



NAMI Frederick County

National Alliance on Mental Illness

Find Help. Find Hope.

December 2012

Our mission: To provide assistance to individuals and families affected by mental illness through support, education and advocacy .



A message from our NAMI of Frederick County President

Dear Friends,

As I begin this letter, the end of the year is nearing. It is the time between Thanksgiving and Christmas. They are both times of giving - whether it be our thanks, our friendship, our gifts . . . For these 'givings' to be sincere, much is often required: our time, our energy, our money, our thoughtfulness. So as I write between these two holiday seasons, let me bring focus to those 'givings' that are especially pertinent to our mental health community.

Perhaps the biggest giving we can do in our community is to offer support to a friend, a co-worker or a family dealing with mental illness. A sympathetic engagement is huge to a person who is desperate for someone who cares and will listen.

Other giving may be less personal but also invaluable – one's time and energy for the activities that make up our all-volunteer NAMI work in Frederick. For example, we have trained volunteers who visit the behavioral health unit at Frederick Memorial Hospital, we offer the *Family to Family* class twice a year, we have Family Support Groups twice a month, and we distribute informational brochures on a wide range of subjects throughout the community.

The NAMI brochures we distribute help to both explain mental illness, and to suggest ways to get help. You could help in their distribution: maybe to a friend, at your workplace, a doctor's office, a school, or a place of worship. If you are willing to help distribute NAMI brochures, please contact Jim Hall who serves as our Board's Brochure Coordinator. His email is jim.hall@namifcmd.org. He would be very happy to have your help.

Finally, you could give with your interest - with your interest in NAMI membership. Membership in an organization shows that we believe in it, and it acts to engage us. The annual membership amount is modest, but these funds enable us to provide all of our programs free of charge. Later in this newsletter you will find information about how to join NAMI. I also encourage you to go to the NAMI Frederick website and click on 'About Us' which lists our board members and volunteer coordinators. While looking at that list of involved members, please consider where you might wish to fit in, now or later. Together we can give from our community, and back to our community.

Thank you for reading and for 'listening'. May your holiday times be good, and may they be peaceful.

Sincerely,

Gerry Blessing

Visit our website at www.namifcmd.org



Psychiatrists approve the DSM-5

The fifth edition of *The Diagnostic and Statistical Manual of Mental Disorders* is set to be published in May of 2013. This is the book used by all U.S. psychiatrists as a guide to help determine proper diagnosis of mental disorders.

It has been nearly 20 years since revisions were made to the book. The nation's top psychiatrists have argued and debated on revisions to this fifth edition of the book for several years, but the final votes have been taken, and it is now ready to be published.

This fifth edition, known as the DSM-5, will have a number of changes. Some expected changes include:

- Eliminating the **Asperger's Syndrome** diagnosis, and instead using the term 'Autism Spectrum Disorder' as a diagnosis for severe forms of autism and mild forms—and everything in between.
- New diagnosis called '**Disruptive Mood Dysregulation Disorder**' (DMDD), which covers adults and children who are unable to control emotions, having frequent outbursts at inappropriate times.
- Eliminating the diagnosis of '**Gender Identity Disorder**' for those who believe they were born in the wrong body/born the wrong gender. It will be replaced with '**Gender Dysphoria.**'



This year's NAMIWalk will once again be held at Baltimore's Inner Harbor. This is NAMI's main fund raiser, so we hope you'll help in whatever way you can: make a donation, form a team to walk, help advertise, pass out water, etc. We could use your help, so mark your calendars!

Date: Sat., May 18, 2013

Distance: 2 miles

Start Time: 11:00 am

If you'd like to help with the Walk, or participate, please contact **Lori Dempsey** at lori.dempsey@namifcmd.org



Check your address label!!!

In the lower left hand corner of your newsletter address label it should read "**Exp: date**". This is the date your NAMI annual membership expires. **If there is no date there, we hope you will join NAMI or renew your membership.**

Your membership dues help pay for the educational classes, support groups and community outreach we offer in Frederick County.

There are Two Ways to Join NAMI or Renew Your Membership

1. Join/renew online at www.namifcmd.org and pay with a credit card.

Or

2. Mail a check to NAMI of Frederick County, **4 East Church Street, Frederick, MD 21701**. Please include this form.

Name _____

Address _____

Phone _____

Email _____

_____ Individual/Business Membership \$35.00

_____ Limited Income Membership \$3.00

ON OUR OWN

by Kevin Coyle

On Our Own of Frederick County is an organization run for and by people with a variety of lived mental health experiences. It is located in beautiful downtown Frederick at 217 North Market Street. Maryland's Mental Health Administration supports this organization and over two dozen other centers all over Maryland, because these organizations have proven to be very effective and able to save lives and money.

On Our Own of Frederick's mission is to "promote recovery, wellness, and peer support in an environment of understanding." A wide variety of activities are offered including journaling, healing arts, gardening, public speaking, meditation, parties, movies, art and peer support groups. One activity, Wellness Action Recovery Planning, (WRAP), which was developed by Dr. Mary Ellen Copeland, allows people to take a protective and individualized approach to recovery and wellness. Beyond the planned activities, On Our Own offers open social hours where members can chat and enjoy each other's company in a safe, secure and comfortable atmosphere where people are not labeled or judged. It also provides a launching pad for new and hopeful lives. People are accepted with open arms, and as long as they do not trigger others, are always welcomed. On Our Own of Maryland, the state's umbrella organization, hosts an exciting two day annual conference where members from across Maryland can enjoy lectures, workshops, an awards dinner, and great fun.

Contact On Our Own of Frederick at onourownfrederick@gmail.com or call **301-620-0555**.

To read more about On Our Own, check out Kevin's article in the Dec/Jan issue of Frederick Gorilla Magazine.

www.frederickgorilla.com/the-sanctuary-on-market-street

FREE Educational Opportunities

Save a Life: Help Prevent Suicide with QPR Training

QPR= Question, Persuade, and Refer

Learn how to recognize the warning signs of a suicide crisis.

Date: Wednesday, December 19, 2012

Time: 7:30 pm - 9:00 pm

Place: Bel Air United Methodist Church

21 Linwood Avenue - Room 127

Bel Air, MD 21014

Registration is required. To register, call 410-884-8691

Social Security Benefits:

Making Employment Work

For Those Living With a Mental Illness Through Work Incentives

Date: Friday, Jan. 18, 2013

Time: 8:30 am - 4:30 pm

Place: Arundel Lodge

2600 Solomon's Island

Edgewater, MD 21037

Food & refreshments provided.

What is Schizoaffective Disorder?

Schizoaffective Disorder is a mental illness that affects about 1 in 100 people. This disorder has features that resemble both schizophrenia and also serious mood (affective) symptoms. Many of the strategies used to treat both schizophrenia and affective conditions can be employed for this condition. These include antipsychotic and mood stabilizing medications, family involvement, psychosocial strategies, self-care peer support and psychotherapy.

A person who has schizoaffective disorder can experience delusions, hallucinations, and other symptoms that are characteristic of schizophrenia, as well as significant disturbances in their mood. Schizoaffective Disorder is thought to be between the Bipolar and Schizophrenia diagnosis, since it has features of both.

For most people with Schizoaffective Disorder, treatment is similar to treatment for Schizophrenia. Patients must work closely with their psychiatrists to find the right type and dosage of antipsychotic medication. A doctor may also prescribe antidepressant medications to treat symptoms of depression, or the doctor may prescribe other mood-stabilizers to treat Bipolar symptoms. The key is to find a doctor you feel comfortable with, and together, find the best way to address symptoms.

Cognitive behavioral therapy, peer support groups, social skills training, and work-and-school rehabilitation are all helpful to a person living with Schizoaffective Disorder. Getting plenty of sleep, regular exercise, and eating a healthy diet are also very important.

Families, friends, and others who provide empathic and non-judgmental support can help the person living with Schizoaffective Disorder to work closely with his/her doctor to find the right medications and treatments and, hopefully, lead a happy and productive life. NAMI's *Family to Family* class is extremely helpful for family members and friends to learn about mental illnesses (including Schizoaffective Disorder) and how to help the person living with a mental illness, as well as how to take care of oneself.

Sources: www.nami.org
www.mayoclinic.com/schizoaffective
www.ncbi.nlm.nih.gov



RECOMMENDED READING

Schizoaffective Disorder Simplified, by Martine Daniel

Schizoaffective: A Happier and Healthier Life, by Mary Dodds

When Someone You Love Has a Mental Illness, by Rebecca Woolis

ESTATE PLANNING FOR SPECIAL NEEDS FAMILIES

Frederick Community College is offering a two-hour class about the challenges faced by families who have special needs children. This class will be taught by Edmund D. Law, who is an estate-planning attorney in Frederick. The class will cover such things as special needs trusts, and how to preserve the child's eligibility for government benefits.

Date: April 23, 2013

Time: 7:00—9:00 pm

Fee: \$29

To register, or for more information, contact FCC at 301-846-2400 or go to www.frederick.edu

*Difficulties along the way are opportunities in disguise; they reflect our expectations.
Facing them with surrender helps you follow a more peaceful and productive life.*

– Carl Abbott



NAMI Maryland 2012 Annual Education Conference

By Gerry and Mary Lou Blessing

This past October we took the opportunity to attend the Saturday portion of NAMI Maryland's Education Conference at Sheppard-Pratt in Baltimore. It proved very worthwhile. A few of the workshops that proved especially interesting:

Health Care Reform – an overview by four presenters with expertise in MD's implementation of the new law.

Insurance Coverage of Mental Health Treatment: Your Rights and Resources

How to Convince Someone To Get Psychiatric Help – by Dr. Mark Komrad, based on his new book *You Need Help*.

During the second workshop, presenter Adrienne Ellis – Director of the Parity Project of the Mental Health Association of MD – spoke strongly for individuals' rights in seeking mental health care. Her work includes learning of instances where an individual feels their insurance coverage has been denied, and to act if warranted: contact aellis@mhamd.org. Furthermore, she is available to speak at a NAMI affiliate's program, advocating for mental health parity as well as addiction equity.

We also attended the noon Plenary Session titled *Voices of Recovery*, where six individuals provided their powerful and unique stories of recovery and living with their mental illnesses. They were an inspiring group!

For more information, visit the following NAMI MD website: <https://sites.google.com/site/namimd12educonf/workshop-materials> or visit their home page www.namimd.org.

When NAMI's annual fall Education Conference approaches next October (2013), check the agenda and decide whether you might also wish to attend – as we have the past two years.

Healthy Transitions Initiative, A Program of Way Station, Inc.

Way Station's HTI program provides community-based services for youth, ages 16-25, in transition who have serious mental illnesses, emotional or behavioral disorders. The goals of the program are to provide youths the opportunity to work towards a more successful transition into adulthood, with employment, housing, healthy recreation and positive relationships. This program is available in both Frederick County and Washington County, Maryland.

For more info, please contact the Program Manager, Katie Miller, LCSW at 301-667-0633

BOOK REVIEW

Monkey Mind: A Memoir of Anxiety

By Daniel Smith



Monkey Mind: A Memoir of Anxiety reached for me. My busy, jumpy mind often resembles the monkey house at the National Zoo, so I had to read this book, and am I glad I did!

Daniel Smith shares his journey with Anxiety and Panic in a way that is poignant and hopeful. As in many memoirs like, An Unquiet Mind by Kay Redfield Jamison, Get Me Out of Here: My Recovery from Borderline Personality Disorder by Rachel Reiland and Sharp: A Memoir by David Fitzpatrick, some of the details of mental illness in crisis are hard to read, but what shines through is the courage it takes to turn and face one's reality and aspire to heal. The determination needed to simply engage in a given day is inspiring. His fine sense of humor and self-reflection proved to be added blessings on his journey. He shares some of the things that helped him most, such as Buddhist mindfulness and the Jewish traditions of his family. While they are not everybody's experience, how he applied them to his recovery was very interesting.

What also seems universal to memoirs is the role that relationships play in recovery. In Daniel Smith's case, both of his parents have anxiety. His mom, who also has panic attacks, becomes a therapist in order to help others manage their illnesses, but to her son, she proves both supportive and challenging. He eventually finds a loving spouse, a good therapist and a trusted friend who he can turn to in times of crisis. Of course, in the end he must find out what works for him, but it is within the framework of relationships that he finds comfort. His journey and the insights he gains prove to be wonderful reading.

What comes through is a truth we at NAMI live out. Everyone has a unique path towards recovery. Our loved ones and professionals help, but in the end, each individual finds recovery that is specific to them and their lives. What proved crucial to Daniel Smith is universal; the support of loving relationships makes all the difference. This was an uplifting, thoughtful, often funny memoir. Easy to read and enjoy.

Reviewed by DeDe Pucino
NAMI Frederick Vice President

Merry
Christmas

Wishing everyone a healthy and happy holiday season!

happy
hanukkah

NEWSLETTER SUBMISSIONS

Have you read a good book about mental illness lately? We're always looking for book reviews to put in the newsletter!

Or, maybe you'd like to write a short article about a mental illness. Or a personal story about your connection to NAMI.

All submissions should be sent to **Christy Evans**, our Newsletter Editor, for consideration.

Email: Christy.Evans@namifcmd.org

Or
4 East Church Street
Frederick, MD 21701



NAMI of Frederick County is an all-volunteer affiliate and everything we do is free of charge. We have no paid staff ~ just volunteers. We'd love your help! If you can spare a couple of hours per month and have a willing spirit, please contact:

Kathy Van Arnum

Kathy.VanArnum@namifcmd.org

Family Support Groups

1st Thursday of Each Month

7:00-8:30 pm

Good Shepherd Lutheran Church

1415 West 7th Street

and

3rd Wednesday of Each Month

6:30-8:00 pm

All Saints Episcopal Church

106 West Church Street

All NAMI support groups are free of charge.



NAMI Partners with U.S. Army

NAMI has partnered with the U.S. Army to offer information and resources to Veterans, Active Duty Soldiers, and their families. *Army One Source* has worked with NAMI to provide a free, nationally accredited five-course online training program called Treating the Invisible Wounds of War. The program is designed for health care professionals and NAMI volunteers who may have direct contact with service members, veterans, and their families. For more info, go to www.nami.org and click on 'Support &



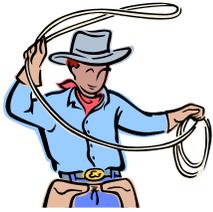
Statistics:

- ⇒ Between 2002 and 2010, 27.9 % of returning soldiers from Iraq and Afghanistan were diagnosed with PTSD, depression or another type of mental illness.
- ⇒ Only about one-half of active-duty troops experiencing symptoms of mental illness will seek treatment because they fear they will be perceived as weak.
- ⇒ Nearly 10 million family members of military personnel, including spouses and children, have a direct connection to someone who has served our country in war.
- ⇒ There are more than 100,000 homeless veterans living on the streets, and nearly half of those are living with a mental illness or a substance abuse problem.
- ⇒ Every month in the United States, 950 veterans attempt suicide.

NAMI wants to help. For more information on mental health issues that active-duty service members, veterans, and their families are facing, visit our NAMI Frederick website and click on the military link on the left-hand side of the home page.

NAMI of Frederick County also offers free, confidential support groups for family members who have a loved one living with a mental illness. For information on support groups, check the calendar on our website, or contact Curt Kohlheyer at

Curt.kohlheyer@namifcmd.org



Hey y'all...Let's go to Texas!

2013 NAMI National Convention

The 2013 NAMI National Convention will be held in San Antonio, Texas. This year's theme is, "*Together We Can Make a Difference.*" The national convention offers a wide variety of guest speakers, workshops and classes. Find out about the latest research and meet authors of books related to mental illness.

Dates: June 27-30, 2013

Place: Grand Hyatt Hotel

www.namifund.org