

NAMI-DELAWARE

Alliance for the Mentally Ill in Delaware

2400 West 4th Street • Wilmington, DE 19805

706 Rehoboth Avenue • Rehoboth Beach, DE 19971

884 Walker Road, Suite B • Dover, DE 19904

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SAVE THE DATE



October 7, 2004

CSO/NAMI DE Conference at the Dover Sheraton

Printing of the NAMI-DE News is made possible by an unrestricted educational grant from AstraZeneca.



**Consumer Services Organization
Activity Centers**

Wilmington Center

2400 West 4th Street

Hours of Operation: Tuesday, Thursday, Friday – 10:00 am - 3:00 pm

Newark Center

The New Ark United Church of Christ • 300 E. Main Street

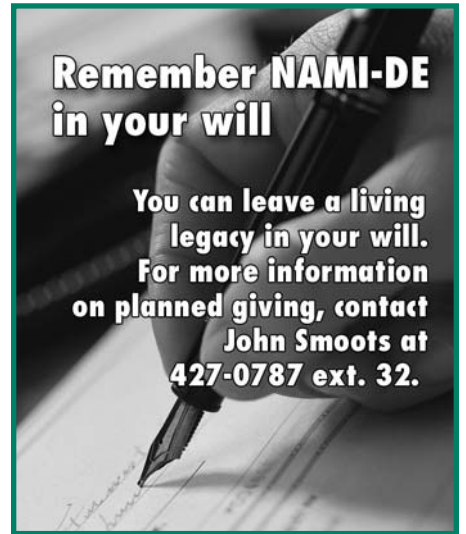
Hours of Operation: Monday, Tuesday, Thursday – 12:00 am - 5:00 pm

.....

**Activity Centers Also Provide Daily
Support Groups on a Variety of Topics**

**Remember NAMI-DE
in your will**

**You can leave a living
legacy in your will.
For more information
on planned giving, contact
John Smoots at
427-0787 ext. 32.**



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**NAMI-DE now has an endowment fund with
the Delaware Community Foundation.
For more details contact John Smoots at ext. 32.**



NAMI-DE

Alliance for the Mentally Ill in Delaware

News

www.namide.org

Save the Date for NAMI-DE's Annual Conference & Consumer Conference!

By Patricia McDowell

Thursday, October 7, 2004

Registration & Continental Breakfast

8:15 am – 9 am

Conference hours

9 am – 4 pm

In recognition of Mental Illness Awareness activities being held throughout the nation in October, NAMI-DE will host a conference on October 7, 2004. The Annual Conference and Consumer Conference will be co-located at the Dover Sheraton Hotel. The topic of this year's conference is "Mental Illness – From Discovery to Recovery – An Illness Like Any Other." We are delighted to present Regina Smith James, M.D., Chief of the Child & Adolescent Attention Disorders Program at N.I.M.H. (National Institute of Mental Health). Dr. James will deliver the keynote address: "Medications & Treatment Issues in Children and Adolescents." We also heartily welcome popular speaker Jonathan Stanley, J.D., Assistant Director of the Treatment Advocacy Center – the national organization which works to eliminate legal and clinical barriers to timely and humane treatment for persons with severe brain disorders. Mr Stanley's keynote address will pose the critical question "What Can You Do When Mental Illness Takes Control?"

Other presentations to choose from include:

"Update on Treatment of ADHD Disorders"

Dr. Regina James

"In Our Own Voice"

Mr. Robin Cunningham, NAMI National Trainer

"Why Does My Vote Matter?"

Voter Education and On Site Voter Registration – with the Delaware League of Women Voters

"Ask The Doctor"

An interactive session with a panel of distinguished psychiatrists

Free Depression Screening

Official site for National Depression Screening Day

Conference charges are: \$30 (members), \$35 (non-members). Consumer contribution is \$5.

Either mail in the registration form on the back page of this newsletter or register online at www.namide.org!

Regina Smith James, M.D, is a medical officer and Chief of the Child & Adolescent Attention Disorders Program at the National Institute of Mental Health (NIMH). She is a graduate of UCLA School of Medicine. She received her

training in Adult and Child/Adolescent Psychiatry at the Cleveland Clinic Foundation in Ohio. She served two years as a Clinical Associate in the Child Psychiatry Branch at NIMH in Bethesda, Maryland. Dr. James transitioned into research administration, initially serving as a Special Expert for the Developmental Psychopathology Branch at NIMH, and subsequently as Chief of the Attention Disorders Program. Dr. James has conducted and published clinical research in the area of ADHD. She is the recipient of The Rieger Award for Scientific Achievement, presented by the American Academy of Child & Adolescent Psychiatry. She serves as the Chair of the NIMH Consortium on Interdisciplinary Research Networks in ADHD, co-chair of the annual NIMH Pediatric Bipolar Conference and co-chair of the Retention Task Force of the National Psychiatry Training Council.

Jonathan Stanley, J.D., is Assistant Director of the Treatment Advocacy Center, a national organization working to eliminate legal and clinical barriers to timely and humane treatment for millions of Americans with severe brain disorders. The Treatment Advocacy Center is a nonprofit organization working on the national, state, and local levels to educate civic, legal, criminal justice, and legislative communities on the benefits of assisted treatment in an effort to decrease homelessness, jailings, suicide, violence, and other devastating consequences caused by lack of treatment. Since the onset of his bipolar disorder, Mr. Stanley has graduated from Williams College in Massachusetts, Quinnipiac College School of Law in Connecticut and been a practicing attorney.

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Transporting Individuals in Psychiatric Crisis Looking for Options and Forming Partnerships

At the time this article is going to print; the Attorney General, Jane Brady, representatives of the Delaware Developmental Disabilities Council, of DSAMH, of Delaware Law Enforcement, of the Psychiatric Society of Delaware and of NAMI-DE are traveling to Memphis, Tennessee. The goal of this unusual alliance is to begin the journey of exploring existing transportation models being used to transport individuals experiencing acute symptoms of mental illness.

The Memphis, Tennessee Police Department is known nationally for their unique Crisis Intervention Team that was specifically developed for psychiatric emergencies. The key element of this team is that its members are selected based on their interest in dealing with individuals suffering from symptoms of mental illness. The police officers that are accepted to this elite crisis intervention unit must possess an understanding of mental illness, exhibit com-

passion and undergo specialized training.

NAMI-Delaware is grateful that the Delaware Developmental Disabilities Council provided a grant to the Attorney General's Office to make this trip possible and to Jane Brady for arranging the demonstration of the model by the Memphis Police Department. The fact that there will be representatives from the criminal justice, law enforcement, psychiatrists, DSAMH and NAMI-DE is a strong indicator of a Delaware's desire to come up with a more humane and dignified mode of transportation for individuals in psychiatric crisis. The Memphis Crisis Intervention Model may serve as a next step while working toward the ultimate goal of a medical model of transport in Delaware.

For updates on the progress of transforming the transportation in Delaware, be sure to log on to the NAMI-DE website at namide.org.

Planning for the Future

By Brock Patterson

The Housing Sub-Committee for the Governor's Commission on Community-Based Alternatives for Individuals with Disabilities began meeting in December of 2003 with the duty of reporting back to the full commission on issues pertaining to services, or lack of, for individuals with disabilities. The group meets once a month and is comprised of professionals from various key agencies, board members, consumers, and advocates who are all eager to assist in creating future public policy for individuals with disabilities.

The vision statement of the sub-committee, that "every person in the state of Delaware with a disability has the opportunity to live in safe, affordable housing that is accessible and integrated in the community with appropriate services", was created so that members could see where they were heading and where they want housing to be in the future, and given what the current state is today, what the sub-committee has to do to drive closer to the vision.

The mission of the sub-committee is "to define

measurable objectives over the next five years that, when accomplished, will assure access and availability of housing to every person with a disability who desires to live in the community."

The Housing Sub-Committee has taken four goals from the HR 90 Commission Housing Report that it feels will best serve the interests of the disabled. The first goal is to "maximize safe, affordable and accessible rental opportunities for individuals with disabilities." The second goal is to "secure funding that allows for a broad range of residential (home-based) services and support options which promote choice, independence, freedom to take risks, and cost effectiveness." The third goal of the sub-committee is to ensure that "individuals with disabilities have the ability to receive continuity and quality, creative community supports within their own homes." The fourth and final goal is "increase safe, integrated, affordable and accessible home ownership opportunities" in the state of Delaware. It is important to note that these objectives are not in order of importance.

Volunteer Spotlight

By Dale Eurenus

NAMI Delaware's mission is "to support, educate and advocate until there is a cure for serious and persistent mental illness." One of NAMI Delaware's goals is to empower people to become advocates and to advocate for those who can't. One of the ways that we do that is through the Monitoring Program at the Delaware Psychiatric Center. This group of dedicated, trained volunteers performs a valuable service for mental health consumers.

Dottie Patterson has been the Chairperson for the Monitoring Program since its inception over 13 years ago. Through a signed agreement between NAMI and DSAMH (Division of Substance Abuse & Mental Health), NAMI agrees to provide trained volunteer monitors on a regular basis. Dottie has recruited, trained, mentored and oriented all of the NAMI volunteers.

Following a thorough training program, volunteers are assigned (in pairs) to monitor a minimum of once a month. They can go on any day or any time of day to make their rounds. Monitoring teams are accompanied by a DPC staff person and they have a checklist for each unit that they inspect. Burnt out light bulbs, frayed carpeting, patient safety, and broken televisions are all examples of things that a team of monitors can note on their forms. The security team at DPC also does regular monitoring and they make use of the information that we provide to them.

Volunteers make a commitment to serve for a minimum of 6 months. Dottie says, "six months lets the patients get to know the NAMI volunteers. They feel comfortable talking to us. We build relationships."

How many volunteers does it take to handle this monthly task? "Our minimum schedule consists of 14 full time monitors and 6 substitutes" says Dottie. "And we can always use more."

What a great volunteer opportunity! You can go any time of the day or night that suits your busy schedule. You get to volunteer with a buddy. And, you can help make a difference in a patient's life. It doesn't get much better than that. If you are interested in learning more about hospital monitoring, call NAMI-DE at 427-0787. We'd be so happy to talk with you.

Thanks to each and every one of our NAMI Delaware volunteers. Without you, this and many other important tasks would go undone.

Or, in the words of Dr. Seuss, "*Unless someone like you cares a whole awful lot, nothing is going to get better, it's not.*" (The Lorax).

I'll introduce more of our volunteer staff in the next newsletter.

Until then.

Volunteers Needed

By Merton Briggs

The Days of Caring Campaign is underway for the fall season and we are reaching out to the organizations participating in Kent and Sussex Counties. In the past we have had great success utilizing the time and manpower put forth by those organizations that participate in the D.O.C. However, we have never submitted projects for the above mentioned counties. That has changed. With over 26 projects submitted I know great things can be done to help improve the conditions in our properties, which will have a direct affect on the individuals that call our properties home. What we are looking for are groups of volunteers to give four hours of their time. Expertise is not necessary in the tasks we will accomplish with our projects that range from outdoor landscaping to indoor painting. We will supply the materials needed to successfully complete every project as well as beverages for the volunteers. I can tell you with four years of experience working with the campaign, you will be amazed at the difference your group can make. If you have never had the pleasure of participating in a Days of Caring project, well now is your chance to give a little of your time, and reap the benefits of a job well done.

Promote the Vote

By Kim Siegel

The privilege of voting is one that carries power. The power to determine who will represent your interests. The power to demonstrate your approval or disapproval of a candidate's actions or positions. To exercise this privilege takes only a few minutes of your day.

In this election season, we ask all who are eligible to vote...

1. to learn about issues important to them. Some issues that we at NAMI-DE are concerned about this year are: transportation of the mentally ill in crisis, mental health parity

in health insurance, adequacy of care for the uninsured, and the development of a preferred drug list for Medicaid clients.

2. to find out candidates' positions. Many candidates have websites that list their positions on issues or ways to contact them. Don't be afraid to ask about their stances! That is information you need to make your decision.

3. to vote as you see fit on November 2. NAMI-DE does not endorse or favor any political party or candidate. But we do encourage individual voters to make informed decisions based

on the issues important to them, and express those decisions at the polls.

On November 2nd, the polls will be open from 7am until 8pm. This allows many people to access the polls before or after work or school. Please contact your county's department of elections if you have any questions regarding voting — the numbers are listed below.

New Castle County: 302-577-3464

Kent County: 302-739-4498

Sussex County: 302-856-5367

Consumer Services Organization

Continuing to make a difference in the lives of consumers!

By Dale Eurenus

This has been a wonderful and busy summer. The new pool table at the Wilmington Activity Center is a very popular addition to our programming. Some of our consumers are so good, we're thinking about starting a CSO team! The Wilmington Center has also renewed their interest in bingo (with prizes) – we have had some very exciting games!

Consumers continue to socialize and interact with each other, and, help each other along the path to recovery. One of our Wilmington members just got his own apartment – we are so proud of him!

...At our Newark Activity Center, one of our members has just gotten a job! He likes going to work and the job is really adding to his self-esteem...

At our Newark Activity Center, one of our members has just gotten a job! He likes going to work and the job is really adding to his self-esteem. And, he still finds time to stop by the Center. In Newark, consumers continue to

bowl weekly and we have some pretty good bowlers, too! All levels of experience are welcome. Trips to Borders Books & Music have continued through the summer. Newark consumers enjoy arts & crafts, various card and board games and have very popular bingo games. Come on over and see if you can win a prize! We continue to seek a larger, more permanent location for our Newark Consumers.

In July, we had our annual summer picnic with a record number of attendees and picture perfect weather. This year we were joined by eleven consumers and staff from the Delaware

Psychiatric Center. It was a great time! The hot dogs and hamburgers were great, but the strawberry kiwi water ice was spectacular. We look forward to our next quarterly “just because” party in October,

attended by both Newark & Wilmington consumers.

June Butler, our presence in Kent County, continues to spread the word about NAMI Delaware

and the Consumer Services Organization. She works out of our brand new Dover Office! She is currently putting the finishing touches on the fall Peer to Peer program schedule.

NAMI Delaware/CSO Annual Conference is coming! It will be held at the Dover Sheraton on Thursday, October 7th from 9am to 4pm. There will be a special speaker and workshop track for consumers so SAVE THE DATE! For registration information, call the NAMI Delaware offices at 427-0787. We'll be glad to sign you up!

Happily, and sadly, we say farewell to one of our Wilmington Facilitators, Mike Green. Mike has worked in our Activity Center for two years (he volunteered before that), and last year was selected for the NAMI-DE Consumer of the Year award. Mike is returning to University of Delaware to pursue a career in creative writing. We'll really miss him, but we're happy for him and wish him all the best as he begins the next chapter in his life. Thanks Mike, for everything!

The Consumer Services Organization is made up of friends helping other friends recover from mental illness

Veterans Deserve Our Support More Than One Day a Year

Veterans Day will be celebrated on November 11th, as it is every year. Banks and government offices close for holiday and there will be a spike in nostalgic coverage of military heroes in the news. NAMI Delaware encourages the media and Delaware citizens to include 750,000 veterans that are being treated in the VA system for service related mental illness among the heroes that they honor this November 11th and every day of the year. We can do this by supporting these heroes and their families when they are seeking help on the road to recovery. Call NAMI-DE at 427-0787 to find out how to get involved in the Veterans Affairs Committee's work to improve the quality of life for veterans and their families.



ASK THE PSYCHIATRIST

JANIS CHESTER, M.D.

Q *My mother has been in a nursing home for 8 months. She has been taking a small dose of Paxil for at least 4 months which seemed to help for a while, but again seems to be sad or listless. I know part of that is because of her age (91) and living in a nursing home, but do you think I should get a psych consult for her?*

A Yes, you should get a psychiatric consultation for your mother. If your mother complained that her joints hurt despite treatment with a small dose of Tylenol, or if her blood pressure was high despite conservative treatment, you would want the problem addressed, so why not her sadness and listlessness? Rates of depression for people who live in nursing homes are higher than rates for the population of the same age who live in the community, so you are right to look at that as a factor. However, the majority of nursing home residents are not depressed, despite their infirmities.

A psychiatrist will examine your mother, review her chart and speak to the staff that takes care of your mother to determine the nature of the problem, and the best solution. Sometimes an elderly person appears depressed due to pain or an infection. Sometimes the person is lonely or bored, but not clinically depressed. In these cases, Paxil, or other antidepressants would not be the answer. If your mother does need medication, her psychiatrist will try to choose one that will cause her the minimal amount of problematic side effects, and will take care to avoid an antidepressant that might have dangerous interactions with her other medications. Then the psychiatrist will do well to recall the motto of many geriatric psychiatrists: start low, go slow, and don't give up!

Q *My best friend recently lost her daughter to suicide. I don't know what to say to her. I want to be there for her and also help however I can, but I just don't know what to do or say. I really don't want to say the wrong thing. What can I do?*

A The loss of a child is one of the most wrenching experiences; the grief your friend feels may never resolve. As her best friend you can be a great source of comfort and reassurance. You can be supportive directly and indirectly. Your friend lost her child to suicide, which carries a stigma. She may feel uncomfortable talking about this with others, which adds to her burden. You can allow your friend to talk about her pain and loss, as well as the feelings associated with losing someone to suicide such as anger, guilt and shame. You can also help her to go on with her life by helping her take part in normal activities that may seem alien at first. You can offer to help her with her housework, or cook a meal together, shop or see a movie.

If you have trouble talking with your friend, you can write her a note or a letter. Elisabeth Kubler-Ross wrote a book on losing a child; you may both want to read it. Your friend may also find solace and support with a local chapter of Compassionate Friends (www.compassionatefriends.org), a self-help group for people in grief. You can offer to take her to a meeting.

You may end up saying the "wrong thing", but I think you can both get past that when it happens. She may be feeling very alone, and you can help her by showing her that she has a friend.

DIMA X, Inc. UPDATE

By Merton Briggs

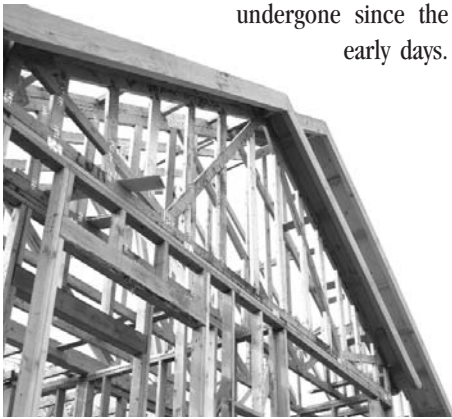
After a long and exhausting process of paper work, surveys and meetings, I can say without a shadow of doubt that DIMA X, Inc. is finally in the rehabilitation process. What does that mean to those who are not familiar or affiliated directly to DIMA X? It means that in the next few months' upgrades and additions will be made to NAMI-DE newest housing project, which will allow for 10 individuals suffering from chronic and persistent mental illness to have a safe and affordable living arrangement. To whom do we here at NAMI-DE owe our gratitude for working directly with us during our construction phase? Well that would be MOBAC Inc. (Total Construction Service), specifically Mr. Richard E. Basilio who has worked diligently to oversee the completion of one of the three homes already. I have had a first hand experience in watching the modification of the property located at 507 Providence Ave, Claymont, DE 19703, and I must say that there will be 3 fortunate individuals to have such a wonderful home in a beautiful neighborhood. The next home to begin rehab work will be the home located at 1611 W. Newport Pike, Wilmington, DE 19804. Such improvements include a handicap accessible ramp, new dining area, bedroom and utility area. The final home to be worked on is located at 36 W. Clarke Ave., Milford, DE 19963. During the construction phase management will be working directly with the Service Providers and our waiting list to ensure full occupancy as soon as it is granted. The completion date set by HUD is for March 2005, however, based on the pace that has been set, and barring inclement weather in the months to come, we are looking to bring in the New Year with ten new tenants and three wonderful homes.

LOOK AT US NOW!

By Brock Patterson

AMID, Alliance for the Mentally Ill in Delaware, was incorporated in the state as a non-profit 501(c)(3) in 1983. In the twenty plus years since its inception, AMID, which is now referred to as NAMI-DE, has made major advances in its housing department and overall property holdings, furthered housing opportunities for the mentally ill in Delaware, increased advocacy efforts, and has made many friends and created new invaluable partnerships and allies in the process.

Brad Shusterman, NAMI-DE auditor and long time sympathizer, can attest to the significant changes that NAMI-DE has undergone since the early days.



Mr. Shusterman came aboard to help with A & I Housing in 1989. He began working with AMID as a whole in 1993. Mr. Shusterman remembers a time when there was no housing associated with AMID only advocacy efforts. He feels this has been the most impressive feat that AMID has accomplished over the years. In fact, he “wishes that there were an organization like us in Pennsylvania.” In 1989, Mr. Shusterman can recall AMID having only four full time employees. NAMI-DE now employs eleven full time staff, all of which have had some form of post high school education, with several having a bachelors or masters degree.

NAMI-DE began offering housing, with the help and determination of Mr. Bob Franz, early in 1990 with the creation of A&I Housing, short for AMID and Independent Living Housing. A&I Housing consists of eight properties and to this day houses a total of 24 residents. During these next influential years, Mr. Franz’s leadership, persistence and hard work hoisted NAMI-DE and its housing department to where it is today. By the year 1994 AMID had established, with HUD assistance, four more corporations with an addi-

tional 55 units under its belt, bringing the total number of units to 79. Every year for the following four years AMID added a corporation to its holdings bringing the total to 142 in 1998. AMID added DIMA VIII in 2000 and DIMA IX in 2001 and has just completed DIMA X, which will provide another 10 units. NAMI-DE now has 57 properties with 243 total units housing mentally ill residents. Although NAMI-DE does provide housing to the mentally ill and does consider it a priority, viewing NAMI-DE’s sole purpose as a provider of housing would be a serious injustice to the organization and its mission.

NAMI-DE to this day considers itself a grass roots organization whose main mission is to increase advocacy in the state for persons with chronic mental illness. NAMI-DE provides support, educates, and advocates in the hopes of ultimately curing mental illness. NAMI-DE believes that we must all help shed the stigma associated with mental illness and should provide these individuals with adequate support systems so that they can avail themselves of the same opportunities as others who wish to be productive members of our society.



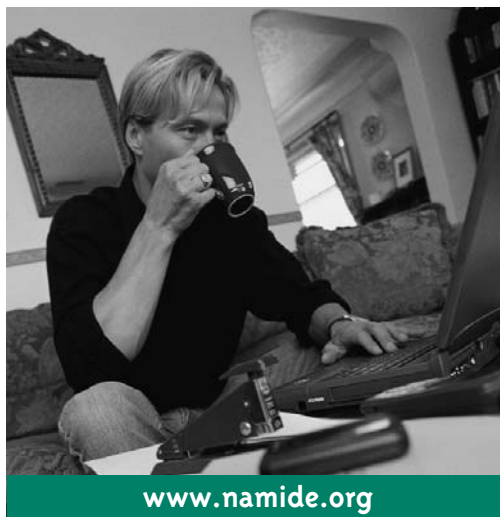
Housing Available

The National Alliance For Mentally Ill in Delaware is accepting applications for housing in Kent, Sussex, and New Castle Counties. We have immediate openings in Kent County and a short waiting list for Sussex and New Castle Counties. NAMI-DE housing is dedicated to adults who have a chronic mental illness. Applicants must be at least 18 years old & meet HUD mandated low income guidelines. For more info contact the NAMI-DE office at (302) 427-0787 ext. 20.

NAMI-DE Announces New Website Capabilities

By Scott Anthony

GREAT NEWS!! Effective August 23, 2004, NAMI-DE began accepting donations online through their website as a way to join/renew memberships or just to give a donation. The forms are very easy to use and make giving to NAMI-DE a lot easier.



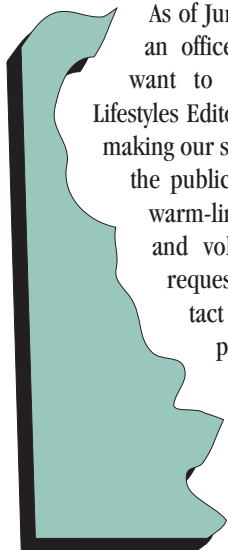
Just click on the Support NAMI-DE button to try it out!

Another addition is the option to register for various events that NAMI-DE holds such as NAMI WALKS. You can register as a walker, join a team, or become a sponsor!! Look for info on NAMI WALKS coming to our website in November!!!

Have an idea? Need more information? Please email santhony@namide.org with your comments or suggestions to make www.namide.org as fun and informative as possible!!

Downstate News

By June Butler



As of June 1, 2004 NAMI-DE has an office located in Dover. We want to thank Joanna Wilson, Lifestyles Editor of the Dover Post, for making our services more available to the public. We are now receiving warm-line calls daily, with staff and volunteers to handle the requests. We have made contact with the psychiatrists, psychologists and counselors in the Dover area as part of our outreach.

Once again, we are offering our Family-to-Family and Peer-to-

Peer Education courses. Both groups are offered free of charge from 6:30 to 8:30pm Mondays starting in September at the Milford Senior Center. Family-to-Family will meet for 12 weeks beginning September 13 and Peer-to-Peer will begin Monday, September 27 for nine weeks. For more information call our Dover office at 302-744-9356.

Support Groups

You are not alone! NAMI-Delaware holds free monthly support groups throughout the state. These groups are for family members and loved ones of persons who have a mental illness. Support groups offer friendship, compassion, coping skills and idea exchanges to help meet the challenges of mental illness in the family. Please call us to see if our support groups could be helpful to you!

DOVER GROUP

3rd Thursday of each month • 7:30 pm
Kent General Hospital
640 S. State Street, Basement PDR3, Dover
Contact: Cathy Mesick (302) 492-8885 or
Joan Conard (302) 734-2603

NEWARK GROUP

2nd Thursday of each month • 7:30 pm
St. James Episcopal Church
St. James Church Road
(off Kirkwood Highway)
Contact: Mary Zickefoose 454-1379 or
Lena Angotti 368-0591

NORTH WILMINGTON GROUP

2nd Monday of each month • 7:30 pm
Brandywine Valley Baptist Church
Room 149
Mt. Lebanon Road • Talleyville
Contact: Angie Pala 656-7433 or
Jill or Simon Shute 478-3302

REHOBOTH/LEWES GROUP

4th Thursday of each month • 7:30 pm
NAMI-DE Office
706 Rehoboth Avenue, Rehoboth Beach
Contact: Mark Thompson (302) 226-3334
Sue Brunhammer (302) 645-7617

CONSUMER SUPPORT GROUP: Dual Recovery Anonymous is a Twelve-Step self-help program for individuals who experience both chemical and an emotional psychiatric disorder. The support group meets at the Rehoboth NAMI-DE office every Tuesday night at 8 pm. Attendees of the support group find understanding from others who share similar experiences, practical information and guidance.

NAMI-DE WELCOMES NEW STAFF

Kim Siegel
Director of
Fund Development/
Policy Liaison

Heather Kucharski
Director of Program
Development

Brock Patterson
Housing Coordinator

NARSAD *Artworks for sale!*

NARSAD (*the National Alliance for Research on Schizophrenia and Affective Disorders*) presents museum-quality art products by and on behalf of mentally ill persons. These note cards and book marks are the perfect gift for any occasion!

You can purchase your NARSAD items in our Wilmington office. Your purchase will help improve the lives of persons with brain disorders called mental illness through programs and research. To purchase NARSAD Artworks products visit our Wilmington office or call (302) 427-0787 and ask for Tere.

Family-to-Family Update

By Heather Kucharski

NAMI-DE presents three Family to Family Education Courses, two traditional Family-to-Family classes and one Family-to-Family class for the African American community.

Family-to-Family is a 12-week education program structured to help family members and loved ones understand and support their mentally ill family members while maintaining their own personal well-being. The course discusses the clinical treatment of these illnesses and teaches the knowledge and skills that family members need to cope more effectively. People who take this class receive information about illnesses of the brain and their treatment, learn how to communicate with mental health providers and pharmacists. The course is taught by a team of trained volunteer family members

who understand the issues involved in having a loved one with a serious mental illness.

The first class for the African American community was a success

The first Family-to-Family class for the African American community was held Spring 2004 and was quite a success. I would like to thank Wanda Boston, Diane Onley, the two teachers of this class, Barbara Banks and everyone else involved for all of their hard work and dedication to make this first class a success.

The second Family-to-Family class for the African American community starts September 16 and registration is going on now. Please contact NAMI-DE at 302-427-0787 to register or for additional information.

Family to Family Schedule of Classes Fall 2004

NEW CASTLE COUNTY

Family-to-Family Traditional Classes begin September 14, 2004

Family-to-family Traditional is full for Fall 2004 so call now and register for Spring 2005!

Family to Family for the African American Community

Classes begin September 16, 2004

Classes held at: NAMI-DE Office, 2400 West 4th Street, Wilmington, DE 19805

KENT/SUSSEX COUNTIES

Family to Family-Traditional Classes begin September 13, 2004

Class held at: Milford Senior Center, 111 Park Ave, Milford, DE

**CALL NAMI-DE TODAY
AT 302-427-0787 TO REGISTER!**

Announcing the Fall session of NAMI-DE's Family-to-Family Education Program for the African American community

"Lack of knowledge is darker than night." *Nigeria, Hausa*
"Peace of Mind" by L. Brown

Presented by NAMI-DE, for family members and loved ones of persons with Major Depression, Bipolar Disorder (Manic-Depression), Schizophrenia, Schizoaffective Disorder, Panic Disorder and Obsessive-Compulsive Disorder.

NAMI's Family-to-Family Program is a series of 12 weekly classes, structured for the caregivers (family members and loved ones) to help them to understand and support their mentally ill relative while maintaining their own well-being. The course discusses the clinical treatment of these illnesses and teaches the knowledge and skills that family members need to cope more effectively. It is taught by a team of trained volunteer family members who like you have experienced first hand and understand the emotional and cultural issues involved in having a loved one with a serious mental illness in the family.

All instruction and course materials are free for class participants!

Contact NAMI-DE (302) 427-0787, ext. 21, for more information and to register for the fall session scheduled to begin in September.

You may also contact Wanda Boston (764-5618), Diane Onley (652-8381, donley602@aol.com), or Barbara Banks (575-0428).

Find out more about the program and how it can help to empower you!



Donations

By Marie LaFevre



Hello, remember me? Well, a few issues back I wrote a small article asking for donations. We have had an overwhelming response, thank you so much for participating. However, our phones are not ringing as much as they were before, so let me take a second of your time to remind you that we are in need of donations for housing. If it's in excellent condition and you don't have use for it any more, well guess what? We'll take it! We will even come and pick it up. Now that's a deal you can't refuse. We have approximately 57 homes with 250 residents throughout the 3 counties here in Delaware. Three of those homes are newly purchased and will be ready for move-ins around March 2005. We need furniture, dishes, all household goods are appreciated and we are always in need of bedding. Please no appliances. Your donations are tax deductible. So pick up the phone and give us a call.

Oooops!! There's the phone now, are you calling with your donation ?

Marie LaFevre, *Property Manager*
302-427-0787 X 12
mlafevre@namide.org

Parent/Caregiver/Youth (PCY) News for You!

This section is currently under construction. Look for the new improved PCY in Winter 2004.



10 New Websites of Interest for Parents

www.keepkidshealthy.com

A pediatrician's guide to your child's health and safety

www.girlpower.gov

A national education campaign sponsored by the US Department of Health and Human Services to encourage and motivate 9-13 year olds

www.family.samhsa.gov

A public education website developed to support the efforts of parents and other caring adults to promote mental health and prevent the use of alcohol, tobacco, and illegal drugs among 7-18 year olds

www.hhs.gov/kids/

Health and Human Services for Kids

www.ffcmh.org

The Federation of Families for Children's Mental Health is a national advocacy and support organization for families of children with mental, emotional, or behavioral disorders

www.wcer.wisc.edu/fast

A program that supports that development of relationships among parents, schools, and the community to enhance children's academic and social performance

www.kidsandfamilies.org

Kids and Families Together's mission is to build bridges between people and give the kind of support that keeps families emotionally connected to one another

www.fda.gov

Kids Home Page featuring food safety quizzes, the teen scene, food and drug word finds, and parent's corner

www.kidspace.org

Mental and behavioral health treatment programs, crisis intervention services, and public education initiatives for kids and families supported by the National Center for Kids in Crisis

www.naspcenter.org

This site provides information in English and Spanish about mental health education for teachers and parents

Visions for Tomorrow

By Heather Kucharski

We have just wrapped up our second session of our Visions for Tomorrow program. Congratulations to those parents who have successfully completed the program. These parents are so motivated that they want to start a VFT support group. All past graduates from the Visions for Tomorrow program will be invited to attend. We are currently looking for past graduates who are interested in becoming co-facilitators for the support group. If interested please contact Heather Kucharski at 302-427-0787 NAMI-DE for additional information.

Register now for the Fall 2004

Visions for Tomorrow Program

The Fall 2004 Visions for Tomorrow class will begin on September 23rd and runs through November 11th. Visions for Tomorrow is a program designed for the caregivers of children and adolescents who have been diagnosed with a brain disorder as well as those

that exhibit behavior that strongly suggests such a diagnosis. VFT is a family member-to-family member program. Participants in Visions for Tomorrow should be those who are direct caregivers and, depending on family circumstances, may be an extended family member, respite care provider, or foster parent. This course offers caregivers the opportunity to share mutual experiences and learn valuable lessons from one another. Classes will be held in the NAMI-DE office at 2400 West 4th Street, Wilmington, DE from 7pm to 9pm. There is no charge for this course. Call today to register.

Funding Update for VFT

Kim Siegel has been busy working on additional funding for the VFT program. She has contacted the Avon Foundation for funding in New Castle County and she has also been in contact with the Carl M. Freeman Foundation for a state-wide grant. Thanks for all the hard work, Kim.



Parents Wanted

As mentioned in the past, we are in the process of launching the Visions for Tomorrow program downstate. We are optimistic for the start date to be Spring 2005. We are currently looking for parents or caregivers interested in being trained to become facilitators in Kent/Sussex Counties.

If you are interested in being trained to become a co-facilitator of the VFT program, a co-facilitator for the VFT support group, would like to register for the program or just looking for additional information, please call NAMI-DE at 302-427-0787.

With brighter **Visions for Tomorrow** for their children, family members have hope and encouragement to live for today.

National Alliance for the Mentally Ill in Delaware (NAMI-DE) Public Policy Position on Involuntary Commitment/Court-Ordered Treatment

(as adapted from the platform of NAMI National)

1. NAMI-DE believes that all people should have the right to make their own decisions about medical treatment. However, NAMI-DE acknowledges that there are individuals with brain disorders such as schizophrenia and bipolar disorder who at times lack the insight or judgment to determine their need for medical treatment due to their illness. NAMI-DE believes current state laws and policies governing involuntary commitment and/or court-ordered treatment to be inadequate to meet the needs of these individuals. *Examples of this are:*

a. Individuals clearly in need of treatment needlessly deteriorate because they do not meet the existing standard of danger to themselves or to others. This reduces their opportunity for recovery and increases the cost to Delaware and to the individual.

b. Uninsured Delawareans have few reliable treatment options, particularly when they require intensive services such as inpatient care. Currently, payment for inpatient treatment is subsidized by the state only under the condition of involuntary commitment.

2. In accordance with this belief, NAMI-DE proposes that:

a. Delaware's Division of Mental Health, including the Delaware Psychiatric Center, should reaffirm its role as the safety net for the mentally ill by guaranteeing treatment for citizens in need of such treatment, but unable to cover the cost. This must include the full spectrum of treatment (inpatient and outpatient modalities) as well as voluntary and involuntary commitment status.

b. Delaware should provide effective, comprehensive, community-based systems of care for persons suffering from brain disorders that are readily available and accessible. This will diminish the need for involuntary commitment and/or court-ordered treatment.

c. Delaware should adopt and/or promote methods for facilitating communications about treatment preferences among individuals with brain disorders, family members, and treatment professionals. This would be in keeping with the President's New Freedom Report's recommendation to develop a consumer and family-driven treatment system.

d. Delaware should only use involuntary inpatient and outpatient commitment and court-ordered treatment when:

i. There is a serious mental illness/brain disorder present,

ii. Treatment can reasonably be expected to improve or prevent worsening of the symptoms associated with this diagnosed condition,

iii. A person cannot give informed consent for the admission/treatment, and/or

iv. The individual is not otherwise appropriate for voluntary admission.

e. Delaware should adopt broader, more flexible standards that would provide for involuntary commitment and/or court ordered treatment when at least one of the following conditions is present as a direct result of a brain disorder:

i. An individual is gravely disabled. This means that the person is substantially unable, except for reasons of indigence, to provide for any of his or her basic needs, such as food, clothing, shelter, health or safety; and/or

ii. An individual is likely to substantially deteriorate if not provided with timely treatment; and/or

iii. An individual lacks capacity or judgment to make an informed decision about his or her need for treatment, care, or supervision as a result of the brain disorder; and/or

iv. An individual is either a passive or active danger to others or to self.

f. Delaware courts should interpret the "dangerousness" standard more broadly than "imminently" and/or "probably" dangerous. Current interpretations of laws that require proof of dangerousness often produce unsatisfactory outcomes because individuals are allowed to deteriorate needlessly before involuntary commitment and/or court-ordered treatment can be instituted.

g. Delaware should adopt the legal standard of "information and belief" to justify emergency commitments for an initial 24 to 72 hours. For involuntary commitments beyond the initial period, the legal standard should be "clear and convincing evidence." Involuntary commitments and/or court-ordered treatment must be periodically subject to administrative or judicial review to ascertain whether circumstances justify the continuation of these orders.

h. Delaware should also allow for consideration of past history in making determinations about involuntary commitment and/or court-ordered treatment because past history is often a reliable way to anticipate the future course of illness, and is one factor used to try to predict future behavior, to the limited extent that such predictions are possible.

i. Delaware should assign the responsibility for executing court-ordered treatment to physicians and/or psychiatrists who – in conjunction with the individual, family, and other interested parties – must develop a plan for treatment within the bounds of

required doctor-patient confidentiality and consistent with the doctrine of least restrictive alternative.

j. Delaware should consider court-ordered outpatient treatment as a less restrictive, more beneficial, and less costly treatment alternative to involuntary inpatient treatment. The current system should be evaluated for its effectiveness at meeting the needs of the individuals under its purview.

k. Delaware should take proactive steps to better educate justice systems and law enforcement professionals about the relationship between brain disorders and the application of involuntary inpatient and outpatient commitment and court-ordered treatment.

l. Delaware should not utilize the procedures, facilities, vehicles, and/or restraining devices ordinarily utilized for those suspected, accused, or convicted of crime in connection with mentally ill individuals unless they fit those categories. Delaware should further devise and implement a procedure to transport those in psychiatric crisis in which medical personnel act as the first responders rather than police. A police response incorrectly implies that mentally ill individuals are inherently a danger to the public, while potentially causing further distress and fright to the individual in crisis. The only times that police should be the primary responders are when the individual poses an immediate danger to others through the threat or use of physical force or weapons.

m. Delaware should mandate that private and public health insurance and managed care plans must cover the costs of involuntary inpatient and outpatient commitment and/or court-ordered treatment.

3. NAMI-DE further believes the following practices used in the State of Delaware to be in the best interests of those with mental illness, and recommends the continuation of such practices.

a. Individuals are guaranteed independent administrative and/or judicial review in all determinations of involuntary commitment and/or court-ordered treatment, with appropriate legal representation who is/are knowledgeable about brain disorders and the opportunity to submit evidence in opposition to the involuntary commitment and/or court-ordered treatment.

b. Involuntary commitment and/or court-ordered treatment determinations are made expeditiously and simultaneously in a single hearing so that individuals receive such treatment in a timely manner. The role of the courts is limited to review to ensure that there are no violations of individuals' rights or the requirements of due process. Medical decisions should continue to remain between the patient (or their legal guardian) and their clinician/doctor.

NAMI DE Conference 2004 Registration Form

Thursday October 7th, 2004
Dover Sheraton, Rt. 13 in Dover
NAMI Conference and CSO Conference will be co-located

Registration 8:15 am - 9 am
Conference including luncheon from 9 am – 4 pm

“Mental Illness - From Discovery to Recovery - An Illness Like Any Other”

KEYNOTE SPEAKERS:

Regina James, M.D., Chief of ADD Program, NIMH
“Medication & Treatment Issues With Children”

Jonathan Stanley, J.D., Assitant Director, Treatment Advocacy Center
“What Can You Do When Mental Illness Takes Control”

Workshops include: *“In Our Own Voice”*, Depression Screening, Voter Education & Registration,
“Ask the Doctors” panel discussion, and *“Attention Deficit Disorder Update.”*

Name: _____

Title/Position: _____

Organization: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Daytime Phone: _____ Alternate Phone: _____

E-Mail address (optional): _____

NAMI DE Member
 \$30

Non-Member
 \$35

Consumer Contribution
 \$5

Please send your check made payable to NAMI-DE and this form to NAMI-DE, 2400 W. 4th Street, Wilmington, DE, 19805, OR fax this form with credit card information to (302) 427-2075. Organizations may request that they be invoiced for the registration fee. Exhibitors are encouraged to resister. The fee for exhibitors is \$75 and includes lunch for 2.

Type of Credit Card: _____ Credit Card Account Number: _____ Expiration Date: _____

REGISTER ONLINE! www.namide.org