

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 2010
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, July 24, 2010
Time: 11ish 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.)

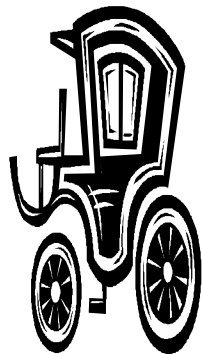
Parking: A lot of parking available at the rear of the house!

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



NAMI Connection Recovery Support Group:

For adults living with mental illness that is expanding in communities across the country. These free groups provide a place that offers respect, understanding, encouragement, and hope. NAMI Connection Recovery Support Groups offer a casual and relaxed approach to sharing the challenges and successes of coping with having a mental illness. All groups are confidential and participants can share as much or as little information as they wish.

NAMI Connection Recovery Support Groups see the individual first, not the illness. All facilitators are trained peers who understand the strength gained in sharing experiences and aim for better coping skills.

NOW in Jefferson County! TUESDAYS 7-8:30 P.M. Columbine Unitarian Universalist Church, 6728 S Webster St., Littleton 80128; Coal Mine Ave & Webster just east of Wadsworth.

**Facilitators: Don 720-301-8138 Dmcclearyjr1966@aol.com
Kathy 303-295-1187 kathynami@comcast.net**

For more NAMI Connection contact information, see page 6 herein...

Do you have a loved one who has a mental illness (adult or child)?

Do you need someone who “gets it”?

PLEASE JOIN US! DROP IN! Come when you can!

NAMI JEFFCO/NAMI COLORADO SUPPORT GROUPS—NEW, FREE AND OPEN TO THE PUBLIC!

Support Groups offer a safe, non-judgmental and confidential outlet for sharing with others who have gone or are going through similar experiences. Together we can get through the tough times and celebrate the GOOD!

FIRST THURSDAY of each month 7—8:30 PM, Foothills Community Church, 8270 W. 80th Ave., Arvada
Contact Jennie Vie: 720-227-7207 jenvie06@yahoo.com

THIRD WEDNESDAY of each month 7-8:30 PM, Applewood Community of Christ Church, 3780 Ward Rd., Wheat Ridge
Contact Jeannine Rand: 303-349-0479

Lakewood Family Support Group

Sponsored by the Jefferson Center for Mental Health, OPEN TO ALL! FREE!

For family members of adults who have mental illnesses in offering and receiving support and sharing with others!

2nd and 4th Tuesday of every month!!!! No need to pre-register. 6:30 PM—8:30 PM Call Pat O’Connell 303-432-5114 (leave a message and Pat will return your call promptly). Pat, a family member herself, is an experienced, caring and trained facilitator for these support groups.

RESOURCES:

NAMI Colorado www.namicolorado.org 303-321-3104 for what is happening in the State of Colorado.

Jefferson Center for Mental Health has a terrific online compilation for support groups and community resources. Many of these are open to the public and free. Go to jeffersonmentalhealth.org, 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!

Wellness Now! Jefferson Center for Mental Health, FREE classes take place at Wellness on Wadsworth (WOW), 4045 Wadsworth, Suite 20 (lower level), Wheat Ridge. **All classes are open to the community** and include Freedom from Tobacco, Stress Management, Forgiving @ Letting Go and more!

Wellness Now!

Wellness Now! Offers holistic alternatives that extend beyond the traditional mental health related therapies and recognize the link between emotional and physical well-being. Our wide variety of services builds on your unique strengths and interests, and recognizes the link between emotional and physical well-being...

For example: The June 2010 Calendar, which is pulled off the internet has the following open courses:

- Walking Group
- Weight Loss
- Self-Hypnosis for Anxiety
- Eating well
- Dance, Rattle and Roll
- Movie Night
- Drugs, Alcohol and Mental Health
- Tame the Anxious Mind

And more!!!!!! **Call 303-423-2261** for more info!
Classes meet in convenient locations i.e. Summit Center, 3810 Pierce St., JCMH, 4851 Independence St., 4045 Wadsworth and, WC, 9485 W. Colfax.

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 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
 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
 Medicaid: 303-271-4339

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
 Empower Colorado: www.empowercolorado.com 303-432-5219 (support for families raising children with emotional and/or mental health issues)

Federation of Families for Children's Mental Health: Connect with other families and parents who have had similar challenges raising children/youth experiencing difficulties. St. Paul's Episcopal Church, 9200 W. 10th Ave., Lakewood 80215 Anna: 303-425-4615 or Rachel 720-497-7787.

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!

For Upcoming Support Group AND Family-to-Family Teacher trainings, please contact Cheri Bishop cbishopnami@aol.com 303 518 1289

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 ! **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.bipolar magazine.com
www.bipolar.org
www.NIMH.org (Nat'l Institute on Mental Health)
www.schizophreniaconnection.com
<http://users.erols.com/ksiacca> (Dual Diagnosis website)

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
Fall 2010 Presentations**

September 1: When Crisis Hits Home: What is CIT? Jefferson County Sergeant Daly will present information and take questions regarding the Crisis Intervention Trained Officers and how important these specially trained officers are in restoring hope during particularly stressful and critical times. The goals of CIT is to train law enforcement officers in the recognition of mental illness, to enhance their verbal crisis de-escalation skills, and to provide more streamlined access to community-based mental health services. An overview of CIT including an insight into the actual training sessions as well as how to request a CIT specifically trained law enforcement officer when your family member is in crisis will be addressed.

October 6: Deborah Amesbury and Jennifer Hill will present:

5 Key Components of Recovery

Presenters will discuss the 5 key recovery concepts identified by Mary Ellen Copeland, PhD, a nationally known recovery educator and author of over two dozen publications, CDs and DVDs. In October 2009 Dr. Copeland received a lifetime achievement award from the U.S. Department of Health and Human Services, Substance Abuse and Mental Health Services Administration.

The 5 Components: Hope, Personal Responsibility, Education, Self-Advocacy, and Support

Are the foundation for WRAP (Wellness Recovery Action Plan), which is a structured system for monitoring uncomfortable and distressing emotions, symptoms, and behaviors AND reducing, modifying, or eliminating them by using planned responses.

Deborah Amesbury, LCSW, has been a Licensed Clinical Social Worker for over 35 years as well as the Director of Consumer and Family Affairs for CO Div. of Mental Health 1995-2004 transferring to CO Dept. of Health Care Policy and Financing where she was a Behavioral Health Specialist until her retirement in October 2006. She is an active member of NAMI Denver, We Can! And an effective proponent of fair treatment for everyone who lives having a mental illness—Deb is advocate, family member and consumer.

Jennifer's work in mental health recovery includes a career in healthcare and lived experience as both a peer and family member affected by mental health issues. She is currently a NAMI Connection Recovery Support Group Facilitator and the co-coordinator of the NAMI Denver Porter Hospital Community Outreach Program, as well as co-coordinating a new peer support group, Elemental.

November 3: Ronny M. Zarb-Cousin, M.A., Ex. Dir., and Briana L. Severine, Clinical Dir., of Blue Pine Recovery, Personal Support for Psychiatric Rehabilitation. These ladies are back by popular demand to lead an interactive discussion about helping folks who have illnesses help themselves as well as supporting family members in need of information on how to help their loved ones live the quality of life they deserve.

Serving people who have schizophrenia, depression, bipolar disorder, anxiety disorder, personality disorder, PTSD, transitional stress and Autism Spectrum Disorder, Ronny and Briana are effective communicators, listeners and supporters in their team approach within Blue Pine Recovery.

NO DECEMBER MEETING!

January-June 2010 Presentations



Jan 6: No meeting due to snow.



Feb 3: Dr Richard Warner, M.D., Psychiatrist and Director of Colorado Recovery (treatment services addressing schizophrenia, bipolar disorder and other serious mental illnesses specific to EACH individual. Dr. Warner's highly recognized work with folks who have serious mental illnesses with psychotic features, include a strong track record of maintaining people who have illnesses in employment and improving their quality of life. www.coloradorecovery.com 303-440-5140

Mar 3: Steven R. Owens, J.D., Attorney at Law, specializing in Estate Planning, including, but not limited to, special needs children. Protect your loved one's inheritance from lawsuit creditors, predators who prey on the disabled, denial of medical assistance and discover ways in which to provide for the life of your loved one through proper estate planning. www.mydenverlawyer.com 720-529-9800

April 7: Deborah Amesbury, LCSW conducted a power point presentation on Colorado Law and Mental Illness; Colorado's *Care and Treatment of Persons with Mental Illness* Statute. The program is designed to educate individuals and families living with mental illnesses about the law, including purposes, emergency procedures and rights of individuals receiving mental health treatment.

May 5: Ronny M. Zarb-Cousin, M.A., Executive Director, and Briana L. Severine, Clinical Director, of Blue Pine Recovery Personal Support for Psychiatric Rehabilitation. These accomplished ladies discussed with our community some of the difficulties and successes they have experienced in their team approach within Blue Pine Recovery.

June 2: Jefferson Center for Mental Health Mental Health Peer Counselors' third annual round table presentation/discussion! Vladimir Perez, Ricky Kinney, Jim O'Connell and Geoff Hays 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 a positive way and break through stigma. We all benefit from joining these fine men in their desire to support each other and the community!

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 31, 2010
Wheat Ridge (Lutheran Hospital), Thursday evenings, 6:30 p.m. to 9:00 p.m. August 26, 2010

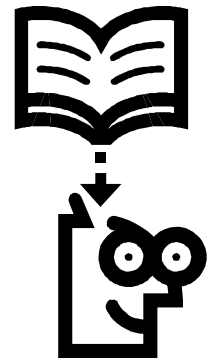
(Currently Jefferson County is working to establish more classes to accommodate the growing number of interested persons)

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 303-518-1289 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. Terrific and relevant 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.

Online Resources for Consumers!!!!



www.ofikeminds.com: now known as "Mindletter.com" is an online connection and resource for folks who have mood disorders: incredible resource for support and day to day tools for living well.

www.wecancolorado.org: consumer run resource sponsored by Mental Health America of Colorado for all folks who have mental illnesses.

www.FacingUs.org: Bipolar Support Alliance (DBSA), a unique web site with interactive features (a sort of "clubhouse" online)



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

East Denver: Mondays 12-1 PM, VETERANS ONLY, Veterans Medical Center; Terry 303-399-8020, ext 3690 terry.reed@va.gov
 S Denver: Tues 6:30-8 PM, MHCD; Jennifer 720-252-7948 jalhill@ecentral.com, Nicolas 720-273-9865 nicolasramke@yahoo.com
 Broomfield: Tues 7-8:30 PM, 546 W 10th Ave, Rm.203; Lucy 303-432-5047 lucyh@jcmh.org and Stevie savarstevie@aim.com
 Littleton: Wed 7-8:30 PM, ADMHN Bldg, 2nd Floor; June 303-788-0776 junemcw@gmail.com, Carol 303-790-1055 kyvilla@aol.com,
 Kathy 303-885-4268 k.hirt@comcast.net
 SW Denver: Thursdays 7-8:30 PM, Ft. Logan; Joe 303-949-3862 jhawkeye49@comcast.net, Norma 303-588-1492 normajean88@gmail.com
 and, Else 303-988-1033 ehuber@comcast.net
 Aurora: Fridays 6-7:30 PM, 10004 E Colfax Ave.; Angela 720-224-2723 angelabarnaby@yahoo.com, Ebony 720-278-4903
 Employeeoftheyear24@yahoo.com, and, Pauline 719-282-5468 Paulina0271@aol.com

StrengthofUs.org—NAMI's newest networking community

Where **young adults** living with mental health concerns can provide mutual support in navigating unique challenges and opportunities during the critical transition years from ages 18-25. Developed by young adults, StrengthofUs.org is a use-driven social networking community where members can connect with peers, share personal stories, creativity and helpful resources by writing and responding to blog entries, engaging in discussion groups and sharing videos, photos and other news. Contact: Christine Armstrong christinea@nami.org 703-312-7893

Beacon Youth and Family Center

Beacon Youth and Family Center, non-profit agency for adolescents and their families struggling with issues related to substance abuse, challenging social or emotional behavior and mental health. The Center offers community, crisis connection, and residential treatment programs, personalized mental health services and substance abuse programs. Ex.Dir. Michael Guthrie 303-761-6756 www.beaconcenter.org .

MCH (Metro Crisis Services)

MCS is a system of mental health and substance abuse crisis care that will serve the seven counties of the Denver Metro area. When fully implemented, the MCS system will include: 24/7 professionally staffed call center; information and resource database and encounter-based HER, to be shared among behavioral health providers; three 24/7 professionally-staffed crisis intervention centers. 303-928-7100 info@metrocrisiservices.org .

Denver Health Department of Behavioral Health Services

NEW: Adolescent Inpatient Psychiatric Unit

The brand new unit features six private rooms with three individual beds to care for children and adolescents between the ages of 8 and 17 years, and to support families dealing with significant emotional and behavioral problems. 303-436-7777 www.denverhealth.org

West Pines Lutheran Medical Center—Wheat Ridge

Free Support Groups: Recovery from Alcohol and Drugs including cocaine Anonymous, AA, NA, Al-Anon; Support for Families including Families Anonymous; Eating Recovery, i.e. Overeaters Anonymous; Mental Health Support on Tuesday evenings a/k/a Peer Support Group (aka Bipolar Support Group). For information or to reach the Assessment and Referral Team 303-467-4080.

Inpatient Programs: Acute Inpatient Program for Psychiatric/Mental health stabilization for adults and seniors; Acute Inpatient Program for Chemical Dependency; A Dual Diagnosis Treatment for patients that have both addiction and psychiatric diagnosis.

Outpatient Programs: Includes dual track treatment program for clients with co occurring illnesses such as depression and alcoholism; CD IOP (Chemical Dependency Intensive Outpatient Program).

BHOP (Behavioral Outpatient Program) using DBT (Dialectical Behavioral Therapy) 303-467-4900 <http://www.exempla.org/body.cfm?id=72> .

Highlands Behavioral Health System for Adults and Adolescents—Littleton

86 bed freestanding behavioral health hospital offering psychiatric care for adults and adolescents. Assessments are free of charge.

Adult Programs: Adult Psychiatric Program; Acute Inpatient Psychiatric Program; Crisis Stabilization; Partial Hospitalization Program

Adolescent Programs: Acute Inpatient Psychiatric Program; Crisis Stabilization; Dual Diagnosis Program 1-877-974-4445

MHAC (Mental Health America of Colorado)

Creating opportunities for all Coloradans to achieve mental wellness. Programs to educate people about mental health conditions, provide outreach to people in need and advocate for improved health care. A community resource for people seeking information about mental health, collaborating with others to improve health care in Colorado. Services include but are not limited to: Referrals to Free and Low Cost Counseling Services; extensive resource network and strong consumer support program (WE CAN). Educational

FYI—Incredible resource for newest research in mental health and illness related issues www.nimh.nih.gov

NIMH—National Institute of Mental Health

The largest scientific organization in the world dedicated to research focused on the understanding and treatment of mental illnesses. NIMH envisions a world in which mental illnesses are prevented and cured. Four objectives include:

1. Promote discovery in the brain and behavioral sciences to fuel research on the causes of mental disorders

2. Chart mental illness trajectories to determine when, where, and how to intervene

3. Develop new and better interventions that incorporate the diverse needs and circumstances of people who have mental illnesses.

4. Strengthen the public health impact of NIMH-supported research.

Current science news include: Early Treatment Decisions Crucial for Teens with Treatment Resistant Depression; The Brain's Inner Workings; Activities for Grades 9-12; Turning the Corner, Not the Key, in Treatment of Serious Mental Illness.

NAMI Jeffco Board of Directors Member

Many months ago, when I heard that Colorado would be closing mental health beds, I immediately presumed the prisons would be filling up with persons having mental illnesses. I did not know HOW CORRECT I would be. When I decided to write this article I was going to spell out simply that there are so few mental health beds and the prisons would now be creating facilities for these very same people. I was saying, "If you build prisons for this purpose, people would come",

However, as soon as I announced to the NAMI Jeffco Board of Directors that I was considering writing a newsletter article about this problem, I found some good information in my e-mail in box. There were the statistics to back up my reasoning. In 1840, there were more persons with mental illnesses in prisons. In 1880, there were the fewest (presumably they created state hospitals during this time). There continued to be a slight increase until 1990 at which time there was a spike to the level as seen in 1840.

"Deinstitutionalization" is the word for what has been going on since 1990. Medications are hailed as the answer to the need for beds. Psychiatric beds are being shut down to save money. However, people on medications need periodic maintenance. My question is this:

If a person is not accepted into a hospital bed, where does he/she go? The resulting diminishing numbers of beds is a NEW need for these beds in prisons.

Unfortunately, short-term stays are not the norm for prisons and stays for persons who have mental illnesses tend to be 15 months longer than non-ill persons. Whereas a person can stay a short term in hospital, a prison stay for the same person tends to run longer. There is the added problem and complication of high recidivism due to surviving in the prison culture. There is a much higher cost in the end by losing these people to the prison system and not as productive citizens.

I serve on the Colorado Mental Health Planning and Advisory Council. One of the primary objectives is to minimize the need for hospital beds. My question: Is this progress? In diverting people who would have gone into hospitals by putting them into jails, there is absolutely no trail to monitor how many of these people would have better been served by society in a hospital setting. Sheriff Kirk Taylor states:

"By default, we've (the Department of Corrections) become mental health agencies of individual counties."

Message From Your NAMI Jeffco President!



I am aware all over again, of the overwhelming distress that persons feel who are experiencing mental illness in a family member. Our son crashed recently and is now in West Pines Psychiatric Hospital. We tried, with the help of his JCMH (Jefferson Center for Mental Health) psychiatrist to avoid this latest hospitalization, BUT our son's brain did not respond favorably.

I learned an important fact during this latest crisis I want to share with you. If you have a mental health crisis and you ARE a JCMH client, you can go DIRECTLY to the Jefferson Center for Mental Health ACCESS CENTER which is located at 9485 West Colfax in Lakewood. You DON'T need an appointment!!! We were helped upon walking into the Center by a staff member discussion of our situation followed by a nurse who had an interview with our son. He was given medication and some critically important kindness in care and we were able to at least make it through the night. The following day we were able to see his psychiatrist. The need for sleep was essential for us all!!!!

I want to pass this along because it is important for folks to know there is a resource available to you in an emergency if you are a JCMH client! We wish the very best to all persons and family members who are experiencing mental health issues. NAMI Jeffco exists for YOU as a way to find much needed resources and information. We strive to help ALL persons with mental health concerns. Have a GREAT summer!

- Norm Bertelsen



Robert Schumann: A Romantic Hero

June 8, 2010, NPR Music Full Artist Archive: Aug.4, 2008

Marking the 200th anniversary of Robert Schumann's birth extolling his exquisite music, Miles Hoffman takes measure of the man and his music.

"Although Schumann may not be on the same level as Bach, Beethoven and Mozart, his music represents a complete picture of what humans have been able to accomplish in music.

It's because of the depth, because of how well Schumann was able to capture the human spirit.... All of Schumann's initial music was for solo piano, but then he started branching out. Schumann's life was filled with beauty, and the great love for his wife, but he was also tormented with psychological problems."

"He suffered from mental illness most of his life. Some people say it was schizophrenia, some say it was bipolar syndrome. It was terribly serious. He heard voices. He had hallucinations. Eventually, he threw himself from a bridge in the Rhine, and he spent the last 2 1/2 years of his life in a sanatorium. **It's all too tempting to fall into the cliché of linking genius and madness. We see great creators, we don't understand how they can be such geniuses, and we reduce them by saying somehow it's connected with madness. Schumann's madness does not explain his genius any more than Chopin's tuberculosis explains Chopin's genius.**"

"The truth is, Schumann composed despite his illness, and that's the true heroism." (Mr. Hoffman may not be politically "correct" in his terminology, but his insight into Schumann is notable.)

D's Corner

A couple of months ago, I spoke to two groups of college freshman in their Psychology 101 class about what it's like to live with schizophrenia. Each class had about 25 students. I've talked in NAMI Family-to-Family Education Classes, but Family-to-Family is very different than a group of young adults who I assumed only knew about schizophrenia from what they have seen on TV, or read in newspapers or books (this assumption was correct). They were a great group of kids. They were not only very respectful, but also very interested in my experience.

I started out with a history of my life. I shared with them when I was a kid, through school, when I started hearing voices, dropping out of college, going on government disability, suicide attempts, and where I am now. I told them what precipitated some of my suicide attempts. One example I gave was going off of my medications because I was going on vacation with my aunts and their daughters. I told the students I stopped my medications because I felt like such a failure in life when I thought about being around my extended family, because my cousins' lives seem so perfect to me now. They are married and have kids and own their own businesses. One of the students asked (paraphrasing) "...how could you think that they have more successful lives than you, when you've just told us how well you are doing...?"

I said, "I am very proud of what I've accomplished, but you have to remember, when I was your age I pictured myself at the age I am now (40ish) being married, having kids and having a job in engineering, my college degree (and therefore earning at least twice the salary I am now)." I know my view when I was a teenager wouldn't have all happened perfectly even if I had not been diagnosed as having schizophrenia, but at least one or two of my dreams would have become real. I think this question and answer resonated most with the students, because they probably have the same or similar vision of themselves in the future. I believe it gave a picture to them of the losses that those who have serious mental illnesses might have to deal with in their lives and how very difficult that part of it is. - Thanks, D

NAMI Jeffco
Post Office Box 1921
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