



nami

National Alliance on Mental Illness

Connecticut

Find Help! Find Hope!

NAMI Connecticut Bi-Monthly Report

A Letter from the Executive Director

Hello to everyone.

I hope all is going well while still warm it's also true that the holidays will soon be upon us!

I am happy to report that once again we had a very successful annual state conference with approximately 200 attendees, hopefully many of you reading this now were there. The day started out with Senator Ted Kennedy providing our Keynote address and then participants were able to find out about a range of mental health initiatives including apps for use by people with mental health concerns, psychiatric care of older adults, engaging young people in care and the state of the recovery movement.



Family to Family and NAMI Basics courses are once again underway in many parts of Connecticut. We also have gotten significant participation in our Support Group facilitator training which will help us to build up this program throughout the state; currently we have more than 40 groups. We anticipate implementing the new Provider Education pilot in late November or early December and are anxious to find out how the community receives this new program. Finally, we continue to get new requests for both Parents and Teachers as Allies as well as Ending the Silence.

NAMI Connecticut was one of a number of states who contacted NAMI to bring attention to Halloween exhibits that were using mental illness and depicting individuals with mental illness as scary and out of control; e.g., people in strait jackets in an asylum setting. In this case it was the Six Flags amusement park in Massachusetts that had established just such an exhibit. A number of people called our office to draw attention to it and we in turn contacted NAMI. The owner of Six Flags owns a number of other amusement facilities in the country, several of which also had exhibits depicting mental illness in the worst possible and stigmatizing light. In some cases NAMI reached out directly to ask for the exhibits to be taken down or altered and in one case, in California, worked closely with NAMI Orange County to have an exhibit at the Knotts Berry Farm removed. All of us need to remain vigilant as to how people with mental health concerns are portrayed publicly in order to stop the stigma associated so often with mental illness.

Finally, our annual appeal will be coming out soon – please look for it; we count on our members to help us carry out our mission.

Thanks so much and again, warmest of holidays to you all.

Kate



President's Report

NAMI Thanks You! NAMI Appreciates You! NAMI is Grateful to You ~ because you help to support the thousands of our fellow Connecticut citizens who face the challenges of mental illness every day.

Congratulations to Laura Noe for her recent nomination to serve as one of our Board of Directors!

Thank you for your all of your support and participation in A Review of What's New in Mental Health at this year's 2016 Annual Conference. As you know, we must continuously improve access, continuity, quality, equity, and value of mental health care for all persons who are impacted by mental illness in our communities.

Our 2016 Annual Appeal is one of the most important fundraisers of the year and your donations help to support our mission to provide education, support, and advocacy for Connecticut's citizens affected by mental illness in our communities across the state.

Last year, about \$19,500 dollars was generously donated to our Annual Appeal and I am grateful to all who sacrificed to make this happen. Thank you.

Additionally, our Annual Giving is an integral and imperative part of our ongoing financial structure and outreach as we look towards continuing to expand our services to include children, youth, and young adults, we must also expand our services to geographic areas that are underserved.

Your financial support and continued participation is vital and there are many ways during this season of celebration and thanksgiving that you can make a difference! Please take the time to read our 2016 Annual Report online at www.namict.org and see how NAMI Connecticut helps families and individuals Find Help! Find Hope!

NAMI Connecticut wishes you a happy holiday's season celebration in a joyous, loving, and thanksgiving way because you help to support the thousands of our fellow Connecticut citizens who face the challenges of mental illness every day.

Marisa Walls

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Public Policy Update

Warm and crisp fall weather is here! And things are getting real busy again in the world of policy advocacy – both in preparation of the **legislative session, which starts on January 4th**, and in our initiative to increase NAMI members' capacity to participate in grassroots advocacy by sharing personal stories with policy makers and media, to educate and influence minds and hearts.

The **Public Policy Committee** – *the key vehicle for our grassroots members to get involved in policy and advocacy issues* – is working diligently on our Legislative Priorities for the 2017 Session. The major theme will be the preservation and protection of community mental health supports and services, as the state budget continues to face very challenging times, including projected deficits of over a billion dollars for this coming fiscal year that starts in July 2017. Key issue areas will include housing services and supports, services and supports for children and youth in the community and at home, plus mental health education and training in the school community, parity law enforcement, protection of rights and self-determination in the community with access to integration via housing, work and school, promotion of wellness-based initiatives and paid family medical leave. We will share our finalized Legislative Agenda in our next newsletter, complete with what you can do to move that agenda forward – stay tuned!

You may be reading this newsletter either right before or shortly after the most uncommon election season in modern history (or ever). We certainly hope that you are or have participated by exercising your right to VOTE. For our state legislature this means **we will know who our local Representatives and Senators will be**, and we will look to either strengthen collaboration with or welcome newly elected officials and educate or continue to educate.

As mentioned before, we continue our initiative to increase our internal capacity to **tell impactful stories with decision makers and media to influence policy and attitudes**. We have kicked off our second wave of trainings on how to tell your story (and use it for advocacy) – with our Fairfield Affiliate – and look forward to providing these local/regional opportunities to more Affiliates in the next few months.

We continue to look for and **want to welcome NAMI Connecticut members** to participate in our public policy activities, including our Public Policy Committee which meets monthly at 6pm, now on the second Thursday of the month in person (and with conference calling availability). Our next meeting will be on Thursday November 10th in Middletown. **You will hear about activities and efforts that impact the state (and therefore also your local communities) including working on NAMI Connecticut's 2017 Legislative Priorities and we want to hear from you about your local activities and ideas/concerns.** For details on that meeting and more information about all of NAMI Connecticut's public policy activities, please contact Daniela Giordano at publicpolicy@namict.org. Also, we invite you to participate in Keep the Promise (KTP) Coalition activities. KTP is Connecticut's largest group of stakeholders advocating for enhanced community based mental health services and supports for people in Connecticut across the lifespan. The KTP Adult Committee meets the third Wednesday of each month from 10am-12pm in Middletown. For more information about KTP, please visit, www.ctkeepthepromise.org or email Maura Sheil-Hughes (our policy support staff) at ktpassistant@namict.org.

This fall, **The Alliance for Children's Mental Health (ACMH)** has been identifying its legislative priorities for 2017, and forming and starting the work of two subcommittees, one focused on developing an ACMH website and the other on parent/family engagement. In addition, we are continuing to make progress on several projects, including **developing a new project for high school students at Killingworth-Haddam High School in which students will focus on mental health awareness and the legislative process**. This project is being led by our intern, Charlise Roper, who is a graduate student at Quinnipiac's School of Social work.

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Young Adult Update

The Young Adult Connection Community has added two new groups throughout the state. Join other young adults as we talk, hang out, create art, and connect with others. These groups are an outlet for the everyday challenges and stressors we may face. Lead by other young adults, this group is unique in that it's a special safe place for people the age of 18 - 29.

NAMI Shoreline is sponsoring a new young adult support group in Guilford. The group will run the 1st and 3rd Thursday of the month from 6:30 to 8:00PM. The location of the group is the Shoreline Vineyard Church Parish Center at 510 Village Walk Plaza in Guilford.

NAMI on Campus at UConn Storrs will be sponsoring another group from 6:00 to 7:00PM the 2nd and 4th Wednesday of every month. The group will be held in the Student Union, room 109A. You do not need to be a UConn student to participate!



HHS takes steps to provide more information about clinical trials to the public

In an effort to make information about clinical trials widely available to the public, the U.S. Department of Health and Human Services today issued a final rule that specifies requirements for registering certain clinical trials and submitting summary results information to ClinicalTrials.gov. The new rule expands the legal requirements for submitting registration and results information for clinical trials involving U.S. Food and Drug Administration-regulated drug, biological and device products. At the same time, the National Institutes of Health has issued a complementary policy for registering and submitting summary results information to ClinicalTrials.gov for all NIH-funded trials, including those not subject to the final rule.

"Access to more information about clinical trials is good for patients, the public and science," said NIH Director Francis S. Collins, M.D., Ph.D. "The final rule and NIH policy we have issued today will help maximize the value of clinical trials, whether publicly or privately supported, and help us honor our commitments to trial participants, who do so much to help society advance knowledge and improve health."

Clinical trials are vital to medical advances because they test new and existing health-related interventions, helping us understand whether they are safe and effective in humans when used as intended. Some clinical trials provide information about which medical treatments work best for certain illnesses or certain groups of people.

Expanding the registration information in ClinicalTrials.gov improves people's ability to find clinical trials in which they may be able to participate and access investigational therapies. More information about the scientific results of trials, whether positive or negative, may help inform healthcare providers and patients regarding medical decisions. Additional information will help researchers avoid unnecessary duplication of studies, focus on areas in need of study and improve study designs, ultimately advancing the development of clinical interventions.

For full press release please to go:

<https://www.nih.gov/news-events/news-releases/hhs-take-steps-provide-more-information-about-clinical-trials-public>

www.ClinicalTrials.gov

Loretta Duvall

1928-2016



Loretta Duvall awarding a prize to Zach Eisen, a freshman at Westhill High School in Stamford, who finished second in the 2008 NAMI SWCT essay contest.

Photo credit: Jeffrey Hodnicki of NAMI SWCT

Loretta Duvall, a tireless advocate for educating people about mental illness and for helping those affected by it, died on September 3, 2016, at the age of 88. A resident of Greenwich, she was president of NAMI Southwest Connecticut from 1999 to 2005.

In May, 2006, at its annual meeting in Toronto, the American Psychiatric Association presented Loretta with its Award for Patient Advocacy, "in recognition of her outstanding work in identifying the scope of mental illness in the United States and her leadership in eliminating the stigma of mental illness."

In her acceptance speech, Loretta recalled the limited resources available to those affected by mental illnesses in 1948 when she was training to be a nurse. "There were no outpatient interventions that were recovery-oriented," she recalled. "Follow-up practices were minimal and support for families was nonexistent." At that time, families affected by mental illness "disintegrated under the stress of caring for their sick" and of coping with "stigma, isolation, depression, and lack of [financial] resources."

After her marriage, she began to experience mental illness in her own family. The turning point in her decision to reveal her family's struggles and use them to help others occurred in 1998 when her daughter, Margaret Ray, at age 46, became her third child lost to suicide. "She ended her pain," Loretta said, "and I began my mission." (For a description of Margaret Ray's life and death, see Frank Bruni's article, "Behind the Jokes, a Life of Pain and Delusion," New York Times, November 22, 1998.)

Loretta joined NAMI the same year and began leading monthly family member support meetings. Subsequently, she founded the Margaret Ray Memorial Fund to "eliminate stigma and promote understanding of mental illness through education." She became familiar with state programs to which she could refer family members in crisis and got to know state legislators to whom she could turn to advocate a position on a bill affecting mental health care.

Focusing on mental illness among children, she advocated for early intervention and for mental health education starting as early as primary school. Education, she said, "is our most central and effective tool" for reducing stigma and preventing mental illness. She proposed a contest among high school students to write the best essay about mental illness; her Margaret Ray Memorial Fund provided the prize money. As affiliate president, she put together a quarterly newsletter using an old computer, often adding handwritten notes to the printed text exhorting her readers to attend an event and build awareness.

Loretta never gave up her mission to let families in crisis know that they are not alone and that there is hope.

Medicare

"New to Medicare - Understanding Your Medicare Benefits and Options"

New to Medicare - Understanding Your Medicare Benefits and Options. This engaging presentation will cover: Transitioning to Medicare, Medicare Enrollment Periods, Traditional Medicare (Parts A and B), Medicare Supplement Insurance (aka MediGap), Medicare Part C, Medicare Part D (Prescription Drugs), the "Donut Hole", and MORE! Read More: <http://bit.ly/2bd91iK>

We will also be holding events in New London on Dec. 13th; Hartford on Jan. 18th, 2017; and New Haven in April 2017. Please look for the announcements in the Weekly Email Update for more information on these future dates.

Brought to you by NAMI Connecticut, and the CT State Department on Aging, CHOICES & SHIP. Funding is provided in part or in full from the Administration for Community Living.

GENERAL, MEMORIAL AND HONOARY DONATIONS SEPTEMBER 1, 2016 - OCTOBER 25, 2016

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Birdies for Charity
By: Greater Hartford Community Foundation, Inc.



Public Policy *Continued from page 3 ...*

Charlise is collaborating with several groups, including the Youth and Family Service Bureau, and several students will be meeting for the first time to launch the effort in the coming weeks. We are very excited about this project and, assuming it is successful, we hope to replicate it at other high schools in the state. It is also an opportunity to bring NAMI's Ending the Silence program to high schools through this student-focused project.

Our next ACMH meeting will be held on November 10th from 10-12pm at the office of CT Legal Services, 16 Main Street, New Britain. We are excited to have **Elisabeth Cannata of Wheeler Clinic, and Tri-Chair of the Children's Behavioral Health Plan Implementation Advisory Council**, as a guest speaker at the meeting. She will be talking to us about the progress and challenges surrounding Plan implementation. For more information on any of the ACMH work, please contact Susan Kelley at skelley@namict.org.

Thank you for more and more of you becoming informed and active in our ever-important advocacy! And don't forget - questions, ideas or comments are always welcome.

Have a great start into the extended holiday season!



Does depression impede your daily life?

Are you currently feeling sad and hopeless, experiencing worthlessness and guilt, and have a lack of interest in everyday activities you once enjoyed?

Join A Study

Participate in research to help transform the understanding and treatment of depression.



www.clinicaltrials.gov
Protocol No.
01-M-0254

Inpatient & Outpatient Studies investigating the brain and experimental medications (such as ketamine and diazoxide) to rapidly reduce depressive symptoms.

Participation may include outpatient visits or inpatient stays of up to 12 weeks at the NIH Clinical Center, Bethesda, MD. Procedures may include: tapering off current psychiatric medications, a medication-free period, oral or intravenous medication versus placebo, and brain scans. Participants must be ages 18 to 70 and free of serious medical conditions.

There is no cost to participate. These studies may enroll eligible participants from across the USA. Travel arrangements and compensation are provided.

Call about eligibility: 1-877-MIND-NIH

(1-877-646-3644) TTY: 1-866-411-1010, email: moodresearch@mail.nih.gov

www.nimh.nih.gov/JoinAStudy



NAMI Connecticut

576 Farmington Avenue
Hartford, CT 06105

