

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



The Voice of NAMI Jeffco

Proudly serving Jefferson, Clear Creek and Gilpin Counties

Summer Issue 2007
 Formerly known as JAMI

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

MEETINGS

1st Wed. of each
 month: Education

3rd Wed. of each
 month: Support Group

Both Meetings:

7:00 p.m.—8:30 p.m.

NEW LOCATION:

JEFFERSON CENTER
 FOR MENTAL HEALTH,
 CEDAR BUILDING:

9808 West Cedar Ave. Lake-
 wood

Inside this issue:

Education Meetings	2
Support Meetings	2
Board of Directors	3
Resources	& 3
Letter from the Presi- dent	2
Great Reads/ Resources/The Web	4
Family-to-Family Edu- cation Information	5
Filling the Gap Dental/ Legislative and general news	6
More Internet Explo- rations/poem/more news	7
Membership Information	8

NAMI JEFFCO ANNUAL PICNIC

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

Saturday, August 18, 2007

The Pavilion at MORSE PARK

20th and Carr Streets, Lakewood

Starts at 11:30 a.m.

Food will be served at 12:00 p.m.

Food and beverages will be provided.



2nd ANNUAL NAMI COLORADO WALK

Saturday, September 22, 2007

Clement Park, Littleton

Check in: 7:30 a.m.

Start time: 9 a.m.

More information: 303-693-3135

Teams Encouraged! NAMI Jeffco wants YOU! 303-421-8522

Information also available at www.namicolorado.org

Want to Help? Call Tammy Snow 303-693-3135

See Page No. 2 For more details!

MEMORIAL BALLOON RELEASE

NAMI Jeffco Mission Statement: *The National Alliance on Mental Illness Jeffco (NAMI Jefferson County, formerly JAMI) is a non-profit organization. We are affiliated with the National Alliance on Mental Illness and NAMI Colorado.*

Our mission is to provide emotional support to families of the mentally ill, to promote education to its members and the general public about mental illness, to advocate for new remedial legislation, to promote community support programs, including appropriate living arrangements linked with social, vocational and employment programs and to work toward removing the stigma to mental illness through public education, and to promote research in prevention and care.

Teen suicide prevention organization:
The Second Wind Fund: Mission is to decrease incidence of teen suicide by removing financial and social barriers to treatment for at-risk youth! Formed following 4 teen suicides in Jeffco high school 2001-2002 year. 13013 W. Alameda Pkwy., No. 2 Lakewood, CO 80228 303-988-2625 thesecondwindfund.org Walk/run/bike event Sept. 23, 2007



SUPPORT GROUP FOR SPOUSES

Who? All spouses of folks with mental illnesses looking for support and information-you do not need to live in Jeffco! Everyone is welcome to this drop in support group!

Date: beginning June 18th to continue once/month (3rd Monday of each month)

Cost: Free!!!

Time: 6:30-8:30 p.m.

Where: Jefferson Center for Mental Health, the Cedar Building, 9808 West Cedar Avenue; 1 block north of Alameda and Kipling.

Facilitator: Pat O'Connell who also runs a support group for all family members with a mental illness, second and fourth Tuesday of every month 6:30 p.m.-8:30 p.m. at JCMH. 303-432-5114

Jefferson Center for Mental Health News

New at JCMH:

Criminal Justice/Mental Health Integrated Case Management Program: A management program to increase access to appropriate mental health and related services; improve mental health and reduce criminal behavior and incarceration; direct in-jail contact with offenders before release! Referrals can be made by anyone including yourself, your family, probation, jail, attorney, doctor, and/or a friend! 303-432-5400

Confused and concerned about getting lost in the numbers? JCMH has developed a new Navigation System. Upon entering JCMH as a client, a navigator is assigned just for you to help with all issues you will face within the mental health system and reentry into the community living a satisfying and hopeful life. 303-425-0300

Wellness Now! Creating positive change...just for you! Wellness Now offers holistic alternatives that extend beyond traditional mental health related therapies! 303-432-5276

Intensive Family Services 303 432-5250

Each first Wednesday of every month 5:00 p.m.—6:30 p.m.—Board meetings.

Each first Wednesday of every month 7:00 p.m.-8:30 p.m.—Education meetings.

Speakers to be announced: check our affiliate site at www.namicolorado.org

Each third Wednesday of every month 7:00 p.m.-8:30 p.m.—Support group, drop-ins encouraged, consumers, family members, friends, all welcome.

NOTE: NO EDUCATION MEETINGS JULY AND AUGUST, 2007!!!

UPCOMING EDUCATION NIGHT PROGRAMS:

September 5: Kelly Russell, Mental Health Transition Planner, Jeffco Sheriff's Office

October 3: To be announced (check NAMI Colorado website, click on Jefferson County affiliate)

November 7: Dr. Michael Randolph, Psychiatrist; ASK THE DOCTOR evening—bring your questions and concerns

December 5: To be announced (check NAMI Colorado website, click on Jefferson County affiliate)

January 2: To be announced (check NAMI Colorado website, click on Jefferson County affiliate)

Summary of Recent Education Night Programs:

January: Christine Hall, NAMI Jeffco and NAMI Colorado Board of Directors, spoke with the community on brain matters; how chemicals directly affect brain functions as well as matters relating to the biology of the brain.

February: W. David Murphy, Attorney at Law spoke with our community about estate planning concerning the disable individual.

March: Shawna Turner Ruegg, Community Liaison, Behavioral Health Services (West Pines) spoke about West Pines' outreach programs including, but not limited to folks with mental illnesses as well as for addiction issues.

April: Dan Fishbein, Ph.D., Corporate Business Director, JCMH spoke to our community about exciting new programs within JCMH such as the jail transition program, navigation program and wellness program as well as adding an assisted living center in Arvada.

May: Susan Pugliese, Ph.D., Director/Supervisor of West Pines Psychiatric Hospital Pharmacy spoke with our community in a very open discussion forum regarding medications, interactions, reactions, medication errors as well as the role of pharmacists in the well-being of folks with mental illnesses.

June: Masha Zarlengo, MA, NCC, Navigation Clinician at JCMH spoke to our community about issues pertaining to depression and suicide prevention. Masha is an intake clinician at JCMH and has extensive experience in patient evaluation as well as group/individual therapy.

2nd Annual NAMI Colorado Walk—Clement Park, Littleton

Check in time: 7:30 a.m.; Start time: 9:00 a.m.—Intake area at West Pavilion located at the park entrance. Parking in the lower south lot at Columbine High School. No parking in the Columbine library. Awards at 11:00 a.m.

Web registration soon (NAMIColorado.org): Individual \$25, Family up to 5: \$45, Consumer/Senior/Child: \$10 (after September 1st registration add \$5); Any individual raising \$200 or more, registration will be waived: Families raising \$300 or more, registration will be waived: *Introducing the memorial balloon release this year—purple for those who have been lost to mental illness/white for those friends/family who have a mental illness.*

QUESTIONS? Call Tammy Snow, Walk Coordinator 303-693-3135; snowtammy@msn.com or Dennis Hofts 303-421-8522

Jefferson Center for Mental Health North office has a new address!

The North office has moved from 5265 Vance Street to 4851 Independence Street, Wheat Ridge



Highlands Behavioral Health System
8565 S. Poplar Way, Littleton, CO 80130
720-348-2800

Open 24 hours/day, 7 days/week

Patient assessments and admissions as well as:

- inpatient adolescent unit
- inpatient adult unit
- adult partial hospitalization
- adult intensive outpatient program for chemical dependency
- intensive outpatient programs (IOP) for adults and adolescents-dual diagnosis program-detox

President.....Norm Bertelsen 303-349-2563 Norm@normanBertelsen.com

Vice President...

Secretary....Gloria Zann

Treasurer....Roy Reed

Summit Center Advisory Board....Norm Bertelsen 303-349-2563

Membership...

Education Programs/Hospitality...

Newsletter...Pam Haynes 303-279-7661 pamhaynes@aol.com

Support Night Facilitator....Lois Dupuis 303-465-4079 larjdupuis_02@msn.com

Legislation...Nita Bradford (303) 232-5078 nitajohn@comcast.net

Filling the Gap Dental Program...Donna Grano 303-420-2006 fgdental@msn.com

Consumer Outreach...Dennis Hofts 303-421-8522 verden53@yahoo.com

Family to Family/Visions Education. Pam Haynes 303-279-7661 pamhaynes@aol.com

Contributions...Roy Reed 303-952-9456 royreed86@comcast.net

Consumer and Family Advisory Board: Jefferson Mental Health.... Lois Dupuis 303-465-4079 larjdupuis_02@msn.com

Other Board members... Christine Hall, Larry Krause

Norm's News: Summer is here at last. I for one am always happy to see the warm weather but not quite so HOT! Our next education meeting will be on September 5, 2007! We hope you will be a part of our exciting fall. Dr. Michael Randolph will be one of our fall speakers. He is very open and willing to help one and all. Note: Meeting place no longer at the Lakewood Christian Church—Join us at the Jefferson Center for Mental Health (JCMH) for our NEW regular meeting space!

Our annual NAMI Jeffco picnic will be at Morse park. It will be on Saturday, August 18. We invite everyone to attend and enjoy. The Peer Specialists at JCMH are working hard to make this a great success, as it was last year. These fine men are a great big help and add much enthusiasm to the preparations. They are: **Vladimir Perez, Ricky Kinney and Jim O'Connell.** We would have a tall order to pull off the picnic without their input and hard work. Thanks guys!

Finally, I would invite anyone who is interested in improving the NAMI Jeffco community to JOIN our organization. We strive to provide a safe, welcoming and friendly place for anyone to come with mental illness issues or concerns. We cannot do this undertaking without you. As we strive to improve and continue OUR mission, we urge new folks to become involved. We invite you to become a member of NAMI Jeffco if you are not currently. Your annual dues also go to support NAMI Colorado and NAMI national. You would be added to these additional newsletter lists, enabling you to become aware of what is happening not only in Jeffco, but also state and nationwide.

Tom O'Brien's death leaves us saddened beyond expression. He was a true inspiration. Please consider joining the board as we attempt to continue endeavors that Tom held close to his heart. I thank all of the board members for their dedication to the effort and all of the community members who volunteer to take part. We welcome your involvement and input.

Thanks to everyone for all you do and have done as we continue our efforts to reduce the stigma of mental illness and promote support, education, programs, such as the Filling the Gap Dental Program, as well as the continued research in prevention and care. Norm Bertelsen

NEW NAMI Jeffco LOCA-TION! Check page 4 for more in Norm's News!



In Memory of
Tom O'Brien, 80
NAMI Jeffco Board of Directors
Tom was preceded in death by his wife Marilyn and brother Charles. Father of Anne (Byron), Kathleen (Michael), Martin (Carmen), Michael (Susan) and Frank (Debra). grandfather of 14 (Bryony, Ben, Frankie, Chelsea, Jake, Jason, Karly, Jeremy, Kara, Logan, Aislin, Abigail, Kaitlyn and Jessica! Tom worked for the USGS mapping section. Tom volunteered at NAMI Jeffco. His wife, Marilyn lived with Bipolar I. Before and after her death, Tom served as a board member, membership chair and Support Group facilitator.

...Tom was respectful of all people he came into contact with, utmost in his professionalism and most of all, a person who was always fair and of good cheer, heart and spirit...(USGS friends and colleagues)...Tom's warm and welcoming smile, open heart and ready ear will be greatly missed by our membership. His spirit shall be with us and those he has touched in his many ways of giving to folks in need for many, many years to come. I feel honored to have known him... Tom was a warm and gentle man, whose twinkling eyes and dry wit will be missed as much as we will miss his always thoughtful presence at NAMI Jeffco board meetings and support nights... Tom was an inspiration. He spent much time just trying to help out those of us in need... from all of his friends at NAMI Jeffco, we would like to say Tom was indeed a special man. Tom will be dearly missed and we take comfort in all of the wonderful memories.



CONTACT NUMBERS

North Star Depressive & Bipolar Alliance Support Group 303-584-1957
Schizophrenics Anonymous 303-432-5400
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 2599 (peer support)
West Pines Support Systems 303-467-4080
Depression/Bipolar Recovery (Jane Mountain, M.D.) 303-331-3364
Jeffco Family Support Network 303-425-4603 Jean Trombley (for families needing help with kids)
The Road, a drop in resource center for young adults 15-22 yrs. old 303-233-0488
Colorado Clubhouse Association 303-432-5800
Including: The Chinook Clubhouse, Frontier House, Spirit Crossing Clubhouse S.T.A.R. Reach Center and Summit Center (consumers)
Jefferson Center for Mental Health: 303-425-0300
TCL: 303-432-5400
Pat O'Connell: support groups for families 303-432-5114
Jefferson County Human Services 303-271-1388
Medicaid: 303-271-4339
Food Stamps 303-271-4047
LEAP 303-271-4399

RESOURCES-Websites

dana.org: BrainWork: publication about the brain, research findings, specific brain related disorders; forums related to the brain.
 schizophreniaforum.org: update discussion of current research in schizophrenia; researchers share ideas.
 schizophrenia.com: extensive information, education and support on topics related to schizophrenia.
 moodswing.org: extensive information, education and support on bipolar/manic depressive disorder.
 niaaa.nih.gov.: National Institute on Alcohol Abuse and Alcoholism.
 http://consensusproject.org: local and federal government address mental illness and the criminal justice system.
 mentalhealth.org.uk: A major British website with a wide range of mental health and mental illness information.
 silverribbon.org: combined interests of those who are affected by a brain disorder or disability.
 healthcentral.com: Bipolar Connect Newsletter (also schizophrenia, depression, anxiety disorders)
 empowercolorado.com: run by families; offer support, education, advocacy and resources to families with children and youth who have social, emotional or mental health challenges.
 narsad.org: Get the latest research updates! (CHECK THIS OUT)
 Nihm.nih.gov: Federally conducted and supported research (CHECK THIS OUT)



NAMI JEFFCO NEEDS U:
Membership Chair
Education Night Coordinator
Support Night Facilitator
Vice-President
Call Norm 303-349-2563

Norm's News Post Script: *Our new location will be the JCMH Cedar Building. It is located near the intersection of Alameda and Kipling. Cedar Ave. is the first street north of Alameda. The JCMH Cedar Bldg is the second building east of Kipling on the south side of Cedar Ave. We thank JCMH for providing us with a very welcoming and user friendly space. We sincerely hope our community at the southern end of Jeffco will find this move a welcome one!*

RESOURCES—Books

Schizophrenia Revealed: From Neurons to Social Interactions by Green, Michael Foster, 2003; provides education and scientific information on schizophrenia.

Conquering Schizophrenia by Peter Wyden, 1997: Personal story of a father dealing with and attempting to get helpful treatment for his son with schizophrenia.

Instant Psychopharmacology by Ronald J. Diamond, 3rd ed.: Overview of the various medications used to treat mental illnesses; discussion of how medications work, uses, side effects, drug interactions, dosages and disorders they treat.

Essential Psychopharmacology by Stephen M. Stahl, 3rd edition may now be available: Professional text on treatment of psychiatric disorders, for the mental health student or professional.

Night Falls Fast: Understanding Suicide by Kay Redfield Jamison, 1999: Personal perspective of individuals who have suicidal thoughts, attempted suicide, completed suicides and the individuals left behind. The latest research underlying biological and psychological factors involved and treatment approaches; a personal and professional view of this topic.

New Hope for People with Bipolar Disorder by Fawcett, Bernard Golden and Nancy Rosenfeld, 2000: General, non-technical overview of the diagnosis, biology, therapy and medications for treating bipolar disorder as well as recommendations on how to cope with the illness for the consumer and family members.

New Hope for Children and Teens with Bipolar Disorder by Boris Birmaher, M.D., 2004: Helping family members understand what it means to have a child with bipolar illness by discussing diagnosis, treatments and strategies for parents in coping techniques.

Out of the Shadows by E. Fuller Torrey, 1997; Confronting the crisis of mental illness in America; how we have failed the mentally ill and suggestions for changes.

How I Stayed Alive When My Brain Was Trying to Kill Me by Susan Rose Blauner, 2002: Suicide prevention manual for someone with suicidal thoughts, suicide attempts addressed to the layperson and mental health professionals.

A Primer of Drug Action by Robert M. Julien, M.D., Ph.D.: A guide to the effects of psychoactive medications on the brain and behavior; comprehensive medication information as well as herbal options.

Down Came the Rain by Brooke Shields, 2005: Her personal story of her own postpartum depression.

Remembering Garrett by Gordon H. Smith, U.S. Senator, 2006: Family's story of dealing with their child, his depression and his suicide; addresses advocacy for the problem of youth suicide.

Moodswings by Ronald R. Fieve, M.D.: Readable overview of depression and bipolar disorder for the layperson.

Lincoln's Melancholy by Joshua W. Shenk, 2005; Discussion of the president's struggle with depression and suicidal thoughts as well as its impact on his personal and political life.

Winter Blues by Norman E. Rosenthal, M.D., 2006: Discussion of diagnosis, symptoms, causes, prognosis, treatments and coping skills for Seasonal Affective Disorder (SAD).

Buzzed, The Straight Facts About Most Used and Abused Drugs from Alcohol to Ecstasy by Kuhn, Scott Swartzwelder and Wilkie Wilson, 2003: Easy to understand information on commonly abused legal and illegal drugs, how they work in the brain and addiction.

Winning Against Relapse by Mary Ellen Copeland: a workbook of action plans for recurring health and emotional problems; an expansion of her small red WRAP workbook and keyed to a wider audience.

The Dual Disorders Recovery Book by Hazelden, 1993: A twelve step program for individuals with addictions and psychiatric illnesses.

I Am Not Sick I Don't Need Help! by Dr. Xavier Amador: Helping the seriously mentally ill get treatment.

Divided Minds by Pamela Spiro Wagner and Carolyn S. Spiro: Twin sisters and their journey through Pamela's Schizophrenia.

An Unquiet Mind: A Memoir of Moods and Madness (1977) by Kay Redfield Jameson.

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 in August 2007 and in January 2008

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, beginning August 28, 2007, 6:30-9:00 PM, next to SW Plaza

Class Location: Wheat Ridge (Lutheran Hospital), Thursday evenings, beginning August 23, 2007, 6:30-9:00 PM

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

*****You do not have to live in Jefferson County to participate**

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.

Family-to-Family: A Son's Perspective by Terry Ryan (as printed in the NAMI Advocate, Summer 2007 issue, page 26)

It's a course I never took, but it saved me—and my relationship with my family.

This is no exaggeration. My mom's participation in NAMI's Family-to-Family course for years was sometimes the only source of support I had. For so long I thought that nobody understood me, that I was a loser, a failure. I had so many questions about what was happening to me.

My mother, and later my dad, became a huge source of support when I desperately needed it. They explained what was going on with me by drawing on what they had learned in the FtF course. My mother eventually became very involved in teaching the FtF course. When I would start to get down on myself too much, I would remember all the time and effort she was putting into learning, and later teaching people how to be a healthy

source of support and positive influence on their loved ones.

I was being educated and I didn't even realize it. I asked questions about symptoms, about my experiences, my future—and more often than not, she had the answer. Many times I wondered what would've become of me if my parents hadn't become involved with FtF and eventually more involved with NAMI. My father became educated and accepted my illness about five or 10 years after my illness became apparent. His involvement with NAMI as a board member and state president also helped me along the way. His encouragement for me to accept my illness eventually gave me the courage to become involved with the NAMI Wisconsin Consumer Council, and (this might sound corny) to embrace my mental illness and not judge or stigmatize myself.

I am very thankful for NAMI and the people who work to keep it going.

Family-to-Family: A Dad's Perspective (as excerpted from a 2005 Jefferson County class member's letter to the entire class)

.....On our first night of class, I thought that I would say too little. And then—horrors! - too much, after I got cranked up about how angry I felt. I don't think that my wife would believe how much I have shared over the last several months, but I gotta admit—I feel really comfortable with you all. Your openness has made this a really special experience for me.

Going into this class, I knew that some people would be wrestling with more difficult problems than I have faced, but I never imagined that I would hear about such a great variety of ways to be **resilient**. People younger than me, older than me (well, a few, anyway) - and all contributing humor, spunk (especially the lady to my left with the granny-mobile), activism, research, warmth and, above all, honesty. That encouraged me to be honest, and I owe you all a great deal....

Family-to-Family: A Mom's Perspective (as excerpted from a Jeffco course evaluation 2006)Meeting other family members has been wonderful. The material has been very helpful—it is well organized and easy to use. I feel more empowered about my daughter's illness, compassionate towards her and more understanding of her struggle, and I am proud of her for how she's done so far...



Filling the Gap Dental Program

The mission of Filling the Gap Dental Program is to provide NO COST dental services to adults with a severe and persistent mental illness living in Jefferson, Gilpin or Clear Creek County. People participating in this program cannot afford dental care. Their monthly income is approximately \$500.00. Their need for dental care is DESPERATE. FTC Facts:

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

Call Donna Grano: 303-420-2006

E-mail Donna:

ftgdental@msn.com



We need dentists and hygienists! Please help! You make a huge difference!!!

WHAT IN THE HECK?

Colorado is in the bottom half of the western states in per capital spending on mental health services with only Nevada, Oregon, Idaho and New Mexico lower.

(NAMI: Grading the States)

Furthermore:

According to www.citizen.org/medicaid ...

Colorado ranks 43rd overall and places in the bottom quarter of all categories except one.

Eligibility: #41...Coverage is restricted to only the poorest segments of the population, excluding many who cannot afford private insurance.

Scope of Services: #40...reflects the exclusion of the medically needy as well as certain gaps and limitations. The state's Medicaid program excludes services such as dental care; psychologists' services; dentures, hearing aids; and personal care services.

Quality of Care: #42...deficiencies in nursing home care as well as a poor record in childhood immunization reflect this poor showing.

Reimbursement: #21...middle rank rather than bottom quarter.

CABF (Child and Adolescent Behavior Foundation)

CABF [Tips for medication](http://www.bpkids.org/) (<http://www.bpkids.org/>)

When starting a new medication, discuss with your doctor any possible implications of using brand or generic versions of the medication.

- Be alert to changes in the size or shape of your medication — pharmacies may substitute one generic for another without informing you. This may be clinically significant.
- Talk to your doctor about any questions you may have about generic drugs.

For more in depth coverage one might consider Bioequivalence and Other Unresolved Issues in Generic Drug Substitution, by Peter Meredith, Ph.D., published by Clinical Therapeutics, volume 25, number 11, 2003.

Legislative Happenings

SB 36 PASSED!! Current law requires coverage for biologically based mental illness: schizophrenia, schizoaffective disorder, bipolar affective disorder, major depressive disorder, specific obsessive-compulsive disorder and panic disorder. Coverage starting January 1, 2008 shall include: Post Traumatic Stress Disorder (PTSD), Drug and Alcohol Disorders, Dysthymia, Cyclothymia, Social Phobia, Agoraphobia, Panic Disorder, General Anxiety Disorder, Anorexia Nervosa and Bulimia Nervosa...**to the extent these diagnoses are treated on an outpatient, day treatment and inpatient basis, exclusive of residential treatment.**

SB 97 allocates some treatment dollars for offenders and substance abusers from the tobacco master settlement agreement.

HBI057, SB146 and HBI022 will provide funding for limited pilot treatment programs for at risk juveniles, vets and rural communities.

SB003 will enable children aging out of foster care to retain Medicaid eligibility until age 21.

The Preferred Drug List (PDL) which directly affects those with mental illnesses receiving government **remains** a challenge and is very much alive. PDL was signed into law in January through an Executive Order by the Governor. NAMI has and will continue to request that mental health medications be exempted from the directive. The goal of a PDL is to reduce costs by limiting drug choices; the limitation allows states to buy these drugs and receive a bulk purchasing discount. NAMI knows that medications for brain disorders are VERY individualized and what may work well for one person does not work well for others. The implementation process can be followed by logging onto the following website:

<http://www.chcpf.state.co.us/hcpf/pharmacy/pdlpage.asp>

Please continue to check the NAMI Colorado website at namicolorado.org for continuing updates regarding legislative matters.

A HUGE thank you to Lacey Beruman, NAMI Colorado Executive Director for all of her hard work and keeping all of us informed as to happenings in the capitol.

Generic Medications, What You Should Know

By Ken Herrmann, M.D. (excerpted)

Generic medications are tested for bioequivalence; a number of factors, however, are important in knowing more than whether a drug is not only chemically equivalent, but also clinically equivalent. Clinically equivalent means the drug functions as well as the branded product. **Generic Medications** are required to be pharmaceutically equivalent (the same active chemical) and contain with 7% (plus or minus) the stated value. The tolerance for effectiveness, however, is plus or minus 20% of the brand's equivalent.

Now imagine the variation if one considers refills. The range could change from batch to batch within the same company or from one company to another depending upon which company's pills the pharmacy stocks at any one time.

Skeptics suggests that if this were such a widespread problem, surely the FDA would be aware and take action. I don't have any inside knowledge about the FDA, but my understanding is that they are suffering from the same budget constraints as other federal agencies and are under intense pressure to evaluate new therapy requests and help keep national health costs down. One wouldn't necessarily need to be a conspiracy theorist to believe monitoring generic medication quality might be a low priority.

Although there is a "Med Watch" reporting form to let the FDA know of any problems with a generic, many doctors (who have been told over and over again the generic is the same) don't ask the right questions to determine if a generic has changed or was substituted automatically when the prescription was filled. Substitution with a generic is legal in this country unless written specifically otherwise.

Fortunately, it seems most generic medications probably work, but in our effort to look for cost effective solutions to sky rocketing health care costs, we have neglected to consider that age-old truth—you get what you pay for.'

For those with internet access, I recommend this article by the Road Back Foundation. Although it focuses on arthritic disease, its factual content is applicable to medication used to treat mental illness. <http://www.roadback.org/>

Internet Explorers

Of Like Minds

www.oflikeminds.com

Wonderful resource written and edited by folks with mental illnesses; very appropriate information for all of us who would like to learn more about resources, stories and statistical information.



Caregiver Newsletter

www.caregiver.com

Stores, information, resources for caregivers in any of life's situation, many of which concern loved ones of the mentally ill.

We Can

www.wecancolorado.org

A statewide grassroots organization run by and for consumers. Mission statement: "A voice for Colorado consumers and supporters that embraces mental wellness through education, personal and systems advocacy and leadership for empowerment and recovery."

The Road

www.theroad4youth.org

Preparing young adults for the challenges of adulthood by fostering empowerment, leadership and responsibility; comprehensive services including but not limited to GED Tutoring, job prep and search, wellness workshops, independent living skills classes.

Jane Mountain, M.D. Beyond Bipolar

www.beyondbipolar.com

Clarity, hope, recovery: topics centering around recovery from bipolar illness, including newsletters, recommended reading and links. Jane Mountain shares from her medical expertise and her personal experiences as one who has bipolar disorder.

Mental Health Association of Colorado

www.mhacolorado.org

A recognized leader, collaborating to promote mental health, expand access to services and transform systems of health care. Vision: "...a cure for all mental disorders and a state where all people are empowered to pursue their highest quality of life."

Contact Info: Jeanne M. Rohner 303-377-3040

A PERSON AND A PATIENT

Wally Kisthardt, Ph.D.

We use words in many ways, to understand our being,
And we know our point of view, affects what we are seeing..
A diagnosis is a powerful word, it's true.

For once a "disorder" is defined, it's the lens that we look through.

A person gets excited: with a patient it is manic.

A person has concerns: with a patient it is panic.

A person is expressive: a patient's histrionic.

A person can get better: while a patient's often chronic.

A person may get angry: a patient becomes agitated.

A person is a creative thinker: a patient's thoughts are not related.

A person may be sad: a patient is depressed.

A person may be childlike: a patient is regressed.

A person may be cautious: with a patient it is guarded.

A person may change her mind: a patient must finish what she started.

A person tries to influence: a patient manipulates.

A person gets a second opinion: a patient triangulates.

A person is an activist: a patient's antisocial.

A person is a visionary: a patient is delusional.

A person lives in a home: a patient in a facility.

A person has many strengths: a patient has a disability.

A reminder to us all that mental illness does not nullify personhood.

And each and everyone we try to help may not behave as we think they should.

Don't let their illness shift our sights from the gifts that people possess. And we will see the wonder in each life...

And the joys of each success.

This poem was inspired by the work of Dr. Patricia Deegan. Dr. Deegan has written eloquently and powerfully about her own experience with mental illness. About how providers tended to interpret and ascribe each and every action as a function or consequence of her diagnosis. Dr. Deegan notes how frustrating and discouraging this experience can be, and how it serves to diminish hope, an essential ingredient in the recovery process.

Double standards are exposed for what it is, a barrier that serves to impede greater understanding of human-ness.

Jeannie Ritter, wife of Gov. Bill Ritter, enters fight for better care for those with mental illnesses: The Mental Health Association of Colorado has been studying the concept of creating crisis centers in Denver and surrounding suburbs that would strive to keep some mentally ill folks from ever going to jail in the first place. These 16 bed crisis centers would become the place that law enforcement authorities could take the mentally ill when they reach a crisis. They would specialize in ensuring those needing treatment are channeled

to outside professionals once they are released. Golden Police Chief Bill Kilpatrick, another supporter acknowledges that jail cells end up becoming the last place of resort, for many mentally ill people. Police officers end up relying on ERs of hospitals with no safety net in place. (as excerpted from the Denver Post, 6/24/07, p.4C, C. Osher)

Visit the NAMI Colorado website on your computer, click on "Affiliates", scroll down to Jefferson County and visit our webpage to keep up with what is happening in NAMI Jeffco. Important contact information is at your fingertips!

www.namicolorado.org

- Affiliates and Support

- Jefferson County (web page)

JCMH Cedar's Closet needs clothing, shoes, household objects 9808 W. Cedar Ave., Lakewood 303-432-5400
Teller House needs sheets, blankets, towels, and more! 7290 W. 14th Ave., Lakewood 303-232-8047 or 303-432-5400

NAMI Jeffco
Post Office Box 1921
Arvada, CO 80001

Membership Application*

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

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

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

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

Method of Payment
 Check

Name

Address

Phone

E-mail address