

President's Letter

Friends,

Boy this time of year gets busy. I don't know about you, but my schedule has been really booked with spring yard work (I still don't have the flower beds Mulched), painting the bedrooms, a significant car repair, a church convention and just all this stuff that I really have to do. I have had a lot of trouble keeping up.

Besides all of those spring cleaning and freshen-up chores, we've had a bunch of family issues going on. Our aging Mothers (Gail's and mine both) have begun to require a lot more attention.

Besides the normal activities of needing someone to help with decisions, making certain they're cared for and plainly assuring them that them that all is being taken care of, we've had a hospital stay followed by a month recovery in a rehab center. Amongst all of that chaos add some significant bouts of depression, anxiety and 3-4 phone calls a day just to keep things afloat. I know this is not anything new to you, but dealing with this stuff every day and trying to keep your own life moving forward, sometimes it's just too much and you just want off. I just can't do it all!

This certainly isn't the first time I've felt this way and I'm sure you know what this is like because, you've been there too.

I remember a time a good while ago when I was in a similar emotional state struggling to keep things balanced. It was at a time when I had a part time job as a checker in a grocery store to help with our struggling young couple finances. I can recall being at that cash register ringing through those groceries for hours (before barcode scanners). Watching things come down the belt, looking up at the five cart deep line and just trying to keep up. Frustrated again. All of these people just kept getting in my line with more and more items that I had to deal with.

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But you know, when I was standing there at that cash register looking down my belt seeing all of those things I needed to ring up, I came to understand that the only way I could deal with that line was one item at a time. All I did was to pick up an item, enter the price in the cash register, set it down, push it behind me, and move onto the next item. That was it! The only way I could deal with that was one item at a time.

That story comes back to me frequently when I get overwhelmed and just want to quit. But it is a story that really makes me smile. Not because being a cashier was my favorite job, but because something would happen that showed me that when I was having trouble dealing with things, I wasn't alone. For when things got really busy, I'd have a bagger. A friend who would stand behind me, take each of those items I pushed back, put them in bags, and take them all out of the store.

Isn't that the way our lives are? No matter how many problems we have coming down our belt, the only way we can deal with them is one item at a time. And with friends, family and NAMI, dealing with one issue at a time; we can do this. We're not alone.

Have a good summer and I would really like to see all of you at our annual meeting.

.\Mark

How to Prepare for a Psychiatric Crisis

Contributed by Jane Kohlheyer

The American Psychiatric Association defines a psychiatric crisis as, *"an acute disturbance of thought, mood, behavior, or social relationship that requires intervention."* When a psychiatric crisis occurs, we often feel overwhelmed and unsure of what we should do. Being prepared will help get the best treatment for your loved one, as well as make the situation easier for you to handle.

A psychiatric crisis can include any of the following: sudden change in behavior, acute symptoms, erratic behavior, thoughts of suicide, out of control or risky behavior, inability to care for self, feeling distraught, not taking prescribed medications, acts of violence, thoughts of homicide.

When a loved one is admitted to a hospital it is important to remember that his/her out-patient psychiatrist is not considered the treating physician. Sometimes the out-patient psychiatrist may consult with the treating physician, but not always. This is the same if your loved one is arrested for a crime. Most often you are dealing with a doctor who knows nothing about your loved one, including their medical history. Having a crisis emergency 3-ring binder (or folder) that is ready to go can be most helpful. If you're speaking on the phone to a doctor you can quickly flip through the pages for information. The binder can easily be transported, should you want to take it to the hospital or other facility. Remember to update the binder periodically with any changes. It is recommended that the following things should be included in your binder:

Crisis Emergency Binder

Name, Age & Current Address of loved one in crisis

Psychiatric Diagnosis - Age at onset of illness

Several Photo Copies of Insurance Card/s (front and back)

Name & Contact Info of local (out-patient) psychiatrist

Several Copies of Signed Advanced Medical Directive *or* Durable Medical Power of Attorney

Several Copies of Signed HIPPA Release Forms (Authorizes medical personnel to share information with you. Photo copies or facsimiles are legally acceptable.)

Brief Description (or list) of current concerns (ie: suicidal, substance abuse, erratic behavior, refusing to take meds, etc.)

Brief Description (or list) of any repeating past history of symptoms/behaviors (Often the same symptoms or patterns of behavior will occur when someone is very ill.)

List of Currently Prescribed Medication/s

List of Past Medications that have not been successful (ie: allergic reaction)

List of Past Medications that have been successful or somewhat successful

List of Previous Hospitalizations (dates/locations)

List of Previous Arrests/Time in Jail (dates/charges)

Extra Paper (keep notes of everything during the crisis--meetings with doctors, social workers, etc.)

List of names & phone numbers of people who need to be contacted in a crisis (ie: loved one's employer, neighbor to feed pets, pastor, etc.)

Free HIPPA Release form:

www.caring.com/forms/hipaa-release-form/free-hipaa-release-form.pdf

Info and free Advanced Directive forms:

www.oag.state.md.us/Healthpol/adirective.pdf

Morning Coffee at Home By Hal Frost, Ph.D

I.
The ground silence
envelops me,
quietness comes
in solitude
to still the road,
streaming outside
my bay window.

Mist's morning sun
sheens frost needles
overlaid white
on lawns' greens hid
from the black road:

The grass has not
yet been killed brown
through Thanksgiving's
close.
Nor have I
been chilled or slain --

I am being
the little one
I'd never dared
to be before,
afraid to die.

II.
Like blades or leaves
seeking energy,
life from sunlight,
there's a logic
to my expelled
breath, too, even
though I had held
it in too long,
expecting that
was what I had
to do. Oh dumb,

Harold M. Frost, Ph.D. is a former resident of Maryland (twice) and author of poem "Morning Coffee at Home" written in 2011 in Vermont. As a client of mental health services and father of one, he starts each day off with a quiet cup of coffee, muffin and couch seat. Hence the simile of pure espresso for conversion (during recovery) of his old self leaving a bitter taste in his mouth to a new taste with the flavor and look of who he really is now.

like chlorophyll,
were I, I *can*
let go of doing,
receive the gift,
burn it back to
tetravalent's
double oxide.

III.
Phytochemistry,
morphology
do the rest, role-
model one one
how to be, be:

Strip mucilage
from the doubles
inside berries
hand-picked when
red,
their flesh churned
off,
seeds fermented
and washed clean.

Then, dry, sell, roast, blend,
sell again, grind, brew,
sublimating
heralds of taste
to the unwary,
seducing them
to black coffee
cupped, sweetened
in lipped porcelain.

Espresso tanned
with crema eye,
Christ's apple seed
germinated:
I was, you are.

Out and About with NAMI Frederick

In May, NAMI Frederick had an informational table at the Unitarian Universalist Congregation of Frederick's ice cream social and resource fair. UUCF also featured NAMI at a Friendly Forum Split plate event. Thank you to Susan Holt for representing NAMI at UUCF and thank you to UUCF for their generosity and support.

In June, NAMI was honored to be part of the first Operation Engage America, veteran's resource fair. Held at the Elks Lodge, the goal was to inform veterans about the myriad of supports available to them including mental health, housing, educational, vocational and spiritual resources. Thank you to Mark Moser, Linda Coyle, Paula Paolini and Gretchen Eisenberg for staffing our table.

Upcoming Outreach Events:

We will have a resource table at each of these events. Come by and say hello! If you are available to staff the table for an hour or two, let us know at info@namifcmd.org

August 20 – Rally for Recovery
Baker Park Band Shell area
September 10 – In the Streets
Market Street Frederick

2016 NAMIWALK MARYLAND REPORT

Saturday May 21, the date of the 2016 NAMI Walk was rainy, gray and chilly. Despite the weather, members of our NAMI Walk team travelled to Baltimore's Inner Harbor to participate in the annual walk. There they were joined by many other NAMI members from across the state in a great outpouring of support for persons with mental illnesses and their families. Despite the overcast skies, the goal was accomplished. We raised money and awareness and stood together against stigma and fear.

To date, the 2016 NAMI Walk in Maryland has raised \$184,169. Statewide there were 953 participants. Locally our seven member NAMIGO team raised \$2817. Thank you to the NAMIGO team and to Lancaster Builders, our tee shirt sponsor. And thank you to everyone who made a donation or helped in any way. Maybe next year, you can walk with us!

COME ONE COME ALL NAMI FREDERICK ANNUAL MEETING AND PICNIC

SUNDAY AUGUST 7

1:00 - 4:00 PM

WALKERSVILLE COMMUNITY PARK PAVILLION #3

Located at the end of Kenneth Drive, off of Biggs Ford Road)

Fried Chicken, Drinks and Paper products provided

Bring a side dish or dessert to share!

This is a great time to reconnect with old friends from a Family to Family class or Support Group. Don't worry about remembering names. We'll provide name tags! Even if you have never attended a NAMI event, but perhaps want to get involved in the mental health community, you are invited to join us. NAMI is an organization dedicated to making sure that persons with mental illness and their families are not alone. This will be a day for fun and relaxation for the whole family. Come join us!

RSVP at www.namifcmd.org .

Volunteer Opportunities

VOLUNTEERS NEEDED

NAMI needs you. Even if you can't teach a class or lead a support group, we can still use your help. Many of our jobs are intermittent and require only a small time commitment. Even if you can only volunteer a few hours of time, your help will be appreciated!.

- **Help at an event table-** Staff a table at a community event. Greet visitors, hand out brochures and answer basic questions. Work with an experienced volunteer.
- **Write:** Contribute articles or poems for the newsletter.
- **Web page support:** Update and maintain our Frederick affiliate webpage.
- **Serve on board of directors**
- **Hospital visits:** Visit the behavioral health unit at FMH to meet with families and give out information. Only one visiting hour/month. Some FMH screening and training required.

To Volunteer email info@namifcmd.org

THANK YOU

A big thank you to the churches that graciously provide space for NAMI programs!

- Thank you to All Saints Episcopal Church for providing meeting space for Family to Family classes and for our Third Wednesday Family Support group.
- Thank you to Good Shepherd Lutheran Church for providing meeting space for the first Thursday Family Support group
- Thank you to Evangelical Reformed United Church of Christ for providing office and meeting space.

FAMILY SUPPORT GROUPS

We offer two Family Support Groups each month for the family and friends of those with mental illness. These support groups are in a very relaxed, caring, and understanding environment. You can share your story, or just listen to others knowing that all discussions are confidential. The information discussed is ever so valuable.

These monthly support groups are offered on two evenings at the following locations:

(1) *Good Shepherd Church*

1415 West 7th St. (just past the 7th St. Frederick shopping center)

First Thursdays – 7:00 to 8:30 pm

(2) *All Saints Episcopal Church*

106 West Church St. (please check website for parking & entrance)

Third Wednesdays – 6:30 to 8:00 pm

These meetings are for the family and friends of those with mental illness. We welcome those 18 and older, noting that we follow NAMI guidelines which restrict younger participants as well as those with mental illness.

For more information please visit our website supportgroups@namifcmd.org or call 240-379-6186.

FAMILY TO FAMILY CLASSES

NAMI Family-to-Family is a free, 12-session educational program for family, significant others and friends of people living with mental illness. It is a designated evidenced-based program. Research shows that the program significantly improves the coping and problem-solving abilities of the people closest to an individual living with a mental health condition.

For more information and to register for the Fall 2016 class, go to www.namifcmd.org

NAMI of Frederick County
4 East Church St.
Frederick, MD 21701

Calendar Reminders

1. **Picnic and Annual Meeting August 7**
2. **Rally for Recovery August 20**
3. **In the Streets September 10**

Become a NAMI member for \$35 per year.

Member benefits include:

- Membership at a NAMI Maryland, a NAMI Affiliate and the NAMI national organization
- Advance notice and information about our free educational and srt programs
- Reduced fees for attending NAMI Maryland special events
- A subscription to *The Advocate*, NAMI Nation's quarterly magazine
- A subscription to *NAMI Maryland Connections*, the newsletter of NAMI Maryland and our local affiliates
- Eligibility to vote in all NAMI elections

Access to exclusive members-only material on www.nami.org

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