

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*

Winter 2009  
Formerly known as JAMI

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

## NAMI COLORADO WALK

Saturday, May 16, 2009

Cheesman Park (heart of downtown Denver with its eastern borders along  
the beautiful Denver Botanic Gardens)

5 K Walk (3.1 Miles)

Form a Walk Team, Join an Existing Team, Walk as an Individual  
Fundraising Goal: \$100,000

Contact: Larry Krause NAMI Jeffco larrykrause@ymail.com  
303-202-9670



We are looking for sponsors, volunteers, and participants to help with this  
very exciting event! Here is how you can help:

- ◆ Are you, or anyone you know, involved in a corporation or small business that would like to sponsor the NAMI Jeffco team?
- ◆ Start thinking about building a team of walkers...friends, co-workers, family, who want to raise money and awareness by walking together as a team.
- ◆ Volunteer to work on other parts of the walk such as publicity, logistics, etc.

For more information or if you think you want to help in any of these areas of the  
WALK, please call Larry Krause 303-202-9670, or e-mail larrykrause@ymail.com

**See Page 7 of this Newsletter for Larry's Personal "The Joys of a Cause".**

**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**

**ALL MEETINGS 7 PM—8:30 PM**

**Everyone Welcome!**

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

No Education Meetings in July and August

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

**IMPORTANT INFORMATION: NAMIJEFFCO SUSPENDS WED. SUPPORT NIGHT DUE TO A LACK OF INTEREST! If you are interested in facilitating a 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; Or, consider becoming a NAMI Connection facilitator (info below). Contact NAMI Colorado 303-321-3104.**



**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. 303-432-5115 (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. A casual and relaxed approach to sharing the challenges and successes of coping with mental illness. Each group meets weekly for 90 minutes; is offered 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 too 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 desperate 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 (Northside of Our Savior Lutheran Church)  
Every Tuesday 7 PM—8:30 PM Contact: Kathy 303-321-3104 kredman@nami.org

Littleton: S.T.A.R. Reach Club House, 2531 West Church Ave., Littleton, North side of Arapahoe Community College

Every Wednesday 7 PM—8:30 PM Contact: June 303-788-0776 jdmcw@interfold.com or Carol 303-760-1055 kyvilla@aol.com

Littleton 2: Santa Fe House, 6509 S Sante Fe Dr., Littleton 80120

Every Wednesday 5:30 PM—7 PM Contact: Joe 303-949-3862 or Norma 303-980-5821 njschneider@comcast.net

Southwest Denver: Colorado Mental Health Hospital @ Ft. Logan, 3520 W. Oxford Ave., Denver, Admin Bldg., Rm 108

Every Thursday 7 PM—8:30 PM Contact: Joe 303-949-3862 or Norma 303-980-5821 njschneider@comcast.net

**WRAP (Wellness Recovery Action Plan) Class Begins February 17**

A **FREE** 8 week WRAP class for individuals who experience psychiatric symptoms and family members; meets at the Mental Health Center of Denver, 4141 E. Dickenson Place, Denver 7—8:30 [The class helps participants to: Identify their strengths, resources and coping methods (wellness tools); determine what they need to do each day to feel as well as possible; identify things which might cause or trigger problems and wellness tools that can get them through difficulties that might arise; recognize the first signs that things are not going well and know what to do to feel better; understand when things are getting worse and use wellness tools to get through difficult times; develop a crisis plan to help insure they will get the support and treatment they need and prefer when they are unable to make decisions or care of themselves; and, create a post crisis plan.

**WRAP (Wellness Recovery Action Plan Support Group)**

The first meeting of the WRAP Support Group will be Thursday, February 28 at the Mental Health Center of Denver, 4141 E. Dickenson Pl., Denver 80222, 7—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 it 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 tools others may find helpful.

**For more information about the WRAP class or the WRAP support group, contact DEBORAH AMESBURY 303-744-1817 or [DebAmesbury@msn.com](mailto:DebAmesbury@msn.com).**



**BOARD OF DIRECTORS—NAMI Jeffco**

President...Norm Bertelsen 303-349-2563 Norm@normBertelsen.com  
 Vice President...Pam Sindorf Haynes 303-279-7661 pamhaynes@aol.com  
 Secretary...Gloria Zann gloandgene@ecentral.com  
 Treasurer...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  
 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  
 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

**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: CALL Assessment and Referral Dept. 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!

**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!

The **NAMI WALK** is looking for business sponsors; marketing and friends walking together;

**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 find and schedule NAMI Jeffco speakers;

**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](mailto: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](http://www.westsidebehavioral.com)

**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.mhacolorado.org/](http://www.mhacolorado.org/) (Mental Health Association of CO)

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

[www.moodletter.com](http://www.moodletter.com) (consumers)

[www.wecancolorado.org](http://www.wecancolorado.org) (consumers)

[www.beyondbipolar.com](http://www.beyondbipolar.com) (consumers)

[www.Schizophrenia.com](http://www.Schizophrenia.com)

[www.bipolar magazine.com](http://www.bipolar magazine.com)

[www.bipolar.com](http://www.bipolar.com)

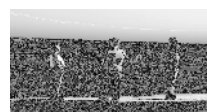
[www.NIMH.org](http://www.NIMH.org) (Nat'l Institute on Mental Health)

[www.schizophreniaconnection.com](http://www.schizophreniaconnection.com)

Need resources? Ideas? Go to NAMI Colorado [www.namicolorado.org](http://www.namicolorado.org) or call 303-321-3104 for information

**Jefferson Center for Mental Health is a wonderful online resource** for support groups and community resources. Go to [jeffersonmentalhealth.org](http://jeffersonmentalhealth.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!



**NAMI Jeffco Education Night News  
Fall 2008 Presentations**

September 3: **Deborah Wig, journalist: Moodletter.com (used to be Of Like Minds):** Moodletter is an online magazine which provides factual, unbiased information and support for consumers on disorders, treatments, life skills, and issues such as legislation, insurance and advocacy. The information in Mood is useful to those living with a disorder and their family members, friends, employers and co-workers, as well as mental health practitioners. Others who want to live happier and healthier lives will also find articles of interest. Moodletter.com currently features more than 170 articles! This is an incredibly well organized, relevant and interesting online magazine!

October 1: **Deborah Amesbury** spoke about the **WRAP (Wellness Recovery Action Plan)** program as well as opened the floor to questions she can so ably answer! Deborah has been a social worker for 35 years. From 1995 to 2004 she was the Director of Consumer and Family Affairs for the Colorado Division of Mental Health. In April 2004 Deborah's position was transferred 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 50 years as a family member, and she is a consumer herself. She is an experienced educator on issues related to serious mental illnesses. 303-744-1817 DebAmesbury@msn.com

November 5: **Shelley Moriston, Psy.D., M.S., B.S.N., R.N., C., C.D.D.N.:** Dual Diagnosis (Developmental Disabilities and Mental Illness). Dr. Moriston currently is Director of Nursing/Nurse Administrator II at Colorado Mental Health Institute at Fort Logan in Denver. He is responsible for 8 in-patient psychiatric units for children, adolescents, adults and geriatric patients. He has overseen the **ECT Department**. Dr. Moriston has extensive experience with folks living with developmental disabilities and mental illnesses and is currently on the Governor Ritter's task force formed to improve resources in this area of need. Dr. Moriston was available to take your questions regarding **ECT, dual diagnosis and general aspects of the mental health care field.**

December 3: **Dr. Jane Mountain**, Beyond Bipolar, author, speaker. Jane Mountain, M.D., "...teaches us about getting our lives back, about daring to hope, and about realizing that hope." John McManamy, author of Living Well with Depression and Bipolar Disorder. "...through her own personal and professional experience, Dr. Mountain has created an uplifting and effective approach to the lifelong management of bipolar disorder..." Claire McLeod Ohman, Ph.D. Mental Health Advocate. Dr. Mountain will be available to sign books for purchase at the meeting. These books include: **Beyond Bipolar: 7 Steps to Wellness** and **Bipolar disorder: Insights for Recovery**. The presentation will focus on "...how to unravel the mystery ...". **Please note in our suggested reading list on page 4, we include Dr. Mountain.** A motivational speaker, Dr. Mountain is an inspiration to all who meet her.

**EDUCATION NIGHT MEETINGS JANUARY—JUNE 2009**



**Jan. 3:** Jefferson Center for Mental Health Peer Counselors second 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 welcomed an added personal voice and face to our panel...We want to especially thank James Bertelsen for his courage and willingness to share his insights about living with a mental illness. We all benefitted from these young men's openness and desire to support each other and the community.

**Feb. 4:** Phil Bender-Stone, LCSW, Coordinator Therapeutic Service, Exempla Lutheran Medical Center Behavioral Health focusing on Dual Diagnosis Treatment, particularly the NEW Dual Diagnosis Treatment program designed for patients who have both an addiction and psychiatric diagnosis. A NEW inpatient addiction-recovery center on the campus of West Pines Behavioral Health includes a 20 bed site, climbing wall, fitness center and other amenities.

Learn more about the CD IOP (Chemical Dependency Outpatient Program) at West Pines as well as the particular difficulties involved in meeting the treatment needs of people who have a mental illness and chemical addiction.

**Mar 4:** Deborah Amesbury: I AM NOT SICK!! I DO NOT NEED HELP!! The title of a book by Dr. Xavier Amador, its title accurately describes what many family members hear from their ill loved ones...often for years!

Speaker Deborah Amesbury, LCSW for over 35 years, as well as the Director of Consumer and Family Affairs for the CO 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 50 years as a family member, and as having an illness herself. Deborah is not only a captivating speaker, but her compassion, knowledge, experience and articulate manner are truly worth your time!

**Why do many individuals with serious mental illnesses believe they are not ill?**

**Why do they refuse treatment?**

**How can you help?**

If you haven't read I Am Not Sick, I Don't Need Help! We suggest you grab a copy and read through it. If you cannot read it before the meeting—come anyway with your questions, concerns and learn more about helping develop trust, communication skills and transforming combative situations into cooperative ones.

**April 1:** Social Security Issues including SSI, SSDI, the appeals process and more. Have your questions answered by a representative of the **Sawaya Law Firm**. Has your Social Security Disability (SSD) claim or Supplemental Security Income (SSI) been denied? What is the likelihood of success on appeal? Do you or your loved one qualify to receive government assistance? What is the difference between SSI, SSDI and SSD? Almost all SSD benefit claims are denied on the first application. Find out what the government is looking to find in an application for benefits.

**May 6: When Crisis Hits Home—What is CIT?** Patrol Operations Commander Joseph E. Cassa with the Wheat Ridge Police Department. Commander Cassa is passionate about his belief in the **Crisis Intervention Trained officers** savings lives and restoring hope. 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. Commander Cassa will present an overview of CIT including **clips of actual training sessions** as well as answer your questions as to how to request a CIT specifically trained law enforcement officer when your family member is in crisis. At this time, CIT officers are available in most Colorado jurisdictions. You must request specifically a CIT response when calling.

**June 3—TBA**

## 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. Next course: August 2009

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

### STUDENT COMMENTS

“...Like turning on a light in a dark basement. The course has pointed me in many directions to go to for help when needed. I still need to be the student and absorb one of the information in each chapter handout....”

“...the most benefitted for me is HOPE. Even I know this is a long journey. This course helped me to understand more how to live with my loved one...”

“...very helpful. I will definitely refer to my notebook A LOT! A caring organization. I wish everybody cared as much as NAMI does. I have benefited from taking the course by becoming more aware of my emotions. At first I was really angry, but now I am able to process my feelings and really consider my brother’s illness. Before this class, I didn’t have a well-rounded understanding of my brother and what he goes through every day...”

“...comprehensive and fact based 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...”

“...everyone involved, the instructors and fellow students, are very supportive and caring. The class has helped me to accept my daughter’s illness. It has helped me to understand her point of view...”

### AND, ABOUT THE TEACHERS:

“...absolutely the best...they were very supportive and also helped us laugh when we needed to...”

“...very willing to share their personal experiences with us...their life experience was priceless...”

“...very helpful and knowledgeable...plus, we had quite a few laughs along with some tears...”

“...very caring and empathetic, excellent combination... very dedicated and they deal with their own family members on a daily basis—so they know their stuff...”!

Ten years ago NAMI Jeffco members met with Case Managers from JCMH to develop a program that would help consumers gain access to dental services and 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 provide their services at a 50% discount or pro bono (for free). FTG has been financially supported through the years by NAMI Jeffco, individual, church donations and many corporate grants.

We are sorry to say the FTG will end sometime this spring unless new volunteers take over running the program or JCMH takes over the task. Our FTG volunteers are resigning after years of devotion and commitment. To say this would be a tremendous loss to our community is an understatement. We thank, whole heartedly and with tremendous emotion, the FTG volunteers who have done so much



### SUPPORT RESOURCES

**NEW LISTING: WRAP support group!** Call Deborah Amesbury 303-744-1817 or e-mail at DebAmesbury@msn.com. See Page Two for more info!

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

**North Star DBSA:** *Depression and Bipolar Support Alliance*; 10257 York Place, Thornton 80229; 303-584-1957 every Monday 7 P.M.—9 P.M. www.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 and is a practicing M.D. This group also serves family members/caregivers and friends.

**The Denver West Mental Health Peer Support Group** at West Pines Behavioral Health, 3400 Lutheran Parkway, Wheat Ridge; This group is support for folks who have bipolar illness and meets Tuesdays 7 P.M.—9 P.M. 303-429-4950 www.denverwestsupportgroup.org

**Jefferson Center for Mental Health (JCMH):** call to see if you qualify to join in the free support groups! www.jcmh.org 303-425-0300

**www.oflikeminds.com**, or now known as "**Mindletter.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.



### NARSAD RESEARCH

NARSAD supports scientific research to find better treatments and ultimately prevent severe mental illnesses. Since 1987, NARSAD has awarded over \$238 million-funding 333,516 research grants to 2,707 scientists at 429 universities, institutions and teaching hospitals in the U.S. and 27 other countries. Check out their web site: [www.narsad.org](http://www.narsad.org).

The Award Winning "Healthy Minds" Public TV Series presents its second season. 13 new episodes will be available online at [www.narsad.org](http://www.narsad.org) starting in January. The series seeks to combat the stigma of mental illness by sharing the stories of patients and their families who are coping with serious mental illnesses on a daily basis. The 13 episode season covers disorders such as autism, PTSD, schizophrenia, bipolar disorder, depression, OCD, eating disorders, substance abuse and other conditions.

Check out the NARSAD web site for extensive resource information as well as news on the latest scientific research impacting mental illnesses.

### Karen's Cookbook for Beginners

*Enjoyable and Simple Recipes for Your Everyday Life*

Karen E. Johnson

Karen was born in Denver, CO November 1976. She discovered as a youth that she has the writing bug. She spent her young years developing this skill. In December 1994 Karen received her GED and enrolled in a business services and tech course at a local specialty high school. She earned her certificate from this program in May 1996. Holding several odd jobs over the years, she attempted several times to enter the writing world. **SHE HAS SUCCEEDED!**



Karen was diagnosed as having paranoid schizophrenia at age 13 while in Ft. Logan, where she was hospitalized for nine months 1989-90. Several more hospitalizations took place from 1990-1994. She then started Clozaril, to which she has favorably responded. She lives independently and attends four days/week at Summit Center, where she is also an active member, working in the Administration unit and writing articles monthly in the Summit Newsletter. Karen, although having lived through some dark times, has recovered "from the worst days and is busy and happy....". (Julie Hyman Johnson, Karen's mom).

ORDER a copy and enjoy Karen's story of hope and success! Soft cover \$16.95 PublishAmerica LLLP, P O Box 151, Frederick, MD 21705, 301-695-1707, [PublishAmerica.com](http://PublishAmerica.com)

NAMI Jeffco, although we are proud to have Karen as an active member of our organization, does not receive any portion of the proceeds of this book. All proceeds go to the hardworking, accomplished author!

Research shows that about 50% of persons with schizophrenia (about 1.5 million in the U.S.) do not know they have an illness, and this unawareness does not improve with education, time, or treatment. ...Motivational interviewing, developed more than 20 years ago to help people with substance abuse problems accept treatment, has been well studied and is very effective. A form of this Dr. Amador developed called LEAP for Listen, Empathize, Agree, Partner—can be learned by nearly anyone interested in helping someone with poor insight accept treatment. **THE FIRST STEP IS TO STOP TRYING TO CONVINCING THE PERSON HE OR SHE IS ILL.** Instead, the goal is to help him find his own reasons to be in treatment. The decision to accept treatment will have nothing to do with being ill but instead will hinge on his relationship with you...The key is to build a relationship in which the ill person feels listened to and respected, and trusts you. You never give your opinion about the illness or treatment unless it is asked for.

**First, delay giving your opinion for as long as you can!** Respect the question by promising to answer, and then ask permission to delay giving your answer:

- ◆ “I promise I will answer our question, but if it’s okay with you, I want to listen to you some more first, okay?”
- ◆ “I will tell you, but can I listen some more first? Because I am learning a lot I didn’t know.”
- ◆ “Okay, I will tell you, but your opinion is far more important than mine. Can I ask you about \_\_\_\_\_ before I tell you what I think?”

**Then, when you finally give your opinion, use the “A-Tools”**

Apologize

- ◆ “Before I tell you what I think about this, I want to apologize because it might feel hurtful or disappointing.”

Acknowledge fallibility

- ◆ “Also, I could be wrong. I don’t know everything.”

Agree

- ◆ “I hope that we can just agree to disagree. I respect your point of view and I hope you can respect mine.”

As excerpted from [www.szdigest.com](http://www.szdigest.com), Winter 2007 “Lessons Learned” *It’s not about “DENIAL”* by Xavier Amador, PhD. Please read more about the LEAP approach in his terrific book *I’m Not Sick, I Don’t Need Help*. Come to the NAMI Jeffco Education Night Meeting March 4, joining our speaker Deborah Amesbury explore LEAP and its amazing results.

**I’m Right, You’re Wrong, Now What?: Break the Impasse and Get What you Need.** Xavier Amador (Hyperion, 2008) A guide to practical communication employing the LEAP method for overcoming conflict, based on individual dignity, respect, and trust.

**MORE GREAT BOOKS!**

**Hurry Down Sunshine.** Michael Greenberg (Other Press 2008) An excellent memoir about the onset of bipolar disorder in a literary writer’s 15 year old daughter, her treatment and recovery, and the impact on their blended, extended family. It is insightful, unsentimental and humane.

**Hole in One: A Tale from the Iris the Dragon Series.** Gayle Grass (Iris the Dragon, Inc. 2008) An illustrated children’s story book for discussing anxiety disorder; third in the series to help caregivers talk about mental illnesses with their children and overcome stigma and fears.

### A Message from Your President!

For those of you who missed our January Education Meeting, you missed an opportunity to discovery the light at the end of the tunnel. We were fortunate to have the annual report from some of our Jefferson Center for Mental Health Peer Specialists, Vladimir Perez, Ricky Kinney and Jim O’Connell . I want to also thank James Bertelsen for his valuable and valued input. These guys are the greatest and have had some exciting experiences this past year. We had a great time and were again buoyed by the wonderful things they do for other persons who have to deal with mental health issues. They are my heroes and I salute them.

It is with a true sense of joy and appreciation that Jefferson Center for Mental Health has seen fit to hire such experts and give them a chance to serve in a capacity in which they can contribute to society.

Thank you once more for these fine persons! WOW!!!!

Norm Bertelsen, President NAMI Jeffco



What if you or a loved one cannot afford prescription medication? Try this web site for free or reduced rate prescription drugs? [pparx.org](http://pparx.org)

### The Joys of a Cause– The NAMI WALK

*I feel a great need to advance the cause of understanding the mysteries as well as the stigma of mental illness. I sit and review the past month and it has been very busy. I have been working on wearing the many hats of NAMI Jeffco and NAMI Colorado. There is no better way than to experience the joys of Fundraising. It is fun and gratifying.*

*We, as NAMI members know more clearly than most people the happiness of life when it is stable. When stability is taken away, it becomes that much more obvious how it is missed.*

*I, personally, have invested my heart and soul into the effort of promoting the NAMI WALK in Colorado. I smile the vast majority of the time. I do not apologize for what I am doing.*

*All I ask of you is to offer me the name of a person in a place of business whom I may contact. Someone who knows of our noble cause.*

*We are looking for businesses to sponsor the NAMI Colorado Walk , May 16, in exchange for recognition. There will be T.V. coverage. The return is as simple as getting their company name on a promotional t-shirt all the way up to receiving the title of “Business Chair”.*

*Please, if you feel uncomfortable approaching individuals, I will happily do so. I will do what must be done to get help and support. Together we can raise thousands of dollars before the walk even takes place. We can and will work quickly to get the message out! Thank you! Larry Krause 303-202-9670, [larrykrause@ymail.com](mailto:larrykrause@ymail.com)*

NAMI Jeffco  
Post Office Box 1921  
Arvada, CO 80001

Membership Application\*

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

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

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

Please mail your check to:  
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