



NAMI-DE News

Alliance for the Mentally Ill in Delaware

www.namide.org

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! NAMI Walks- Saturday, May 6, 2006

Printing of the NAMI-DE Newsletter is made possible through a charitable contribution by 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

Kelway Plaza adjacent to 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

NAMI-DE now has an endowment fund with the Delaware Community Foundation. For more details call 427-0787.

Remember NAMI-DE in your will

You can leave a living legacy in your will. For more information on planned giving, call 427-0787.

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Join NAMI-DE for the 4th Annual NAMI Walks on May 6th!

by Kim Siegel

On Saturday, May 6, join your fellow NAMI Delaware supporters for the Fourth Annual NAMI Walks for the Mind of America, presented by AstraZeneca! With your participation, we hope to raise \$85,000 to fund the support, education, and advocacy programs that NAMI-DE provides to hundreds of Delawareans each year. The Walk is more than a fundraiser - it's a celebration of people and families who are successfully meeting the challenges of mental illness and an opportunity to demonstrate support for those still in need of the resources to do so.

The Walk will be held at Dravo Plaza on the Wilmington Riverfront. Registration begins at

9:30 am and the Walk will start at 11 am. All Walkers are encouraged to collect donations from friends, family, or anyone you know who will support your participation! When people see that something is meaningful to you, they'll often be happy to give what they can. There is no registration fee or minimum amount charged to participate, but Walkers who raise \$100 or more will get a free Walk T-shirt!

Sponsorship opportunities are still available! Please see page 7 for a list of sponsorship levels and the names of all the generous sponsors who have come on board this year. After March 17, we will also have promotional, Captain, and Walker materials available for anyone wishing

to participate in the Walk. Please call 302-427-0787 to arrange to pick them up or have them mailed. We hope to see you on May 6!



Housing for People with Disabilities and the President's FY 2006 HUD Budget Proposal

50% Cut Proposed for Section 811, 30-Year HUD Commitment to Funding for Supportive Housing Production Eliminated, Funding for Section 8 Vouchers Increased

Overall, funding for the Department of Housing and Urban Development (HUD) would shrink by 11.5%, or \$3.7 billion below current levels. In a surprise move, the President's budget proposes an unprecedented deep cut for the Section 811 program, the only program at the Department of Housing

Urban Development (HUD) that still produces housing for non-elderly people with disabilities.

The President's budget would cut Section 811 in half, dropping funding down to \$120 million from its current level of \$238 million. More importantly, the budget proposes to

completely eliminate all funding for new unit production in FY 2006 by zeroing out the capital advance/project-based side of the program. This is the 75% of HUD 811 funding that supports capital grants and project-based rental assistance for non-profit disability groups to develop new units of permanent supportive housing.

Instead, the President's FY 2006 budget proposes to direct the remaining \$120 million in the Section 811 program to renewal of existing rent subsidies (both tenant-based and project-based), with a small amount left to fund new

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The Alliance for the Mentally Ill in Delaware

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tenant-based subsidies. Specifically, \$80 million would be directed to tenant-based renewals, \$5 million for project-based renewals (also known as PRACs) and \$45 million of new tenant-based contracts. This means that more than 70% of all 811 funds would be consumed by the cost of renewing (i.e. keeping in place) housing funded under the program in previous years.

Moreover, the elimination of the capital advance/project-based side of the program would end a 30-year commitment from HUD to support the production of new housing targeted to non-elderly people with severe disabilities (including severe mental illnesses). Reliance solely on tenant-based assistance (portable rent subsidies that rely on voucher recipients being able to find rental housing on their own) also represents a major change in the targeting of 811 away from people with more severe impairments who need housing related supports.

By contrast to the 50% cut to the Section 811 program, the budget proposes to level fund 811's cousin for the elderly, Section 202 at \$741 million. In fact, under the proposed budget Section 202 would actually produce more new units in FY 2006 through the redirection of funds previously allocated to planning grants.

Section 8

The President's budget does propose a \$1.079 billion increase for the Section 8 voucher program for FY 2006, boosting funding to \$15.845 billion. Section 8 is by far the largest program in HUD's overall \$28.5 billion request (nearly 62% of the entire budget). While Section 8 continues to grow, the levels are recommended in the budget are just enough to renew the estimated 2 million vouchers that are currently in use. This is because funding in the program is driven by costs in the rental housing market and changes in tenant income (the program pays the difference between what a rental unit costs, and what the voucher recipient can afford to pay).

It is unclear at this point if HUD's Section 8 request for FY 2006 is sufficient to meet the cost of renewing all vouchers under lease. This past month, all housing authorities administering Section 8 were told that their allocation for the current fiscal year would be cut by 4%. As a result, most housing agencies are expected to continue holding back unused vouchers and demanding higher tenant contributions from people in their programs. Thus, HUD will likely be renewing vouchers for a program that continues to shrink.

Moreover, the budget notes that HUD intends to come forward with legislation to accelerate conversion of Section 8 funding to a "budget-based" program as opposed to a "unit-based" program. Under a budget-based system, funding to housing agencies is capped at a fixed amount that does not account for increased rents or changes in tenant income. NAMI remains concerned that these changes (including elimination requirements to target vouchers to extremely low-income households) will make it ever more difficult to target assistance to individuals with mental illnesses living on SSI.

Homeless Funding

In a rare bright spot for the HUD budget, the President is requesting a \$200 million increase for programs under the McKinney-Vento Homeless Assistance Act, boosting funding to \$1.44 billion. This includes \$200 million for the President's Samaritan Initiative to end chronic homelessness - including new grants for permanent housing paired with case management targeted to individuals and families experiencing long-term chronic homelessness. In addition, HUD is requesting \$25 million as part of an interagency initiative on reintegration of criminal offenders returning from prison.

For more information, contact Andrew Sperling at the National Alliance for the Mentally Ill 703-516-7222 andrew@nami.org

This release was distributed by the Consortium for Citizens with Disabilities.

Medicare Part D Update

by Kim Siegel

As people across the United States continue learning about and signing up for the new Medicare Part D prescription benefit, administrators at the federal and state levels are taking steps to smooth the transition to the new program.

Some beneficiaries, as a result of switching coverage, may have found that their medication was not covered by their new plan. In such cases, pharmacies were authorized to dispense a 30-day supply of the requested medication while the patient and doctor tried to get special authorization for the current drug or tried to find a new one. That transitional coverage has now been extended to 90 days in order to make a smoother transition to the new plan.

Some beneficiaries have encountered problems getting prescriptions after enrolling in or switching plans. Coverage begins on the first day of the month after the month in which a beneficiary enrolls in a plan; for example, a person enrolling on March 9 would have coverage beginning on April 1. To avoid confusion and allow time to receive at least a confirmation letter, beneficiaries are encouraged to

sign up for plans early in the month. If your drug plan card has not yet arrived, bring the confirmation letter from your plan, your Medicaid card or other evidence that you qualify for assistance, and a photo ID to the pharmacy when picking up your prescriptions. Be sure to save your receipts.

Medicare-eligible Delawareans who are enrolled in the Delaware Prescription Assistance Program should take steps to ensure that they can continue receiving assistance. If you are a DPAP client and eligible for Medicare, you must sign up for a plan and apply through the Social Security Administration for a low-income subsidy, and then notify the Division of Medicaid and Medical Assistance that you have taken these steps. Then you will be able to receive assistance to pay premiums, deductibles, and co-payments.

As we go to print, this is the most current information available; however, we encourage our readers to contact Medicare (1-800-MEDICARE) or Delaware's ElderINFO Office (1-800-336-9500 or 302-674-7364) if you have any questions.



HOUSING NEEDS ASSESSMENT

NAMI Delaware is participating in a statewide assessment of the housing needs for all persons with disabilities. If you and/or a family member or friend have a psychiatric disability, and are in need of affordable housing now or in the future, please take the time to answer the following questions.

Person(s) needing housing? (circle answer) Self Family member Friend Other

What age group needs housing? (circle answer) 0-17 yrs 18-29 yrs 30-59 yrs 60+ yrs

Current living arrangement? _____

Type of housing needed? (circle answer) Independent Supervised Group Home Other

If Other specify: _____

Location of housing needed? (circle answer) City Suburbs New Castle County Kent County Sussex County

When will housing be desired? (circle answer) Immediately Within next year Later (est. date _____)

Comments or additional information: _____

This information is being gathered for survey purposes only, and is not part of the NAMI-DE housing application process. Upon completion, please return to: NAMI Delaware, 2400 W. 4th Street, Wilmington, DE 19805. Should you need assistance with postage, please call 302-427-0787 (Wilmington office) for a stamped envelope to be mailed to you. As alternatives, you may also participate by calling the Wilmington office or visiting our website at www.namide.org. Only one survey, regardless of format used, should be returned to NAMI Delaware per person in need of housing. Your help in gathering this vital information is greatly appreciated!



Housing Availability

The National Alliance for the Mentally Ill in Delaware is accepting applications for housing in Kent, Sussex, and New Castle Counties. NAMI-DE housing is dedicated to adults who have chronic mental illness. Applicants must be at least 18 years old, capable of independent living, and meet HUD mandated low income guidelines. Rent is based on 30% of adjusted income. Applicant screening includes criminal background check and disability certification. For more information contact Merton Briggs or Marie LaFevre at the NAMI-DE office at 302-427-0787 or toll-free at 888-427-2646.

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
 Joan Conard (302) 734-2603

NEWARK GROUP

2nd Thursday of each month • 7:30 pm
Holy Family Parish
 Outreach Office
 15 Gender Road
 Contact: Mary Zickefoose (302) 454-1379
 Lena Angotti (302) 368-0591

NORTH WILMINGTON GROUP

2nd Monday of each month • 7:30 pm
Brandywine Valley Baptist Church
 Room 149
 Mt. Lebanon Road • Talleyville
 Contact: Jill or Simon Shute (302) 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 C.A.R.E.

NAMI C.A.R.E. (Consumers Advocating Recovery through Empowerment) is a peer-based, mutual support group program for individuals facing the challenges of recovering from any serious mental illness. NAMI C.A.R.E. is not illness-specific, and welcomes persons with all psychiatric diagnoses. NAMI C.A.R.E. meets in all three counties.

NEW CASTLE COUNTY

Fourth Wednesday of the month at the
 Wilmington Activity Center at 7:00pm.

KENT COUNTY

Third Thursday of the month at
 Bayhealth/ Kent General Hospital
 Room 2, at 7:30pm.

SUSSEX COUNTY

Fourth Thursday of the month at the
 NAMI-DE Rehoboth office at 7:30pm.

*For more information, please call the
 NAMI-DE office in your county.*

Ask the Doctor

by Dr. Ranga Ram

What is SAD and what are good treatments? The “light box” is expensive – any other ideas?

SAD is a very popular abbreviation for Seasonal Affective Disorder. It is considered as a subcategory of depressive illness. There is a seasonal pattern to the depression with some specific features.

What is SAD not? Clearly winter is a difficult time for many people and especially difficult for persons suffering from depression. It is cold outside. All activities take extra effort. Then there are the holidays. Loved ones who have passed are often remembered and mourned. Families meet and there are the proverbial tensions around the holidays. These are not part of what psychiatrists think of as Seasonal Affective Disorder (SAD).

SAD is characterized by a decline in the mood and associated symptoms of depression that have a seasonal pattern. Typically it begins in the late fall as the days begin to get shorter and it tends to lift in the spring. The full set of symptoms of depression can occur as in the non-seasonal variety of depressive illness. There are some characteristics that set SAD apart. It is not necessary to have all of these symptoms, but many of them suggest SAD.

- There is a craving for sweet foods.
- There is a tendency to sleep more.
- There is a tendency to be irritable and to eat more.
- There is more fatigue than usual.

Such a pattern that recurs year after year is suggestive of SAD.

One of several scientific explanations for the disorder is to link the decrease in light to changes in brain chemistry that end in depression. One explanation involves the Pineal gland that secretes melatonin. We know that light suppresses melatonin secretion. Researchers are working on the relationship between lack of light and the dysregulation of melatonin secretion as a possible cause of SAD. There are no definite answers, but there are number of plausible links that may one day yield a definitive treatment. In the meantime we know that light therapy does work in SAD. Brightness of light is measured in units referred to as LUX. Bright summer light is usually around 100,000 LUX. Lights at home are generally around 100 LUX. Light therapy at 2500 LUX for about four hours a day using “light boxes” help treat the symptoms of SAD. Modern light boxes provide about 10,000 LUX and half an hour of exposure a day may be enough. These light boxes generally cost around \$150. It may be necessary to start using them in late fall through spring. A routine that includes using them at the same time each day; maybe exercising on a treadmill or a stationary bike at the same time - may be sensible way to fold in the use of a “morning” light box treatment. But an hour outside, even in the dull sunlight of winter, may also be just

as effective. It is important to walk in the light and soak it in without wearing shades. Exercise of walking adds to the benefit. Arranging the shades in the house or at the office in an attempt to permit most light to come in during critical times of the day also helps in the management of SAD. Antidepressants like Prozac may be helpful.

In summary, the treatment of SAD begins with the correct diagnosis. Several treatments are effective and are not limited to the use of light boxes. Insurances have not typically paid for the treatment with light boxes. Some psychiatrists may have “loaners” that will allow patients to try it out before investing in a light box out of pocket.

Local Light Device Companies

Medic-Light, Inc.
 Yacht Club Dr. • Lake Hopatcong, NJ 07849
 201-663-1214 • 800-668-2110

SunRay I Light Box
 SunBox Company • 19217 Orbit Drive
 Gaithersburg, MD 20879-4149
 1-800-548-3968 • sunbox@aol.com
 www.sunboxco.com

Light Visor
 BioBrite, Inc.
 7315 Wisconsin Avenue, Suite 900E
 Bethesda, MD 20814-3202

Pharmaceutical and Therapeutic (P&T) Committee Votes to Exempt Antidepressants and Anticonvulsants From Prior Authorization on Preferred Drug List (PDL)

by Rita Marocco

For the second straight meeting, members of the P&T Committee have been steadfast in their recommendations to exempt categories of drugs from the prior authorization process. At the December 1, 2005 meeting, the P&T Committee members voted 7 to 5 to exempt all drug categories related to mental illness, seizure disorders, HIV/AIDS, cancer, and organ transplant. DHSS policymakers ultimately nullified this recommendation. The rationale for overturning the committee’s action was encompassed in a one-paragraph statement

that the P&T Committee had acted outside its scope in voting to recommend a blanket exemption. The P&T Committee appeared to be undaunted by nullification of their December 2005 actions. Instead, members patiently reviewed two categories, antidepressants and anticonvulsants, at their February 9, 2006 meeting and voted once again to recommend exemption of these drugs from the prior authorization process. If the Committee’s recommendation is honored, substantially all antidepressants and anticonvulsants will be on

the Preferred Drug List (PDL).

NAMI-DE Board and members commend the actions of the P&T Committee. It is apparent that the P&T Committee members have an understanding of how important open access to medication is for complex medical conditions. We hope that the primary goal of the P&T Committee continues to be focused on quality of life issues for those living with complex medical conditions.

Downstate News

by Mark Thompson and June Butler

We are currently in the midst of the winter session of our education courses for NAMI-DE. We are offering Peer-to-Peer, Visions for Tomorrow and Family-to-Family. These courses will be offered once again in the spring, summer and fall of 2006.

Peer-to-Peer Recovery Education Course is a nine week course on recovery for any person with serious mental illness who is interested in establishing and maintaining wellness.

Visions for Tomorrow Education Course is a course that consists of a series of workshops for caregivers of children with brain disorders. Caregivers may be parents, extended family, or foster parents. This course will present information about a variety of topics including ADD/ADHD, PDD/Autism and much more.

Family-to-Family Program is a series of 12 weekly classes structured for the caregiver

(family members and loved ones) to help them understand and support their mentally ill relative while maintaining their own well-being.

If you would like more information on our education courses or are interested in volunteering, please call 302-744-9356 (Dover), 302-226-3334 (Rehoboth) or 1-888-427-2643 or visit our website at www.namide.org for updates.

Disabilities Law Program Helps Students with Invisible Disabilities

by Lexie S. McFassel, CLASI Staff Attorney

Reprinted from *CLASI News* with the permission of Community Legal Aid Society, Inc.

The Disabilities Law Program (DLP) provides advocacy to students with mental illness when there is an actual or proposed exclusion from needed direct or related services. Generally, the student has already been identified as an individual with a disability and is receiving some level of services under the Individuals with Disabilities Education Act (IDEA).

In March 2005 DLP received a call requesting assistance in a case where a student had violated school rules and was facing expulsion for the rest of the school year. The student's mother contacted DLP to see if any help could be provided to keep her daughter in school. A paralegal in the Georgetown office investigated and discovered that prior to the school incident which threatened the student's school year, she had received intensive treatment for a mental health problem, and her mother had sought help from the school psychologist in finding a suitable health provider for follow up treatment.

Two significant laws protect children with disabilities in a school setting: the Individuals with Disabilities Education Act (IDEA) and Section 504 of the Rehabilitation Act of 1973. Under IDEA and the Regulations of the Department of Education, each school district is obligated to the "Childfind" process – to identify, locate and evaluate or reevaluate all children with disabilities who reside in that district. Childfind is an important component to providing special education services, since school professionals have special training and years of experience to assist them in identifying children who have disabilities. Identification provides critical protection to students whose disabilities may interfere with their ability to meet the expectations of the school, not just academically, but behaviorally as well.

A parent or advocate may assert the protections of IDEA, even for children who are not yet eligible for special education and related services, in cases where the school had knowledge that the student was a child with a disability before the behavior that precipitated the disciplinary

action occurred. This protection exists because once the school has knowledge of a possible disability, they are obligated under the Childfind provisions of IDEA to determine whether the child should be identified and provided services. This advances the stated goals of IDEA that all children, including those with disabilities, are entitled to a free and appropriate education.

In this case, despite the fact the student had a mental health diagnosis, had received intensive treatment and was receiving continuing treatment, she had not been identified and evaluated by the school for services pursuant to IDEA or section 504. When faced with expulsion, therefore, she was not protected by these laws, and her disability was not going to be considered in determining whether she should be expelled. With the assistance of DLP, the mother was able to obtain the services her daughter needed to receive her education.

The school had knowledge that the student was experiencing problems and that the mother was seeking specific assistance to continue the treatment, prior to the disciplinary problems. The DLP paralegal, the student's mother and the student met with school officials who recognized that there was, and had been, a need for evaluation under "Childfind". The disciplinary proceedings were placed on hold while the student was evaluated. The evaluation found her to be an individual with disabilities in need of services. DLP continued to be involved through the development of an Individualized Education Program (IEP) for the student and determining the services necessary for her success.

Today, the student is finishing school and receiving services under IDEA to assist her in doing so. She is described as a very bright student. Having already demonstrated her work ethic and potential as she completed the school requirements on homebound education while evaluation and development of the IEP were pending, she is currently planning to continue her education after high school to become a teacher. This case is a great example of how DLP and the technical knowledge of IDEA are able to change outcomes.

Did you know that NAMI-DE's very own house band, McQ, plays lots of gigs in Pennsylvania? They do classic rock, yes, but they also are naturally talented, highly skilled Irish musicians!

What could be more fun than to see "our band" before the Walk on SATURDAY, MAY 6th? We can help them gear up for the 4th Annual NAMI Walks for the Mind of America by going to some of their other shows!

MARCH 10

Bobby Burger's Tavern
(Conshy Rib House)
Hector & Jones Street
Conshohocken, PA
9:30 PM (Classic Rock)

MARCH 16

McKinley's Tavern
Elkins Park, PA
8 PM (Irish Music)

MARCH 17

Kildare's Irish Pub
Media, PA
8 PM (Irish Music)

MARCH 18

Brittingham's Irish Pub
Germantown Park, Lafayette Hills, PA
9 PM - Full 6-pc Band
(Irish Music & Classic Rock)

MARCH 19

McGillicuddy's Restaurant
West Chester Park, Kirklyn, PA
4-8 PM - Full Band (Irish Music)

MARCH 24

Bobby Burger's Tavern
(Conshy Rib House)
Hector & Jones Street
Conshohocken, PA
9:30 PM (Classic Rock & Oldies)

MARCH 25

Cawley's Restaurant
Upper Darby, PA
9:30 PM
TNT (Tommy Green & Tom McHugh)

Consumer Services Organization

Continuing to make a difference in the lives of consumers!

by Erin Meisel

Hello. My name is Erin Meisel and I am the new coordinator for the Wilmington and Newark CSO Activity Centers. I love my new job. Currently, I am pursuing my Bachelor's Degree in Behavioral Science at Wilmington College. I am excited about using my skills and experience to bring fun and amusement to both places!

We had an incredible combined Holiday party in December. Fifty four people showed up — an all-time record! A very kind and generous friend of NAMI Delaware donated gifts of portable CD players and other goodies for the consumers. We are eternally grateful to our friend for this. The party also included delicious food, music and even a contest to see who could belt out their best HO! HO! HO! impression.

We are happy to announce that we have a new facilitator at the Wilmington Activity Center. His name is Gene Hitchens. Gene has a Bachelor's degree in Psychology and a great attitude towards life. He believes in having a sense of humor and not taking life too seriously. The Wilmington CSO is also delighted with our other new facilitator, Chris Wilson. Chris is filled with interesting and fun ideas, such as starting a yoga class. We are joyous at having both of them on board.

Fun abounds at the Newark Activity Center! They are getting record numbers. The arts and crafts program is expanding. Entertaining games such as bingo and UNO are frequently being played. There are movies to be enjoyed in the movie room. The consumers especially enjoy the bowling trips!

The weather is cold outside, but there is warmth and enjoyment in both the Newark and Wilmington CSO Activity Centers — so stop by! Enjoy a suspenseful game of bingo and other games, or an interesting arts and crafts project. You can also just show up and enjoy the company and conversation with other folks. We love visitors!

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

From our friends at New Directions Delaware



Andy Behrman to Speak at New Directions Delaware Program

New Directions Delaware will feature author Andy Behrman as the keynote speaker at their 11th Annual Drew Sopirak Memorial Program, to be held at Brandywine High School on Monday evening, April 24, 2006. The title of the talk is "Dump the Stigma and Focus on Recovery."

Mr. Behrman's book "Electroboy: A Memoir of Mania" is a chronicle of his battle with manic

depression or bipolar disorder — the euphoric highs and desperate lows. "Electroboy" has been translated into six foreign languages and is distributed worldwide. This summer filming will begin on a major motion picture based on Andy's memoirs starring Toby McGuire.

For more information on the event or advance tickets sales, call 302-286-1161 or visit www.newdirectionsdelaware.org.

BECOME A 2006 MEMBER OF NAMI-DE!

By joining NAMI-DE, you show decision-makers that you support our work. When you join, you become a member of NAMI National as well, which allows you to access online communities at www.nami.org and receive the quarterly Advocate magazine. Members are also eligible for discounted admission to certain NAMI Delaware and National events.

To join, please mail this form (or a copy) with payment to the Wilmington office or visit <http://www.namide.org/info/supportnamipage.html>

- Consumer Membership\$5
- Individual Membership.....\$30
- Family Membership ____ # in Family.....\$50
- Professional Membership\$75
- Sponsor.....\$150
- Patron\$250
- Organization.....\$300
- Champion\$500+

NAME: _____

PHONE: _____

BUSINESS/ORGANIZATION: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

EMAIL ADDRESS: _____

VISA / MC _____

EXP. DATE: _____

Please make all checks payable to NAMI-DE.
THANK YOU FOR BECOMING A MEMBER OF NAMI-DE!

Mental Health Issues in the Teenage Years: Dealing with Depression

by Brock Patterson

The teenage years are arguably the most difficult years in the lifespan of an individual. There are many factors that make this a difficult age. Most teenagers can expect to experience dramatic body transformation, emotional swings, being the target of some form of bullying or aggressive behavior, arguments with parents, and even feelings of alienation.

These years can be more difficult for those suffering from depression. Depression can also compound other problems that a teenager may be experiencing at that time. In the teenage years, friends and their opinions are very important and play a larger role in decision-making than in the other stages of life. For this reason, the stigma associated with mental illness at this age can be much more troublesome and debilitating.

This is why NAMI-DE would like to share some warning signs and coping mechanisms with parents, so that they may better assist their teenagers in dealing with and managing depression.

The following information is quoted from an article provided by Children's Hospitals and Clinics of Minnesota, entitled "Teenage Depression: What Parents Can Do".

Some warning signs of depression are as follows:

- Problems with sleep including chronic insomnia, excessive sleepiness, or disturbed sleep
- Eating problems such as decreased or increased appetite with weight change
- An increase in energy level including agitation, restlessness, or pacing
- Lethargy, such as slow body movements or slow speech
- Fatigue, loss of energy, or lack of energy
- Feelings of worthlessness, low self-esteem, or lack of self-confidence
- Feelings of guilt
- Inability to concentrate

- Depressed mood including crying frequently, brooding, or sadness
- Feelings of hopelessness or emptiness in life
- Preoccupation with death or suicide
- Loss of interest in things, people, or activities

Here are some suggestions for aiding a child suffering with depression:

- Stay involved.
- The influence of parents during a time of potential turmoil is essential for raising healthy teens. Too often, parents respond to the signs of growing independence and withdraw from their teens' lives. The most important thing a parent can do is to be involved — spend time with their teen.
- Support positive relationships.
- Teens need to feel like they belong. Their peer relationships are one important arena for them to do this. Parents should help their teen find interests and activities that provide opportunities to connect with other teens. Give them opportunities to spend time with friends. Teens need to be exposed to other caring adults they can trust. Contact with these adults should be encouraged in order to help shape the direction of their lives and provide stability.
- Listen.
- Parents need to be available so teens can talk to them about the problems they are facing. Asking teens about their life and listening to the answer is important. Listen to their troubles and help them find solutions to their problems. Be able to recognize the warning signs of depression. If a teen talks of suicide, take it seriously.

To view the article in its entirety, visit <http://xpedio02.childrensmn.org/stellent/groups/public/@xcp/@web/@mentalhealth/documents/policyreferenceprocedure/web010841.asp?src=overture>

VOLUNTEERS NEEDED!

Monitors

NAMI-DE monitors ensure that conditions at the Delaware Psychiatric Center meet patient needs through monthly visits and reports. All monitors receive free training from DPC and NAMI-DE.

Warm-Line Calls

NAMI-DE provides a warm-line telephone service providing support, empathy, and referrals. NAMI-DE is happy to train people with empathic listening skills to help give consumers and their loved ones a sense of empowerment and hope.

Consumer Services

NAMI-DE operates two Activity Centers which are very popular! Volunteers are always welcome to come on a regular basis to play pool, do arts and crafts, work on computers, and lead or participate in other activities with consumers.

Education & Support Programs

NAMI-DE's support and education programs (Family-to-Family, Visions for Tomorrow, Peer-to-Peer, NAMI C.A.R.E., and family support groups) help many families and consumers every year. Training is provided at no charge to all teachers and leaders, and small stipends are available in certain programs.

Housing

NAMI-DE houses need care from time to time, like painting and yard work. If your group is looking for a fun volunteer project, call the NAMI-DE housing office and ask about what projects we have available!

If you have talents that you'd like to share in order to make Delaware a better place for consumers and their loved ones, then NAMI-DE welcomes you!

Best Selling Author Bebe Moore Campbell Speaks to Full House

by Patricia McDowell

More than 100 people gathered at the Police Athletic League Center in Wilmington on Sunday, February 5th, to join NAMI-DE in welcoming Ms. Bebe Moore Campbell. Ms. Campbell is a highly respected African-American writer with a unique style of weaving social themes and issues into her stories. Books that have won acclaim include:

*Successful Women, Angry Men:
Backlash in the Two Career Marriage
Sweet Summer, Growing up
with and without My Dad
Your Blues Ain't Like Mine
Brothers and Sisters
Singing in the Comeback Choir
What You Owe Me
Sometimes My Mommy Gets Angry*

Ms. Campbell's life and career-changing journey with her mentally ill family member began about 9 years ago. This journey has brought her from denial, anguish, isolation, anger and despair to her new passion – helping others learn about mental illness, encouraging people to talk about their loved one's illness.

There is support and education about mental illness and hope for recovery but the stigma associated with mental illness surely paralyzes the folks who have the illness, and their loved ones. Ms. Campbell feels that African-Americans are less likely to reach out for help, less likely to have insurance or are underinsured. African-Americans also have trust issues with the medical establishment (referring particularly to the Tuskegee experiments) and are reluctant to talk about their mental health concerns. She cautions, though, that often when people avoid the medical community, they may very well end up in prison.

Ms. Campbell wrote her latest book, 72 Hour Hold, with a two-part mission: "I really, really want African-Americans to get mental illness out of our collective closet" (end their isolation, face the stigma) and "I really want people to face the issues". Ms. Campbell, along with her NAMI-Inglewood (California) chapter worked successfully with Washington DC Mayor Anthony Williams and Mayor Jane Campbell of Cleveland, Ohio to proclaim July National Minority Mental Health Month. She is

leading a huge push to get information out across the country so that people will be less afraid and in denial about mental illness.

Ms. Campbell is a strong proponent of the NAMI Family-to-Family education program. Through NAMI-Inglewood (soon to be NAMI Urban LA) she has taken the class and the training to be a Family-to-Family Educator – she walks her talk! She believes that this program is one of the best educational and support systems available to family members and loved ones of persons who have mental illness. NAMI-DE is one of the few state chapters in the country to offer an African-American Family-to-Family program, which is FREE, and the P.A.L. Center of Wilmington has professed an interest in helping with our outreach to the African-American community.

NAMI-DE is grateful to the Police Athletic League of Wilmington for providing the venue for this wonderful event. This event was made possible through a charitable contribution from AstraZeneca and their African-American Employee Network Group (AZAAN).

TIPS FOR TENANTS: When to Toss Those Condiments

by Marie LaFevre

Have you ever looked in your refrigerator or your kitchen cupboards and wondered if those condiments were still good? Well, here is a list selected from *Real Simple* magazine that may help you decide.

KETCHUP

Unopened: 1 year
Opened: 4 to 6 months

SOY SAUCE (bottled)

Unopened: 2 years
Opened: 3 months

COFFEE, CANNED GROUND

Unopened: 2 years.
Opened: 1 month refrigerated

JUICE (bottled)

Unopened: 8 months from production date.
Opened: 7 to 10 days

SODA (regular)

Unopened in cans or glass bottles: 9 months from "best by" date.
Opened: doesn't spoil, but taste is affected.

DIET SODA (and soft drinks in bottles)

Unopened: 3 months from "best by" date.
Opened: Doesn't spoil but taste is affected.

PEANUT BUTTER, PROCESSED

Unopened: 2 years
Opened: 6 months, refrigerate after three (3) months

TUNA, CANNED

Unopened: 1 year from purchase date
Opened: 3 to 4 days (do not store tuna in can after opening).

VINEGAR

Unopened or opened: 42 months

SALAD DRESSING (bottled)

Unopened: 12 months after "best by" date
Opened: 9 months refrigerated

MAYONNAISE

Unopened: indefinitely
Opened: 2 to 3 months from "purchased by" date (after this time, color or flavoring may be affected, but the product is still generally safe to consume.)

OLIVE OIL

Unopened or opened: 2 years from manufacture date (after this time, color or flavor may be affected) but the product is still generally safe to consume.

MAPLE SYRUP

Unopened or opened: 1 year

Suggestion from a Friend

by Merton Briggs

The day was drawing to an end at the workplace and things just didn't feel right for me. In a time when people are preparing for one of the most festive times of year (Christmas), I couldn't muster the enthusiasm or the cheer needed for the holiday. There were a culmination of things adding to my sadness – my family turmoil, my love leaving me, the holidays, you get the picture. Luckily for me someone noticed my sadness and asked if she could lend an ear. Not hesitating a second, I went full bore into a dumping session that lasted two hours. I realized that I was cutting into her time, but yet she took the time from her day to listen. Grateful for her consideration and time, I cut my ranting short, though I felt like I could have talked for days, not to mention it felt good. By the end of our one-on-one, she let me know that she understood where I was and that perhaps she could give me something in return that might help me. That something was a suggestion to read a book. The book in particular was "A Million Little Pieces," by James Frey. Not being much of a reader at all, I scribbled down the title, tucked it away in my wallet, and concluded business for the day.

Saturday morning I awoke to the same blues I had felt the day before. I proceeded to go about my normal routine – shower, breakfast at Newport Diner, and then headed home. However, instead of heading north on Route 7 toward the Pike Creek Valley I went south toward the Christiana Mall and more importantly, Borders. Probably having read a total of three books from start to finish in my 31 years here on Earth, I figured why not go and check out this suggestion that was scrawled on my note from the night before. So I did. I remembered our conversation the previous evening and knew I was to look for a baby blue cover with a person's hand extended covered in rainbow sprinkles. Sure enough, that's what I found. I read the back to get a gist of what to expect from my new book while standing in the checkout line. Then I headed home to see what was in store for me with my purchase in hand.

Within the first few pages I was hooked. I couldn't put the book down. I was ravenous with anticipation of what lay ahead on the pages that followed. Pretty soon I was relating to a lot of what went on in James' life. Having loved ones around me all of my life who lived with addiction to drugs and alcohol, I, like

many others who read the book realized I was not alone. But as the story went on, I found myself becoming friends and caring for the persons with whom his life revolved, most of all James. And as with a friendship, I started to learn from experiences together. The most important was vulnerability! Realizing the importance of dealing with the good and the bad, because with good comes greatness, and with the bad things only get better. Also, allowing myself to feel rather than live in a world from nine to five, that from the outside looking in appeared normal. But from five to nine was only a fortress with hundred foot walls, ten feet thick, with watch towers armed to the gills, and ready for anyone or anything that dare try to penetrate.

Upon completion of the book two days later I had found the strength in the content to stop an avalanche that had gained momentum and strength since the age of 14 rendering most paths in my life untraversable. And with that strength came a waterfall of emotions I had never experienced. Things that I had always felt strongly about seemed to transform with new meaning and beauty. Sure, not everything was great or magnificent, but now I took the things that were bad or ugly and twisted them and molded them in a way I could deal with, learn from and moving forward with no ill

will. I was able to begin mending broken bridges with my family. My love was recaptured before another could steal my heart, and pulled ever so close where she belonged as my best friend, support and strength that oftentimes I thwarted before. I was full of jubilation for my findings in this book, that I told anyone who would listen to the inspiration it gave to me, and suggested its reading. So much so that I thought of contacting James for some PR work.

Then one afternoon I received an email from a friend who had gotten an email from someone else about a website refuting parts of the story, in particular the length of some jail terms. I read it and was crushed and thought to myself who would take the time to intentionally hurt or break down another's happiness. Even so I stood by my friend James. But that wasn't the end of it, nope; even Oprah, who was a tremendous supporter of the book, got her licks in too. And by now I am sure that if you're reading this you know the whole story. So why am I telling you about this book "A Million Little Pieces," that was suggested to me? Because it's a great book with a wonderful story of strength and the ability to conquer and it has done wonders for me. Hopefully if you haven't already read it, you will, and it will do something for you or a loved one.

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.

Sponsor Delaware's 4th Annual NAMI Walks for the Mind of America on May 6!

NAMI Walks sponsors enable us to make the event the growing success it has been. The benefits of sponsorship include exposure to and recognition by the hundreds of walkers who participate in the Walk, and potentially can reach into the thousands of website visitors, newspaper readers, and of course, NAMI-DE's friends and supporters. The sooner we can confirm your sponsorship, the more exposure you will receive. If you would like to become a sponsor, please contact the Wilmington office at your earliest convenience to take full advantage of the benefits offered!

Presenting Sponsor (\$10,000+)

- All benefits of Major Sponsorship; listing as Presenting Sponsor on front of brochures, event posters, name and logo printed at top of Walk T-shirt

- Sponsor prominently recognized in pre- and post-event mailings to NAMI-DE friends and supporters

- Sponsor may have an information booth/tent at Walk and the opportunity to develop promotional campaigns tied into the event.

- Sponsor's banner will be displayed at the Kickoff Luncheon.

Major Sponsor (\$7,500)

- All benefits of Gold Sponsorship; name and logo on Walk T-shirts will be highlighted and placed on the front cover of all brochures; name and logo will also receive more prominent placement on the Walk website.

- Sponsor's name prominently mentioned in all press releases produced for the event after the date that status of Major or Presenting Sponsorship is confirmed.

- Sponsor's corporate banner may be prominently displayed at the start/end point of Walk.

- Sponsor may have an information booth/tent at Walk and the opportunity to develop promotional campaigns tied into the event. (Promotional campaigns may not conflict with any being run by Presenting Sponsors of the Walk)

Gold Sponsor (\$5,000)

- All benefits of Silver Sponsorship

- Sponsor's name included in a press release produced for the event.

- Sponsor's corporate banner may be displayed at the start/end point of Walk.

- Sponsor will have opportunity to have an information booth at Walk.

Kickoff Luncheon Sponsor (\$3,500)

- All benefits of Silver Sponsorship

- Sponsor will be prominently recognized as the presenting sponsor of the Walk Kickoff Luncheon (to be held approximately 6 weeks before the Walk) on the Luncheon invitation, on the Walk website, in pre-event mailings to team captains and volunteers, and at the Luncheon.

Silver Sponsor (\$2,500)

- All benefits of Bronze Sponsorship; name and logo will be more prominently placed on brochures and Walk T-shirts

- Sponsor name and logo prominently displayed on event posters

- Sponsor's corporate banner may be displayed at the start/end point of Walk.

Post Walk Awards Reception Sponsor (\$2,000)

- All benefits of Bronze Sponsorship

- Prominent recognition as presenting sponsor of the reception on the event invitation, post-event team captain and volunteer mailings, on the Walk website, and at the event.

Bronze Sponsor (\$1,000)

- All benefits of Supporter Sponsorship

- Sponsor recognized at the pre-event Kickoff Luncheon and post-event Awards Reception for team captains and volunteers.

- Sponsor's name or logo will be displayed on Walk website (www.NAMI.org).

Supporting Sponsor (\$500)

- Sponsor's name listed on walker sponsor brochures

- Sponsor's name printed on Walk T-shirts

Pathway Sponsor (\$250)

- Sponsor's name, logo, or message will be placed on a walk sign placed prominently along the Walk route. This sponsorship is an excellent way for individuals and families to honor or memorialize a loved one. If you like, NAMI-DE will also add a fact about mental illness to your sign as a public education tool.



Sponsorship recognition also available for major donors of goods and services.

*Thank you to our
2006 Walk Sponsors!*

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