



Frederick County

A Letter From Our Frederick NAMI President

NAMI Frederick is an all volunteer non-profit organization. Our mission is to provide information, understanding, education and support for persons experiencing mental illness and their families. We only get a little over one thousand dollars from the State of Maryland annually. The remainder of our income comes from dues (\$35.00 for a family or \$3.00 for those on a limited income) and donations which includes our NAMI Walk. Our office and meeting room, including utilities, are donated by Evangelical Reformed United Church of Christ. Our classrooms are donated by All Saints Episcopal Church. Our support group rooms are donated by All Saints Episcopal Church and the Good Shepherd Church. The NAMI classes, support groups, hospital visits, etc. are made possible by all the donated time of our hard working NAMI Frederick volunteers.

On May 15th our most major fundraiser of the year will happen. It is our NAMI Walk 2011 in Silver Spring, MD. (Program information is available in this Newsletter and on our website at www.namifcmd.org) The NAMI Walk is not only a fundraiser but also an event to stomp out stigma. Hundreds of walkers will walk on May 15th. Many of those will be caregivers and those with the illness. It's a day that tells the public mental illness is just that an illness. Mental illness is an illness just like MS, or diabetes or heart disease to name just a few. Please join us on May 15th at this wonderful event. If you cannot make it, please support our NAMI Frederick team named NAMI-gos.

If you would like to volunteer in other capacities with NAMI Frederick such as doing hospital visits, serving on our Board, delivering brochures, teaching Family To Family or being a support group facilitator, please email our volunteer coordinator Donna Wheate at donna.wheate@namifcmd.org Your volunteer time and donations make NAMI Frederick help so many families in crisis every year in Frederick county. There is nobody who supports families with mental illness like NAMI!

Warmest regards,

Remo Molino

President NAMI Frederick

Treasurer NAMI Maryland

Did You Know?

It is only \$35 to join NAMI and not only will you be supporting NAMI activities, your dues are tax deductible.

For more information or to join visit www.namifcmd.org



NAMI Walk Maryland 2011
May 15, 2011
10:00 AM

~Location~
Veteran's Plaza

The NAMIWALKS for the Mind of America is a nationwide fundraising and mental health awareness program that is being held in 74 communities around the country in 2011, including right here in Maryland. NAMIWalks raises much needed funds that fuel our grass-roots efforts while raising our visibility in the community in order to ensure that those who can benefit from NAMI services can find them when they are needed.

Terri Wenner, email Terri.Wenner@namifcmd.org, is the Walk Coordinator for NAMI of Frederick County. We have TWO Walk Sites in 2011! NAMI of Frederick County will be attending the walk at Veteran's Plaza in Silver Spring.

Join the **Frederick NAMIgos** team at <http://www.nami.org/namiwalks11/MAR/NAMIgos>

The WALK in **Silver Spring** will be held at Veteran's Plaza on May 15, 2011. **Registration will begin at 10:00 AM** with the walk start at 11:00.

Baltimore Walk Site will begin at the Inner Harbor. It will be very scenic and wonderful 2.5 mile early morning stroll for all our Baltimore walkers. **Registration begins at 7:30 AM** and the walk will begin promptly at 8:30 AM. Please be sure to designate that you are walking for NAMI Frederick County if you choose to walk at the Baltimore Walk site. NAMI Frederick will not have a booth there. Register with NAMI Maryland and designate Frederick County so we get credit for the donation.

There is no walker registration fee for the Walk. All participants are encouraged to collect donations

from family members, friends, co-workers and business associates in support of their participation in the Walk. ***How To Ask Your Employer To Be A NAMI Walk Sponsor*** is a YouTube video made by NAMI Maryland. Please ask your employer to be a sponsor of our largest fundraising event of the year. The link is: <http://www.youtube.com/watch?v=oudgPZg56-E>

All the funds collected by walkers will be used to fund NAMI's programs here in Maryland. These programs include support, education, research and advocacy involving schizophrenia, bipolar disorder (manic depression), major depression, obsessive-compulsive disorder and severe anxiety disorders.

Companies, organizations and families are encouraged to organize teams of walkers made up of employees, organization members, relatives and friends to take part in the Walk.

Register online **NOW** at <http://www.nami.org/namiwalks/MD>.

NAMIWALKS for the Mind of America is a rain or shine event.

There is a wide range of corporate sponsorship opportunities available to local companies and businesses relating to the Walk. Anyone interested in information on how his or her company or organization can sponsor the Walk should contact the NAMI Maryland office at 410-884-8691.

Marketing Materials: <http://www.namimaryland.org/events/2011NAMIMarylandWalks.htm>

For more information go to <http://www.nami.org/namiwalks11/MAR/NAMIgos>

Contact Information
Terri Wenner can be reached at Terri.Wenner@namifcmd.org or by calling **(240)-626-7186**.



Exercise and Mental Health

Spring is a time for new beginnings.. Think about starting some type of exercise plan or simply make it a point to get outdoors and enjoy the warmer weather.

It is a proven fact: exercise is good medicine for your physical health. What about your mental health? Is exercise good medicine for that? Here is what we know, for years, both in popular imagination and in scientific circles, it has been accepted as truth that exercise enhances mood. But how exercise, a physiological activity, might directly affect mood and psychological states was unclear. Now, thanks in no small part to improved research techniques and a growing understanding of the biochemistry and the genetics of thought itself, scientists are beginning to carefully separate out particular facts from a great deal of information regarding how exercise remodels the brain, making it more resistant to stress. Moreover, researchers have looked at how exercise alters the activity of dopamine, a neurotransmitter in the brain, while still others have concentrated on the antioxidant powers of moderate exercise. Though the research is unclear on how

exercise directly affects mood, what is clear are the testimonies of millions of Americans who have employed exercise and have experienced the undeniable mental health benefits it provides. In fact, mental health benefits begin right after you complete your exercise routine. Have you ever noticed how good you feel when you complete a workout? The common phrase is, "a natural high." You feel relaxed, or even euphoric, that mood lift comes courtesy of natural morphine-like chemicals called endorphins. Exercise floods the brain with endorphins, which enhance your mood, and relieves stress. But the blissful effects don't stop after the endorphin rush subsides. Over time, exercise provides a major boost to intangi-

bles such as your confidence. As you start working out and getting stronger, your sense of strength transcends the workout to all other aspects of your life creating a "can do" attitude. Should I say more? In short, the answer to the question above is yes! We at Beyond Excellence believe maintaining a balanced lifestyle, taking care of both your physical and mental health, is the recipe for successful living and exercise is indeed good medicine for your mental health.

*Rahsaan Bernard MBA,
CPT, CSN – President,
Beyond Excellence*



Did you know?

According to the American Council on Exercise a brisk walk or 30 minutes of exercise three times a week may be just as effective in relieving the symptoms of major depression as the standard treatment of anti-depressant medications.

The Evidence-Based Practice of Supported Employment In Frederick County

Work is a vital part of just about every adults' life. When we meet someone for the first time, we often ask them what they do, or what they did when they were working. Work provides structure and routines in our lives. The majority of people diagnosed with severe mental illness want to enjoy the benefits of working; having enough money to do the things they can't afford to do on their SSI/SSDI benefits, having something meaningful to share with friends and family, and as a way to bring dignity and improved self-esteem back into their lives. (J&J Dartmouth Policy Bulletin)

For many people with a mental illness, employment is an important part of their recovery. Studies indicate that approximately 2 out of every 3 people with mental illness are interested in competitive employment, but only 1 in 10 are currently employed. (J&J Dartmouth Policy Bulletin). According to Becker and Drake (2003), "research has demonstrated that on average 58% of people with severe mental illness become employed if they have access to EBP SE. Only 24% on average find work if they receive services from other types of vocational services."

Supported employment (SE) is an evidence-based practice (EBP), meaning that rigorous research over many years has shown this model of intervention to have positive outcomes for persons with mental illness seeking employment. "Evidence-based supported employment is effective, nearly three times more effective than other vocational approaches in helping people with mental illness to work competitively."
(J&J Dartmouth Policy Bulletin)

Research has helped to identify the core principles of Evidence-

Based Supported Employment. These principles include:

- Helping people diagnosed with severe mental illness find competitive jobs in the community that fit their individual needs and interests. These are jobs that anyone can apply for, not just someone with a disability.
- Fully integrating Mental Health Services and Vocational Rehabilitation Services. The vocational specialists work closely with the consumer's treatment providers and vice versa to create a team of support for the job seeker.
- Creating easy access to employment services when a consumer expresses an interest in employment; consumers are not required to complete work readiness or other vocational assessments before seeking employment in the community. The job seeker's motivation is an important predictor of success for the individual, so job searching begins immediately.
- Providing employment services to all consumers interested in employment. There is not exclusion, everyone is eligible to participate in employment, even if they are exhibiting symptoms, not taking medications or actively using substances.
- Designing goals and plans that are based on each individual's preferences, strengths, abilities, and experiences. A thorough assessment is completed with the job seeker to help find the best job match based on their likes and dislikes.
- Providing employment supports that are individualized, flexible, and available for as long as

necessary. Supports are based on the needs of the job seeker whether they decide to disclose their mental illness or not. Support can continue after employment to help the consumer maintain the job.

Assisting consumers and family members with benefits counseling. When consumers and families understand the incentives available to off-set the SSI/SSDI benefit reduction, they are more open to employment possibilities.

Way Station, Inc. Frederick County offers EBP SE to persons receiving SSI/SSDI benefits, and is located at 251 W. Patrick Street, Frederick, MD 21701. The website for Way Station Inc. is www.waystationinc.org.

More information about EBP SE can be found on the Dartmouth College website, <http://www.dartmouth.edu/~ips>. The website has a lot of information on SE, as well as a free quarterly newsletter anyone can sign up to receive.

For more information about EBP SE in Maryland feel free to contact Bette Stewart at 410-646-5181 or at bstewart@psych.umaryland.edu.

Information for this article was taken from materials produced by the Johnson & Johnson-Dartmouth Community Mental Health Program and the J&J-Dartmouth SE Policy Bulletin.

Becker, DR & Drake, RE, *A Working Life for People with Severe Mental Illness*. New York: Oxford University Press, Inc., 2003

Bette Stewart

Family to Family

NAMI Frederick will sponsor the NAMI Family to Family Education Program specifically for families of persons diagnosed with serious mental illness. The next 12-week series of classes will begin Monday, September 12, 6:30 to 9pm.

The course will cover information about schizophrenia, the mood disorders (bipolar disorder and major depression), panic disorder and obsessive compulsive disorder; coping skills such as handling crisis and relapse; basic information about medications; listening and communication techniques; problem-solving skills; recovery and rehabilitation; and self-care around worry and stress. The curriculum has been written by an experienced

family member mental health professional and he course will be taught by NAMI Frederick family member volunteers who have taken intensive training as course instructors. The co-teachers will be Dwayne Singleton and Shonda Musselwhite.

"This course is a wonderful experience!" says coordinator Carol Officer, "It balances basic psychoeducation and skill-training with emotional support, self-care and empowerment. We hope families with relatives who have a serious mental illness will take advantage of this unique opportunity." Three scientific research studies indicate that course graduates gain in coping skills, emotional understanding, and empowerment to advo-

cate for better treatment and services for their loved one who is living with a mental illness.

Family to Family is designed specifically for parents, siblings, spouses, teen-age and adult children and significant others of persons with severe and persistent mental illness. The course is not appropriate for individuals who themselves suffer from one of the major mental illnesses.

The NAMI Family-to-Family Education Course is free. For more information or to register, contact Carol Officer at Carol.Officer@namifcmd.org or (301)371-5899 (home phone).

What participants are saying about Family to Family:

- ~ *Empowering*
- ~ *Life Changing*
- ~ *Informative*
- ~ *A wonderful experience*
- ~ *Powerful*
- ~ *Eye Opening*

Research at NIH

The NIH is conducting research on a generalized anxiety disorder and is looking for people to participate.

Participation would include 3 to 4 outpatient visits which involve testing and a thorough mental health assessment at the NIH facility in Bethesda, MD.

Participants, those who experience more anxiousness or tension than their family or friends, must be between 18 and 50 years of age and be generally healthy.

For more information, please contact:

**Kalene T. DeHaut,
MSW**

Recruitment & Community Relations Specialist [c]

Office of the Clinical Director, IRP



NAMI Frederick Receives Grant from The Charles V. and Louise D. Main Endowment Fund

NAMI Frederick would like to thank The Community Foundation of Frederick County for selecting NAMI Frederick as one of its 2011 grant recipients. A grant of \$1,959.58 from The Charles V. and Louise D. Main Endowment Fund, a component fund of The Community Foundation of Frederick County is being used to purchase NAMI published brochures about mental illness, which are available in public locations throughout Frederick

County as a resource for residents. To learn more about how the Community Foundation impacts Frederick County please visit www.cffredco.org.

The brochures available from Frederick NAMI include: An Illness Like Any Other, You are Not Alone, Understanding Major Depression and Recovery, Understanding Bipolar Disorder and Recovery, Under-

standing Schizophrenia and Recovery, Understanding Posttraumatic Stress Disorder and Recovery, Borderline Personality Disorder, and Risk of Suicide. If you would like to receive a copy of any of the NAMI brochures, free of charge, please email your name, address, and the title (s) you would like to christy.evans@namifcmd.org.



Let Us Know What You Think...

We hope this Newsletter is a useful tool full of educational and helpful information to assist you in your journey with mental illness.

Please let us know what you think of this newsletter or what information you would like to see included in future editions.

You can provide feedback by contacting: Susan.Ways@namifcmd.org

NAMI's April 2011 Education Meeting

NIMH Presentation: Bipolar Disorder and Severe Mood Dysregulation in Children and Adolescents

Dr. Kenneth Tobin, MD, Chief of Clinical Child and Adolescent Psychiatry in the Emotion and Development Branch of the National Institute of Mental Health (NIMH), will talk about his research into understanding and treating bipolar disorder and severe mood dysregulation in youth. Dr. Tobin has written papers on Obsessive-Compulsive Disorder, Autism Spectrum disorders, Tourette's Syn-

drome, and pediatric Bipolar Disorder. Please join us to learn more about childhood disorders.

This NAMI education meeting is on Tuesday, April 12, from 7 to 9 pm, at the Way Station Annex Building, 228 W. Patrick St., Frederick. The education meeting room is in the Way Station Annex Building on the left as you approach the main Way

Station Building from Patrick Street. This education meeting is free and refreshments are served. For more information, please call National Alliance on Mental Illness (NAMI's) virtual office 240 379-6186.

"Knowledge is Power"

~Francis Bacon

NAMI's May 2011 Education Meeting

The May training will be an open discussion on how to manage the impact of mental illness on siblings and caregivers. The speaker will be John Coppola the State Director of the Healthy Transitions Initiative. The HTI is a Federally funded grant program being piloted in 7 states across the country. Frederick

and Washington Counties are the implementation sights for the State of MD. It is an exciting program for Transition Age youth(16-24) with emotional and behavioral disabilities and their Families. The HTI supports youth in formulating future plans and accessing services to

meet their goals, such as education and supported employment.

Recommended Reading

When Someone You Love Has a Mental Illness by Rebecca Woolis

Crazy: A Father's Search Through Americas Mental Health Madness by Pete Early (Former Washington Post reporter who lives in Fairfax, VA.)

Beyond Punishment: Helping Individuals with Mental Illness in Maryland's Criminal Justice System by Kate Farinholt (NAMI MD Executive Director)



Journaling NAMI Moms go National!!!

Did You Know?

NAMI of Frederick County offers ongoing support groups for families dealing with mental illness?

For information on these and other valuable resources visit www.namifcmd.org

The NAMI mom's support group had the honor of being included in a National poster presentation at the 24th Annual Children's Mental Health Research and Policy Conference this March. The poster was titled Priorities for Transition to Independence: Securing Work, Youth Leadership and Family Education, Adult and Child System Policy Alignment. The mom's participated through reflective journaling activities which captured their thoughts, dreams and everyday lives as caregivers and supporters of transition age youth (16-24) with emotional and behavioral disabilities. What an honor!!

As you who are parents know, our children will always be our children...even if they are 35 years old! So we are expanding this as an ongoing activity at NAMI Frederick. We will email or mail the topics and you may journal your thoughts when it works for you. You don't have to attend a meeting or

share your journal entries. If you would like to share your writings, you can. You may submit them anonymously to be collected as ongoing Group Wisdom. Please change the names if you would like. The stories will always carry a deep message of love and loss and great hope that needs to be honored and shared.

It is hard for legislators and theorists to know what life is like in our families unless we share our stories. The dreams we have for our kids are the same parents have everywhere. We are so much the same regardless of the challenges our children, and therefore our families, face everyday. It is our hope that by journaling on topics of interest to policy makers and other interested parties, that change will happen in Maryland. We have a

golden opportunity here in Frederick County to give our input into the system. Our state wants to know and this will in turn effect national policy in years to come.

For a quick read on the benefits of journaling, please see the 100 Benefits of Journaling, at http://www.appleseeds.org/100_journaling.htm. Journaling has proven very helpful to those who have participated and now it is helping others understand the challenges and joys our families face daily. If you'd like to find out more, please contact us by calling the NAMI Frederick number and leaving a message, or by emailing the Mom's group facilitators: dede.pucino@namifcmd.org or christy.evans@namifcmd.org

PS....Dad's and siblings are welcome to join in too! The practice was begun in mom's group, but we welcome everyone.

Join NAMI Frederick County

Please make checks payable to NAMI of Frederick County. You can mail the above donation coupon to:

NAMI of Frederick County
4 East Church Street
Frederick, MD 21701



Donation/Membership Coupon

Name: _____
Address: _____
City/State/Zip: _____
Phone: _____
Email: _____

- Enclosed is \$_____ for my membership fee
- Enclosed is \$_____ for my donation to NAMI Frederick County