

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 :

## NEW LOCATION:

Jefferson Center for  
Mental Health (JCMH)

Cedar Building:

9808 W. Cedar Ave.,  
Lakewood 80026

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# The Voice of NAMI Jeffco

Proudly serving Jefferson, Clear Creek and Gilpin Counties

Winter Issue 2008  
Formerly known as JAMI

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

## NAMI JEFFCO ANNUAL PICNIC

Join us for an afternoon of fellowship, fun and food!

August, 2008 Details coming soon!

NAMI Jeffco web page linked to [NAMIColorado.org](http://NAMIColorado.org)



We Thank Donna Grano whose tireless efforts and dedication have created NAMI Jeffco's

### Filling the Gap Dental Program

Into a highly successful grant and donation driven program.

The mission of Filling the Gap Dental Program is to provide **NO COST dental services to adults with a severe and persistent mental illness living in Jefferson, Gilpin or Clear Creek County.**



- JCMH provides case management support.
- FTG provides organized and fact based presentations to churches, temples, businesses and other interested groups.
- FTG can also be the recipient of a gift in memory of or on behalf of a loved one.
- Dentists and oral surgeons working with the program provide their services at a 50% discount. FTG provides the difference.

Dentists and hygienists are welcome to volunteer pro bono dental services.

Contact Information: [ftgdental@msn.com](mailto:ftgdental@msn.com) Donna: 303-420-2006

**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 individuals who have a mental illness and their families,
- ♦ to promote education to its members and the general public about mental illness, to act as advocates for new 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.

NAMI is a non-partisan organization. It does not endorse political candidates.

**MEETINGS— 9808 W. Cedar Ave., Lakewood  
(Jefferson Center for Mental Health) JCMH**

**ALL MEETINGS 7 PM—8:30 PM**

**Everyone Welcome!**

**Education Night:** First Wednesday of each month

No Education Meetings in July and August

**Support Night:** Third Wednesday of each month

**Board Meeting:** Second Wednesday of each month



*All of our meetings and functions are open to all members of the community. We want to thank JCMH (Jefferson Center for Mental Health) for providing us a safe place for our meetings which is large, casual and comfortable. While we want to take this opportunity to thank JCMH, we want to also make it clear to our community that nothing is expected by JCMH of NAMI Jeffco in return. One is independent from the other. Indeed, while independent we respect the services each provides the community which together enable so many more folks who have a mental illness and their families resources, hope and help.*

**Recent Education Night Events!**

Sept.5: **Kelly Russell**, Mental Health Transition Planner, Jefferson County Sheriff's Office spoke to our community regarding a position implemented in June 2007 within the Detention Facility. The program focuses on inmates who have been identified as having a mental illness. The program helps prepare these folks for a successful transition back into the community. Kelly's contact number is 303-271-5841; krussell@jeffco.us.

Oct. 3: **Lacey Beruman**, Executive Director NAMI Colorado spoke about the exciting growth NAMI is experiencing in Colorado. Grassroots activity works! Lacey discussed critical legislative issues affecting those who have a mental illness. NAMI Colorado 303-321-3104.

Nov. 7: **Dan Fishbein**, Ph.D.: Jefferson Center for Mental Health Corporate Business Director filled in at a moment's notice to discuss some of JCMH's programs including the Navigator Program which tracks folks entering the JCMH system, 303-425-0300; and Wellness Now!, wellness education program. There are a full range of free classes and life coaching services for clients and family members of JCMH. Call 303-432-5032 for more info.

Dec. 5: **Jeff Lamontagne**, Executive Director and **Dina Robke**, Therapist, Second Wind Fund were available to provide information and help during the stressful holiday season and discuss indicators for depression and suicide particularly within the high school population. The Second Wind Fund was formed following the suicides of 4 teens from Green Mt. High School during the 2001-2 school year. It is now accessible to every youth 19 and under in the Denver metro area and other affiliates. Reduced fee therapy is provided to all students in need of services. Call 1-800-273-TALK.

Jan. 2: **Vladimir Perez**, **Ricky Kinney** and **Jim O'Connell**, peer counselors from Jefferson Center for Mental Health, Cedar Building brought in the new year with an exciting round table presentation about their personal experiences living with a mental illness as well as their personal journeys which have enabled them to so successfully serve our community in positive employment situations.

***What's Coming Up for Education Meetings in 2008:***

Call Pam Haynes if you have questions, need directions, information, etc. 720-635-5796

Feb. 6 **James Dean, Attorney at Law** will speak on Social Security matters. Please, bring your questions!!!!

Mar. 5: **Richard Warner, M.D.**, Director of Colorado Recovery and Professor of Psychiatry, University of Colorado Health Sciences. Colorado Recovery offers 24 hour care 7 days/week in its residential treatment facility and daily intensive outpatient services in Boulder offering clients the ability to live productively with schizophrenia or other psychotic disorders! Dr. Warner is the author of a number of books (see below).

Apr. 2: **Canvas**, the acclaimed movie on small screen! Marcia Gaye Harden as a mother and wife who has a mental illness which permeates the family's daily lives. One Hour and Forty-One minutes—please arrive right at 7 p.m.

May 7: TBA Check NAMIColorado.org website, click on "Affiliates and Support", go to Jefferson County web page.

June 4: TBA Check NAMIColorado.org website, click on "Affiliates and Support", go to Jefferson County web page.

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

\*\*\*\* Professor Richard Warner \*\*\*\*

**Professor of Psychiatry and Adjunct Professor of Anthropology at U of Colorado  
Director and Chief Psychiatrist of Colorado Recovery**

Dr. Warner is the author of a number of books, translated into seven languages, including:

Recovery from Schizophrenia (third edition: Brunner-Routledge, 2004)

The Environment of Schizophrenia (Brunner-Routledge, 2000)

Alternatives to the Hospital for Acute Psychiatric Treatment (American Psychiatric Press, 1995)

Co-author with Julian Leff: Social Inclusion of People with Mental Illness (Cambridge University Press 2006)

Beginning in 1995, Dr. Warner helped direct *Open the Doors*, a global campaign of the World Psychiatric Association to combat the stigma of schizophrenia. Dr. Warner lectures and consults in several countries around the world on a regular basis. He was closely involved in two of the *anti-stigma programs*. He has visiting faculty appointments at two universities in Great Britain and is on the editorial boards of professional journals in four countries; and...He earned the "Heroes in the Fight" award from NAMI Colorado 2005, the Nancy Roeske Certificate of Recognition for Excellence in Medical Student Education of the American Psychiatric Association in 2002. He has been listed in Best Doctors in America since 1996.

*Colorado Recovery: Psychiatric diagnosis residential care schizophrenia bipolar treatment located in Boulder, CO. Recovery from mental illness like schizophrenia is about more than just getting rid of the symptoms.*

**NAMI Jeffco proudly presents Dr. Richard Warner March 5, Ed. Night guest speaker!!! Join us!**

**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...Tony Rodrigues 303-570-0781 tonyrodrigues@yahoo.com  
 Summit Center Advisory Board...Norm Bertelsen  
 Membership... Kathy Bobb 303-979-7427 kbobb002@aol.com  
 Education Programs...Pam Sindorf Haynes 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 Facilitators...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: Larry Krause, Allan McCall,  
 Ken and Pat Dreiling  
 Consumer Outreach... Dennis Hofts 303-421-8522

**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: Kathy Bobb 303-979-7427  
 Filling the Gap: Dona 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:danainfor@dana.org)  
**Coloradolegalservices.org**

**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:  
 (consumers and family members) 303-584-1957  
 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](http://www.theroad4youth.org)

**Useful Websites**

[www.NAMIColorado.org](http://www.NAMIColorado.org) (click Affiliates to find NAMI Jeffco's current news and a copy of the latest Newsletter)  
[www.empowercolorado.com](http://www.empowercolorado.com)  
[www.admhn.org](http://www.admhn.org)  
[www.coloradohealthguide.org](http://www.coloradohealthguide.org)  
[www.mhacolorado.org/](http://www.mhacolorado.org/) (Mental Health Association of CO)  
[www.silverribbon.org](http://www.silverribbon.org)  
[www.OfLikeMinds.com](http://www.OfLikeMinds.com) (consumers)  
[www.wecanolorado.org](http://www.wecanolorado.org) (consumers)  
[www.beyondbipolar.com](http://www.beyondbipolar.com) (consumers)  
[www.Schizophrenia.com](http://www.Schizophrenia.com)  
[www.bipolarmagazine.com](http://www.bipolarmagazine.com)  
[www.bipolar.com](http://www.bipolar.com)  
[www.NIMH.org](http://www.NIMH.org) (Nat'l Institute on Mental Health)  
[www.bipolarconnect.com](http://www.bipolarconnect.com)  
[www.schizophreniaconnection.com](http://www.schizophreniaconnection.com)

**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 Bruscano 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. 80026. 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.

**Highlands Behavioral Health Hospital**  
**Ideal program for clients who need a transition from inpatient psychiatric care to their community; dual diagnosis track; supportive relationship with peers: CALL Assessment and Referral Dept. 720-348-2800 Walk-ins Welcome! Most insurance accepted. 8565 S. Poplar Way, Littleton 80130; [www.HighlandsBHS.com](http://www.HighlandsBHS.com)**

## President's Message

WOW! I am excited about 2008:

- We have more dues paying members than ever!
- We had a super presentation and great attendance at our Education Night January 2nd.
- We have a governor and first lady who are advocates for mental health.
- We have a vibrant Board of Directors who are committed to the cause.
- We have exciting "Family-to-Family" classes and they are bulging!!
- We have provided over \$50,000 of dental services to consumers through our "Filling the Gap" dental program!!!



I would like to have you invite anyone who would like to learn more about mental health to become a member of our organization. It is open to everyone. The Peer Counselors from JCMH (Jefferson Center for Mental Health) provided us with an exciting program on January 2. They showed us that there is light at the end of the tunnel. They are super examples of this fact. I want to personally thank Vladimir Perez, Jim O'Connell, and Ricky Kinney for the fine insight they provided for us. They are enthusiastic advocates for persons suffering from these sometimes debilitating health issues. They know first hand what mental illness is all about and they are tireless advocates for mental illness recovery.

Our Education Nights are the first Wed. evening of the month at 7 p.m. at the JCMH Cedar Building, 9808 West Cedar Avenue. Be sure to come and bring a friend. **ALL ARE WELCOME!** I wish for **ALL** if you a glorious 2008 and let's all commit to being advocates for persons and their families who have mental health issues. We CAN overcome if everyone contributes. Happy New Year! Norm Bertelsen, President, NAMI Jeffco

### Online "Clubhouse" Support and Hope

On December 3, the Depression and Bipolar Support Alliance (DBSA) launched FacingUs.org, a unique website with interactive features enabling those folks living with depression and bipolar disorder to create their own personal wellness tools to aid them on their road to recovery. The site is designed to be a "clubhouse", an online community that provides inspiration and encouragement to others and is available 24 hours/day, 7 days per week...many resources plus its own unique touch: <https://www.facingus.org/>

### Bazon Center Mental Health Policy Reporter

Check it out! [bazonon@mail.democracyinaction.org](mailto:bazonon@mail.democracyinaction.org)

Exclusively online and a free subscription, The Reporter supplements the Bazon Center's Action Alerts by providing a periodic bulletin on significant policy developments that affect people who have mental illnesses, i.e. Mental Health Funding, Mental Health in the Schools, Offender Treatment and Crime Reduction Funding, Children's Mental Health: Early Intervention, and Mental Health Parity.

### NAMI Connection

#### We Understand How you Feel, We've Been There

NAMI Connection is a consumer run weekly recovery support group for people living with a mental illness in which people learn from each others' experiences, share coping strategies, and offer each other encouragement and understanding. Cost is Free!

When? Wednesdays 7-8:30 p.m.

Where? S.T.A.R. Reach Club House, 2531 W. Church St.



Littleton (North side of Arapahoe Community College

Campus) 303-788-0776, [junemcw@gmail.com](mailto:junemcw@gmail.com)

Are you interested in becoming a facilitator???? The upcoming NAMI Connection Recovery Support Group facilitator training class will be Friday, April 11—Sunday April 13. NAMI will fund the training. This is a unique and important opportunity! Please contact Kathy Redman, Office Assistant, NAMI Colorado 303-321-3104, 1-888-566-6264 for details.

If you now receive Social Security Disability or Retirement benefits, but do not get Medicaid benefits, you MAY be eligible for Medicaid under a law known as the Pickle Amendment. For more information please go to <http://www.coloradolegalservices.org/>. Come to the NAMI Jeffco Education Night to learn more about social security issues February 6.

### 2008 Legislative Matters

**PDL (Preferred Drug List):** The PDL, which was initially introduced in Colorado on Jan. 31, 2007, is a multi state drug purchasing pool for Medicaid Prescription drugs, and includes drugs prescribed for mental illness. The Medical (Services) Board is presently in the process of specifying and approving which prescription drugs will be included on this list. This means that Medicaid recipients, including those with serious mental illness, can only be prescribed medications listed on the PDL. When it comes to mental illness, one size does not fit all. These drugs work differently on different people and it usually takes a combination of several medications to provide stability. The Medical (Services) Board in our state is not convinced that medications used to treat mental illness need to be exempted, even though they have heard numerous and convincing testimony to that fact. **Example:** If an anti-psychotic drug such as Seroquel would be added to the PDL, then it might be mandated that only persons with a diagnosis of schizophrenia be prescribed this drug. This would eliminate persons diagnosed with Bipolar disorder, Depression, and Schizo-affective disorder from receiving the drug. **SEND LETTERS! CO Dept. Health Care Policy and Financing, 1570 Grant St., Denver 80203 (303-866-3588)**

**Presidential Candidates Answer Mental Healthcare Questionnaire:** <http://www.nami.org/election2008/candidates>

**"Parity Laws":** Thousands of people like YOU helped us win unanimous Senate passage of the Mental Health Parity Act of 2007 (S. 558). Mental health parity refers to providing the same insurance coverage for mental health treatment as that offered for medical and surgical conditions. The Parity law adds the following mental disorders to be covered at parity by certain large group insurance plans: PTSD, drug and alcohol disorders, Dysthymia, Cyclothymia, Social Phobia, Agoraphobia w/Panic Disorder, General Anxiety Disorder, Anorexia and Bulimia Nervosa and continues to require these health plans cover 6 biologically based mental illnesses at parity: Schizophrenia, Schizoaffective disorder, Bipolar affective disorder, Major Depressive Disorder, Specific OCD and Panic Disorder. For more info call Your Health Plan Provider, Your Employer. Colorado Division of Insurance 303-894-7490 1-800-930-3745, Mental Health America of Colorado 720-208-2220 1-800-456-3249.

**Check NAMI's positions on important bills! Your voice matters! Help support or oppose these bills! Check the NAMI Colorado web site: [www.namicolorado.org](http://www.namicolorado.org). Action Alerts will be sent to members by e-mail requesting help on important bills, with information to assist you if asked to call or write your legislators. YOU ARE NAMI'S VOICE!**



## 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 twice/year in two locations**

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, 6:30 p.m. to 9:00 p.m.

Class Location: Wheat Ridge (Lutheran Hospital), Thursday evenings, , 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

*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.*

NAMI Advocate, Feature Issue: Winter 2007:

Investigating the Evidence-Base for NAMI's Family-to-Family and Peer-to-Peer Programs by Alicia Lucksted, Ph.D., Rebecca Hawes, Ph.D., and Lisa Dixon, M.d., M.P.H., University of Maryland Division of Services Research

...First Study: Pilot study of the effectiveness of the Family-to-Family education program: The initial FtF pilot study involved 37 family members who completed the FtF program. They were interviewed by our university research team of trained family-member assessors at "baseline" (just before taking the course), immediately after completing FtF, and six months after completing it.

Our results indicate the FtF participants demonstrate significantly greater family, community, and service system empowerment, while they also feel less displeasure and worry less about their family member who has a mental illness. We found that these benefits were sustained: six months later, they still held..."

"...Second Study: Building on the pilot study, we next used more scientifically rigorous methods to further explore the effectiveness of F2F. In this second study, 95 family members who were planning to enroll in FtF, but who had to wait three months for the class to begin, consented to be interviewed four times: three months before the class, immediately before, immediately after, and six months after. ...

It was found: people completing FtF indicated less subjective burden and more empowerment. They also indicated an increase in knowledge and understanding of serious mental illness, the mental health system, and self-care. These benefits were sustained after six months. Importantly, simply signing up for the FtF class and waiting for three months provided no improvement. This second study provided additional evidence for FtF's effectiveness...

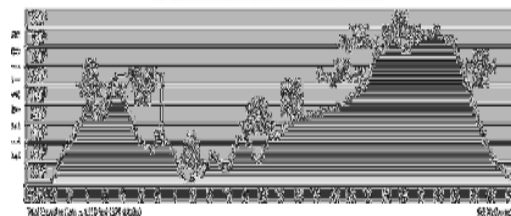


### **FUNDRAISER FOR NAMI JEFFCO FAMILY TO FAMILY CLASS**

**Will Pam Do It Again? March 15 is the BIG day just 2 weeks shy of her 57th b'day!!! One of the country's most difficult marathons—Catalina Island 26.2 mile run across the island with the buffaloes.** Help support Pam's efforts and keep Family-to-Family classes going in Jefferson County. All proceeds go to classroom materials!! With the largest attendance ever, fundraising is more important than ever. Students comes from all over the Metro area, not just Jefferson County.

Pam says, "This is my way of honoring all of those folks who have mental illnesses and their families. These folks face challenges and extreme difficulties in in their daily lives. They are true champions!" To pledge your support: NAMI Jeffco, P O Box 1921, Arvada 80002 303-349-2563; Pam Haynes 13795 Berry Rd., Golden 80401 pamhaynes@aol.com 303-279-7661; Cheri Bishop cbishopnami@aol.com 303-697-6808. Any pledge donation amount welcome and appreciated!!!!!!

Catalina Marathon Elevation Profile



## 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.

Currently, Filling the Gap has a wait list of approximately 50 people. FTG has connected 71 people to dental services in 2007. One out of the 71 has not yet received services because of individual problems, three are in the process of receiving their dentures. [ftgdental@msn.com](mailto:ftgdental@msn.com) Donna: 303-420-2006



### Scientists Can Predict Psychotic Illness in up to 80 % of High-Risk Youth!

U.S. Dept. Health and Human Services NIH (National Institute of Health) News Monday, Jan 7, 2008: Susan Cahill 1-301-443-4536

Research was conducted in youth with a median age of 16; funded primarily by NIMH (National Institute of Mental Health), part of NIH. The combinations of factors that predicted psychosis included: deteriorating social functioning (i.e. spending inordinate amounts of time alone in one's room, doing nothing); family history of psychosis combined with recent decline in ability to function (i.e. drop in grades/withdrawal from extracurricular school activities; increase in unusual thoughts such as thinking that strangers' conversations are about oneself); increase in suspicion/paranoia (such as suspicion of being followed; and past or current drug abuse). It is not clear, however, whether even earlier intervention, before a psychotic illness develops, is effective. However, eventually, it can help "...us determine the most effective time to intervene," said NIMH Director Thomas R. Insel, M.D.

A separate group of 134 healthy people with no known risk factors for psychosis served as a control group, for comparison. None of them developed a psychotic illness. Further, youth who progressed to a psychotic disorder tended to do so relatively quickly. And, "...that's such a critical window of opportunity for getting them the help they need," said Robert Heinssen, Ph.D., of NIMH, researcher.

### Letting Your Family In On Your Therapy

#### Approach Enlists Loved Ones to Participate in Treatments; Overcoming the Privacy Issue

By Elizabeth Bernstein, The Wall Street Journal 7/17/2007 Personal Journal  
As excerpted:

When Tony Fama worries about recurring sadness or has questions about antidepressants, he calls a psychiatrist—his wife's.

Mr. Fama's wife suffers from bipolar disorder, and he calls her doctor frequently if she seems to be manic or having side effects from her medication. Often, Mr. Fama sits in on his wife's therapy sessions, offering his opinions. Sometimes, he talks to the doctor about his own struggles as a caregiver.

**The Doctor isn't breaching her confidentiality by talking to her husband. Rather, he is practicing an increasingly popular psychiatric treatment called "family based" or "family-focused" therapy.** Instead of excluding family members out of concern for patient privacy, the family based approach seeks to expressly include spouses, parents or siblings in therapy. The practice goes beyond traditional family therapy—which typically focuses on families' dysfunction—and forges new territory on privacy and doctor-patient confidentiality issues.

Frustrated by often ineffective treatment plans that keep loved ones in the dark and blame families for problems, a growing number of therapists are turning to such methods.

Critics of family-based therapy say that the lack of boundaries can be dangerous. Patients may be leery of sharing intimate information with a therapist and family members may resist talking about their problems.

However, proponents believe that the benefits far outweigh potential drawbacks. Patients and family members sign consent forms that acknowledge that the doctor can share information with the family, however, do not discuss private issues discussed in therapy, i.e. dreams, fantasies, etc.

Here are some resources where patients and their families can find information about family-based therapy:

**"The Bipolar Disorder Survival Guide: What you and Your Family Need to know,"** by David J. Miklowitz, Ph.D.

### Support Groups News FREE

NAMI Jeffco: Learn from each other. This group welcomes consumers and family members alike! Third Wed. of every mth. JCMH Cedar Bdg. 7—8:30 p.m.

Support for families of adult persons with a mental illness: 2nd and 4th Tuesdays of each month; 6:30-8:30 p.m. Pat O'Connell, Facilitator 303-432-5114.

Support for spouses of persons who have a mental illness: 3rd Monday of each month, 6:30—8:30 p.m. JCMH Cedar Building, 9808 W. Cedar Ave., Lakewood. Pat O'Connell, Facilitator; 303-432-5114

**Family-to-Family is looking for teachers! We are so thrilled with the ability to keep our classes available, however, the January classes, for the first time EVER, are both overflowing with students. Please help others have this unique learning opportunity by taking the teacher training and creating a third class option!**



**Pls call Cheri Bishop at 303-697-6808 for more information! This is a volunteer position but we assure you, you will be paid in priceless experiences!**

### [NAMIColorado.org](http://NAMIColorado.org)

Check it out! Keep current! Up dated and critical legislative information.

How you can help!

Advocacy Avenues

Resources! Resources! Resources!

**[NAMIColorado.org](http://NAMIColorado.org)**

**"The Complete Family Guide to Schizophrenia,"** by Kim T. Mueser, Ph.D. and Susan Gingerich, M.S.W.

**"Help Your Teenager Beat an Eating Disorder,"** by James Lock, M.D., Ph.D., and Daniel Le Grange, Ph.D.

**Maudsley Parents** [www.maudsleyparents.org](http://www.maudsleyparents.org)

Founded by parents, this nonprofit offers articles and forums about family-based therapy called the Maudsley method and a list of trained therapists.

**National Alliance on Mental Illness** [www.nami.org](http://www.nami.org)

We are proud to be an integral part of this large organization providing advocacy, education and support for the mentally ill and their families.

**YOU ASK ME WHAT I WANT**

Wally Kisthardt, Ph.D.

You ask me what I want, in those times when you attempt,  
To be the type of helper, who does not show contempt.  
For the dreams and aspirations, I hold burned deep inside.  
Covered by illness, I no longer try to hide.



Others do not talk of wants, they lecture about needs.  
They then appear to be upset,  
When THEIR plans for me do not succeed.  
I know some truly think they have my best interests at heart.  
When they invalidate my visions, and pick my dreams apart.

I want you to know my illness cannot reveal the wonder that is me.  
It captures not my essence, my yearning to be free,  
From haunting voices and disjointed thoughts, nagging in my brain.  
Free to be the person, whom illness cannot explain.

I want a home, where I feel at ease, not pressured to conform.  
Where I can do the things I like, versus needing to perform,  
The tasks and goals the staff decides everyone should do.  
Like cooking meals for groups of twelve, or being in bed by two.

I want to talk to others, without seeing the ashen look upon their Face  
When they learn of my "disorder," got to get out of this place.  
I want a job where I fit in, and make a decent wage.  
I want to feel the warmth of one, who can melt away the rage.

I want the things that you want, to be respected and affirmed.  
I want the things that you want, to have personhood confirmed.  
I want the things that you want, to laugh and to belong.  
To feel the sun upon my face, to sing a joyful song.

I want others to know I did not choose to be this way.  
And sometimes I am not so sure I can take another day.  
I want to feel needed, to break out of patient roles.  
And if you hear, and feel my words, you'll help me reach my goals.

Visit the **NAMI Colorado** website on your computer.  
Catch up on statewide news! 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)

**The Brain Piece**

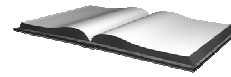
**Counting the Pieces: The Discovery of Early-Onset Bipolar Disorder** by  
Diane Kruff and Ethan Martinez; [www.thebrainpiece.com](http://www.thebrainpiece.com).

*The Brain Piece is dedicated to increase the public's awareness that mental illnesses are biologically based brain disorders. In addition, the aim is to find support and resources for all people whose lives are affected by brain disorders, especially early-onset bipolar disorder. The hope is individuals will not only be better equipped to work on treatment plans to better their own lives, but will also take action in some form of advocacy to further the mission and improve others' lives as well.*

**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 IF YOU NEED POLICE HELP FOR A MENTALLY ILL PERSON, ASK FOR A CIT TRAINED OFFICER!**

**GREAT READS:**

**Surviving Schizophrenia (Fourth Edition)** by E. Fuller Torrey, Harper Collins, 2001

**Crazy: A Father's Search through America's Mental Health Madness** by Pete Early, Putnam, 2006

**Insight and Psychosis. Awareness of Illness in Schizophrenia and Related Disorders** by Amador, X.F. and David, A.S. (Eds), Oxford University Press, 2005

**Cognitive-Behavioral Therapy of Schizophrenia** by David G. Kingdon and Douglas Turkington, The Guilford Press, 1993

**When Someone You Love is Depressed. How to Help without losing yourself** by Laura Epstein and Xavier Amador, Fireside, 1998

**The Day the Voices Stopped. A Memoir of Madness and Hope** by Ken Steele and Claire Berman, Basic Books, 2001

**I'm Not Sick I Don't Need Help: How to Help Someone with Mental Illness Accept Treatment** by Xavier Amador, Vida Press, 2007

**The Normal One: Life with a Difficult or Damaged Sibling** by Jeanne Safer, Ph.D. Discussion about the effects of such difficulties as having a sibling with a mental illness on sibling growth and health.

**Advocacy and Professional Organizations**

*National Alliance on Mental Illness (NAMI) - GREAT resource for support and information about serious mental illness. Founded in 1979 by families of folks with a mental illness due to their frustration by the lack of services, treatment, research and education available for those with a mental illness and their families.*  
[www.NAMI.org](http://www.NAMI.org) 703-524-7600

*The National Mental Health Association (NMHA) - Another effective nonprofit organization that addresses many aspects of mental health and mental illness.* [www.NMHA.org](http://www.NMHA.org) 1-800-969-6642

*National Alliance for Research on Schizophrenia and Depression (NARSAD) NARSAD supported scientists have conducted many landmark studies over the past decade. Free newsletter with wonderful information on current research.*  
[www.NARSAD.org](http://www.NARSAD.org) 1-800-829-8292

*Depression and Bipolar Support Alliance (DBSA) - This organization consists of people with clinical depression and their families who try to educate the public about depression and manic-depression and help find treatments. Free newsletter*  
[www.dbsalliance.org](http://www.dbsalliance.org) 1-800-826-3632

*American Association of Suicidology—This organization offers a variety of printed suicide prevention materials and referrals to suicide hotlines and support groups.* 303-692-0985

**Documentary Films**

**Out of the Shadow**, a documentary film by Susan Smiley.  
[www.OutoftheShadow.com](http://www.OutoftheShadow.com) Incredible movie providing insights to psychiatrists, case managers, social workers, educators, consumers and their families.

NAMI Jeffco  
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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

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