



NAMI  
National Alliance on Mental Illness

# Mercer *Messenger*

September 2017

Published by NAMI Mercer NJ, Inc. [www.namimercer.org](http://www.namimercer.org)

Vol. 35, No. 3

## 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.*

## Register Now for Harvest of Hope

**N**AMI Mercer is excited to welcome women's basketball champion, Chamique Holdscaw, as the keynote speaker at our 9th annual Harvest of Hope Wellness Conference on Saturday, October 7 at the Presbyterian Church of Lawrenceville, 2688 Main Street. This year's theme is "Winning at Wellness."

Sometimes referred to as "the female Michael Jordan," Chamique is the only athlete to have won a national championship and an Olympic gold medal. She was a three-time NCAA winner and All American at the University of Tennessee and six-time WNBA All Star. For all the challenging competition she faced on the basketball court, Chamique's toughest opponent has proven to be her own mental health condition.

Following the keynote address, conference participants will have a choice of wellness workshops, with one session in the morning and another during the afternoon. The \$15 registration fee includes lunch. Although membership in NAMI Mercer is not required, we are offering an incentive price of \$40 to join AND attend the conference.

Workshops will provide a variety of interactive and hands-on wellness

*Continued on Page 5*

## Fall Fundraisers Honor Pillar Awardees

by Christine Bakter

**G**et ready for NAMI Mercer's fall fundraisers! We will have two opportunities to gather, celebrate, and raise mission-critical funds for NAMI Mercer.

In the past, our traditional Night Out with NAMI gala featured a concert and sit-down dinner. This year our hard-working Night Out Committee, led by Board Vice President Coleen Burrus and her husband Dave Skrodzki, is planning two separate events — a concert on October 8 and a dinner/dance on November 4.

NAMI Mercer's Executive Committee is also pleased to announce two recipients for the 2017 Pillar Award: John Marsland and Dr. Bill Hayes. Established in 2012 and presented at Night Out, the Pillar Award recognizes longstanding service to NAMI Mercer through leadership, volunteerism, advocacy, and charitable giving.

### Benefit Concert on Oct. 8

The first event, a benefit concert featuring classical pianist Tanya Gabrielian, will take place on Sunday, October 8 at the Pennington School from 3:00–5:00 pm. Admission is by goodwill offering and will be open to the public. No tickets are required.

Thank you to the Pro Musicis Foundation and The Pennington School, our partners for this event. We are excited to



Tanya Gabrielian, pianist

announce that funds raised at this concert will be directed to Fund for the Future, with a generous matching grant of up to \$10,000 from a corporate partner, so please help us spread the word about this special event!

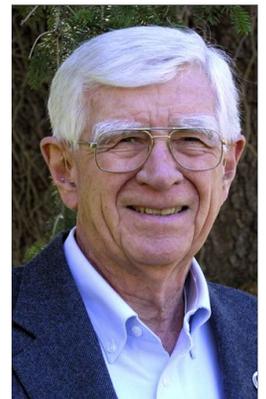
### Pianist Tanya Gabrielian

Praised by the *Washington Post* for her "strikingly poised nobility" and "commanding presence," pianist Tanya Gabrielian has captivated audiences worldwide with her gripping performances. Gabrielian, who debuted on the international stage at the age of twenty, has performed on four continents in acclaimed venues, including Carnegie Hall.

In addition to her accomplishments as a classical musician, Tanya is dedicated to community engagement, education, and activism through art. She has collaborated with NAMI on programs featuring composers with mental illnesses, highlighting the stigma around mental health issues. She will be in Mercer County for a full weekend of Mental Illness Awareness Week activities, concluding with our concert.

### Pillar Awardee John Marsland

We will present the Pillar Award to John Marsland on October 8 prior to Tanya's performance. John has been a stalwart member of the NAMI Mercer family for many years. He was elected to the Board of Directors in 2008, recruited with the expectation that he would drive our



John Marsland

*Continued on Page 7*

## Executive Director's Message

### A New Home and New Possibilities

This September, NAMI Mercer will embark on a new phase of our organizational journey as we move from the place we have called home for the last sixteen years. After the Lawrence Commons building was sold in December, our new landlord



**Janet Haag**

offered us a generous incentive to exit prior to the end of our current lease. Recognizing the cost benefit, we gratefully agreed.

The new office search has been its own odyssey, capably led by John Marsland and Bill Wolfe, to whom we owe a debt of gratitude. Accompanied by our very competent tenant broker, Jason Benson, they visited a number of properties on the way to identifying the one that we believe will best meet our needs as we move forward. We are also grateful to Tom Nied and Jerilyn Angotti for weighing in from the treasurer's perspective and to the full NAMI Mercer Board for entrusting this task to the committee and lending support throughout the process.

Many significant milestones and warm memories are attached to 3371 Brunswick Pike, and we will take all of them with us to our new home at:

**Whitehorse Executive Center  
1235 Whitehorse Mercerville Rd.  
Building C, Suite 303  
Hamilton, NJ 08619**

Still, we will miss the familiarity of where we have been as we navigate our way through all manner of newness in Hamilton — beginning with finding a parking spot. There promises to be a bit more competition at our new location!

We do not yet have an exact move-in date, but the office customization is well underway, and we anticipate relocating sometime in early October, hopefully prior to the start of our fall classes. We look forward to hosting an open house/ribbon-cutting ceremony once we are settled, so stay tuned for that invitation.

As author/poet, Judith Minty, writes in *Letters to My Daughters*, "Nothing remains as it was. If you know this, you can begin



**NAMI Mercer's new office in the Whitehorse Executive Center in Hamilton.**

again, with pure joy in the uprooting."

Indeed, we are being transplanted, and while this is unsettling, it is also exciting. It opens the way to a new opportunity for growth. It invites us to stretch, to try new things, explore a new location, meet new people. This change of physical location is yet another aspect of the "review and renew" phase in which NAMI Mercer is

engaged. We are rediscovering who we are.

Together, we will transform new office space into a new home and create new possibilities to serve our community.

*Janet Haag*  
Executive Director

### Kudos to Joyce Campbell

Former NAMI Mercer Board President Joyce Campbell was recognized by *The Times of Trenton* for her achievements as executive director of the Trenton Area Soup Kitchen (TASK). The Times editorial, "Soup kitchen turns things around," was published on August 20.

The editorial comes a week after Campbell hosted a ground-breaking ceremony for a \$1.6 million renovation and expansion of the TASK facility.

Joyce assumed leadership of the 35-year-old organization in June 2016. She manages a paid staff of more than 30 and a volunteer crew of 3,500 who prepare 4,800 meals a week for the hungry. TASK also offers adult education, computer and life-skills classes, arts programs, and case-management



services. For the third year in a row, TASK earned a 4-star rating from Charity Navigator, an independent evaluator of nonprofits.

Congratulations, Joyce, for your fine work on behalf of people in need.

# President's Message

## Please Follow Us on Social Media

Greetings! As summer winds down, I want to take this opportunity to thank you, on behalf of the Board, for your continued support. NAMI Mercer is an amazing organization because of you.



Jason Redd

Please understand that I am humbled to serve as president of NAMI Mercer. Our work is more important than ever. We must make every effort to inform individuals and families that they are not alone and that there is hope. We must continue to raise awareness and attack the stigma that surrounds

mental illness. We must serve as a voice for those unable to advocate for themselves.

I have a favor to ask. Please follow NAMI Mercer on Facebook and Twitter (@NamiMercer). Our social media pages share information about the programs and services we offer. By checking these pages and sharing their links, each of you will engage your network and expand our reach. The effort will be worth it if we are able to help one more person or one more family looking for assistance.

For those of you I have not met, I am looking forward to meeting you at our open meeting on September 25th!

Best,

*Jason Redd*

President

## New Up-to-Date NAMI Mercer Website Coming

The Website Redesign Committee is making excellent progress in creating a new NAMI Mercer website, which we hope to have up and ready in this fall. Committee Chair Madeline Monheit has been working with our staff, our new webmaster Meg Rosner of Blue Kite Web Solutions, and an enthusiastic committee comprising Sarah Vander Schaaff (freelance writer and blogger), Janice Schroeder (graphic designer), and Jessica Pilotti (Princeton University Corporate Engagement and Foundation Relations Department staffer).

NAMI Mercer received a \$5,000 grant from the Princeton Area Community Foundation to redesign our website at namimercer.org. Jim Alexander, our current webmaster, who created the site eight years ago, has been assisting with the transition.

NAMI Mercer's new website, which we are building on a WordPress platform, will have an up-to-date look and feel and will take advantage of current technology. The new site will have mobile responsive design, i.e. it will adapt to any screen size and will look and function well on anything from a large computer monitor to a small smart phone. It will integrate with our new DonorPerfect database to capture data and process transactions including joining and renewing membership, making donations, registering for our conference, purchasing tickets, applying as a volunteer, subscribing to mailing lists and publications, and other functions.

Of primary importance is developing a site that will tell our story in a personal way with photos, videos, and narratives by our community. We want the NAMI Mercer website to be friendly, interactive and easy to navigate.

### MEMBERS, PLEASE ATTEND

Date	Monday, September 25
Place	Co-Work Connect, 3150 Brunswick Pike, 3rd floor, Lawrenceville
Meet and Greet	6:00-6:30 p.m.
Membership Meeting	6:30-7:30 p.m.
Board Meeting	7:30-9:00 p.m.
Directions	From Route 1 N, turn right on Grover's Mill Rd. (638), then right on Office Rd. Turn left at stop sign to continue on Office Rd. Building is on left.

**Special Note: NAMI Mercer members who choose to stay for the Board meeting may comment briefly after all the Board deliberations are completed.**

## Post-WRAP 2017

By Ayesha Karim

These voices can say whatever they want to say to me. I give them permission to have their viewpoint or opinion, and they do say mean things about me.

But there are plenty of people who say I am a significant person despite being disliked or criticized by other people since I was a child.

Some of my voices say "you're beautiful" sometimes. Other times I hear voices say that they don't like me. I don't need my voices to like me.

I want to be crystal clear about that. I love myself! I stand out because of this. I am proud of who I am. I am proud of my African heritage.

I am somebody. I deserve things like shearling coats, diamond earrings, pearl jewelry, comfortable shoes for my wide fat feet and nice size 2X/3X clothes.



# Carol Kivler wins TCNJ Alumni Leadership Award

By Rebecca Lopez

Trenton State College graduate, holder of a Master's degree in Human Resource Education from Fordham University, proud mother and grandmother, founder of both Kivler Communications and Courageous Recovery, Inc., winner of the NAMI Mercer 2015 Pillar Award, accomplished author, and staunch advocate for mental health. These are just a few of the achievements that characterize Carol Kivler's inspirational life journey. Most recently, she was the recipient of The College of New Jersey 2017 Alumni Leadership Humanitarian Award.

A nationally recognized mental health speaker, Carol has dedicated much of her life to sharing her lived experiences with depression and anxiety. She undertakes this task with the hope that societal stigma can be overcome through greater awareness, understanding, and compassion. In fact, Carol's life philosophy rests on the virtue of compassion.

In her speech accepting the TCNJ honor on April 29, Carol shared that her mother, Dorothy Gennello Bystrzycki, was her role model who taught by example: "Dorothy believed we are here on earth to lend a helping hand, lighten another's burden, or share a message of hope."

Carol began her mission not with hopes of praise or awards but knowing that telling her story would be benefi-



From left: Ken Baumann '82, TCNJ Alumni Association President, Carol Kivler and John Castaldo '82, Executive Director of Alumni Engagement. Photo by *The Times of Trenton*.

cial to her own health as well as to others. When people say that hearing Carol's story has given them hope for their own recovery, it reaffirms that she is living her purpose.

Carol explains: "The truth will set you free. When you hide your illness and don't allow anyone to know what you've been through, you harbor guilt and shame. Sharing your story normalizes the illness and puts a different face on it."

When sharing her own story, Carol is frank about what recovery really means. She maintains that recovery is not a cure; it's learning to live a fulfilling life when you have a long-term illness. She believes that we need to celebrate when we succeed at experiencing joy and good days again.

"Mental illness doesn't define who we are, but recovery is about redefining who we are and rejoining the universe." According to Carol, it's important for both mental health patients and professionals to understand that recovery is not only possible but probable; this knowledge assures well-ness-centered treatment.

Carol was humbled and honored to have received this most recent recognition from her alma mater (TCNJ was formerly known as Trenton State College). She was nominated by a professor whom she has known for several years. Receiving the award on the 45th reunion year of her class made the honor even more special, since many of her former classmates were at the event.

Although Carol never set out to be recognized as a humanitarian, she does have advice for fledgling philanthropists and altruists. She states, "I would just tell people life isn't easy, and we all have something to deal with, whether financial, health-related, relational, or professional. We're the walking wounded. We just need to be a kinder, gentler society and make a little effort to make someone else's day a little better."

Carol looks forward to returning to school in September to study for a certificate in church ministry, hoping to help others in a different way. She will also be traveling to NAMI Montana in October and finishing her next book, "Unwrapping the Gift of Depression."



NAMI Mercer Board Members Jay Redd and Robert Hedden, along with more than 150 advocates from all over New Jersey, met at the State House on June 15 as part of the Housing and Community Development Network of NJ's annual Legislative Day. The advocates encouraged lawmakers and future leaders to "Build a Thriving New Jersey" by boosting the state's economy through investments that create more affordable homes, address homelessness prevention and services, revitalize neighborhoods, tackle foreclosures, and eliminate childhood lead poisoning by promoting safe homes and schools.

# NAMI Mercer Partners with Urban Mental Health Alliance

On Wednesday, July 26, NAMI Mercer partnered with the Urban Mental Health Alliance (UMHA) for a community presentation and discussion at Grace Community Church in Trenton.

Community advocate and UMHA Board President Kimme Carlos and NAMI Mercer Board Member Tom Pyle facilitated the event. The audience viewed *Passage to Hope*, NAMI Mercer's 2016 award-winning documentary on the family experience with mental illness, in which Kimme herself offered one of the testimonials. She is a long-time NAMI Mercer supporter and former member of the board.

Before an engaged group of community members, Kimme shared her own experience with mental illness and all its attendant challenges. She spoke movingly about overcoming temptations of suicide and substance abuse. Citing trauma as a cause of mental illness, Kimme spoke of the preponder-



ance of trauma in the urban environment. Audience members responded with their own poignant stories.

Held during National Minority Mental Health Awareness Month, the event focused on community mental

health needs, particularly of the underserved. Building on the momentum of this initial outreach, NAMI Mercer intends to host future community presentations and discussions in Trenton and other urban areas.

## Harvest of Hope,

*continued from Page 1*

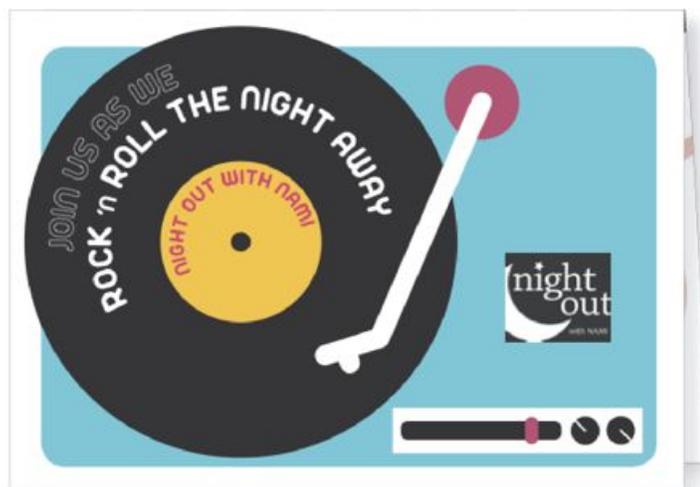
experiences to help you find ways to win at wellness through creative endeavors, meditation, spirituality, and self-awareness. Learn to be purposeful about seeking answers to your questions, connecting to others, and helping those who reject treatment.

Throughout the day, representatives from local health and wellness nonprofits will be available to provide information about their programs and services. The conference will conclude with a shooting challenge between Chamique and talented local basketball players.

Those wishing to attend the day-long conference can register online at [www.namimercer.org](http://www.namimercer.org). Registration will close on September 29. Those wishing to attend only the keynote address and follow-up discussion from 9:45 am to noon can reserve tickets at no charge by emailing [home@namimercer.org](mailto:home@namimercer.org).

## SAVE THE DATE

**Join Us for an Old-Fashioned Sock Hop at Night Out with NAMI**  
**Saturday, November 4, 2017, 6:00-10:00 p.m.**  
**Windsor Athletic Club Gymnasium, 99 Clarksville Road, West Windsor**  
**Dinner, Dancing, Games, Entertainment, Live Auction**  
**Dress in 1950s/1960s fashions — Tickets go on sale soon.**



# Planning Continues for Hearing Voices Network Support Group

**N**AMI Mercer's Hearing Voices Network (HVN) initiative advanced last month in Boston at the 9th Hearing Voices Network World Congress, held for the first time in the U.S. Attending were Laurie Goldman of Collaborative Support Programs of New Jersey, NAMI Mercer's partner in the HVN initiative, and NAMI Mercer Board Member Tom Pyle.

The HVN is an international movement of voice-hearers helping each other. Based on the work of Dr. Marius Romme, peer-led groups provide support, techniques, and validation to and for loved ones who hear voices. Voice hearers are perhaps the

most stigmatized of an already highly stigmatized population. NAMI Mercer seeks to bring the HVN methodology to our community for those who might participate and benefit from it.

The two-day conference presented keynote speeches and helpful workshops. Topics included: Effectiveness of the HVN Approach; How to Survive College as a Voice Hearer; Destigmatizing Unique Experiences; The Open Dialogue Approach; and Talking Back to the Voices.

Among the speakers were Marty Hadge, a master Hearing Voices trainer; Akiko Hart, Hearing Voices Project Manager at Mind in Camden (in London) and an HVN UK Board

Member; David Walker, Ph.D., a "liberation" psychologist and consultant to the Fourteen Confederated Tribes and Bands of Yakima Nation; and Val Resh, an artist/activist from Malaysia and author of a memoir called *Fallen, Standing: My Life as a Schizophrenist*.

Laurie Goldman and Tom Pyle expect to begin a local HVN support group at NAMI this fall. Laurie will be providing more information about this interesting approach at a workshop at our forthcoming Harvest of Hope conference on October 7. Also partnering on this initiative is Lynne Blecher of the Trenton Psychiatric Hospital's Transition Mission Wellness Center.

## Meet Our New NAMI Mercer Board Members

**JERILYN ANGOTTI** is a certified public accountant (CPA) licensed in the State of New Jersey and the controller of Studio Hillier in Princeton. She was honored as one of the NJ Society of CPAs "Top 30 under 30 CPAs" and participates in the annual NJCPA "Pay It Forward" program. In addition to serving as NAMI Mercer treasurer, Jerilyn is also president of her Homeowners' Association.

**Favorite quote:**

"Everyone you meet is fighting a battle you know nothing about. Be Kind. Always."

**STEPHANE BROWN** graduated from the College of NJ with a Bachelors degree in business management and currently works for the NJ Department of Education. She is the NAMI Mercer Family Team Chair for the annual walk, a member of the Night Out with NAMI committee, and presenter for the Spotlight Speaker series and Parents and Teachers as Allies programs. Stephanie recently won the Alyssa Morgan Lego Humanitarian Award for her volunteerism.

**Favorite quote:**

"Everything starts with a conversation." Bill Monroe

**KATHI BARRINGER** earned a BS degree in Marketing from Rider University and has 30 years of experience designing, managing and analyzing the results of primary research projects. She is currently a senior consultant with Strategic Business Insights (SBI) and manages the company's MacroMonitor, a comprehensive database of U.S. household financial attitudes, behaviors and wellbeing used to analyze trends in national economic behavior.

Prior to joining SBI, Ms. Barringer ran primary data collection projects to support energy efficiency and low-income energy assistance program evaluation. She serves on the NAMI Mercer Community Awareness Committee.

**Favorite quote:**

"Be daring, be different, be just." Anita Roddick

**STEVEN GOLDIN** is a director with Expense Reduction Analysts. He previously served as chairman and CEO of a private equity-funded company, as director of real estate for a \$2.5



**L to r, seated: Stephanie Brown, Jerilyn Angotti, Kathi Barringer. Standing, Steve Goldin.**

billion organization where he managed 15 million square feet of new development, and as a project executive with K. Hovnanian. He holds a BA from Harvard, an MBA from Columbia, and has served on numerous non-profit boards.

**Favorite quote:**

"Never, never, never give up." Winston Churchill

# Fall Fundraisers Honor Pillar Awardees, Oct. 8 and Nov. 4

*continued from Page 1*

fundraising efforts as chair of the Development Committee, which he led until 2015.

During John's tenure, the Development Committee grew beyond the simple management of fundraising events. Adhering to nonprofit development best practices, John focused the committee's attention to strategizing for long-term sustainability. John launched a very successful membership drive that brought us to a high-water mark in enrollment; he also created the Patron Society, NAMI Mercer's first giving circle of major donors. Capitalizing on NAMI Mercer's 30th anniversary in 2014, John was instrumental in the establishment of our Fund for the Future nonprofit investment fund in collaboration with the Princeton Area Community Foundation.

John led the development effort by personal example. His own financial contributions to NAMI Mercer over the years have been substantial; leveraging corporate matching gifts and his personal network across the country for Team Chela, his NAMIWalks team has been a top fundraiser.

The Marslands' donation of a day of sailing on their sailboat has been one of our premier and favored live-auction items.

## Dinner-dance on Nov. 4

Rounding out the fall season will be our Night Out with NAMI benefit dinner/dance at the Windsor Athletic Club Gymnasium on Saturday, November 4 from 6:00-10:00 pm. Reminiscent of a

1950s/1960s high school "sock hop," the rock 'n roll evening will be complete with dinner, dancing, games and entertainment as well as a live auction. Come dressed up in fashions of the era. Also, attendees will have the opportunity to learn more about NAMI Mercer's services and programs and view a retrospective on mental health treatment through a brand-new poster presentation series developed by our talented student interns.

## Pillar Awardee Dr. Bill Hayes

Dr. Bill Hayes will receive the Pillar

Award at our dinner/dance on November 4. A board-certified psychiatrist, Dr. Hayes has provided comprehensive care to children, adolescents, and adults in the Princeton area since 1986. He

has served as a consultant to the Lawrence Township Board of Education and as an educator for NAMI New Jersey. In addition, he had been a long-time advocate for mental health parity in insurance and for the allocation of increased funding for mental health research. In 2008, NAMI National honored Bill with the Exemplary Psychiatrist Award.

According to former Director Michael Fitzpatrick, Bill was one of 30 psychia-



**Dr. Bill Hayes**

trists across the nation "who are stars within the nation's mental healthcare system." Candidates for this award are nominated by the individuals and families they serve.

Locally, Bill was a member of NAMI Mercer's Board of Directors from 2007 to 2015, serving as president from 2008 to 2012. During his tenure as president, NAMI Mercer increased its impact in many ways: piloting Sharing Hope, a new NAMI National program for the African American community; forming the Becoming Friends social group for young adults; introducing a weight management support group to help those with metabolic syndrome; participating in the founding of a Crisis Intervention Training program for law enforcement officers; launching our annual Harvest of Hope wellness conferences; forming an advocacy committee; establishing the NAMI Connections support group; and building capacity to offer Sharing Hope and Family-to-Family in Spanish.

As loyal members of the Patron Society, Bill and his wife, Mary, are committed to the long-term sustainability of NAMI Mercer. Bill served as the NAMI-Walks Mercer County chairperson for five years and consistently supports the NAMIWalks effort by leading one of the highest fundraising teams.

He continues to leverage his expansive network to solicit corporate sponsorships for the Walk, which marked its 10-year anniversary last May.

Please join us for these two events. Contact Christine Bakter, director of development ([cbakter@namimercer.org](mailto:cbakter@namimercer.org)).

## Tribute to Faye Johnson

Fifteen members of Just Friends honored their beloved friend, Faye Johnson, at a remembrance service at St. Charles Borromeo Church in Skillman on Saturday, August 26. Faye passed away at Capitol Health Medical Center in Trenton on July 10 at the age of 60.

The church service was followed by dinner at Alfonso's Restaurant in Montgomery. Faye's close friends, Louise Morse and Kerry Faden, coordinated the farewell activities.

Faye joined Just Friends about 17 years ago and was a regular participant in the group's social activities,

including bowling, dinner parties, annual picnics, and holiday celebrations. She also attended the Walk and Harvest of Hope conference. Recently, however, she had to limit her involvement due to failing health.

Louise Morse, who has known Faye for 30 years, feels very lucky to have had her as a friend. The two met in 1987 at Vita Nova, a psychiatric day program at St. Francis Medical Center.

"Faye treated everyone with dignity and respect," said Louise. "She had a smile and kind words for everyone."

In spite of the intense pain she endured for the past seven years, Faye

remained cheerful and hopeful. "She had tremendous faith," added Louise.

Faye lived on West State Street in Trenton, where her neighbors affectionately called her "Miss Faye." She leaves a brother, Eric Johnson, and sister-in-law, Trish.

"Faye was a kind soul whom I had the pleasure of knowing for many years," commented friend and NAMI board member Robert Hedden.

"It was nice for everyone to have closure. Faye will be missed."

# Interns Reflect on Their Summer With NAMI Mercer

## SCOTT BECKER

As a graduate student at Princeton Theological Seminary, most of my time is spent under a stack of books. Interning with NAMI Mercer was an invaluable complement to my studies, as it allowed me to apply theory and theology in a practical, real-world context.

It was moving to hear first-hand how mental illness and the stigma surrounding it impact the lives of individuals and their families and enlightening to observe the inner workings of a small non-profit. It was a privilege getting to know staff, volunteers, and help-seekers, all of whom taught me something important.

I learned from them about dedication, empathy, courage, resilience, and the complexities of serving a community on the front line. Whatever I contributed during my time at NAMI Mercer, it was but a fraction of what the experience has given me.

## AMANDA FRAPPOLI

My internship experience was a memorable and rewarding opportunity that I am so thankful for. I learned and practiced how important it is to accept others and treat everyone with kindness as you do not know what they are going through.

Mental illness can be very difficult for not only the individual experiencing the illness but also the family and friends who surround that person. Be kind to everyone as kindness goes a long way. Janet, Christine, and Danita are truly amazing women and my role models.

## REBECCA LOPEZ

My internship at NAMI Mercer has provided invaluable experience. I went into it with an interest in the nonprofit sector and hoping to gain skillsets applicable to my ideal career in Hispanic/Latino advocacy.

I was interested in learning about grant writing and DonorPerfect and was able to acquire hands-on experience with both.

Christine acted as a mentor and I

was able to gain insights from her about development, including how it can be empowering for people to contribute to a cause that is important to them.

It was truly a pleasure to be part of such a supportive work environment. I would have thought that with a staff of three, everyone would be absorbed in her own work; to the contrary, everyone spent time chatting, taking breaks, and laughing together.

The friendliness I saw between staff and volunteers at NAMI Mercer was



(l to r) Rebecca Lopez (University of Pennsylvania), Amanda Frappoli (Mercyhurst University), Scott Becker (Princeton Theological Seminary), Kaysey McGrath (University of Delaware), Alexis Brandon (New York University, Silver School of Social Work).



(l to r) Swetha Tanjore (Hofstra) and Laura Morella (The College of New Jersey).

very positive. I was really inspired by the work that NAMI Mercer does to make a positive impact in the lives of mental health consumers, and I'm grateful to have witnessed and contributed to that. I look forward to staying in touch!

## KAYSEY MCGRATH

This summer I had the opportunity to be an intern at NAMI Mercer and was excited about working in an organization focused on mental health. I found out about NAMI through a professor at the University of Delaware where I'll be a senior this fall with a major in psychology.

During my internship, I worked on the Helpline connecting people in our community to resources. I was honestly shocked by how many organizations are available in Mercer County.

I loved talking to people over the Helpline and realized that one call can truly impact a person's life and wellbeing.

Listening to people talk about their troubles and helping them feel less alone was very rewarding and helped me decide that I want to become a counselor.

Learning about the different types of mental illnesses and treatments helped open my eyes to all I can do with my psychology degree.

I so appreciate NAMI Mercer's hiring me this summer and welcoming me to such a great environment. I couldn't have asked for a better place to intern.

# Lasley Picnic, August 19



Top left: the Marslands, the Fadens and the Wilmots. Top right: Dottie and John Lasley. Second row, left: Alicia Bruney, Danita Saunders-Davis and Dianne Pingatore. Third row, left: Kerry Faden and Libby Bartholomew. Above: Michael Amter, John Lasley and Robert Hedden. John and Dottie Lasley hosted the annual picnic and pool party at their home in Princeton for NAMI Mercer members.

## Board Members' Articles Published in National Magazine

**N**AMI Mercer Board Members Tom Pyle and Lauren Agoratus had articles featured in the July 2017 edition of Exceptional Parent Magazine on the subject of housing. Excerpts follow.

From “Vanquishing the Vexation of Housing for a Loved One with a Psychiatric Disorder” by Tom Pyle

The seven stages of housing for a disabled family member

- The first phase might be considered the simplest and surest: familial housing.
- The second phase of a housing odyssey is emergency housing. When a mental illness skews symptoms and behaviors, bad things can quickly befall a loved one's health. Thus, the most emergent form of housing is a hospital emergency room.
- The third phase is usually transitional housing. Except for very severely psychotic loved ones unable to live in the community, hospital inpatient commitments can be considered transitional.
- The fourth phase is supportive housing. It is a combination of housing and services intended as a cost-effective way to help those with the most complex challenges live more stable, productive, integrated lives.
- The fifth phase, subsidized housing, is housing generally offered at below market rates to for the indigent. Federally funded public housing can be considered as subsidized housing. Private landlords participating in subsidized rental voucher programs such as “Housing Choice” (Section 8) are also part of this phase.
- The sixth phase is “affordable” housing. Typically, developers must dedicate 20 percent of units in a new housing project to the affordable housing category.
- Finally, the seventh phase, with the most plentiful supply, but with the least attainable prices, is regular market housing.

From “Creative Housing Options for Independent Living” by Lauren Agoratus

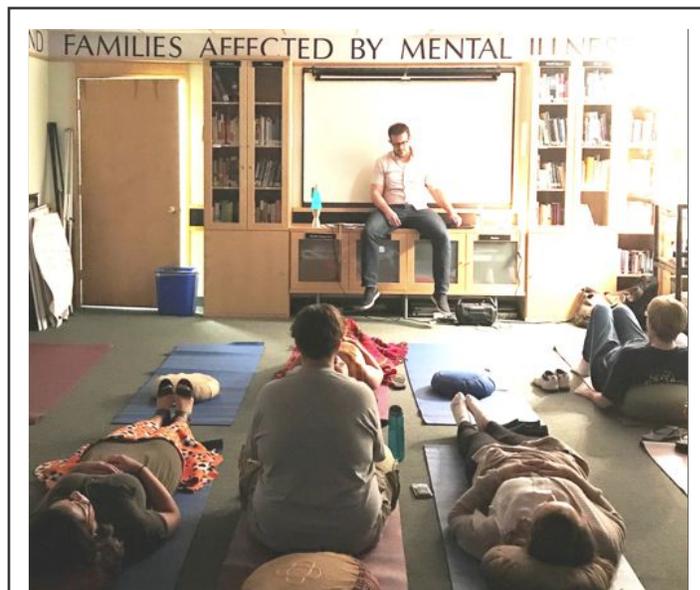
While group homes are one model of “housing with supports,” more and more people with disabilities and their families are looking to greater inclusion and participation in the community. Some models of supportive housing are integrated or “reverse integrated” in which a certain portion of units are set aside for people with disabilities. Sometimes people with and without disabilities share a home. Supervised living means that there is help nearby at all times. Assisted living is a similar option . . . Some individuals with disabilities remain in their family home with supports while others live with a trained “host family.” Newer ideas include “accessory apartments,” sometimes known colloquially as “granny pods,” built on the lots of family homes as well as the “tiny house” movement. Technology and apps can help people with disabilities control utilities, lights, locks, answering the phone, etc. Personal emergency response systems (PERS) have features such as fall detection, waterproofed to wear while bathing.

## Socks by Elina at Harvest of Hope

**T**his summer, NAMI Mercer volunteer Elina Roychowdhury came up with an original idea for raising money to support our programs and services. With the help of her family, Elina embellished socks with the NAMI logo. We plan to sell them at Harvest of Hope on October 7.

Elina currently is a student at Case Western Reserve University in Cleveland, Ohio.

In 2015, when she was a student at Princeton High School, she donated \$1,848 to NAMI Mercer from the proceeds of her classical Indian dance performance at Rider University. Elina's solo graduation recital (called an Arangetram) culminated eleven years of intense study of the art of Bharathanatyam.



**Scott Becker, graduate student at Princeton Theological Seminary and NAMI Mercer intern, led a “Meditation for Mental Health” session for our community on August 2 in the NAMI Mercer education room.**

# NAMI Mercer

## BOARD OF DIRECTORS

Jason Redd Esq.  
*President*

Coleen Burrus M.A.  
*Vice President*

Stephane Brown  
*Secretary*

Jerilyn Angotti C.P.A.  
*Treasurer*

Lauren Agoratus M.A.  
Kathi Barringer

Dave Doran  
Steve Goldin M.B.A.

Robert Hedden  
Lori Jacobi

Karen L. Marquis Ph.D.  
John E. Marsland Jr.

Madeline Monheit M.S.  
Tom Pyle M.A.

Zia Rahman Ph.D.  
Michelle Santoro M.B.A.

Dan Schubert M.S.

EXECUTIVE DIRECTOR  
Janet Haag M.A.

DIRECTOR of OPERATIONS  
Danita L. Saunders-Davis

DIRECTOR of DEVELOPMENT  
Christine Bakter

EDITORS  
Madeline Monheit  
Elisabeth Hagen

## THE NAMI CENTER of Mercer County

Whitehorse Executive Center  
1235 Whitehorse Mercerville Rd.  
Building C, Suite 303  
Hamilton, NJ 08619

**609-799-8994**

home@namimercer.org  
namimercer.org

## New NAMI Membership Dues

**E**ffective July 1, 2017, NAMI National implemented new membership dues rates that all affiliates are required to adopt. Following are frequently asked questions and answers:

### What are the new dues rates?

\$60 for household memberships; \$40 for individual memberships; \$5 for open door memberships

### What does NAMI consider a "household?" Is this rate for families only?

A household consists of all individuals living at the same address. This can be a family in the "traditional" sense (spouses plus children) or even roommates.

### What is a household membership?

A household membership is intended to allow all individuals living at the same address to be counted as members in NAMI. The household membership will only receive one copy of the NAMI Advocate, but all other member benefits are granted to each listed member. While each member is counted as a member of NAMI, the paid household membership counts as ONE vote in NAMI elections.

### What is an open door membership?

An "Open Door" policy allows for a reduced dues payment based on income or economic necessity as determined by the affiliate. Open door members have all the rights and privileges of members who pay full dues.

### Are there any differences for the membership benefits among the three different rates?

No, every membership has the same benefits, including:

- One copy of the *Advocate* magazine, mailed twice per year
- Access to members-only areas of the NAMI.org website
- Discounts on National Convention registration rates
- Discounts on items in the NAMI Store

### Can an individual living in a household have his/her own separate membership?

Yes, a person can have his/her own individual or open door membership even if he/she is living in the same household as a group with a household membership.

### Is everyone in a household counted as a NAMI member if someone at the household paid for a household membership?

The person who pays the household membership will need to list the specific individuals in the household for them to be counted as members.

### Can a child who is away at college be part of the household membership? Can an adult child or elderly family member who is living in a care facility and supported by a parent/caregiver in the household be part of the household membership?

Yes, but only one address is associated with the household membership. Therefore, the member living elsewhere will not receive conventional mailings.

### Can we add someone else to our household membership prior to paying our renewal?

Yes, as long as the person is living at the same address.

### The \$60 household membership costs too much for some families. How can they still become members?

Each individual who wishes to become a NAMI member is welcome to pay the individual or open door rate to have his/her own membership. There is no low-income household membership rate.

### How many people can a household membership cover?

Right now, the system is set up to include up to 10 members in a household membership.

# NAMI Mercer Programs

## Educational Programs

**Family-to-Family Class:** a twelve-session class for family members of adults living with mental illness. Thursdays, Sept. 14 – Dec. 7 (No class Nov. 23), 6:30 – 9 p.m. at the NAMI Mercer Center.

**In Our Own Voice and Spotlight Speaker Series:** booked presentations to promote awareness through personal stories of recovery.

**Parents and Teachers as Allies:** booked presentation for educators, parents and school personnel.

**Public Education:** September – No meeting due to office move.  
October – Impact of Social Media on Self-regulation and Self-esteem, date and venue TBD.  
November 30 – The Opioid Crisis and Mental Health, RWJ Wellness Center, Hamilton.

## Support Groups

**NAMI Connection:** recovery support group for adults living with mental illness. Second and fourth Tuesdays, 7 – 8:30 p.m. at the NAMI Mercer Center. No registration required.

**IFSS/NAMI:** support group for families of adults living with mental illness. Mondays, 5:15 – 6:45 p.m. at Lawrence Rd. Presbyterian Church. Tuesdays, 5:15 – 6:45 p.m. at the NAMI Mercer Center. Thursdays, 11:30 a.m. – 1 p.m. at Kingsbury Towers, 1 Kingsbury Sq., Trenton (facilitated in English and Spanish).

**WRAP® Workshop:** an eight-session Wellness and Recovery Action Plan program for individuals living with mental illness. Wednesdays, Sept. 27 – Nov. 15, 6 – 8:30 p.m. at the NAMI Mercer Center. WRAP® Online Support: Thursdays, 7 – 8 p.m. To connect to the meeting from your phone please call: 605-562-3185 Enter the meeting ID 149 245 4791 when prompted. Holiday WRAP® Sat. Nov. 18, 9 a.m. – 3 p.m.

**Just Friends Social Support Group Meet & Greet (age 30+):** first Wednesdays, 3 – 4 p.m. at the NAMI Mercer Center. Confirm attendance. Participation in a Meet & Greet is required prior to participation in Just Friends social activities.

**Becoming Friends Social Support Group:** (ages 18 – 30) second Fridays, 6 – 8 p.m. at the NAMI Mercer Center.

**Overcoming Social Anxiety Workshop** (offered in partnership with Find Your Voice) Fall, TBA

**Ask the Social Worker Teleconference:** first Mondays, 7 – 8:30 p.m. Call: 605-562-3185. Enter the meeting ID 149 245 4791 when prompted.

**Volunteer Orientation:** first Wednesdays, 5 – 6 p.m. at the NAMI Mercer Center. Confirm attendance.

*All NAMI Mercer support groups, workshops, and classes, are provided free of charge to participants. Registration is required for education classes, WRAP, and the Overcoming Social Anxiety Workshop.*

ADDRESS LABEL GOES HERE

ADDRESS SERVICE REQUESTED

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

