



nami | Mercer

National Alliance on Mental Illness

Serving Mercer County, New Jersey

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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

Sept. 18 (Tuesday) 7:30 to 9 p.m.

“Financial Planning for Families/Individuals Affected by Mental Illness”

John G. Molinelli, CSNA
Financial Advisor Merrill Lynch
Wealth Management

Oct. 16 (Tuesday) 7:30 to 9 p.m.

“Living in Recovery through Faith”

Kimme Carlos, NAMI Mercer
Board Member and Family to
Family teacher. Book signing of
Kimme’s new book, *The Window of
Grace*, will follow the presentation.

Nov. 27 (Tuesday) 7:30 to 9 p.m.

“What to Do in a Psychiatric Crisis”

Jill Claudio, LCSW, and Dr. Gary
Brown, Psychiatrist, Psychiatric
Screening Center, Capital Health,
and Rhoda Dompier, MS, of Mobile
Response and Stabilization Services
of Catholic Charities will be our
presenters on the issue of handling
psychiatric emergencies for chil-
dren, adolescents and adults
in Mercer County.

Harvest of Hope, October 6

NAMI Mercer will kick off Mental Illness Awareness Week with its fourth annual Harvest of Hope wellness conference on Saturday, Oct. 6 from 8:30 a.m. to 3:00 p.m. at the Presbyterian Church of Lawrenceville. Sponsored in part by a grant from the Bunbury Foundation, this education event is open to consumers, their families, and the general public.

Our theme this year is “Empowering Your Mind, Body, and Spirit.” Randye Kaye will deliver the keynote address: “The SEARCH for Hope.” She is a national voice talent, actress, part-time newscaster, classical music host on NPR, and the Connecticut state trainer for Family to Family.

Author of the riveting memoir, *Ben Behind His Voices: One Family’s Journey from the Chaos of Schizophrenia to Hope*, Randye describes her son’s illness and recovery and how it affected her family.

The conference then will offer attendees a choice of concurrent wellness workshops, with one session in the morning and another during the afternoon. The \$10 registration fee includes lunch. Although membership in NAMI Mercer is not required, we are offering an incentive price of \$35 to join now AND attend the conference.

For the first time, Harvest of Hope will offer activities for children in the Just Kids program. While their parents attend the keynote address and work-

shops, the children will take part in a yoga class, and then make their own puppets and musical instruments. They will use their instruments when they join their parents for the group drumming circle.

Adult workshops will provide a variety of interactive and



Randye Kaye

hands-on wellness experiences. Topics include a medication update, art therapy, physical fitness, poetry-writing, inter-family communications, metabolic syndrome, music therapy, holistic medicine, wellness coaching, and brain health.

The closing activity will be an energizing group drumming

experience led by Sheila Riley-Massa, MPA, LCAT, MT-BC. Sheila is a music therapist at Capital Health Regional Medical Center. “Rhythm Connections” is an evidence-based wellness method of improving the immune system and reducing stress. No musical experience is required. You can bring your own percussion instrument or make one on conference day.

NAMI Mercer has mailed conference brochures to members. You can register by completing the attached paper form or by going to www.namimercer.org to register online or print a form. For more information, call 609-799-8994.

While their parents attend the keynote address and workshops, children attending Harvest of Hope will take part in a yoga class and make their own puppets and musical instruments. They will use their instruments when they join their parents for the group drumming circle.

Training people to deliver NAMI's services

How was your summer? I hope it was enjoyable and energizing. Our summer here at NAMI Mercer was very refreshing, and we are ready to begin the fall with renewed enthusiasm.

A major emphasis for 2012-2013 is to provide a strong line-up of NAMI education programs, with teachers and facilitators who are well-informed and passionate about what they do. We always are seeking new people to fill these roles, and this summer, we were very pleased to participate in training for four of our signature programs.

In June, we hosted **NAMI Basics** training for 14 parents of children or adolescents with behavioral challenges. Five of the trainees are from Mercer County: Suzanne Gross, June Lapidow, Paulette Mader, Susan Mulhern, and Laurie Townsend. With this pool of teachers, we are set to offer at least two NAMI Basics classes each year.

In July, two family members were trained as **Family to Family** teachers: Caryl Chambers and Shellon Karim-Lewis. During August, four completed training to become **In Our Own Voice** presenters—Shawn Maxam, Maneesah Gupta, Didi Grier, and Sarah Yeung.

This month, Akavar Dylutra, Kerry Faden, Susan Mulhern, and Scott Mulhern will train as **NAMI Connection** support group facilitators. All these new leaders bring fresh energy and commitment to their tasks, and we are very thankful to each of them. We are also very appreciative to NAMI New Jersey for providing the Family to Family, In Our Own Voice, and Connection training classes.

The summer also has been a time for planning and preparing for the fall with a little help from four interns. They are: Brittany Bosi, a senior at

Bloom s b u r g
U n i v e r s i t y ;
Kathy McLaughlin, a senior from The College of New Jersey; Maryann Komianos, a senior also from The College of New Jersey; and Nicole Grischuk, a MSW student from Rutgers School of Social Work.



Sally Osmer

A major emphasis for 2012-2013 is to provide a strong line-up of NAMI education programs, with teachers and facilitators who are well-informed and passionate about what they do.

Each intern has brought her special gifts and strengths, and each has developed a deep respect for individuals and families who live with mental illness. Hopefully, our interns will become ambassadors for our mission.

With assistance from interns this summer, we have:

- Revised all NAMI Mercer program brochures
- Conducted phone interviews of Helpline callers from the past six months to collect feedback about this core support program
- Contacted more than 100 congregations in the county to request their involvement and participation
- Conducted a survey of Just Friends' members to evaluate the impact of the program on their lives
- Developed appropriate instruments for outcome measurement for our support and education programs

- Researched potential funding sources for the organization
- Started our planning for the NAMI Walk 2013 and MUCH MORE.

We are pleased that Nicole Grischuk continues with us, and we welcome Walter DeGunya, from Princeton Theological Seminary. Both will serve as interns for the full academic year.

Finally, I was pleased to attend the NAMI National Convention in July. During the convention, a new president was elected. She is Keris Myrick, the executive director of a peer recovery network in California and long-time NAMI National Board member. For the coming year, Keris has identified "a three-pronged approach: breaking down barriers of stigma; reaching younger families and [seniors]; and changing our country's approach to mental health care." These are commendable goals that NAMI Mercer strongly endorses on a local level.

Attending the national gatherings is a very important way for us to stay informed and connected to the core national, state and local constituents of NAMI. Once again I was reminded of how honored I am to be serving our affiliate to improve the lives of people who are affected by mental illness.

Thank you for your participation in achieving our goals. I look forward to a strong fall for learning, support, reaching out, and advocating here in Mercer County!

Sincerely,

Sally Osmer

Executive Director

The Gift of NAMI

As your new Board president, I'd like to take this opportunity to introduce myself. For those of you who come to the office on a regular basis, you probably know a good bit about me. But, for the many others whom I've not met, I would like to share my personal reasons for being passionate about NAMI Mercer.

I earned my Bachelor's degree in Psychology many years ago (too many it seems) but my interest in human behavior goes back even earlier than that.

I remember being asked in the 8th grade what I wanted to be when I grew up and answering "a psychologist!" Now what 8th grader says that? Nevertheless, after earning my undergraduate degree, I gravitated more toward preclinical research (working in a lab) than working with people.

This choice led me to a doctoral degree in Pharmacology and ultimately, to working for more than 20 years in drug discovery, with a focus on medications to treat mental illness.

During my years in research, I had little real-world experience with the human side of living with mental illness. From a scientific perspective, I can tell you about the biological theories of these diseases, the chemical and electrical workings of our brain, and the biochemical and physiological mechanisms of psychiatric drugs. Don't get me started, or you may learn more than you bargained for!

When the employee group at the

Princeton-based pharmaceutical company where I was employed chose to support NAMI Mercer, I was interested in participating, and, when the opportunity to serve on the Board came up, I volunteered! What I soon realized was that my discomfort with individuals with a mental illness diagnosis was like the reaction of many others. I



Karen Marquis

"I came to NAMI Mercer four years ago thinking I would be giving of my knowledge, money and time. But now, when people congratulate me on my volunteerism . . . I tell them what NAMI Mercer has given me."

wanted to change this. I also erroneously believed that I had not been touched by mental illness; but, over the four years I've served on the Board and the two years I've volunteered on the Helpline, as I've told friends and family about my volunteer work, I've come to learn that my neighbor has a son with a bipolar diagnosis; a good

friend has a relative with a schizophrenia diagnosis; my niece suffered from severe post-partum depression; my brother most likely has depression (though he's still not willing to talk about it openly) and, most recently, my son has panic attacks.

"You are not alone" is not just a catch phrase that we use at NAMI. We all know someone. I came to NAMI Mercer four years ago thinking I would be giving of my knowledge, money, and time. But now, when people congratulate me on my volunteerism and membership in the Patron Society, our newly launched giving circle (and here's a plug — consider joining this group because they are a fabulous and generous collection of people who share a passion for NAMI Mercer's mission) I tell them what NAMI Mercer has given me.

In the coming years, I look forward to working with the Board, the staff, the volunteers, and you toward the continued realization of NAMI Mercer's mission of education, support and advocacy for those affected by mental illness. We are not alone, and together, we are NAMI Mercer!

Sincerely,

Karen Marquis

President

The NAMI Board 2012-2013

L to r: Joe Irenas, Damon Vigiano, Zia Rahman, Laurie Russell, Karen Marquis, Kimme Carlos, Bill Hayes, Joan Brame, Maddy Monheit, Tom Pyle, John Marsland, Carol Kivler and Ivy Minely. Not shown are Lauren Agoratus, Andrew Hendry and Jeremy Mann.



People you may know at the NAMI Walk, May 5



Our fifth annual NAMI Mercer Walk, May 5, at Educational Testing Service, raised more than \$125,000 to support our programs. Thank you to our donors and the 800 walkers!

How the ACA will benefit people with mental illness

By Madeline Monheit

NAMI applauds the Supreme Court's June decision to uphold the Patient Protection and Affordable Care Act (ACA), signed into law by President Obama in March 2010. The ruling represents an enormous step forward in equitable treatment and increased access to care for individuals living with mental illness.

Although mental illness and substance abuse are the most prevalent health problems in our county (57.5 million Americans experience a mental health disorder each year), the affected population has faced restrictive annual and lifetime caps on the value of their insurance coverage, high deductibles, or no insurance coverage at all. Sadly, less than one-third of adults and one-half of children with a diagnosable mental disorder receive mental health services in a given year.

Although the Mental Health Parity and Addiction Equity Act of 2008 was a victory for those affected by mental illness, it had a limited effect on the disparity between insurance coverage for the treatment of psychiatric and physical diseases.

The law, which mandated that mental illness be covered to the same extent as other medical conditions, applied only to employers of 50 or more workers who already offered a health plan with benefits for mental health and substance abuse.

What are the major ways the ACA will benefit persons affected by mental illness?

Affordable coverage for previously uninsured individuals

The ACA will expand health insurance coverage by providing affordable health insurance to uninsured individuals who were unable to obtain private or public coverage. To accomplish this goal, states will establish health insurance exchanges (marketplaces offering choice to consumers and promoting competition among vendors).

While individuals will be required to obtain coverage, those of more modest means will be able to receive tax credits to assist with the payment of premiums and cost-sharing subsidies to help with out-of-pocket costs. For poor people, the ACA potentially will expand Medicaid eligibility to 17 million more Americans, but, unfortunately individual states may choose to decline the expansion. It is estimated that, of the 32 million people who will gain coverage under the ACA, 4 to 6 million currently have untreated mental illness or addiction.

Coverage for young adults up to age 26

The ACA has expanded dependent coverage for young adults up to age 26. With regard to mental illness, this extension is especially important since most psychiatric illnesses emerge by this age. Coverage under their parents' insurance plan will enable young adults to obtain early treatment.

Denial of coverage disallowed

Beginning in 2014, mental illness and substance abuse can no longer be considered "pre-existing conditions" by insurers to deny coverage, terminate insurance or raise premiums. From an epidemiologic perspective, most people with mental illness already have a pre-existing condition by the time they seek to purchase insurance for the first time. Half of all serious psychiatric illnesses appear by 14 years of age, and three-fourths are present by age 25.

Coverage caps eliminated

The ACA eliminated lifetime limits on the dollar value of coverage beginning in 2010 and will eliminate annual limits on the dollar value of coverage beginning in 2014. Since mental illnesses are treatable but generally chronic, it was irrational and unjust to put caps on treatment.

The ACA benefits persons with mental illness in many other ways, including expanding access to prevention and wellness services; providing grants to school-based health centers that offer mental health and addiction services; creating incentives to coordinate primary care with mental health and addiction services; and requiring state Medicaid programs to cover benzodiazepines and barbiturates.

For more information or to read the text of the ACA, go to healthcare.gov.

Mental Illness Changing Attitudes Changing Lives **Awareness Week**



October 7-13, 2012

National Mental Illness Awareness Week (MIAW), which takes place October 7-13 this year, is an opportunity to learn more about serious mental illnesses such as major depression, bipolar disorder, and schizophrenia. It also is a time to talk with friends and neighbors about recovery and hope. Help us to discredit myths and fight the stigma too often associated with mental illness. MIAW offers a chance

to break the silence and openly discuss mental illness, recovery and wellness.

Mental illness is a medical illness; it does not discriminate. One in four adults experiences a mental health problem in any given year. One in 17 adults lives with a serious mental illness.

NAMI Mercer is sponsoring several events and activities in observance of MIAW. We will partner with area

communities of faith, human service organizations as well as the Mercer County Department of Mental Health Services and Board of Social Services.

When we change attitudes about mental illness, we can change lives!

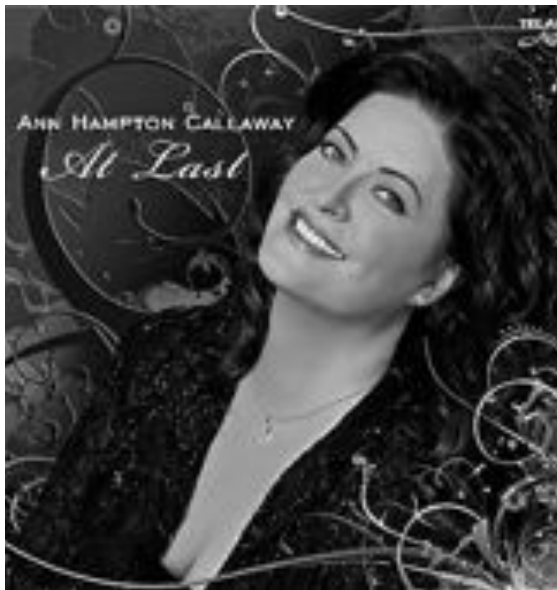
For more information about MIAW events as well as about NAMI Mercer's education, support, and advocacy programs, visit www.namimercer.org.



NOWN 2012: a unique blend of jazz and pop

NAMI Mercer will host its 11th annual Night Out with NAMI on Saturday, Nov. 17, 2012 at Stuart Country Day School's Cor Unum Center in Princeton. This year's benefit event will feature an afternoon concert performed by Ann Hampton Callaway, known for her unique singing style that blends jazz and traditional pop. A Tony-award nominee for her performance in the hit Broadway musical *Swing, Ms.* Callaway also is a multi-platinum selling songwriter, who has collaborated with Cole Porter, Carole King and other great composers.

Guests are invited to arrive at 2:00 p.m. to take part in the silent auction. The benefit concert begins at 3:00 p.m., followed by a cocktail reception, sit-down dinner, and live auction.



Ann Hampton Callaway

Tickets for the concert only are \$50 per person; tickets for the concert, cocktails and dinner are \$150 per per-

son. Supporters who join Patron Society 2013 before the event will receive complimentary tickets, the number of tickets determined by donation level. Night Out with NAMI sponsorships also are available.

This year's Night Out with NAMI honoree is the Honorable Joseph E. Irenas. He is the recipient of the organization's 2012 Pillar Award, which recognizes individuals who have made an extraordinary, long-term contribution to NAMI Mercer.

Please join us for Night Out with NAMI!

For more information about Night Out with NAMI, go to namimercer.org or contact Jenn Antinoro, director of Outreach and Development at (609) 799-8994 or jantinoro@namimercer.org.

Pillar Award will go to Joe Irenas

At Night Out with NAMI on Nov. 17, NAMI Mercer will present its 2012 Pillar Award to the Honorable Joseph E. Irenas in recognition of his exceptional service in promoting our mission.

A graduate of Princeton University and Harvard Law School, Irenas practiced law in New Jersey from 1966 to 1992, when he was confirmed by Congress as a federal judge for the

District of New Jersey.

Irenas has been a dedicated leader and benefactor since joining the NAMI Mercer Board of Directors in 2007.

He currently serves on the Finance Committee as well.

We are very appreciative that, in spite of his busy schedule, Judge Irenas generously shares his time, wisdom, and personal resources to

help NAMI Mercer realize its goals of educating and supporting people affected by mental illness.



Joe Irenas

Patron Society has a good year

The 2012 NAMI Mercer Patron Society had a very successful inaugural year, with 26 participating families. The Patron Society is now accepting annual renewals and welcoming new members for 2013. Please consider making a gift in the amount of \$500 or more during the open enrollment period that ends December 31, 2012.

Your support is needed as NAMI Mercer continues to coordinate and support so many well-known and highly regarded programs such as Family to Family, NAMI Basics, NAMI Connection, In Our Own Voice, and WRAP, as well as social groups, including Just

Friends, Becoming Friends, and Just Kids. The Patron Society ensures that NAMI Mercer can continue to maintain its education, support, outreach, and advocacy activities to assist Mercer County residents who face the challenge of mental illness every day.

Membership in Patron Society 2013 provides the following benefits:

- Two (2) complimentary tickets to Night Out with NAMI on Saturday, November 17 at Stuart Country Day School in Princeton. This year's Night Out benefit includes a concert by renowned vocalist Ann Hampton Callaway followed by a cocktail reception,

dinner, and live auctions.

Please see our website for additional Night Out with NAMI benefits for higher levels of giving.

- Acknowledgement in the Night Out with NAMI program booklet.
- Acknowledgement on the NAMI Mercer website and in the annual report.
- Invitation to the Patron Society reception in June 2013. (*Note: Patron Society members can choose to be anonymous.*)

The benefits of joining have never been better and your contribution never more meaningful.

NAMI Mercer

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NAMI Mercer welcomes new board members

Zia Rahman, Ph.D., MBA, is a neuroscientist currently engaged in the research and development of products to treat mental illness. Zia has been involved in academic/pharmaceutical research in neuroscience for the past 16 years.

Joan Brame, Ph.D., is owner and manager of Empower Fitness, a Lawrenceville exercise and wellness studio for women. With a Ph.D. in sociology and an M.S.W. in social work, Joan retired in 2003 after a 32-year career in academia and hospital administration, including 20 years at Trenton Psychiatric Hospital. Joan serves on the Mercer County Community College Business Advisory Commission.

Kimme Carlos, a long-time Family to Family teacher, worked for 10 years as a program manager for the African Studies Association at Rutgers University. She currently coordinates Mental Health Ministries at Galilee Baptist Church in Trenton.



Sally Osmer with the three new NAMI Mercer Board members elected at the Annual General Meeting: Zia Rahman (back row), Kimme Carlos and Joan Brame (seated, left to right).

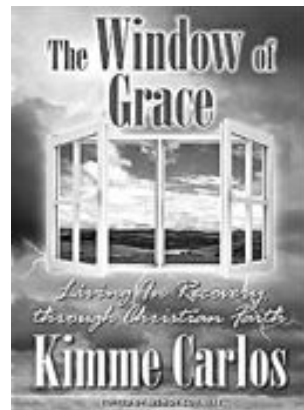
Kimme Carlos publishes her first book

NAMI Mercer congratulates Kimme Carlos on the recent publication of her first book, *The Window of Grace: Living in Recovery through Christian Faith*. Kimme will talk about her work at our public education meeting on October 16 at 7:30 at the NAMI Mercer Center. A book signing will follow.

Kimme is the daughter of John Carlos, the Olympic bronze medalist who along with Tommie Smith, raised his black-gloved fist in protest during the award ceremony in Mexico City in 1968. Although at the time, Carlos and Smith were suspended from the US team, the two received the Arthur Ashe Award for Courage in 2008.

The Window of Grace is a rich blend of personal history and concrete advice to help everyone suffering through addiction. Kimme has used her own experience, combined with years of active involvement in recovery and mental health organizations, to create this unique guide to recovery.

Kimme's presentation comes a little more than a week after the National Day of Prayer for Mental Illness Recovery and Understanding on Oct. 9, when NAMI will partner with faith communities to replace misinformation, blame, fear and prejudice with truth and love.



A very special contribution



Volunteer Suzanne Gross and her son, Jeremy, at NAMI Mercer's Annual General Meeting in June. Participating on Team Maxam, they were the Walk's most successful individual fundraisers.

NAMI Mercer Support Groups

NAMI Connection Support Group: Recovery support group program for people living with mental illness. Second and fourth Tuesdays, 7:00 – 8:30 p.m. Group is open to anyone with a mental illness, no registration required. NAMI Center. Call us for more information.

IFSS/NAMI: Support for families of adults with mental illness. Mondays, 5:15 – 6:45 p.m., at Lawrence Rd. Presbyterian Church. Tuesdays, 5:15 – 6:45 p.m. at NAMI Mercer, and Thursdays, 11:30 a.m. to 1:00 p.m. at Kingsbury Towers, 1 Kingsbury Sq., Trenton.

WRAP: A wellness/recovery action plan workshop for individuals maintaining mental health. Offered twice a year, spring and fall. Call for registration information.

Family to Family: 12-week education course for families and friends of adults living with mental illness, starting Sept 13 and 18. Offered twice a year, spring and fall. Call us for registration information.

Call 609-799-8994 for more information.

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