



NAMI

National Alliance on Mental Illness

Connecticut

Find Help! Find Hope!

NAMI Connecticut Bi-Monthly Report

A Letter from the Executive Director

I hope all is going well. Fall is upon us

I am happy to report that once again we will be paying out more than \$20,000 to our affiliates based on the amount of donations they raised for this year's Walk. CONGRATULATIONS TO ALL! As many of you know, the Walk is a vital component of keeping our affiliates growing and offering the many programs they provide to their communities. Overall we raised just over \$170,000.



With no real time to rest, we have already started our trainings and educational courses, having recently completed a Parents and Teachers as Allies training as well as collaborating with FAVOR to provide their field staff with training for NAMI Basics. Family to Family and NAMI Basics courses are slated to begin soon in a number of sites across the state and there are still a number of trainings coming up including another NAMI Basics, Support Group Facilitator, and Ending the Silence. Other exciting news in the realm of our education programs is that NAMI Connecticut will be piloting the new 4 hour Provider Ed seminar. Many of the folks who were trained as Perspective presenters will be re-trained in the new course. We expect to launch the new offering in early Fall and will provide more information soon.

The Board too is involved in training with most members having attended the annual Board Orientation on Saturday, August 13th. The members are now poised to begin the year with the first board meeting being held on Thursday, September 15th.

Finally, I hope you will join us for the annual state conference, **A Review of What's New in Mental Health**, scheduled for Friday, October 14th. It will be held in Middletown at the Army Reserve Center. We have a terrific agenda and *our Keynote Speaker will be State Senator, Edward Kennedy*. Check out Early Bird online registration and information at: classy.org/NAMICConnecticutStateConference2016.

I'll end on that note and look forward to seeing many of you at our state conference and here's hoping for a beautiful Fall!

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.

NAMI Connecticut is transitioning right into the Fall Season with synergy, energy, and enthusiasm!

We welcome and congratulate our three new board of directors: Marvin Elbaum, John Pendleton, and Cynthia Randolph to the board. The board continues to work hard to guide the organization to reach new strategic goals and strengthen our service to the people of the state. Over the next three years, the board will work hard to diversify and increase funding to sustain our mission and vision; broaden public awareness to increase the impact of its mission; strengthen affiliates, programs, and program delivery; enhance advocacy around mental health; and build board capacity and strengthen engagement. Our board is a large and diverse group, representing communities across the state, with a broad set of skills and interests, who will work hard to get the job done!

Once again, you supported our annual Walk fundraiser and made our mission possible: **NAMI Connecticut provides support, education and advocacy for Connecticut's citizens affected by mental illness.** We thank all 127 walk teams, individual walkers, our staff, affiliates, members, volunteers, supporters, donors, stakeholders, mental health providers, families and friends who helped raise over \$170,000. Thank you for all that you do for NAMI Connecticut!

The success and growth of our organization depends on you because **NAMI Connecticut envisions a world where all persons affected in any way by mental health conditions experience the best possible quality of life and where mental health is accepted as an integral part of overall wellbeing.**

Please save the date for our *2016 Annual Conference on Friday, October 14th at The Armed Forces Reserve Center in Middletown, CT.*

Wishing everyone a refreshing and transformational Autumn season!

Marisa Walls

<p><u>BOARD OF DIRECTORS</u></p> <p>PRESIDENT Marisa Walls</p> <p>VICE PRESIDENT Katherine T. Nicoletti</p> <p>TREASURER Michele L. Bankowski</p> <p>SECRETARY Cynthia Randolph</p> <p>Morris Bell, Ph.D. Torry Bernard</p>	<p>Christina DeFranco Howard Drescher Marvin Elbaum Maybelle Mercado-Martinez, Ph.D. John Pendleton Anthony Pierlioni Howard Reid Karen Rolan Otto Wahl Justyna Wawrzonek</p>	<p><u>STAFF</u></p> <p>EXECUTIVE DIRECTOR Kate Mattias, MPH, JD</p> <p>MEMBER & AFFILIATE RELATIONS MANAGER Iris Nazario</p> <p>CRIMINAL JUSTICE PROJECT DIRECTOR Louise Pyers, MS</p> <p>PROGRAM COORDINATOR Janice Shilosky</p>	<p>PUBLIC POLICY DIRECTOR Daniela Giordano, MSW</p> <p>CHILD & ADOLESCENT POLICY PROGRAM DIRECTOR Susan R. Kelley, JD</p> <p>POLICY SUPPORT STAFF Maura Sheil-Hughes</p>	<p>PROGRAM DIRECTOR Paloma Bayona</p> <p>RECOVERY PROGRAMS COORDINATOR Donald Fischer</p> <p>COMMUNICATIONS MANAGER Thomas Burr</p> <p>YOUNG ADULT COORDINATOR Jessica Goldman</p>
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Public Policy Update

As the summer has been sweltering at times, we have continued to “sweat” the budget as well. If you remember, across-the-board cuts were applied to state agency budgets in order to address a budget deficit of over a billion dollars for the budget year that started on July 1. Beyond known cuts, as part of this passed budget, there were also so-called “unassigned cuts”, the majority of which have now been made through a number of state agencies, reducing available resources even more. Cuts fell heavily on social services (again), including the departments of Social Services (DSS), Children and Families (DCF), Mental Health and Addiction Services (DMHAS), Developmental Disabilities (DDS), and Public Health (DPH), as well as education.

However, the Governor still has the authority to make cuts of about sixty million dollars, which have not been assigned yet. So, we are all keeping watch for that news.

The other big item advocates are paying attention to are of course the elections, particularly state/local elections. The entire state legislature is up for election in November. You have very likely seen or heard in your local communities from candidates who are running for State Representative and State Senator.

This is a great time to have your voice heard on the importance of mental health, particularly during these challenging budget times – as **individuals running for office want to understand what matters to their constituents – YOU!**

There are a number of opportunities to have conversations and have your voice heard – including the following:

1. **Attend or host a Candidate Forum** in your community and ask a question related to mental health. Please [CLICK HERE](#) for a *list of sample questions for candidates*. Candidate Forums are usually put on by interest groups and advertised locally.
2. **Write a short letter to the editor**, especially for your local paper, to share your opinion about the importance of mental health, how previous cuts have already hurt individuals, families and communities, and (if this is true for you) share that you are willing to pay a little more (for example through slightly higher gas taxes or taxing sugary beverages and coffee bought at a shop) in order to support crucial community services for your fellow community members. You can ask a couple of friends to do the same across a couple of weeks to have the message gain even greater attention. This will educate policy makers *and* the public.
3. **Volunteer for a local candidate** if you support him/her. This gives you another opportunity to educate them and other campaign personnel and volunteers about mental health services and supports.
4. **Ask a question about mental health if a candidate comes to your door. Candidates often go “door knocking” to secure votes in their districts. This gives you an opportunity to meet the candidate, and have a candid conversation with the person. Please see the list of potential questions in the separate attachment, or make up your own.**
5. **Reach out to your candidates via social media.** Many candidates and campaigns have websites and Facebook pages. Take advantage of these resources to get to know your candidates.
6. **Let us know if you have taken advantage of any of these opportunities!** We will have a chance to follow up with newly elected officials after Election Day, and your feedback will help us get to “know” them.
7. And of course, **VOTE on November 8**, and support others to vote (family, friends, colleagues and neighbors).

Continued on page 5 ...

Young Adult Update

Calling all young adults! Join us for a two part conference series on transforming young adult leaders hosted through CT Strong. The first conference will be held on Friday, September 9th at the Radisson Hotel in Cromwell. Special speaker, Constance Lane Arnold is an author, success coach and international radio talk show host. For more than 20 years, Constance has trained over 10,000 clients in the areas of leadership, self-motivation and maximizing human potential. She is a Host on The Law of Attraction Radio Network and has over 7.5 million listeners.

Highlights of the conference will include:

- Practicing Self-Care, while assisting others in recovery, restoration, and resiliency.
- Maintaining personal balance and learning to set professional boundaries while discovering your own limits.
- Discovering your CORE beliefs about yourself and life and how they impact your ability to provide support
- The power of relationships, and more!

Please contact Michael Scanlon at Advanced Behavioral Health for more information or to register at mscanlon@abhct.com.

Building Teams to Build Empathy

By Louise Pyers, M.S., Criminal Justice Project Director



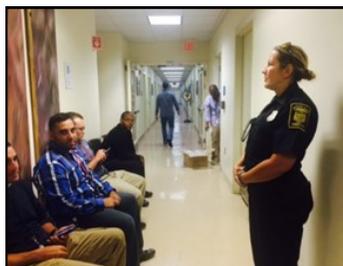
Jessica Goldman at mock testing center

Volunteers from NAMI Connecticut and law enforcement volunteers from CABLE (the CT Alliance to Benefit Law Enforcement) recently teamed up to present the "Hearing Voices that are Distressing" simulation at a recent Crisis Intervention Team training at Western CT State University. **Hearing Voices That Are Distressing** is a complete training/curriculum package in which participants use headphones for listening to a specially designed recording. During this simulated experience of hearing voices, participants undertake a series of tasks including social interaction in the community, a psychiatric interview, cognitive testing, and an activities group in a mock day treatment program.

NAMI members Pat O'Konis, Grace Grinnell, and Jessica Goldman joined several CABLE volunteers from the Windsor, Hartford and Bloomfield Police Departments to facilitate the exercise. Participants in the training were given several tasks to accomplish such as cashing a check at a bank and buying some items at a candy store, waiting for an emergency evaluation at a mock hospital and other activities.



Pat O'Konis, (left) and Grace Grinnell at the mock bank.



Officer Theresa Velez keeping the peace at the mock emergency room.

After the exercise, the officers were asked to share any insights. "I will be more patient when talking to a person who is experiencing psychosis," said one officer. Another explained that he never realized how challenging it is for someone with psychosis to navigate through everyday tasks that are often taken for granted. "I will definitely slow down and give a person time to process," said another.

More NAMI volunteers will participate in upcoming CIT trainings including Lynn Wabrek, Achey Jacob, Brenda Cote, Stephanie Trabka and Judy Briggs. Your law enforcement partners at CABLE send out a big "thank you!" for helping with this special part of their CIT training.

2016 Candidates' Forum on Disability Issues

Wednesday, October 5, 2016

Forum: 3:00 - 6:00 p.m.

Reception: 6:00 - 8:00 p.m.

(Light refreshments to be provided at the reception)

Four Points Sheraton

275 Research Pkwy., Meriden, CT



Diane Smith, Forum Moderator

A New York Times bestselling author, Emmy award winning journalist, documentary producer and speaker, Diane Smith is a media veteran. Diane has been on the air in CT for more than 25 years and is the anchor and senior producer for program development at CT-N, the Connecticut version of C-SPAN.

For more information, to become a forum sponsor or to volunteer, please contact:
Donna Devin at 860-418-8737 or donna.devin@ct.gov

Public Policy *Continued from page 3 ...*

We are continuing 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, on the second Thursday of the month with conference calling availability. Our next meeting will be on Thursday September 8th 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 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.

Regarding children's mental health issues, we also invite you to participate in the Alliance for Children's Mental Health (ACMH), formerly known as KTP Children's Committee. ACMH has concluded its strategic plan and is starting its monthly meetings this fall. ACMH 's next meeting will be held Friday, September 23, 2016 from 10am-12, at Graustein Memorial Fund, 2319 Whitney Avenue, Second Floor Boardroom, Hamden, CT. The focus of the meeting will be identifying legislative priorities for the 2016-17 legislative session. For more information, please contact our Child and Adolescent Policy Director Susan Kelley at skelley@namict.org.

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

We will also be holding more advocacy/telling your story training workshops in the fall – keep an eye out for further announcements.

Have a great start into the colorful fall!

REGISTRATION IS OPEN!

NAMI Connecticut's 2016 Annual Conference "A Review of What's New in Mental Health"



Discount Early Bird Registration Due by
September 26th

Where it applies, there is additional charge for CEUs*

All Conference Fees and Registration Must
Be Received by **October 12th**

Register Online:

classy.org/NAMIConnecticutStateConference2016

Friday, October 14th, 2016
8:30 AM–3:30 PM
The Armed Forces Reserve Center
375 Smith Street, Middletown



Conference Agenda

- 8:15 - 9:15 **Registration/Booth Viewing/Breakfast Refreshments**
- 9:20 - 9:25 **Welcome:** Marisa Walls, President, NAMI Connecticut
- 9:30 – 10:15 **Keynote: Edward Kennedy Jr., State Senator**
- 10:30 – 11:20 **Workshops A, B, C**
A: Older Adults and Mood Disorders: Update on Geriatric Psychiatry
B: RAISE: Coordinated Care for Young People with Recent Onset of Psychotic Symptoms – The On Track Program
C: Supporting the LGBTQ Community
- 11:30 – 12:20 **Workshops D, E, F**
D: PsyberGuide: Bridging to Consumers in the Emerging Field of eMental Health.
E: V.I.T.A.L: Veteran Integration to Academic Leadership program
F: Eye of the Storm: How Mindfulness is Shaping Healthcare
- 12:30 – 1:20 **Lunch – Entertainment by: Dan Laitman; a comedian with lived experience!**
- 1:30 – 2:20 **Workshops G,H, I**
G: Utilizing Natural Supports to Heal Others
H: Trauma-Informed Evidence-Based Practices for Children in Connecticut
I: Brain Dance: Teaching Students About Mental Health Issues Through Creative Arts Projects
- 2:30 – 3:20 **Plenary: Larry Davidson, Ph.D.: What's New with Recovery and Peer Support**

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! To be held in September 15th, 6pm, in Bridgeport. Read More: <http://bit.ly/2bd91iK>

We will also be holding events in Waterbury on Oct. 6th; New London on Dec. 13th; Hartford on Jan. 18th, 2017; and New Haven (date in 2017 TBD). 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 JUNE 25, 2016 - AUGUST 25, 2016

GENERAL DONATIONS...Thanks to:

Irving and Patricia August
Otto Wahl
Daniela Giordano
Si Financial Advisors
The First Congregational Church of Madison
David Kilpatrick
Scott Gallan
Stanley Kenton
Monna Lindquist

DONATIONS IN HONOR OF... Couch Quests Live Stream Fundraiser

By: Dawn Rocco
Linda Cartier
Dylan Main
Thomas Modaff
Daniel Brondyke
Ryan Cartier
Greyson Garren
Cartier Electric
Kevin Modaff
Anthony Chapman
Melanie Stroud
Brittany Miskell

DONATIONS IN MEMORY OF ...

Evan Landry

By: Allannah Tempe

Arthur T. Lillquist

By: John Zuraw
John Quinn
Joy Isban



PERSONALIZED DONATION PAGES

Introducing a new way to fundraise for NAMI Connecticut! You can now create a **donation page** for any event, special occasion, in memory of or in honor of someone, just to name a few ideas. Join our team and get involved! Use your creativity and passion to take an active role by fundraising, donating or spreading awareness for our cause.

- **Birthday** - Why not give up your gifts and ask for donations instead? Make this year special. Celebrate your birthday and NAMI Connecticut's programs at the same time.
- **Sports** - Whether you're running a marathon, skydiving for the first time, or anything in between, use your next sporting opportunity to raise funds & awareness for mental illness and NAMI Connecticut.
- **In Honor Of** - Celebrate an accomplishment of someone you know and care about by raising money for NAMI Connecticut's vital programs.
- **In Memory Of** - Celebrate the life of someone you love by asking for donations in lieu of flowers to be made to NAMI Connecticut for its efforts on behalf of family members and individuals who are living with, or have lived with a mental illness.
- **Be Creative** - Grow a mustache, shave your head, play a video game, dance all day. Do your thing, just do it for a cause. Go ahead. Get creative!

If you are interested in starting a donation page, please contact Iris Nazario

by email: membership@namict.org or by calling 800-215-3021



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

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