

NAMI of Kalamazoo NEWS

June/July/August 2009; VOLUME 4 - NUMBER 20
NAMI of Kalamazoo NEWS is published Tri-monthly.

NAMI of Kalamazoo is a registered 501C-3 non-profit self-help and advocacy group. Our mailing address is: NAMI of Kalamazoo; P.O. Box 51693, Kalamazoo, MI 49005-1693; Editor: Michael D. Kenny, 269-343-6952

NAMI Michigan 2009 State Conference, May 3 and 4, 2009 in Midland, Michigan

This year's NAMI Michigan state conference was held at the Valley Plaza Resort, in Midland, MI. Approximately 191 persons attended. We heard from plenary speaker Dr. Xavier Amador, who is the renowned author of *I Am Not Sick: I Don't Need Help*. www.XavierAmador.com
Dr. Amador transfixed the audience as he spoke and included members of the audience in several role playing scenarios during his multiple presentations on both Sunday and Monday. A great conference.

Summerfest at KPH

There will be a fair and garage sale as well as food and a raffle held during the annual KPH Summerfest which will be held on Thursday, July 23, 2009 beginning just before lunch on the hospital's front lawn.

Annual Mental Health Breakfast and Mental Health Awareness Festival

A large audience attended both the mental health breakfast and the MHAF which followed the breakfast on Friday, May 8 at the Radisson Hotel.

www.namikalamazoo.org
is our web site

Families in Action; NAMI Education Classes

The next session of 10 classes will begin Tuesday, September 15, 2009 and will be held from 6:30 to 8:30 PM on successive Tuesdays till November 17, 2009.

Families in Action classes cover topics such as the Recovery Process, Medications, Case Management, and Effective Communications. Registration for the class is required.

So if you are interested or know someone who would like to be invited to attend these free classes, please call

Mari McKinlay at 276-0207, or Renate Shiver at 553-7096 . The classes are no charge to everyone.

Internet addresses for your usage

1. National Empowerment Center -Recovery views
http://www.power2u.org/articles/recovery/new_vision.html
 2. Psychology in the news at
<http://www.psycport.com/>
 3. Crisis Intervention Team search;
<http://consensusproject.org/programs/search?interpoint=Law%20Enforcement&keyword=&scope=&state=>
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Power Branch Meetings

Power Branch meets each Thursday from 1 PM till 2:30 PM at the 234 Cedar Street Interact building upstairs in the Wellness room. Take the road to Recovery. Stop by and say hi.

Patrick Kaufmann; pkaufmann@interactmich.org

President's Notes-Mike Kenny

1. NAMI National's central database called "webmembership" has been inoperable since the middle of January. We are now using a local copy of Excel to keep our membership records.
 2. The State of Michigan's financial woes continue and as a result lower state budgets and monies provided to communities are anticipated and expected.
 3. Mark your calendars for the KPH Summerfest on Thursday, July 23 and the NAMI of Kalamazoo annual picnic on Wednesday, August 12 in Milham Park.
 4. Vote in all public elections.
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NAMI of Kalamazoo-Year 2009 Dues

Our NAMI of Kalamazoo organization serves Kalamazoo and surrounding counties as a local chapter of the

National Alliance on Mental Illness. We are also affiliated with the State organization, NAMI Michigan, with offices located in Lansing, MI and the National Alliance on Mentally Illness- NAMI, with offices located in Arlington, VA

When you join NAMI Kalamazoo part of the regular \$25 dues you pay to Kalamazoo goes to the NAMI Michigan State organization (\$10) and part goes to the NAMI National organization (\$10). So by joining us you essentially belong to all 3 groups. This means that you will receive mailings from all three NAMI groups at different times during the year.

Please send us your Year 2009 dues and update the enclosed dues payment slip with your information.

Special thanks to those sending in your additional contributions for our NAMI of Kalamazoo organization; these donations are the only extra monies that we have for activities in addition to the \$5 we keep of your annual dues. We use your donated money to pay for local activities that benefit families and those who have a mental illness.

Allegan County Mental Health Information Available Online

by Charlotte Weick ; Monday June 01, 2009

Information about mental health services is just a mouse click away for Allegan County, Michigan citizens with Internet access.

The Allegan County Web site, www.allegancounty.org, now features information about services provided by Allegan County Community Mental Health (ACCMH).

ACCMH provides Allegan County citizens with psychological, mental health and substance abuse services, serving children, adults and people with developmental disabilities.

The Rehabilitation Accreditation Commission accredits the ACCMH and the staff is made up of psychologists, psychiatrists, social workers, counselors, nurses, job developers and support providers. Community volunteers, elected officials and primary and secondary consumers serve as members of the ACCMH's 12-member board.

The ACCMH access center provides 24-hour mental health emergency services and crisis intervention, psychiatric hospital evaluation within three hours of request and assessment and evaluation for all agency services.

The ACCMH also provides clinic services throughout the week at 3285 112nd Ave. in Allegan.

Person Centered Planning

ACCMH staff follow the principals of the Michigan Mental Health Code's Person Centered Planning. Staff acknowledges that every person has strengths, the ability to express preferences and make their own choices. According to Person Centered Planning principles, staff recognizes and respects individual's cultural backgrounds and how those backgrounds impact preferences and choices. ACCMH staff offer treatment and support that promotes maximum independence, community connections and quality of life. Staff also believes that public participation is an essential part of the process of developing services that best meet the need of county residents.

ACCMH clients work with their therapists or support coordinators to decide which services are needed and how long that they will need the services.
Children's services

At ACCMH, children have access to clinic based outpatient therapy, home based intensive services, hospital aftercare, psychiatric services and "wraparound" services through the Michigan Interagency Family Preservation Initiative.

Adult services

Adults can find mental health and substance abuse treatment, hospital aftercare services, community support services, customized community employment planning and support and older adult services. The ACCMH also offers Assertive Community Treatment (ACT) and psychiatric services.

Substance abuse services

The ACCMH provides substance abuse service for youth and adults. In addition to providing urine screenings, the ACCMH serves as the home base for prevention programs that include the Peer Assistant Leadership (PAL) program, Youth Education on Smoking, the Allegan County Tobacco Reduction Coalition, Youth Adventure Program and various skill building groups.

Developmental disability services

County residents with developmental disabilities can find a wide range of services through ACCMH, including supported living, budget development, transition planning and self-advocacy training and support. Other services include self-employment information, respite services, transportation to Medicaid services,

guardianship evaluations, occupational and physical therapy, psychiatric services, speech and language therapy and nursing services.

Finding help

County residents can learn more about ACCMH by visiting the Web site. For emergency help or to request ACCMH services, call (269) 673-0202 or toll free at 1-800-354-0946.

New Study Documents High Prevalence of Serious Mental Illnesses Among Nation's Jail Populations

Monday Jun 1; Contact: Martha Plotkin of the Council of State Governments Justice Center, +1-240-482-8579

WASHINGTON, June 1 /PRNewswire-USNewswire/ – A new study released today of more than 20,000 men and women entering jail offers the most accurate accounting in more than two decades of the number of adults with serious mental illnesses in these facilities.

Using screening instruments to identify individuals entering jails with the most serious mental illnesses and the greatest need for comprehensive and continuous treatment, a team of researchers from the nonpartisan Council of State Governments Justice Center and Policy Research Associates found that 14.5 percent of males and 31 percent of females – or 16.9 percent overall – met that criteria.

These estimates are three to six times higher than the general population, and indicate that as many as 2 million bookings of people with serious mental illnesses may occur each year. The findings, published today in the journal *Psychiatric Services*, underscore the challenges faced by jail administrators to address the needs of individuals with mental illnesses in the face of budget cuts and extremely limited resources.

At a Capitol Hill briefing today, Art Wallenstein, Director of the Montgomery County Department of Correction and Rehabilitation, said, "Jails at the county and municipal level were never intended to replace the need for a strong community-based mental health system. Better alternatives exist and they must be encouraged and supported. Jail is not the answer for addressing mental illness in this country."

Judge Steven Leifman, Special Advisor on Criminal Justice and Mental Health for the Supreme Court of Florida, said, "Only through systemwide collaboration and partnerships can we begin to close the revolving door to the criminal justice system which, today, results in increased recidivism, devastation to our families and

communities, wasteful government spending, and the shameful warehousing in jails and prisons of some of the most vulnerable and neglected members of our communities."

Senate Judiciary Committee Chairman Patrick Leahy (D-Vt.) is leading a bipartisan coalition of senators in pressing for full funding of the Mentally Ill Offender Treatment and Crime Reduction Act (MIOTCRA). The law authorizes federal grants to help state and local governments create or expand mental health courts; offer treatment and training programs; and teach law enforcement officers and agents to recognize and react to situations involving individuals with mental illnesses.

For more information on the study, its authors and its implications, visit <http://www.justicecenter.csg.org/>

SOURCE Council of State Governments Justice Center

Teen Depression Rising, Treatment Falling Short

May 31–A new report shows 8.2 percent of American youths ages 12 to 17 experienced at least one major depressive episode in the last year.

Of the nearly 2 million kids who did, only about 39 percent received treatment, according to the Substance Abuse and Mental Health Services Administration.

"It's pretty shocking stuff," said Beverly Moore, spokeswoman with Associated Centers for Therapy, a nonprofit community mental health center. In Oklahoma, one in five children is struggling with mental illness or substance abuse, according to a report released by the Oklahoma Department of Mental Health and Substance Abuse Services in September.

The report also points out that 40 percent needing mental health and 80 percent needing substance abuse help are not receiving treatment.

"Part of it is the stigma. Part of it is physical health and mental health are not looked at on the same level. A lot of it is parents don't see the problem until it reaches a crisis."

A major depressive episode is two weeks or longer with either a depressed mood or a loss of interest or sense of pleasure and at least four other symptoms that reflect a change in functioning, including problems with sleep, eating, energy, concentration and self-image.

Mike Brose, executive director of the Mental Health Association of Tulsa, said his agency offers screenings

at schools for mental health disorders and substance abuse. The problem is only 15 to 20 percent of the parents give written permission.

"The data shows that if left untreated, mental health problems don't just spontaneously go away," Brose said.

Left untreated, mental illness and depression can lead to self medication with alcohol and illegal substances that can turn into addiction.

"There are still a lot of people that won't seek treatment because of the stigma. It's still out there and is alive and well and kicking," Brose said. "Through education, we have a chance to overcome that stigma."

It can be difficult for parents to identify what could be normal adolescent behavior and when that line gets crossed and becomes something more serious.

"Parents tend to err on the side of minimizing or denial. They don't seem to err on the side of 'What's going on? Maybe I need to talk to someone,' " Brose said. "In our culture, it's because of the stigma or the human nature of parents not wanting to think anything is wrong with children."

Sudden changes in mood, excessive isolation and change in peer groups are signs that something might be wrong.

"Those are more glaring things. There's also a lot of evidence that suggests teens are really good at masking their depression," Brose said.

There are many places in Tulsa where children can receive treatment, regardless of insurance or parents' ability to pay.

"For young people in need of services, the cost is not a barrier. Sometimes it requires a little help navigating the system, but they can get services they need," Brose said.

Youth Services of Tulsa; Family and Children's Services; the Parent Child Center; Mental Health Association of Tulsa and ACT all offer services for adolescents.

Associated Centers for Therapy also has the CALM Center, where children and teens can receive assessment and treatment for mental health or substance abuse crisis any time day or night.

"Parents need to know they're not alone. There are lots of support systems for parents dealing with mental health and substance abuse in children. They just have to find someone to connect them to those services," Moore said.

Signs of depression

- Sadness that won't go away
- Hopelessness and boredom
- Unexplained irritability or crying
- Loss of interest in usual activities
- Changes in eating or sleeping habits
- Alcohol or substance abuse
- Missed school or poor school performance
- Threats or attempts to run away from home
- Outbursts of shouting, complaining
- Reckless behavior
- Aches and pains that don't get better with treatment
- Thoughts about death or suicide

Source: Substance Abuse and Mental Health Services Administration ; from www.psycport.com

Mike Averill 581-8489 mike.averill@tulsaworld.com

Local NAMI Monthly Meetings

NAMI of Kalamazoo now holds 1 meeting each month for members, friends, and advocates to attend. This is the Board meeting, which is held on the first Thursday of most every month at the Pathways building at 119 West Vine St., in Kalamazoo; about one block from the Bronson Hospital complex. The meeting begins at 6:30 PM. No meeting in July or August.

Our Board members for 2009 are: Mike Kenny (343-6952), Tom Belco (685-8243), Ann Bonevich (349-8444), Linda DeYoung, Bob Green, Chaya Gieszer, and Toni Morrian.

As it revises mental-health guide, psychiatry tries to get its disorders in order

By Shari Roan | Tribune Newspapers May 31, 2009

SAN FRANCISCO – Is the compulsion to hoard things a mental disorder? How about the practice of eating excessively at night? And what of Internet addiction: Should it be diagnosed and treated?

As the clock ticks toward the release of the most influential of mental-health textbooks, psychiatrists are

psychological health before they undergo the procedure.

"We know obesity is a risk factor for physical disorders and is probably a risk factor for psychiatric disorders too," Kupfer said. "The work group has spent time on what to do with obesity in DSM-V."

Gambling, sex addiction and Internet addiction – formerly dismissed as harmful habits that could be defeated with willpower – also may be labeled illnesses.

"It isn't a question of whether these things are real," Kupfer said. "They are. The question is whether there is enough empirical evidence to meet the threshold."

The meeting ended Thursday, but debates, revisions and studies to test new ideas are slated to last for 18 more months.

And even then, the new edition won't land on psychiatrists' desks with a note saying, "See you in 15 years." Task force members made it clear that the upcoming edition will be a living document that will be revised frequently, continually informing doctors and their patients.

\$8.4M Apartment Complex in Battle Creek to House Homeless Veterans

by Jeff Barr | Kalamazoo Gazette June 03, 2009

BATTLE CREEK, MI – An \$8.4 million apartment complex that will provide transitional housing for homeless veterans from Kalamazoo and Calhoun counties is expected to open in late summer, according to officials close to the project.

Homeless veterans from Kalamazoo and Calhoun counties are eligible for transitional housing in Silver Star Apartments in Battle Creek. For information on the subsidized units, call Property Manager Tony Ogden at (269) 381-0350 or e-mail Medallion Management Inc. President Mark Wester at mwester@medallionmgmt.com.

"We will begin moving in furniture in mid-August, and we expect to start moving the first veterans in on Sept. 1," said Mark Wester, president of [Medallion Management Inc.](http://www.medallionmgmt.com), a Kalamazoo-based company overseeing the complex.

Seventy-five fully furnished units, located on the campus of the Veterans Affairs Medical Center in Battle Creek, will be subsidized by the U.S. Department of Housing

and Urban Development. Veterans will pay 30 percent of their adjusted gross incomes for the transitional housing.

"If there is no income, rent is free," Wester said.

The U.S. Department of Veterans Affairs provided funding for the project in January and construction began almost immediately.

"Michigan has over 3,000 men and women who have worn the uniform in defense of our country, but do not have a place to call home," said U.S. Sen. Debbie Stabenow, D-Michigan, who helped secure funding from the VA. "The Silver Star Apartment community ... will help put a roof over (some of) their heads."

Don Jarzambek, director of veterans affairs for Kalamazoo County, estimates that there are 100 homeless veterans living in Kalamazoo County.

Medallion Management has been working with local VA officials toward filling the complex with qualified veterans, Wester said.

Many incoming residents will be sent to Silver Star upon discharge from the VA Medical Center. The complex will include on-site representatives from various social-service and employment agencies. Residents who have medical, psychological or substance-abuse issues will be able to receive treatment at the medical center.

"Anytime you can get anyone off the streets, obviously it's a good thing," Jarzambek said. "And those who gave of their time and service for their country deserve a place to stay."

Recovery Institute

Located at 326 W Kalamazoo Ave, Kalamazoo, MI 49007-3361; phone is (269) 343-6725

Web address is <http://recoverymi.org/>

Annual Picnic

Our NAMI of Kalamazoo annual picnic will be held on Wednesday, August 12, 2009 beginning at about 5:30 PM at the Milham Park Pavilion in Kalamazoo, MI. Meats, drinks, and some salads are provided. NO charge. Please bring a dish to pass

PICNIC Time

Renew or Join or Rejoin or Donate to NAMI of Kalamazoo for 2009

***NAMI of Kalamazoo-Year 2009 Dues.** The mailing label on your mailed copy of our newsletter normally gives your membership expiration date. We do not invoice separately for continued membership but ask that you renew according to this mailing label. Our NAMI of Kalamazoo organization serves Kalamazoo and surrounding counties as a local chapter of the National Alliance on Mental Illness. We are also affiliated with the State organization, NAMI Michigan, with offices located in Lansing, MI and the National Alliance on Mentally Illness-NAMI, with offices located in Arlington, VA. When you join NAMI Kalamazoo part of the regular \$25 dues you pay to us goes to the NAMI Michigan State organization (\$10) and part goes to the NAMI National organization (\$10). So by joining us you belong to all 3 groups. This means that you will receive mailings from all three NAMI groups at different times during the year.

Please use this sheet to join/renew membership in NAMI of Kalamazoo. We collect dues anytime and credit in a running year method. Date of your payment plus 12 months is your membership time.

Most of our local programs are funded by your donations since we only keep \$5 of the dues monies that you send in to us. We really like donations.

2009 Yearly Memberships in NAMI of Kalamazoo, please circle your membership type:

Family or individual= \$25.00 Consumer = 5.00 Professional Organization= \$40.00

Dues enclosed = _____ + My Donation to NAMI of Kalamazoo = _____ = Total _____

Name (print please) _____

Address _____ is this a new address since last year? _____
 Street City Zip

Phone #- _____ is this a new phone number for you since last year? _____

My E-mail address is _____

.....
Make your Checks or Money Orders payable NAMI of Kalamazoo and then send to our USPS mailing address at:

**NAMI of Kalamazoo
P.O. Box 51693
Kalamazoo, MI 49005-1693**

NAMI of Kalamazoo serves to educate, support, and empower individuals and families affected by brain neurobiological disorders (NBD), commonly called mental illnesses. We are a community wide 501C-3 non-profit advocate organization whose members are available and accessible to NBD affected consumers and their families.

Our current NAMI of Kalamazoo Board members for 2008 are: Mike Kenny (343-6952), Tom Belco (685-8243), Mrs. Ann Bonevich (349-8444), Linda DeYoung, Mr. Bob Green, Ms. Chaya Gieszer, and Ms.Toni Morrian.

NAMI of Kalamazoo now holds 1 meeting each month for members, friends, and advocates to attend. This is the local Board meeting, which is held on the first Thursday of most every month at the Pathways building at 119 West Vine St., in Kalamazoo. This meeting begins at 6:30PM. Upcoming calendar of events is on the next page.

NAMI of Kalamazoo NEWS

Alliance for the Mentally Ill

P.O. Box 51693

Kalamazoo, MI 49005-1693

Non Profit
Organization

Kalamazoo, MI
49005

June 2009

Thursday, June 4, 2009 at 6:30PM, NAMI of Kalamazoo Board meeting; Pathways—119 West Vine St.

July 2009

Thursday, July 23, 2009 beginning at about 10 AM; Summerfest Celebration and Fair at KPH on Oakland Road

August 2009

Wednesday, August 12, 2009 beginning at about 5:30 PM at the Milham Park Pavilion; our annual Kalamazoo NAMI picnic.

September 2009

Thursday, September 3, 2009 NAMI of Kalamazoo board meeting at 6:30 PM; Pathways—119 West Vine St.

Tuesday, September 15, 2009; 6:30 PM; Families in Action Fall-09 class begins at the Access center, call Ms. Renate Shiver at 553-7096 for information and registration.