

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

MEETINGS

1st Wed. of each month-
Education Night

2nd Wed. of each month-
Board Meeting

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

Summer 2009
Formerly known as JAMI

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

NAMI JEFFCO ANNUAL PICNIC
Join us for an afternoon of fun, folly and food!
Date: Saturday, August 1, 2009
Time: 11:30 A.M.



Place: The Roy and Fran Reed Residence

8680 West Jefferson Ave., Lakewood 80235

(One block South of Hwy 285, between S. Garrison St. and S. Carr St.

Parking: A lot of parking available at the rear of the house!

Roy will have some of his restored vehicles and special cars on display for everyone to enjoy!

Directions: 1) From Kipling and just south of Hampden there is a south frontage road (W. Hampden). Take the south frontage road (go past Hampden and make a u-turn if you are coming south on Kipling due to a curb in the center of the lanes). Go east to Garrison. Turn south on Garrison one block and turn east on Jefferson Ave. 8680 is about two blocks east, on the south side!

2) From Wadsworth, just south of Hampden, there is a south frontage road (W. Hampden). Turn west onto the frontage road and proceed west to Carr St. Turn south on Carr and go one block to Jefferson Ave. Turn right to the west and proceed to 8680 on your left (south).



NAMI Jeffco Mission Statement: *The National Alliance on Mental Illness Jeffco (NAMI Jefferson County, formerly JAMI) is a non-profit, all volunteer 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 80026

ALL MEETINGS 7 PM—8:30 PM

Everyone Welcome!

Education Night: First Wednesday of each month

No Education Meetings in July, August and December

Board Meeting: Second Wednesday of each month

No Board Meetings in July, August and December



SUPPORT GROUPS FOR FAMILY MEMBERS/SIGNIFICANT OTHERS OF THOSE FOLKS WHO HAVE A MENTAL ILLNESS

Lakewood Family Support Group is for family members of adults who have mental illnesses to offer and receive support and share with others:

When: 2nd and 4th Tuesday of every month—OPEN TO THE COMMUNITY

FREE!!!! This is a drop in support group. Come when you can!

6:30—8:30 P.M. Call Pat O'Connell 303-432-5114 (leave message and Pat will return your call!!!)

Where: 9808 West Cedar Ave., Lakewood 80026 (JCMH Cedar Building)

Note: Pat O'Connell, a family member herself is an experienced, caring and trained facilitator for these support groups!

SUPPORT GROUP FOR SPOUSES AND SIGNIFICANT OTHERS

When: 3rd Monday of each month **FREE!** Please call to confirm group

meetings! There has been a lack of attendance recently!

Time: 6:30-8:30 P.M.

Where: JCMH Cedar Building (9808 West Cedar Ave., Lakewood 80026)

Facilitated by Pat O'Connell. 303-432-5114 (leave a message and Pat will

return your call!!!).

9808 W. Cedar Ave. is located one block north of the Alameda/Kipling Streets intersection. It is the second building on the south side of Cedar Ave.

MORE SUPPORT

Consumer support:

NAMI Connection: NAMI Connection is a recovery support group program for adults living with mental illness that is expanding in communities throughout the country. These groups provide a place that offers respect, understanding, encouragement, and hope. The group meets weekly for 90 minutes with a casual and relaxed approach to sharing the challenges and successes of coping with mental illness. The group is free of charge; follows a flexible structure without an educational format; does not recommend or endorse any medications or other medical therapies. All groups are confidential. Participants may share as much or as little personal information as they wish.

Support groups are open to all adults with mental illness, regardless of diagnosis! Participants should feel welcome to drop by and share feelings, difficulties, or successes. Everyone is a valued participant. NAMI Connection groups are facilitated by trained individuals living with mental illnesses who are at a point in recovery where they want to "give back" to others. They understand the daily challenges of living with mental illness and can offer encouragement and support.

Jefferson County, Gilpin and Clear Creek Counties are in need of facilitators! Please contact NAMI Colorado 303-321-3104 about the application, screening process and registration. Currently, relatively nearby, the following NAMI Connection Recovery Support Groups are active and welcome all folks, no matter where they may reside (for more locations, call 303-321-3104):

Central Denver: CHARG Drop-in-Center, 920 Emerson Street, Denver (North side of Our Savior Lutheran Church)

Every Tuesday 7 PM—8:30 PM Contact: Kathy 303-321-3104 kredman@nami.org

IMPORTANT INFORMATION: *If you are interested in facilitating a NAMI Jeffco consumer driven support group by and for all people who have a mental illness please call Norm 303-349-2563 or Cheri Bishop 303-697-6808;*

WRAP (Wellness Recovery Action Plan) support group! Call Deborah Amesbury 303-744-1817 or e-mail Deb at DebAmesbury@msn.com.. Confirm dates with Deb, current listing is Thursdays at the Mental Health Center of Denver, 4141 E. Dickenson Place, Denver 80222, 7:00 P.M.—8:30 P.M. This support group meets quarterly and is appropriate for those who: HAVE A WRITTEN WRAP and wish to share their success(es) with others, are finding it a challenge to keep their WRAP current; and, HAVE TAKEN A WRAP CLASS, HAVE A DRAFT/BEGINNING WRAP and need some guidance and support and/or wish to share creative wellness tolls others may find helpful!

Jefferson Center for Mental Health is a wonderful ONLINE resource for support groups and community resources. Go to **jeffersonmental-health.org** and click on "Resources". For support group information which includes both JCMH clients and the general community, click on "Support Groups" which is the fourth line in the middle column. You will also find web resources, mental health articles, community organizations, county government information and other miscellaneous links!

Recovery Group: An adult consumer driven support group based on cognitive therapy as an important tool towards recovery. Meets Mondays 1 P.M.—2:15 P.M. , First Presbyterian Church, 10th and Brentwood, Lakewood. Other locations on different nights. Please call 303-458-7680, leave a message and your call will be returned. At 2:15 P.M. , Mondays, another support group called **Emotions Anonymous** meets in the same Lakewood location.

Jefferson Center for Mental Health (JCMH): call to see if you are eligible to join their free support groups! 303-425-0300 www.jcmh.org

The Denver West Mental Health Peer Support Group at West Pines, 3400 Lutheran Pkwy, Wheat Ridge; for folks who have bipolar illness and meets Tuesdays 7 P.M.—9 P.M. 303-429-4950

MORE RESOURCES AS YOU READ ON.....

BOARD OF DIRECTORS—NAMI Jeffco

- President: Norm Bertelsen 303-349-2563 Norm@NormanBertelsen.com
- Vice President...Pam Sindorf Haynes 303-279-7661 pamhaynes@aol.com
- Secretary...Gloria Zann gloandgene@ecentral.com
- Treasurer...Tony Rodrigues 303-570-0781 tonygrodrigues@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
- Newsletter...Pam Sindorf Haynes pamhaynes@aol.com
- Legislation...Nita Bradford 303-232-5078 nitajohn@comcast.net
- Other NAMI Colorado Board Members: Larry Krause, Allan McCall
- 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
 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

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

Lakewood Family Support Group: 303-432-5114 (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 (Dr. 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

Highlands Behavioral Health Hospital: Program for clients who need a transition from inpatient psychiatric care to their community; dual diagnosis track; supportive relationship with peers: 720-348-2800 Walk-ins Welcome! Most insurance accepted. 8565 S. Poplar Way, Littleton 80130; www.HighlandsBHS.com

VOLUNTEER OPPORTUNITIES NAMI JEFFCO

We are committed to working to improve the lives of people affected by mental illnesses! AND...WE HAVE FUN!!! Join Us!

Volunteering is a rewarding way in which we are able to help enrich the lives of others by being a part of a bigger picture. It feels good to help others and to be a part of a grassroots organization dedicated to such positive goals. Without volunteers, NAMI would be non-existent. In tough economic times non-profit organizations, such as NAMI particularly are hard hit. Please consider joining us by helping in some small way and making a huge difference within the community. Here are some ways you can help. Without more folks volunteering their time, the organization runs a strong risk of becoming stale, and at the very worst...non-existent! Please help keep NAMI Jeffco alive and thriving!

Fundraising Coordinator to help with general fundraisers in trying to raise money for the general fund;

Support Group Facilitators for peer groups and family groups;

Education Program Coordinator to select topics of interest to members as well as schedule NAMI Jeffco speakers and set up the meeting room;

Web Page Manager: help keep the community informed on the web!

Newsletter support: proof readers desperately needed!

GENERAL INVOLVEMENT! Board Members Needed!!!! Never dull! Please help keep NAMI Jeffco alive, valuable and resourceful!!!! Pop in on a board meeting! Open to the public! WE NEED YOU in order to be more effective!

↑ USEFUL INFORMATION AND CONTACT NUMBERS

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.

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

Brain in the News (free subscriptions) dana-infor@dana.org

Coloradolegalservices.org
Westside Behavioral Care Inc. (find a clinician/therapist who best suits your needs! 303-986-4197
www.westsidebehavioral.com

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.mhacolorado.org/ (Mental Health Association of CO)
- www.silverribbon.org
- www.moodletter.com (consumers)
- www.wecancolorado.org (consumers)
- www.beyondbipolar.com (consumers)
- www.Schizophrenia.com
- www.bipolarmagazine.com
- www.bipolar.com
- www.NIMH.org (Nat'l Institute on Mental Health)
- www.schizophreniaconnection.com

Need resources? Ideas? Go to NAMI Colorado www.namicolorado.org or call 303-321-3104 for information on what is happening around Colorado.

Empower Colorado

www.empowercolorado.com 1-866-213-4631

This group offers a 7 module series of workshops "Empowering Families Through the Diagnostic Journey". The workshops help families as they embark on the diagnostic journey to understand and cope with their child's mental, emotional or behavioral disorder. Families have an opportunity to participate through the use of role plays and interactive discussion.

**NAMI Jeffco Education Night News
Winter-Spring 2009 Presentations**

January 3: Jefferson Center for Mental Health Peer Counselors' second annual presentation! Vladimir Perez, Ricky Kinney and Jim O'Connell shared their 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 and break through stigma. This year we had the added honor of being joined by James Bertelsen who shared some of his life experiences as well. A round table format, this engaging group of men has become one of NAMI Jeffco's most popular meetings.

February 4: Phil Bender-Stone, LCSW, Coordinator Therapeutic Services, Exempla Lutheran Medical Center Behavioral Health focused his presentation on Dual Diagnosis Treatment, particularly the NEW Dual Diagnosis Treatment program at West Pines, designed for patients who have both an addiction and psychiatric diagnosis. There is a new inpatient addiction-recovery center which includes 20 beds, a climbing wall, fitness center and other amenities. Phil also addressed issues of the particular difficulties in treatment needs of people who have a mental illness and chemical dependency.

March 4: Deborah Amesbury, LCSW for over 35 years, as well as the Director of Consumer and Family Affairs for the CO Division of Mental Health 1995-2004, Behavioral Health Specialist and avid volunteer since her retirement in October 2006. I AM NOT SICK!! I DO NOT NEED HELP!! The title of the book by Dr. Xavier Amador, its title accurately describes what many family members hear from their ill loved ones. Deborah, in her own articulate, empathetic and knowledgeable manner addressed such issues as how to help develop trust, communication skills and transform combative situations into cooperative ones. Please read the book **I Am Not Sick! I Don't Need Help!** By Dr. Xavier Amador.

April 1: CANCELLED due to SNOW! Please note that if there is an education night meeting and the weather looks threatening we may need to cancel. Call 303-279-7661 or 720-635-5796 to find out if a meeting is being cancelled!

May 6: Sergeant Kevin Armstrong, Wheat Ridge Police Dept. gave an engaging and important presentation about Crisis Intervention Training (CIT) - law enforcement officers who save lives and restore hope. Questions from the audience were provocative and the meeting was an interactive discussion about the importance of specially trained officers. These officers go through an intensive 40 hour training session complete with role playing by professional actors enabling the officers to practice their skills before going into the community. Fears of calling the police/sheriff in dire situations have been lessened by knowing these officers use their verbal crisis de-escalation skills and have access to providing more streamlined access to community based mental health services.

June 3: Sara Delashmutter, Case Manager specializing in Social Security Disability, SAWAYA, ROSE & KAPLAN, P.C. spoke about the fundamentals of SSI and SSDI as well as for what the government is looking to find in an application for benefits. Many questions were asked of Ms. Delashmutter and many questions were answered fully. The likelihood of being granted SSI or SSDI was addressed as well as the likelihood of a positive outcome on appeal. Ms. Delashmutter's direct number is 303-839-1650. It is better to apply as soon as possible for benefits rather than waiting. It is also very important to read information on any rejection notice because important deadlines are often overlooked! There is no reason NOT to apply!

EDUCATION NIGHT MEETINGS: SEPTEMBER 2009—JANUARY 2010

September 2: Dr. Bob Cowan, M.D., Bachelors Degree of the University of Michigan and Medical Degree from New York University, currently has a psychiatric practice in Littleton. The title of this evening's presentation is **Up, Down and Stable!** Dr. Cowan will address the particular aspects of treating bipolar illness in patients, including medication regimes needed and some of the difficulties in finding the balance of medications which are the most effective! Dr. Cowan's services integrate psychotherapy with medication when indicated. He does this in the context of appropriate family discussions about the problems, conflicts, strengths and support. According to Dr. Cowan's approach...."Generally, each person comes in distressed, seeking relief and trying to find balance of thinking and feeling. This starts with collaborative problem identification. We then need to define the onset, frequency, duration and intensity of symptoms. Planning integrates this information with accepted and innovative treatments...".

October 7: Ann Kochenberger, author of a recently published book, **Out of Focus...Again: A Journey from Depression to Recovery Through Courage, Love and Commitment.** Ann will be joined by her husband if possible who knows that his message as her caretaker and spouse is an important one. Parents of two children, Ann and Bob share their journey. In the book, the voices of Ann's husband and two grown children appear, telling about living with a mentally ill wife and mother and giving their viewpoints as caretakers. There is a critical chapter on "How Others Can Help". Ann then discusses her coping strategies, things that she did for herself which allowed her to stave off the persistent allure of suicide. Now, living a happy and fulfilling life, she focuses on what is really important and what is not!

November 4: Deborah Amesbury, LCSW, for over 35 years, as well as the Director of Consumer and Family Affairs for the COP Division of Mental Health from 1995-2004 transferring in April 2004 to the CO Dept. of Health Care Policy and Financing where she was a Behavioral Health Specialist until her retirement in October 2006. Deborah has been dealing with serious mental illness for over 50 years as a family member, and having an illness herself. Deborah is not only a captivating speaker, but her compassion, knowledge, experience and articulate manner are truly worth your time! Deborah will be giving a presentation of her choosing which directly affects those who have a mental illness as well as friends, caregivers and family members of those who have a mental illness!

Deborah teaches the WRAP Wellness Recovery Action Plan) course to consumers and family members. She is active in NAMI Denver as well as the WE CAN! action group!

December: NO MEETINGS!

January 6: Jefferson Center for Mental Health Peer Counselors THIRD annual presentation! Vladimir Perez, Ricky Kinney and Jim O'Connell share their 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 AND break through stigma. This year we hope to welcome added personal voices and faces to our panel... We all benefit from these young men's openness and desire to support each other and serve the community. This is one of our most popular presentations and we are proud and honored to once again invite you to join us!

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. August or September 2009

Class Location: Wheat Ridge (Lutheran Hospital), Thursday evenings, , 6:30 p.m. to 9:00 p.m. August 20, 2009

(Currently Jefferson County is working to establish more classes to accommodate the growing number of interested persons)

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 in which they reside.

"...comprehensive and fact based information gave me more understanding about my son's illness and how to react to him...I learned a lot from the class room exercises and interaction with the class participants...I had a sense of community and support...I felt like I wasn't alone in my lack of control and frustration of dealing with this lifelong illness..." -former student

Important Components Covered in the Family-to-Family Course

1. Information on the above listed mental disorders.
2. Biology of the brain including the latest research.
3. Coping skills; handling crisis and relapse.
4. Listening and communication techniques.
5. Problem solving and limit setting; rehabilitation (including a discussion of what rehabilitation means).
6. Empathy: understanding the actual experience of people suffering from mental illness.
7. Self-care: learning how to recognize normal emotional reactions among families; how to deal with the chronic worry and stress.
8. Basic information about medications including the latest medications, and their side effects. Discussions about adherence.
9. Information about connecting with appropriate community services and community supports.
10. Advocacy: Getting better services, fighting discrimination.

Classes are taught by family members of folks who have mental illnesses, who know first hand the challenges mental illnesses present and are empathetic teachers who capably facilitate classroom material.

Support Group modeled after the Family-to-Family Education Course; this is the first group of this type in our area of what we hope will be many!!!!

NAMI Denver Family Support Group Meetings (New)

Who: Family Caregivers of individuals who have mental illnesses

meet with others to share and empathize with your experiences.

When: Every 2nd Thursday of each month 7—9 p.m. starting Aug 13 at MHCD (Mental Health Center of Denver, 4141 Dickenson Pl.,

Denver; FREE to all

Contact: Maureen Martin 720-270-5020

mcm@globalfreedomsource.com

**NAMI Joins the "Partnership for Prescription Assistance"**

Call 1-888-477-2669 and find out whether you or your loved one is eligible for one or more patient assistance programs. A trained specialist will ask a series of short questions and help identify the right patient assistance program for you.

Patients can also visit the program's Web Site: www.pparx.org, which will guide you through the application process. Other helpful websites are: RxAssist: www.rxassist.org RxHope: www.rxhope.com



Ten years ago NAMI Jeffco members met with Case Managers from JCMH (Jefferson Center for Mental Health) to develop a program that would help consumers gain access to dental services. The NAMI Jeffco Filling the Gap Dental Program (FTG) was born. Since that time, FTG has provided dental services to hundreds of consumers and has paid over \$253,000 in dental fees providing our consumers of mental health services over \$500,000 in dental care. The FTG dentists have provided their services at a 50% discount or pro bono (for free). FTG has been financially supported through the years by NAMI Jeffco, individual and church donations and many corporate grants.

A TRIBUTE TO DONNA GRANO—A TRUE SHINING STAR



Donna, with the help from other members, ran the program which was financially supported by NAMI Jeffco, individual and church donations and many corporate grants. Donna undertook 99 percent of the workload herself. She has been very much appreciated by consumers and NAMI Jeffco!

Donna resigned March 15, 2009 at which time JCMH took over the FTG program. Various groups will be overseeing and delegating the work.

Donna has made many friends throughout the ten years she worked with the FTG program. Numerous consumers sent thank you cards and letters as have the involved dentists, parents, staff members and NAMI Jeffco members expressing their profound and heart felt gratitude. The following are just a few excerpts from these letters of appreciation:

“I so appreciate the help and am glad that there are great people like you in the world that show us, with mental illnesses, respect. You are very nice indeed!” ...I Sue

“I want to thank you so much for helping me with the Fill In The Gaps program. I am very grateful. It was so nice of you and Dr. Harvey and Dr. Ingalls to help me. Just want you to know your calling me and all you’ve done, was very important to me.” ...Jeffrey

“Greetings! I am writing to thank all parties involved for making possible the opportunity for me to receive a pair of dentures. I know they don’t come cheap and there are many needy clients who ask for assistance. Again, thanks very much for the cosmetic and decay improvements of my health.” ...Matthew

“Dear members of Filling the Gap program. I think your program is wonderful and I think it’s a God-send for me. Thank you so much.” ...Yonda

“To Filling The Gap program, thank you for helping me get a much needed bridge. Besides saving me money it relieved a great deal of pain. I greatly appreciate your contribution.” ...Clarrise

“Good teeth in a bright smile goes a long way to avoid depression in a mentally handicapped person.” .NAMIJeffco member.

SUPPORT RESOURCES

www.oflikeminds.com, or now known as “**Moodletter.com**” is an online connection and resource for folks who have mental illnesses. It is a wonderful resource for support and information. It is consumer run and looking for persons interested in getting involved.

www.wecancolorado.org an online resource based in Colorado with ties to the Mental Health Association of Colorado run by and for all folks who have mental illnesses.

www.FacingUs.org : Bipolar Support Alliance (DBSA), a unique web site with interactive features enabling folks with bipolar disorder to create their own personal wellness tools, a sort of online “clubhouse”.

<http://users.erols.com/ksiacca>: Dual Diagnosis (Mental Illness, Drug Addiction and Alcoholism) website.

www.empowercolorado.com—Support group for families raising children with emotional or mental health issues. Meet 1st and 3rd Thursday of each month at Jefferson Unitarian Church, 14350 W. 32nd. Ave., 7-9 P.M. 303-432-5219

NEW LISTING: Federation of Families for Children’s Mental Health—Colorado Chapter presents **Parents’ Night!** Connect with other families and parents who have had similar challenges raising children/youth experiencing social, behavioral, emotional, and mental health issues. You will obtain trainings and education on how to become a more effective advocate for your children, find ways to navigate systems and resources in the community. Childcare and dinner always provided at no cost. St. Paul’s Episcopal Church, 9200 West 10th Avenue, Lakewood 80215 RSVP: Anna 303-425-4615 or Rachel 720-497-7787.

Northstar DBSA: Depression and Bipolar Support Alliance; 10257 York Place, Thornton 80229, 303-584-1957, meets every Monday 7 p.m.—9 p.m. Wwww.northstarDBSA.com

DBSA Metro Denver aka Beyond Bipolar: located across from the museum on CO Blvd. in Denver, 303-329-3364; a dynamic support group under the guidance of Dr. Jane Mountain, author of books about bipolar illness. Dr. Mountain has bipolar illness and is a practicing M.D. This group also serves family members/caregivers and friends. www.beyondbipolar.com.

Jeffco Family Support Network—what it is? The mission of JeffCo Family Support Network (JFSN) , a family advocacy organization, is to help families in Jefferson County, whose children have emotional, social, behavioral, and mental health issues and may be at risk of involvement in the juvenile justice system. The mission includes empowering families to utilize essential community support services and providing the community with a family voice. For more information contact the JeffCo Family Support Network at 303-425-4603.



The NAMI CO Walk turned out to be a really exciting event. The weather cooperated very well and we had a great time. A few glitches but the grade I give it is an "A". Thanks to Greg Coleman and all the NAMI Colorado board members and all of the local affiliates. We raised the level of awareness for mental health. The money raised amounted to more than \$120,000 and will be able to provide executive staff services and more to our organization. Yeah for the rank and file members who "hustled" the funds and walked as well!

NAMI Jeffco has had a super year as we contributed OVER \$8,000.00 to the Walk. We also had one of the most successful years of attendance to our Education Night Meetings ever! Our average attendance had been about 35. The June meeting we had more than 55 persons in attendance. It was a great program and many persons found out how to better use the social security system when they need help. Our thanks to Sara Delashmutt, Case Manager specializing in Social Security Disability from Sawaya, Rose & Kaplan, P.C. law firm. Our thanks to Pam Haynes who tirelessly searches for exciting programs and is so successful. That is a proven fact by the attendance. Thank you, Pam.

Our NAMI Jeffco picnic is planned for Saturday, August 1, 2009 at 11:30 a.m. It will take place at 8680 West Jefferson Avenue in Lakewood. It was a big bash last year and we all had a great time! The JCMH peer counselors are a huge part of making the picnic come off and fly high. Thank you Vladimir Perez, Ricky Kinney, Jim O'Connell, Geoff Hays. They are so enthusiastic about working with NAMI Jeffco and we thank them and JCMH for their valuable assistance and support. Our heartfelt thanks also to Roy and Fran Reed for providing the place for the picnic and to Roy who provides vintage cars that all attendees enjoy so much. We are so blessed to have Roy on our side. Thank you, Roy. - Norm Bertelsen

Have a great summer. We hope to see you at the picnic! Join us September 2 at our Education Night Meeting! Norm Bertelsen, President NAMI Jeffco

NAMI Colorado First Annual WALK

The walk raised (unofficially) **\$124,912.08!**
Unofficially, these numbers are preliminary and do not take into account expenses and what is owed to NAMI National. Local affiliates raised the following amounts for the Walk:



Arapahoe/Douglas	\$25,315.00
Boulder	13,995.00
Jeffco	11,404.80
Denver	7,853.00
Colorado Springs	2,045.00

Congratulations and THANK YOU! We are being heard!

D's Corner (NEW)

Join us in welcoming this new addition to our Newsletter! Some musings by a remarkable woman who knows first hand the uniqueness of living with a mental illness! This wonderful lady is a speaker at the Family-to-Family class. D introduces herself with the following quote, one with great importance to her.

"Nobody asks to have their mind taken away from them. Nobody asks to have their mind inhabited by foreign bodies that are telling you what to do, and how to do it... These are psychotic disorders. It's a pretty wicked world where people can't understand that. Just basic human compassion would argue that you open your heart. But, it's very hard to open your heart to something that you're frightened of and you don't understand. My argument would be is to try to increase human basic understanding of what these illnesses are all about."

-Dr. Kay Redfield Jamison via the following internet link:

<http://vids.myspace.com/index.cfm?fuseaction=vids.individual&videoid=14312157>

The Broncos/Rockies are schizophrenic this year. The weather has been really schizophrenic this week...

We have all heard these assessments to describe people or events that go between opposite extremes. Even very kind, caring people will make these statements. I hear it in the media constantly. I know people think we as a society have taken political correctness too far. The problem is that these statements are not fair comparisons. People who have Schizophrenia

Grading the States

On March 11, 2009, NAMI released "Grading the States 2009" and engaged the media to bring attention to America's health care system for people who have mental illnesses. Following suit, over 40 NAMI state organizations worked with local media to use the report as a platform to move NAMI's advocacy agenda. "The nation's health care system is in crisis, and health care reform MUST be a priority", said Ron Honberg, NAMI Director of Policy and Legal Affairs.

The United States earned an overall grade of "D", the same as last year. Colorado earned an overall grade of "C". Last year no grade was assigned due to lack of data. There are various measurements in determining the grade. Please go to www.nami.org/grades2009 and click on the appropriate link to get more specific grading criteria.

do not have multiple personalities. For me, schizophrenia is spending a lot of time alone. I interact okay with co-workers and friends, but unknown interactions with others often prevent me from having much of a social life. I struggle with worrying about getting fired from work, or that my co-workers are gossiping about me when there is no real basis for worry. I sometimes have misperceptions that when certain bad things happen around me that I have somehow caused them. But, I am not violent or erratic, nor are others that I have known who have mental illnesses.

I work in the computer field and most communication is via e-mails and Instant Messages that are written quickly, causing the occasional typo. We generally laugh about them, especially if they make up some other word instead. Whoever wrote the typo will say, "...sorry, dyslexic moment". This comment, while disparaging to those who struggle with dyslexia is correct. Someone who has dyslexia does have difficulty with spelling.

What I do if someone says someone or something is schizophrenic is to say, "...really, it's more correct to say that the Broncos' play has been hot and cold this year." It doesn't seem like a big deal, but it is a simple thing I do to try to educate people to learn a little more about Schizophrenia. Sometimes, the response from people is that they look at you (or me) like, "whatever", but that's what I do anyway.

Education is the key to breaking through Stigma. Another thing I encourage is when people start discussing mental illnesses in a bad way (do they ever discuss this in a good way?), I try to humanize the comments. I say, "I had an uncle who had schizophrenia—and he was one of the kindest, most considerate and gentle persons I have ever known (this is true). In this way people stop and think about what they are saying. Increase human understanding of what these illnesses are all about, this is my goal.

NAMI Jeffco
Post Office Box 1921
Arvada, CO 80001

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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.

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