

### Our Mission

*NAMI Mercer is a nonprofit organization of individuals and families working to improve the lives of those affected by mental illness through education, advocacy and mutual support.*

## NAMI Mercer Calendar

For regular support meetings, see Page 8

### PUBLIC EDUCATION MEETINGS

AT THE NAMI CENTER

Jan. 18 (Tuesday)

7:30 to 9 p.m.

#### Help that Hurts, Help that Helps

*Dr. Loren Crabtree  
Project Transition  
in Chalfont, PA*

*Learn how to communicate with your friend or relative with mental illness in a constructive, caring way.*

Feb. 15 (Tuesday)

7:30 to 9 p.m.

#### Special Needs Trusts

*Planning for the long-term future care of your relative with mental illness.*

Mar. 15 (Tuesday)

7:30 to 9 p.m.

#### Feeling Emotionally Healthy in the Golden Years

*Abbie Katz*

*Greater Trenton Behavioral  
HealthCare Senior  
Wellbeing Program*

*A presentation on aging and the mental health needs of older adults.*

## Jazzing it up at Night Out

NAMI Mercer is pleased to announce that the Grammy-nominated Bill Charlap Trio will perform a benefit concert for our ninth annual Night Out with NAMI on Jan. 9, 2011 at the College of New Jersey (TCNJ) in Ewing. This event is one of our organization's major fundraisers, generating resources to sustain NAMI Mercer's free education and support programs.

Charlap, regarded as one of the world's premiere jazz pianists, has appeared with the most acclaimed musicians and vocalists of our time. He will be accompanied by Kenny Washington on drums and Sean Smith on bass. Together, they will perform jazz classics based on popular works by renowned American composers who have been affected by mental illness. They include Cole Porter, George Gershwin, and Leonard Bernstein.

NAMI Mercer has selected Denice

Torres, president and CEO of Janssen Pharmaceutica, as our honorary event chair. Under her leadership, Janssen has loyally and generously sponsored NAMI Mercer events, hosted our NAMIWalk kick-off luncheons and formed strong Walk teams to fight stigma.

Night Out will begin at 3:00 p.m. in TCNJ's Music Building. A gala dinner and silent auction at Eickhoff Hall will follow the concert. By popular demand, Thursday Night Jazz will be back to provide entertainment during the reception. This trio of young musicians will perform a mix of fusion, funk, blues, pop, and smooth jazz from contemporary and traditional artists such as Duke Ellington and George Gershwin.

The ticket price for the concert is \$49; the price for both concert and dinner is \$165. You also can support Night Out by making a donation, sponsoring the event, or advertising in our program.

## NIGHT OUT WITH NAMI

*The Bill Charlap Trio will perform jazz classics based on works by renowned American composers who have been affected by mental illness. Charlap, widely considered one of the world's best jazz pianists, has earned two Grammy nominations for his CDs "Somewhere" and "The Bill Charlap Trio Live at the Village Vanguard."*

Concert at 3 p.m., The Music Building, dinner/auction at 5:30 p.m., The College of New Jersey.

Tickets: \$49 for concert; \$165 for concert and dinner.

Contact 609-799-8994 or [www.namimercer.org](http://www.namimercer.org).



From left: Bill Charlap on piano, Kenny Washington on drums and Sean Smith on bass.

See bios on Page 2

### Membership: a new approach

**D**ear NAMI Mercer Friends and Members,

NAMI Mercer is a membership organization. We originated as a grass-roots effort and are sustained by volunteers. We depend on our members for survival. They are our leaders, our workers and our audience. We are more likely to receive funding from government or private sources if our membership rolls are high. And, as we advocate for families affected by mental illness, the number of members we represent determines the power of our voice.

In 2011, we are introducing a new way to handle membership. Until now, we have supported "rolling" renewals. That is, members renew in the month in which they joined. For example, people who joined in June, renew the following June. Our new system will implement annual membership, with February designated as NAMI Mercer Membership Month.

There are two major reasons why we are changing our membership renewal strategy. Having all members renew at the same time reduces the administrative burden of processing renewals throughout the year. In addition, we will be able to concentrate our energy to conduct a strong membership campaign every February.

Our membership levels and annual dues will remain the same.

Individual/Family	\$35
Open Door (limited income)	\$3
Professional	\$50
Organizational	\$150

#### Your paid membership sustains:

##### Education and Support

Family to Family program  
Support groups  
Helpline (Monday through Friday)  
Monthly public education programs  
Annual wellness conference

##### Community Outreach

In Our Own Voice program  
Multicultural outreach programs  
Congregational and college outreach programs

#### Advocacy

A strong lobby for change on local, state and national levels

Psychiatric hospital monitoring to ensure quality care

Crisis Intervention Training for law enforcement officers.



**Sally Osmer**

#### Membership gives you:

- Opportunities to network and receive support from other families affected by mental illness
- Notification of all upcoming NAMI Mercer programs and events
- Resource materials and training
- Participation in all programs
- NAMI Mercer quarterly newsletter – The Messenger
- Nationally published magazine – The Advocate
- Membership in NAMI National and NAMI New Jersey
- The right to vote to elect the NAMI board of directors
- New benefits under consideration by the board.

We cannot overemphasize the importance of membership and hope that you will renew in February when we contact you. If you are not currently a member, please join us. As an incentive, if you join before the end of 2010, your membership will be valid until February 2012. Let's continue to grow our membership and our voice in the community on behalf of families affected by mental illness.

Sincerely,

*Sally Osmer*

Executive Director

### Night Out With NAMI musicians at a glance

#### Bill Charlap

One of the world's premiere jazz pianists, Bill Charlap has performed with many of the most acclaimed artists of our time, including saxophonists Phil Woods and Gerry Mulligan, trumpeter Wynton Marsalis, and singer Tony Bennett.

Charlap is known for his sensitive interpretations of American popular songs. His Bill Charlap Trio, now recognized as one of the leading groups in jazz, has earned two Grammy Award nominations, for *Somewhere: The Songs of Leonard Bernstein* and more recently *The Bill Charlap Trio: Live at the Village Vanguard*.

Charlap is the artistic director of the New York City Jazz in July Festival. He has produced several concerts for Jazz at Lincoln Center and an evening of George Gershwin's music at the Hollywood Bowl.

Time magazine wrote, "Bill Charlap approaches a song the way a lover approaches his beloved . . . no matter how imaginative or surprising his take

*Continued on Page 7*

### Make your donation go further!

Here's a way to make your donation to NAMI go even further toward improving the lives of people affected by mental illness. Your employer may be willing to match your charitable contribution. Some companies also generously match gifts made by retirees and spouses of employees.

Please take a moment to contact the personnel or human resources department where you work to determine if your company has a matching gift program. If so, please sign and submit the company matching gift form whenever you make a donation to NAMI or purchase a ticket to a NAMI event. NAMI Mercer will do the rest.

If you have any questions, please contact our Development Chairman **John Marsland** at 609-497-1214 or [jemsails134@gmail.com](mailto:jemsails134@gmail.com).

## Always take a suicide threat seriously

If someone says "I want to kill myself" or "I'm going to commit suicide," you should always take this statement seriously and immediately seek assistance from a qualified mental health professional. In most cases, expressing a suicidal thought is an indication of extreme distress, not a harmless bid for attention.

As we experience the worst economic period since the Great Depression, the resulting stresses have contributed to the onset of mental disorders at a time when mental health resources are suffering budgetary cuts.

The National Institutes of Mental Health currently estimate that approximately 11 per 100,000 Americans die by suicide each year. Greater than 90 percent of people who end their lives have a diagnosable mental illness, most commonly a depressive disorder or substance abuse.

Fifteen percent of individuals diagnosed with either schizophrenia or bipolar disorder ultimately die by suicide. Suicide remains the third leading cause of death for 15 to 24-year-olds and the sixth leading cause of death for 5 to 14-year-olds. Our seniors have a suicide rate of 14.5 per 100,000.

In Mercer County, we continue to witness tragic loss due to suicide, especially among teens and young adults. Today's youth experience stress, confusion, self-doubt, pressure to succeed, financial uncertainty, and other fears. For some, divorce, the formation of a new family with step-parents and step-siblings, or merely moving to a new community can be very unsettling and intensify self-doubts. Recent studies also have revealed that children and adolescents who are bullied are at high risk for suicide.

Depression and suicidal feelings are treatable mental disorders. If you suspect that a child, adolescent or adult has a serious problem, facilitate his or her seeing a professional. When in doubt, consider approaching your family physician or minister for advice.

Signs that a teen or adult may be suicidal include:

- Change in eating and sleeping

habits

- Withdrawal from friends, family, and regular activities
- Violent actions, rebellious behavior, or running away
- Drug and alcohol use
- Unusual neglect of personal appearance
- Marked personality change
- Persistent boredom, difficulty concentrating, or a decline in his/her quality of work
- Frequent complaints about physical symptoms, such as stomach-aches, headaches and fatigue
- Loss of interest in pleasurable activities
- Rejection of praise or rewards.



**Bill Hayes Jr.**

A person who is planning to commit suicide may also:

- Complain of being a bad person or feeling rotten inside
- Give verbal hints with statements such as: I won't be a problem for you much longer
- Put his or her affairs in order, give away favorite possessions, clean his or her room, throw away important belongings
- Become suddenly cheerful after a period of depression
- Have signs of psychosis (hallucinations or bizarre thoughts).

Studies show that cognitive therapy reduces subsequent suicide attempts by 50 percent during the year following treatment. This type of therapy teaches alternative actions when thoughts of self-harm arise. A suicide attempt is among the strongest predictors of later suicide.

If you think someone is suicidal, do not leave him or her alone. Seek immediate help from a doctor, the nearest hospital emergency room, or 911. Eliminate access to firearms or other

potential tools for suicide, including unsupervised medications.

Unfortunately, The American Academy of Child and Adolescent (AACAP) Psychiatry has found that suicide-awareness programs in schools have not been effective in reducing suicidal behaviors or increasing help-seeking behavior, perhaps because they encourage disclosure, which may disturb high-risk students.

A safer approach is to focus on the clinical characteristics of depression and other mental illnesses that predispose youth to suicidality. In the absence of contrary evidence, talking about suicide itself should be discouraged because of the propensity to activate suicidal ideation in disturbed adolescents.

Suicide-education programs for teens that do not include procedures to evaluate and refer students at risk are not endorsed by AACAP. There is ample evidence that teens in mid-to-late adolescence, the group at greatest risk for suicide, will reveal intent if asked directly. This practice is recommended to family practitioners, pediatricians, school counselors, juvenile-justice professionals, and psychologists who wish to survey their populations for teens considering suicide. Those identified should be referred for further evaluation and treatment.

Clinicians engaged in public health practice should advise the media on the dangers of excessive coverage of individual suicides. The most important suicide prevention program is a well-designed and comprehensive mental health care system that ensures easy access to evaluation, education, treatment and support. NAMI Mercer plays an important role in suicide prevention by providing education, advocacy and support to individuals and their families affected by mental illness.

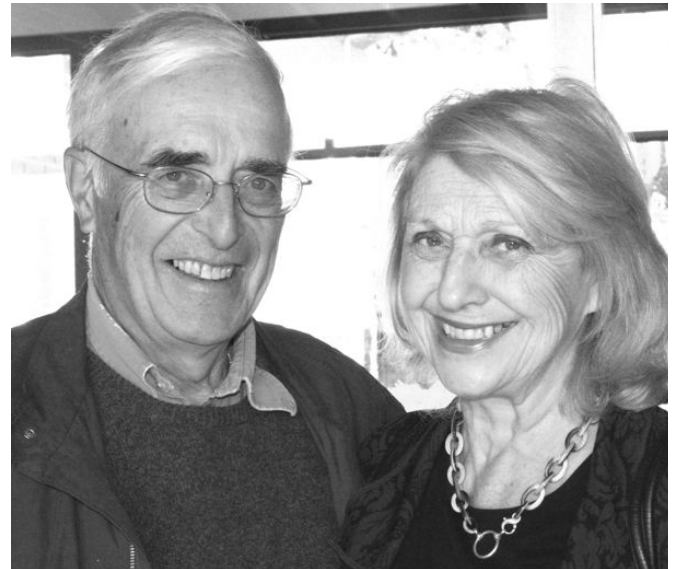
Sincerely,

*Bill Hayes*

*President*

# Harvest of Hope, October 9

Photo by Kathryn Tolin



**Top left: Ruth Vitale and Vicki Leyton.**  
**Top right: NAMI Mercer President Bill Hayes.**  
**Middle left: Goofy and Drew Horn. Middle right: Maggie and Colin Hill.**  
**Bottom left: Kitchen crew Charlene Green, Danita Saunders, Kaitlin Bishop and Tom Tompkins.**  
**Bottom right: Joan Brame (right) with exercisers.**

Photos by Galen Valley

# Farewell to Nora Kales

By Ellen Heath

Nora Kales died suddenly on August 28, at the age of 72. For me, one of the great pleasures of belonging to NAMI Mercer over the past two decades has been volunteering alongside Nora. She was someone you could count on, ready to pitch in without hesitation if she could. Although she had other commitments over the years, including a job, a small business of handcrafted children's clothing, the care of her mother, and the quality time she devoted to her daughters and grandchildren, she made helping others

## Nora's favorite recipe

### Southwest Black Bean Soup

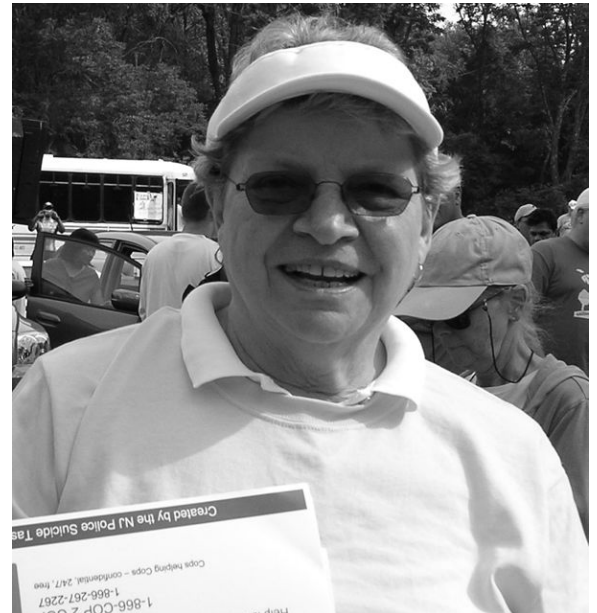
1 pkg. black beans and rice mix (such as Zatarain's or Carolina), cooked  
1 can creamed corn  
1 cup salsa  
1 cup of stock. Serves six.

struggling with mental illness a high priority.

Nora received a posthumous "Change Maker" award on Oct. 27 from Volunteer Connect at Janssen Pharmaceuticals. Her daughters, Jenny and Susan, were at the event to receive the award in her memory.

Nora demonstrated her commitment in a distinctive, no-nonsense manner that often amused us. She brought a sense of fun to every engagement, including hours on the Helpline. Her handmade-banner waits ready for future events. When she passed away, we lost a true friend.

If you would like to honor Nora, her daughters suggest a donation to their mom's favorite charity: NAMI Mercer, 3371 Brunswick



Nora Kales at the NAMI Walk, May 22, in Washington Crossing Park.

Pike, Suite 124; Lawrenceville, NJ 08648 or <http://www.namimercer.org>.

## Harvest of Hope conference

More than 150 NAMI Mercer family members and friends gathered to learn how to keep joy alive at our second annual Harvest of Hope Conference on Oct. 9 at the Presbyterian Church of Lawrenceville.

Keynote speaker Lizzie Simon, author of *Detour*, gave a moving and enlightening lecture on her personal struggles with bipolar disorder and her journey of recovery.

Later, guests participated in small-group workshops to learn ways to promote wellness through stress management, sharing personal stories, nutrition, exercise, spirituality, art, journaling, friendship, humor, communication, and meaningful work.

NAMI Mercer sincerely thanks the following conference presenters who volunteered their time to our community: Joan Brame, Debbie Branson, Denise Dennis, Kathleen Errig, Amanda Freeman, Ni Gao, Bill Hayes, Drew Horn, Jean Joslin, Carol Kivler, Patricia Korsak, Kathy Puca,

Josephine Reyes, Amandalynn Salzman, Alicia Stevenson, Kate Sturke, Dwight Sweezy, Mary Vitullo, and Michelle Zechner.

Overall, participants rated the conference an average of 4.55 out of 5.0 regarding relevance and conduciveness to learning.

When asked the most important concept they learned, here is what attendees responded:

"Adversity has its benefits, building compassion and resilience."

"You can truly succeed, despite mental illness."

"I am responsible for the joy that I bring into my life."

"Don't give up on your loved ones."

"Live one day at a time and appreciate the beauty."

"Hug, touch, and smile more."

"Today is most important."

"Everyone has a story that is relevant to everyone else."

"Joy is the culmination of hope."

## NAMI MERCER'S ANNUAL APPEAL 2010

We have completed six weeks of Annual Appeal 2010:

Deposits to date are **\$9,961**

To date, we have reached 71 percent of our budgeted goal of \$14,000.

Number of donors, 80

We have already exceeded last year's total number of donors, which was 74.

By comparison, on the same date a year ago, for Annual Appeal 2009:

Deposits to date were \$12,235

Number of Donors: 72

**Thank you  
for your support!**

# Monitoring of TPH to continue

by Madeline Monheit

**T**he New Jersey Division of Mental Health Services (DMHS) has established a new program to monitor the quality of care in state psychiatric hospitals. NAMI Mercer members Elaine Candelori, Patricia Korsak, and Tom Pyle currently are preparing to monitor Trenton Psychiatric Hospital (TPH) when the new program officially gets underway early in 2011.

"This innovative program supports the notion that mental health professionals and families, working together, can strengthen the power of advocacy," stated Gregory P. Roberts, former assistant director of State Hospital Management. "We aim to produce concrete, positive improvements in the delivery of services and in the conditions of treatment."

For nearly 10 years, NAMI Mercer volunteer Bob Demers led the Family Partnership, an earlier TPH monitoring program, made up of representatives from Mercer, Middlesex, Monmouth, and Burlington Counties. Demers stepped down in June, and the program has been inactive since then.

TPH, a 400-bed psychiatric hospital, is one of five such psychiatric hospitals governed by DMHS. It was founded in the 1840s by Dorothea Lynde Dix, a lifelong crusader for those affected by mental illness.

"Many of the TPH residents have been rejected by society and even by their families," stated Demers.

Every month, he would schedule teams of observers to visit the hospital and report on conditions to its Board of Trustees. Bob takes pride in knowing that the Family Partnership contributed to improving the lives of TPH residents.

The new state-wide program is modeled on the Family Partnership as well as the procedures of the Patient Services Compliance Unit and the

court-appointed Doe v. Klein Committee that monitored conditions at Greystone Hospital from 1975 to 2009.

The DMHS Wellness/Recovery Transformation Statement of Feb. 2006 was the impetus for creating the new monitoring system. Assistant Commissioner Kevin Martone wrote: "The process for moving to a recovery-oriented system must be inclusive and collaborative . . . The Division will incorporate the recovery model into every policy, regulation, contract and expectation, but the effort will only succeed if the entire mental health community helps to shape the system."

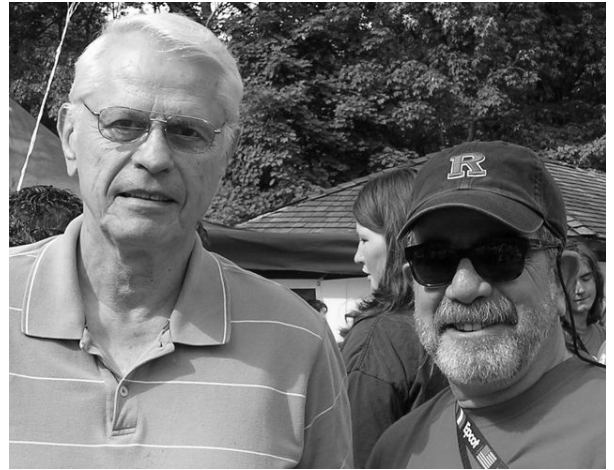
Elaine Candelori, who will lead NAMI Mercer's volunteers, has a unique perspective on monitoring. Before her retirement, she was section chief of the TPH Raycroft Complex.

"The medical staff welcomed the observers," she said, "and appreciated the additional eyes and ears. Our relationship always was cooperative."

Under the new program, the role of a volunteer monitor is to ensure that patients in state psychiatric hospitals receive appropriate care and services in a recovery-oriented system that includes a safe and therapeutic environment.

The recommendation is that monitors visit the hospital once a month and work as twosomes. Their visit will be unannounced, except to the hospital liaison coordinator.

The monitors will observe patient care, including treatment and therapies; staff member activities; security, and confidentiality of patient information. They should report use of restraints and seclusion. Monitors also



**From left: Bob Demers with Phil Lubitz, associate director of NAMI New Jersey, at the NAMI Walk, May 22.**

will survey the environment regarding cleanliness, noise, odor, privacy, crowding, furnishings, lighting, temperature, air, and water quality.

The monitors also will have the opportunity to interview consenting patients about their understanding of their treatment plan and their satisfaction with the type and quality of hospital services.

All monitors must sign a statement of confidentiality pledging not to disclose patient information except to other members of the site review team.

It is the hospital's responsibility to review the assessment reports and take action to address deficiencies in a timely way. The hospital must document a remediation plan, assign a responsible person, set a target date for completion, and evaluate the effectiveness of the corrective actions.

The DMHS is forming a small committee of experienced monitors and staff to interview candidates who have submitted applications to become monitors. Those selected will require fingerprinting and background checks before beginning orientation.

If you are interested in serving as a TPH monitor, please contact Sally Osmer at 609-799-8994 or [sosmer@namimercer.org](mailto:sosmer@namimercer.org).

**SAVE the DATE**

**NAMI Mercer WALK**

**Saturday, May 21, 2011  
at Rider University**

***Please write it down  
and plan to participate!***



## NAMI Mercer

### BOARD OF DIRECTORS

William P. Hayes M.D.

*President*

Laurie A. Russell

*Vice President*

Madeline Monheit M.S.

*Secretary*

Damon Magnes Vigiano

*Treasurer*

Lauren Agoratus, M.A.

Robbi K Alexander RN, B.A.

Kurtis Baker

Caryl Chambers, M.P.A.

Jules DeGraff

Inge Eriks, Ph.D.

Andrew Hendry, M.P.P.

Hon. Joseph E. Irenas

Carol A. Kivler, M.S.

C. Elizabeth Leach, M.S.W.

Jeremy Mann

John E. Marsland, Jr.

Karen L. Marquis, Ph.D.

Ivy Minely, Esq.

Tom Pyle, M.A.

Valerie Powers Smith, Esq.

### EXECUTIVE DIRECTOR

Sally T. Osmer, L.C.S.W.

### OFFICE MANAGER

Danita L. Saunders

### EDITORS

Madeline Monheit

Elisabeth Hagen

## Entendiendo la Salud Mental



NAMI Mercer sponsored an educational event, in Spanish, for over 90 people on Oct. 3 at St. Anthony of Padua Church in Hightstown. At left: panelist Mildred Frias of AAMH with Dr. José Vazquez of University Behavioral Healthcare, Piscataway. Below left: Aura Seidler of the Children's Home Society. Below right: Dr. Vazquez. Below: Julio Rojas presents IOOV.



Photos by Cara Marciano



## Musicians

*continued from Page 2*

on a song is, he invariably zeroes in on its essence."

### Kenny Washington

Drummer Kenny Washington has been a member of the Bill Charlap Trio for the past 13 years. He has performed and recorded with dozens of major artists including Benny Carter, Betty Carter, Johnny Griffin, Milt Jackson, Tommy Flanagan, Dizzy

Gillespie, Arturo Sandoval, and Benny Goodman.

A noted jazz historian, Washington currently serves on the faculties of the State University of New York and The Juilliard School. He also has been a disc jockey on WBGO and Sirius satellite jazz radio.

### Sean Smith

Bassist Sean Smith has been an integral part of the international jazz scene for more than 20 years, performing with jazz superstars, including Gerry Mulligan, Phil Woods, Benny

Carter, Flip Phillips, Johnny Griffin, Clark Terry, Lee Konitz, Art Farmer, and Tom Harrell.

Sean also has been the accompanist of choice for such celebrated vocalists as Peggy Lee, Rosemary Clooney, Jimmy Scott, Mark Murphy, and Andy Bey.

A prolific composer whose music has been played and recorded by leading jazz artists, his Song for the Geese is the title track of Mark Murphy's 1998 Grammy nominated album. The Sean Smith Quartet performs regularly in New York City.

## HOW TO REACH US

### THE NAMI CENTER *of Mercer County*

Lawrence Commons  
3371 Brunswick Pike  
Suite 124  
Lawrenceville, NJ 08648

**(609) 799-8994**

fax (609) 799-8996

home@namimercer.org

www.namimercer.org

**Directions:** From southbound Rte. 1,  
pass Province Line Road and make a  
right at the Office Depot sign. Lawrence  
Commons is a white building, second on  
your left. Drive to the rear of the building.  
The NAMI Center is in Suite 124 on the  
ground floor.

## NAMI Mercer Support Groups

### NAMI Connection

For adult consumers, run by consumers  
1st through 4th Mondays, 6:00 – 7:30 p.m.  
No registration required.  
NAMI Center of Mercer County.

### WRAP

A wellness/recovery action program for consumers  
New class will be forming in Feb. 2011. Contact  
our office to register.  
NAMI Center of Mercer County.

### Weight Management

For adult consumers and families  
4th Wednesdays, 6:00 p.m.  
Visitors welcome.  
NAMI Center of Mercer County.

### IFSS/NAMI

For families of adults with mental illness  
Mondays, 5:15 – 6:45 p.m.  
Lawrence Road Presbyterian Church *and*  
biweekly Tuesdays, 5:30 – 7:00 p.m.  
NAMI Center of Mercer County.  
(Contact NAMI at 609-799-8994 for Tuesday dates.)

ADDRESS LABEL GOES HERE

ADDRESS SERVICE REQUESTED

The NAMI Center of  
Mercer County  
Lawrence Commons  
3371 Brunswick Pike  
Suite 124  
Lawrenceville, NJ 08648

NON-PROFIT U.S.  
POSTAGE  
PAID  
PERMIT #257  
TRENTON, NJ