center for the Developmental Disabilities Foundation. He has served as President, V.P. and Secretary of the Advisory Board of Summit Center, a clubhouse project for the mentally ill in Jefferson County. Currently he is on the Board of Directors of Foothills Mental Health Foundation. He will be discussing wills and trusts for our family members who may be in need of special needs and specially crafted trusts protecting any assets/inheritances/income they have or may have.

March 7: **Shawna Turner Ruegg, LPC, CACIII, Community Liaison, Behavioral Health Sciences, Exempla Healthcare (West Pines).** Join us for a look into existing programs as well as what is ahead for West Pines in its continuing efforts to meet the needs of the community. West Pines is not just a hospital. There are support groups, Behavioral Health Intensive Outpatient Program (BH IOP), support groups, acute inpatient care for psychiatric mental health stabilization as well as acute inpatient programs for chemical dependency and dual diagnosis treatment.

April 4: **Dr. Michael Randolph, Psychiatrist;** currently with the Developmental Disabilities—Resource Center Lakewood and Jefferson Center for Mental Health 3 days/month! A power point presentation concentrating on major mental illnesses as well as time for your questions!!!!

May 2: **Susan Puglieses, Pharmacist:** Currently a pharmacist and educational speaker at West Pines, she will do a short presentation and answer questions regarding medications, interactions, dual-diagnosis medication issues from the audience. Susan Puglieses teaches classes to consumers regularly and is a source of information in the field of medication/chemical interaction issues.

June 6: To be announced

July and August: Summer break—we will have support group meetings during July and August!



IN MEMORY Mary Ann Kulick

Feb 9, 1960—Sept 26, 2006

Our deepest thoughts and heartfelt sympathy go with Mark Halebsky, husband of Mary Ann Kulick. Mark has been a Family to Family teacher for six years as well as a ready resource for anyone who is in need of information about movies, books, articles, or other resources regarding mental illnesses. Mary Ann was a valued member of NAMI Jeffco. She and Mark met in Denver and were married for 20 years. Mary Ann left Mark with their brood, Princess, a golden retriever and Lady, their shepherd lab mix. Angle, their yellow lab, preceded Mary Ann in her passing. Mary Ann (known to her good friends as "Beanie"), lived with bipolar I. Mary Ann had severe depressive episodes. She worked as a psychiatric nurse most of her professional years at Ft. Logan. Mary Ann also found great pleasure in arranging flowers and decorating for various events. She is missed!

Coming Soon: NAMI Jeffco Family-to-Family Support Group located in southern Jefferson County!

If you are interested or would like information call Pam Haynes 303-279-7661 pamhaynes@aol.com

BOARD OF DIRECTORS—NAMI Jeffco

President...Norm Bertelsen 303-349-2563 Norm@normBertelsen.com
 Vice President...Pam Sindorf Haynes 303-279-7661 pamhaynes@aol.com
 Secretary...Gloria Zann gloandgene@ecentral.com
 Treasurer...Roy Reed royreed86@comcast.net
 Summit Center Advisory Board...Norm Bertelsen
 Membership... For information call 303-279-7661
 Education Programs...Pam Sindorf Haynes 303-279-7661 pamhaynes@aol.com
 Filling the Gap Dental Program...Donna Grano 303-420-2006
 ftgdental@msn.com
 Newsletter...Pam Sindorf Haynes pamhaynes@aol.com
 Support Night Facilitator...Lois Dupuis 303-465-4079 larjdupuis_02@msn.com
 Legislation...Nita Bradford 303-232-5078 nitajohn@comcast.net
 Mailing Services...Norm Bertelsen
 Nominating Committee ... Gloria Zann, Lois Dupuis
 Other NAMI Colorado Board Members: Christine Hall, Larry Krause
 Consumer Outreach... Dennis Hofts 303-421-8522
 Contributions...Roy Reed 303-952-9456 royreed86@comcast.net

OTHER CONTACT NUMBERS

Jefferson Center for Mental Health Information:
 303-425-0300
 Emergency Access: 303-425-0300
 Children Services: 303-425-0300
 TCL: 303-432-5400
 Pat O'Connell: support info and a great resource!
 303-432-5114
 Summit Center: 303-432-5800
 SSI & SSDI: 1-800-772-1213
 Jefferson County Human Services: 303-271-1388
 Medicaid: 303-271-4339
 Food Stamps: 303-271-4047
 EAP: 303-271-4399

Lakewood Family Support Group: 303-432-5115 (family members)
 North Star Depressive & Bipolar Alliance Support Group: (303)
 (consumers and family members)
 Schizophrenics Anonymous: 303-432-5400 (JCMH clients only)
 SW Denver Depressive, Manic-Depressive Support: 303-331-2599 (consumers)
 S.T.A.R. Reach Center Schizophrenics Anonymous 303-798-0128, ask for Todd
 (consumers)
 Denver West Mental Health Support: 303-331-2599 (peer support) (West
 Pines)
 West Pines Support Systems: 303-467-4080 for information
 Depression/Bipolar Recovery (Jane Mountain) 303-329-3364
 Jeffco Family Support Network 303-425-4603 jeffcofamilysupp@aol.com

The Road: a drop in resource center for young adults (15-22) 303-233-0488 www.theroad4youth.org

NAMI Jeffco CONTACT INFORMATION

General Info: Norm Bertelsen 303-349-2563
 Family to Family and Visions Education Classes: Pam
 Haynes 303-279-7661, pamhaynes@aol.com
 Membership: 303-279-7661 for information
 Filling the Gap: Donna Grano: 303-420-2006
 ftgdental@msn.com
 Contributions: Roy Reed (cell) 303-952-9456
 royreed86@comcast.net
 Consumer Liaison: Dennis Hofts 303-421-8522
 Consumer and Family Advisory Board: Foothills
 Behavioral Health: Lois Dupuis 303-465-4079
 larjdupuis_02@msn.com

USEFUL INFORMATION AND CONTACT NUMBERS

Did you know Exempla West Pines located adjacent to Exempla Lutheran Medical Center not only offers inpatient services, but also intensive outpatient services which include: Dual-Diagnosis Treatment, Behavioral Health Intensive Outpatient Program (BH IOP), Dialectical Behavioral Therapy (DBT), Chemical Dependency Outpatient Program (CD IOP) and support group meetings. Contact the Assessment and Referral Team 24 hours a day 303-467-4080 or 1-800-779-2701.

BipolarConnectNewsletter (also schizophrenia, depression, anxiety disorders): <http://www.healthcentral.com/utills/news/bipolar/subscriptions.html>.

Brain in the News (free subscriptions) [danainfor@dana.org](mailto:dainainfor@dana.org)

**Useful Websites**

www.NAMIColorado.org (click Affiliates to find NAMI Jeffco's current news and a copy of the latest Newsletter)
www.empowercolorado.com
www.admhn.org
www.vote-smart.org
www.faithnetnami.org
www.coloradohealthguide.org
www.mhacolorado.org/ (Mental Health Association of CO)
www.silverribbon.org
www.OfLikeMinds.com (consumers)
www.wecancolorado.org (consumers)
www.beyondbipolar.com (consumers)

JEFFERSON CENTER FOR MENTAL HEALTH:

CEDAR'S CLOSET: clothing, shoes, household objects such as dishes, glassware, pots and pans, small appliances: Natalie Di-Domenico or Katy Brusino at 303-432-5400 or drop off at 9808 West Cedar Avenue, Lakewood (please call first), or bring to a NAMI Jeffco meeting and we will transport items for donation!
Teller House: 7290 West 14th Ave., Lakewood. 303-232-8047 for drop off information or Tina Baker 303-432-5400: need new sheets, comforters, towels, blankets; good condition kitchen items, art supplies, DVD players and movies.

What's New On Capitol Hill?

The 2007 Colorado Legislature is hard at work and so is the NAMI Colorado Public Policy Committee. The committee will meet twice each month during this legislative session to study bills which relate to mental illnesses and to decide whether to support, oppose or simply monitor bills as they come forward for action. For information on joining this critical committee as well as questions about dates, times, locations, volunteering, etc. please contact Nita Bradford 303-232-5078, nitajohn@comcast.net.

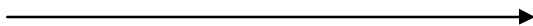
Mental illness issues are considered to be top priority items with this year's legislators and that is GREAT news for NAMI. More legislators than ever understand the benefit of providing early and effective treatments for mental illnesses in order to avoid a future need for costly hospitalizations, emergency room visits as well as jail/prison time.

A Mental Health Caucus will meet on February 15, March 15 and April 19, third floor conference room at the State Capitol Building. Pertinent discussions of issues affecting mental illness arenas permeate these informative caucuses.

Among the hundreds of bills which will be introduced during 2007, look for these in particular:

- Governor Bill Ritter is expected to issue an Executive Order requiring the State to enter into a multi-state medication purchasing agreement. This is a **critical** move meaning that a Preferred Drug List must be developed by Colorado. NAMI CO will be working to see that drugs for persons with mental illnesses are exempted from the list. **WE NEED YOU!** This is a critical Order affecting so many mentally ill persons.
- A bill extending insurance coverage equal to that of other illnesses for mental health disorders, in addition to the six major mental illnesses already covered, This bill is being sponsored by Senator Moe Keller. It is Senate Bill 36 (SB 36).
- To read bills and check bill status log onto the Legislative Home Page: <http://www.leg.state.co.us>. Check for periodic updates at www.namicolorado.org—Public Policy link.

What is a PDL and how does it affect us? The Preferred Drug List may save money from one area but cost so much more in critical ways. Many states have prior authorization as part of their preferred drug lists in order for patients to get the drugs they need that are not on the PDL. In theory, this is a good idea. However, evidence from other states (Michigan, Florida and Maine) shows that the patients often do not get the medications they so desperately need. Preferred Drug Lists offer a "one size fits all" approach to medications. This is an ineffective way to prescribe medications, as people differ in how they react to medications. NAMI Colorado supports open access to medications and therefore opposes preferred drug lists (PDLs). NAMI Colorado does support the idea of using preferred purchasing pools which pool the MOST used and/or expensive medications in order for the state to buy these medications at a discounted rate. We support preferred purchasing pools that do not restrict access to medication.



The following letter is from NAMI Jeffco's outgoing president:

Thank you for the privilege of serving as your president of NAMI Jeffco for the past several years. Because of the dedicated efforts of your board and members, progress has been made. Filling the Gap Dental Program has had increased funding which continues helping relieve much pain and improves dental health. You, the members and board, helped pass Referendum C.

We are fortunate that Norm Bertelsen has agreed to serve and was elected as the new NAMI Jeffco President. Norm is devoted to serving you and your loved ones and all of those courageously dealing with mental illness. He brings vision and good judgment.

Serving with the NAMI Jeffco board has been an enriching life experience for me. It has been such a joy being on the NAMI Jeffco board. I wonder why there is not a waiting list of members eager to be appointed. Please consider joining us in our efforts to support each other, raising public awareness, helping acquire funding for appropriate care, and improving treatment and vital research for our loved ones.

Again, thank you for this privilege. Dennis Hofts

PRESIDENT'S NOTE by Norm Bertelsen

I have a dream. In my dream, everyone who has any mental illness receives the perfect cure and all of their problems are solved. WOW! What a dream. I know that it is only a dream, but today is Martin Luther King Day and he had a dream too! Let us dedicate our ideas and knowledge and inspirations to achieve this dream for the consumers who are our reason for existence.

The Board of Directors of NAMI Jeffco cannot do this alone. We need help from all of our members and those who are not members. We welcome your involvement. When one person within our organization is hurting, we all need to pull together in assistance. This is an organization that is all about supporting one another. We need to:

1. LISTEN and perhaps suggest ways to help;
2. EMPATHIZE and be supportive.

Your Board of Directors works to provide such accessible help for you. We provide, through our organization, the following services for families dealing with mental illness:

1. Filling The Gap—provides much help for dental services to adults with persistent mental illnesses.
2. Family to Family Education classes—providing much help to family members who are dealing with very unique issues of having mental illness in the family.
3. Support meetings which seek to provide a forum for persons seeking answers to their questions about how to deal with mental illnesses.
4. Educational meetings to assist participants in understanding problems unique to dealing with a persistent and chronic mental illness.

We invite you to join with us and "be a part of that day" when we all see mental illness without stigma, without pain and in light of cures and that all are well.

We need each other!

Thank you,
Norm Bertelsen
President, NAMI Jeffco



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 February 2007

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, February 20, 2007, 6:30 p.m. to 9:00 p.m.

Class Location: Wheat Ridge (Lutheran Hospital), Thursday evenings, February 1, 2007, 6:30 p.m. to 9:00 p.m.

COST: FREE

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

SECOND COURSES OFFERED IN THE FALL, 2007

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.

Note from recent students:

"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

"The things I learned from class are STILL helping me. I wish every single person in Colorado who has someone with a mental illness would go to it!" E

"The class has been a lifesaver for me. I've learned so much about care and understanding what my son is feeling and what to do when he does have an episode." class evaluation form 11/06

"Pam and Marilyn's compassion, humor and knowledge made everyone quickly at ease. They made the class relatively easy to understand as well as thought provoking. Most of all the ability to understand better what we can better do to help our daughter and ourselves." class evaluation form 11/06

"...class gave me a better understanding of everything from how the brain works, medications, how an ill family member feels and experiences life..."

FILLING THE GAP DENTAL PROGRAM

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 only \$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 **67** people. **48** are completely finished and **19** more are 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



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 matches 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 will provide case management support and develop oral hygiene training. 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

A Letter from Donna Grano

NAMI Jeffco, Filling the Gap Dental Program (FTG) was developed in 1999 by our members when case managers at Jefferson Center for Mental Health told us of the great need for dental care among the adults struggling with mental illness. The FTG Dental Program has received 362 applications and paid a total of \$149,057.86 in dental fees providing over \$300,000 worth of dental care. Dentists, who work in partnership with FTG, give a 50% discount and some do work pro-bono.

In 2006, FTG provided dental services to 67 people for a total of \$45,902.80 in dental fees. Some people have not finished receiving their dental care and three are waiting for full extractions and dentures necessitating additional costs. FTG has a very long waiting list, however, we connect people as soon as space is available and have the money to pay dental fees. FTG receives financial support from individuals, churches, community organizations, businesses and grants. Over 99.9% of the funds received is used to pay for the dental services.

The people FTG serves cannot afford dental care and are very thankful when they are able to get their teeth fixed. They often call and send thank you notes. Most clients are extremely relieved to no longer be suffering from dental pain. A Common response is “Now I can smile again.” We have also learned that getting their teeth fixed has given them a much needed boost in self-esteem.

Who would have imagined just a few years ago a small organization like ours could do such a great service by providing No Cost dental care for people in our community who struggle with mental illness.

A sincere thank you to everyone who has made FTG successful by donating time, talent and financial support. Please continue to support this program by bringing information about FTG to your church, organizations and businesses and to your own dentist. We appreciate personal donations, dentist's skills and educating the public about how we can help folks who live with mental illness.

If You Really Want to Help Me

Wally Kisthardt

*If you really want to help me take it slow.
Feel my words, and understand the world I know.
Be there for me in the bad times, and the good.
Help me do the things I dream of, not what you think I should.*

*If you really want to help me, show you care.
In your eyes, I'll see if you're really there.
Take the time to discover, what sets me apart.
Know me with your head, and with your heart.*

*For the road I've traveled has been rough.
And I struggle in my mind each passing day.
And I pray my strength will be enough,
To keep me going on my way.*

*If you really want to help me, take my hand.
Walk with me as I find joy within the strife.
Seek less to explain than to understand.
And know that you will truly touch my life.*



Deana Pratt: Nita Bradford, a NAMI Jeffco Board of Director for many years has yet again struck gold during a discussion with her daughter-in-law, Deana one fine day. Deana is a Senior Tax Associate in the Corporate Tax Group at Quest Communications., Deana applied to the Qwest Family and Work Development Fund twice. The grants Deana sponsored have been awarded as follows: \$3,000 to Filling the Gap Dental Program and \$2,200 to the Family to Family teacher training expenses.

Mary Anne Harrell: A valued member of the NAMI Jeffco Board of Directors for over 20 years, Mary Ann provided members with qualified speakers on Education Nights as well as homemade treats welcoming the community. Mary Anne has resigned from the board due to health concerns. We wish you the very best, Mary Anne. You have served us so well and deserve a respite!

Dennis Hofts: Retired as NAMI Jeffco President into President of the NAMI Colorado Board. Dennis has been an untiring advocate for persons with brain disorders, tirelessly working on a picnic of major importance to clients we serve and a Holiday party as well as leadership for more than four years, serving as both president and treasurer of NAMI Jeffco. He has been a superb advocate for FTG. He has reached out to CIT (Crisis Intervention Trained) officers to award and recognize their efforts.

Sue Hillson: Sue has been a tireless advocate for Filling the Gap Dental Program. Sue has volunteered her time to write grants for FTG which have been successful in funding the program. Grants which Sue has tirelessly prepared for presentation to corporations and businesses have brought in \$23,500 during 2005 and \$33,500 during 2006. Sending out the paper work which is riddled with detailed financial information is time-consuming and generally only a small percentage of those sent out are even considered.

GREAT READS:

Overcoming Depression 3rd Ed, 1997

Demitri F. and Janice Popolos, NY: Harper Perennial
The Bipolar Child, Demitri 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, Haltraus This book explains borderline personality disorder using simple language and clear examples.

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.

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

CIT: Crisis Intervention Trained officers at work, "...in academy I learned to interrogate. In CIT, I learned to communicate." - Police Sergeant, Wheat Ridge, CO

Officers stated that prior to CIT, there was no way they would have understood the need to invest the time required to de-escalate a situation involving a mentally ill person.

IN AN EMERGENCY AND YOU NEED POLICE HELP FOR A MENTALLY ILL PERSON, ASK FOR A CIT TRAINED OFFICER!

NAMI Jeffco
Post Office Box 1921
Arvada, CO 80001

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	\$

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

Method of Payment
 Check

Name

Address

Phone

E-mail address