Amherst Men’s Lacrosse Team Moves “Mountains for Mental Health”

by Madison Tallant, Boston College School of Social Work Policy Intern

Each fall, the men’s Lacrosse Team at Amherst College organizes a 16-mile run through the “Seven Sisters” mountain range in Western Massachusetts to raise money for a cause that is important to the team. In 2016, the Amherst Lacrosse team elected to raise money for NAMI Mass after seeing a close friend experience the effects of mental illness. According to one member of the team, their goal was to “not only raise money for the cause, but to also help spread awareness, and reduce the stigma around mental health, especially on college campuses such as ours.” As a result of their grueling seven hour run/hike/sprint through the mountains, titled “Mountains for Mental Health,” the Amherst Men’s Lacrosse Team thus far has raised over $35,000 for NAMI Mass.

Amherst’s Men’s Lacrosse team has a history of philanthropy. In 2013, they raised money for at-risk children in NYC, in 2014 they raised money for educational materials and resources for students in Ghana, and last year they raised money for early childhood education in St. Louis, MO. NAMI Mass is excited that they chose us as the organization to sponsor for 2016 and is humbled by their generosity. A tremendous and heartfelt “Thank You” to Amherst Men’s Lacrosse for your support!

To see more of their journey go to: https://www.youtube.com/watch?v=cxQiuu1bDOI

Bearing Witness to Personal Stories: Nothing is More Powerful

A Blog Post by Marcia Fowler, CEO,
Bournewood Hospital, Brookline, MA

I took the Pledge.
Against stigma.

As one of more than a hundred CEOs, mayors and executives who have signed on to NAMI Massachusetts’ CEOs Against Stigma campaign, it is an honor to stand with my colleagues in bringing parity, equality and compassion to mental health conditions in the workplace. NAMI Mass has created a model and effective campaign designed to reduce—and perhaps one day eliminate—the harmful, stereotypical impact of the stigma and discrimination around mental illness in the workplace.

If you believe that the stigma of mental illness is inflated or doesn’t exist where you work, I can share this: Most people say that they would advise someone with a mental health condition to tell their
President’s and Executive Director’s Remarks

Dear Friends of NAMI Massachusetts:

At this time of the year NAMI Mass needs your help in Fundraising and Advocacy for the organization. Fundraising for the organization is the life's blood of any non-profit and Advocacy at the state level is truly where our NAMI members can influence the direction of legislation which can improve the future for ourselves and our family members.

On Sunday, April 9, 2017, we are honored to have the award winning author Dr. Kay Redfield Jamison as the keynote speaker at our spring fundraiser at Canary Square Restaurant in Jamaica Plain (Boston) (see page 3 for information). Dr. Jamison is the Co-Director and a Professor at the Mood Center at Johns Hopkins Hospital and speaks with the authority of a Peer. To quote from the university website:

“Kay Jamison’s book An Unquiet Mind is potent for doing what pills can’t… it tells of the healing power of structure, psychotherapy and social network. It tells them they are not alone. And, as critical, it shows through Jamison’s example that diagnosis needn’t drain all the life from life.”

“Jamison is perhaps this country’s most famous author about manic-depressive illness. Her books and articles not only help patients, they have raised the society’s consciousness. Her public appearances inform Americans about their millions of fellow citizens who suffer from mood disorders. Her work and life chip away at the stigma of mental illness.”

A presentation specifically for Peers with Dr. Kay Jamison at the Boston Public Library is planned for Monday, April 10.

On the Advocacy slate the most important date is “Advocacy Day” Monday, April 3, 2017 at the State House in Boston, where 200 or so NAMI members will make a lot of “noise” to influence our legislators (see page 9 for information). This is a NAMI Mass program which won’t disappoint you. We encourage all our NAMI members to attend and personally meet with your State Representative and Senator. You can make a difference by attending and it is a fun day!

Another important event is the annual NAMI Walk on Saturday, May 13, 2017 at Artesani Park, Brighton. The Boston NAMI Walk is the largest in the country and with your support we will be #1 again this year. Our goal this year of $700,000 is a significant challenge and we need your help. Plan to join the fun on Saturday, May 13 for an exhilarating, stigma free day with your friends and family.

We’d like to spend a moment discussing an issue that has been talked about a lot lately—repealing the Affordable Care Act (ACA) or Obamacare.

There are many reasons why NAMI Mass (and all NAMI’s) staunchly OPPOSES the repeal of this law. Here are just a few:

1. Mental Health and Addiction Treatment are one of the 10 Essential Benefits required under the ACA. Even though in Massachusetts, mental health and addiction treatment services were required by Ch. 58 of the Acts of 2006

Mutual Support at Alternatives to Suicide

by Jill Gichuhi, NAMI COMPASS, Assistant Director

Imagine being able to talk openly about your thoughts of suicide, without the risk of being hospitalized. To not be asked questions like “do you feel safe?” or “do you have a plan?” To instead learn that thoughts about suicide are not only common, but a completely normal response to the bad things in life you have experienced or are experiencing. To instead get support from others and hear how they find wellness and get through another day.

If you're a suicide attempt survivor or someone who thinks about suicide, maybe this sounds very liberating (and maybe a little scary, too). If so, I encourage you take a little risk and attend an Alternatives to Suicide group.

Developed by the Western Mass Recovery Learning Community (RLC), Alternatives to Suicide is an approach to peer support that recognizes that talking openly about suicide and distressing feelings with others who have a similar experience can be powerful and healing.

Alternatives to Suicide groups give people an opportunity to talk about suicide—not about plans or methods, but about the thoughts that people are having and the feelings behind those thoughts. People are encouraged to attend in both times of strength and challenge, to both give and get support. The groups were originally offered only in Western Massachusetts, but have expanded to other parts of the state and the country.

As an attempt survivor, I have an intimate connection to suicide. I first started thinking about suicide at a very young age, and for a long time I didn’t have
**We Fight Stigma Head On!**

*6th Annual Spring Fundraiser to Benefit NAMI Massachusetts*

**Sunday, April 9, 2017 • 3 – 5 pm**

**Canary Square Restaurant**

435 South Huntington Avenue, Jamaica Plain, MA 02130, www.canarysquare.com

---

**Our Guest Speaker**

**KAY REDFIELD JAMISON** is a professor of psychiatry at the Johns Hopkins University School of Medicine as well as an honorary professor of English at the University of St. Andrews in Scotland. Her just released book, *Robert Lowell, Setting the River on Fire: A Study of Genius, Mania, and Character* offers a masterful study on the relationship between mental illness and art. Dr. Jamison is the author of the national best sellers *An Unquiet Mind, Night Falls Fast*, and *Touched with Fire*. She is coauthor of the standard medical text on manic-depressive illness and author or coauthor of more than one hundred scientific papers about mood disorders, creativity, and psychopharmacology. Dr. Jamison is the recipient of numerous national and international scientific awards including a John D. and Catherine T. MacArthur “Genius” Award.

---

**Canary Square Restaurant**

**Event Co-Chairs**

Michael & Kitty Dukakis  
Mel & Joyce Greenberg

**Host Committee**

Bob Antonioni  
Barrie Baker  
Michael Fetcho  
Mel Greenberg  
Lisa & Bill Lahey  
Jane Martin  
Laurie Martinelli  
Marcos Rosenbaum  
Steve Rosenfeld  
Tom Scurfield  
John & Sara Sharp  
Betsy Tarlin  
Howard Trachtman  
Mark & Ginny Zanger

$150 per person

Register Online at https://namimass.givezooks.com/events/6th-annual-spring-fundraiser-with-kay-redfield-jamison

*or mail check to:* NAMI Massachusetts, The Schrafft’s Center, 529 Main Street, Suite 1M17, Boston, MA 02129-1125

If you’re not able to attend, please consider making a donation to honor Kay Redfield Jamison, An Anti-Stigma Champion.

Donate Online at https://donatenow.networkforgood.org/namimass
Growing support for a statewide program to support police with mental health response!

Thanks in part to the amazing efforts of NAMI members across the state who have been contacting their state legislators and senators and local media outlets, there is growing public and legislative support for a statewide resource to help police departments improve their interactions with people in mental health crises.

NAMI Mass staff have been working closely with Senator Ken Donnelly and Representatives Liz Malia and Linda Dean Campbell to champion this effort in the state legislature.

We need your continued support and advocacy as well!

- Contact your state representatives and ask for their support. Phone calls are best!
- Come to Lobby Day on Monday, April 3! (see page 9 for more details.)

NAMI Mass has partnered with the Brookline Police Department to create the Norfolk County Crisis Intervention Team (CIT) Training and Technical Assistance Center—one of several centers across the state supported by the Department of Mental Health’s Jail Diversion Program. CIT is a model for community policing that includes intensive training on mental health response as well as ongoing partnerships with local providers. NAMI Mass and the Brookline PD worked together to put on a 40-hour training in November, in partnership with a huge range of enthusiastic and talented local partners, including mental health and substance use providers, the schools, elder services, the court and probation, hospitals, and most importantly—peers and family members.

Last November, thirty-three police officers from Brookline, Newton, Wellesley, Needham, Dedham, Milton, Walpole, and Norwood graduated from the training. Our next training is coming up in May!
Allies for Student Mental Health

by Nancy Parker, Director of Parent & School Programs

NAMI Mass’ Allies for Student Mental Health (ASMH) has been reaching more schools and educators across the Commonwealth. In the past couple of months we have been to the following districts: Kingston, Mashpee, Braintree, Westford, SEEM Collaborative in Stoneham and more.

Below are just a few of the comments from our evaluations:

“Life changing information—the BEST EVER—Keep doing what you’re doing—it will save lives!”

“All four presenters were truly so inspiring, knowledgeable and disseminated very useful data, strategies and narratives. Great, great presentation!”

At our last presentation in Westford one teacher commented “Very informative! Best professional development we have had!”

The feedback is consistently positive with comments like this from every school.

Our upcoming presentations scheduled are in: Belmont, Reading, Acushnet, Sturbridge, and returning to Braintree.

To learn more about bringing ASMH to your school system, please see our website: namimass.org/programs/allies-for-student-mental-health and send information to your superintendent. If you know of any teachers who would like to be involved in our program, please have them contact nparker@namimass.org.

by Judi Maguire, Director of Peer Programs

Fall 2016 saw a busy few months of trainings which greatly improved our pool of facilitators. A training in Western Massachusetts resulted in two new groups in Easthampton and Ludlow. Two more groups in Springfield are also in the pipeline, both of which will be conducted in Spanish. We also conducted Connection trainings in Boston, Brockton and Hyaannis. So far we’ve been able to re-establish two groups in Boston and one in Jamaica Plain. We’ve also opened up a young adult group in Jamaica Plain and a faith-based group in Winchester. We have more groups in the pipeline in Roxbury, Hyannis, Plymouth, Quincy area, Worcester and Central Middlesex.

With so many groups running we are working on improving quality control. There will be a Support Group Refresher Webinar taking place on March 16th. A recording of the Webinar will be available after March 16. This refresher is for both Family Support Group and Connection facilitators because the primary focus is
Walk Reception

When: March 23, 2017. 6 pm- 7:30 pm (Dinner will be served)

Who: Anyone interested in learning more about the NAMI Mass Walk, 2016 Walk Captains, 2016 Star Walkers, and prospective 2017 Team Captains!

What: An opportunity to learn more about the NAMI Mass Walk, a way for NAMI Mass to thank you for all of your hard work, and a time to share fundraising triumphs.

Where: NAMI Massachusetts, The Schrafft's Center, 529 Main Street, Suite 1M17, Boston, MA 02129. Free Parking, Sullivan Square Orange Line Subway

RSVP to Karen Gromis: kgromis@namimass.org or 617-580-8541 by Tuesday, March 21, 2017
The Peer-to-Peer program is being redesigned by NAMI National and will be launched in the fall of 2017. The new program will consist of a set of individual modules which can be selected to make up an eight-week class. Our MyMoments program will be added in as two extra modules. NAMI National will set up a retraining program for existing mentors.

Help Wanted!

In order to address the growth and growing demand for Peer Programs we are asking each affiliate to find one or two individuals who will act as Peer Champions for their affiliate. As these people will have a much better idea of local resources they will be able to promote NAMI Peer programs in their community through medical centers, churches, club houses, colleges and local media. They will also be asked to support some of the logistical needs of NAMI mentors and facilitators in the area such as helping find locations and providing snacks. As Peer Champions they will also be the peer voice on the affiliate board, to affiliate members and to the community at large.

With help from our Diversity and In Our Own Voice Directors, our outreach in the Boston area has enabled us to establish firm ties with other peer organizations and programs, and to create new and exciting relationships with different cultural and ethnic groups. By listening and responding to the needs that they have expressed for their communities, we have been able to introduce our peer programs to a wider audience. We are hoping that Peer Champions in different regions of Massachusetts will be able to create similar alliances.

For the past three semesters in my Psychology in Literature senior seminar, Librarian Educator Anita Cellucci and I have invited guest speakers from NAMI Mass to share their lived experience with mental illness. And each semester students continually offer positive feedback on how the IOOV speakers educate and inspire them. By having guest speakers from...
We should be talking about this problem. I thought the visit from NAMI Mass was extremely helpful and enlightening. I had already known a lot about mental illness, mostly from my Psychology classes. After listening to Eliza and Megan, all of the missing pieces that hadn’t been clarified were clarified. Their presentation also changed the way I think about many aspects of mental illness, specifically stigma and treatment. Their stories were more impactful. I used to view depression very negatively because every time I read or watched something about depression, it ended badly. I had a family member who killed himself because of depression. From the IOOV presentation, I now feel a great deal of empathy for those affected by depression, and for those who are affected by someone who is battling depression.” – Zak

Student 1:

“In respects to the visit from NAMI Mass, the topic of mental illnesses and disorders seem to be more of a comfortable topic to recognize. Having others come in and present about this topic that people usually are afraid of or try to avoid really helped me recognize the fact that we shouldn’t be scared of mental illness. Continuing to ignore the heavy topic won’t help those who unfortunately suffer from the different mental illnesses. From sharing the dark days, to coping skills, the IOOV presentation helped further support the fact that we should be talking about this problem. I strongly believe that removing the stigma surrounding this issue is essential for the progression of help for those who suffer from mental illness.” – Tara

Student 3

“One thing that kind of soothes my soul is knowing that I am not alone and that someone somewhere is going through the same kind of thing I am going through. For me, “putting a face to the story” is more than just a connection I make. It is physically existing with another person who is cut out from the same piece of cloth as me and not only listening to their story, but walking with them completely till the very end. To me, this presentation was like looking in a mirror, but instead of seeing my dark thoughts, I’m seeing familiar storylines that have the “alternative ending” and that makes me happier than I can ever say…” – Nadine

by Ilya Cherkasov, Director of Family Programs

This past fall the Family-to-Family (F2F) program had an exciting new development. NAMI Western Mass has managed to bring a F2F class to Greenfield, MA located in rural Franklin county. Susan Sharbaugh and Daris Emerson—both newly-trained first-time teachers led the class of 12 students. Bernice Drumheller—NAMI Western Mass president and a program veteran with over 15 classes cumulative experience under her belt—provided continuous in-person support to insure a rewarding enriching experience both for the students and the teachers. Bernice also engaged Jean Mantha—a trained F2F teacher with no prior teaching experience—to assist her in this role. Here are excerpts from their testimonials about their in-class experience:

Susan Sharbaugh (F2F teacher): “At the beginning I was nervous; as I am not comfortable speaking in front of other people… Every week required a lot of preparation to insure the smooth presentation of the course information. Facilitating the class with two other teachers who have different talents made the discussion more engaging. My first-time F2F class teaching experience inspired me to continue offering this course in the future.”

Jean Mantha (F2F teacher): “At the beginning I was asked to sit in and observe which I was happy to do to keep what I learned fresh. Then I was privileged to be asked to help teach the class with the other two teachers. The class was a wonderful experience, not only because it was my first time teaching, but the participants were wonderful. We were told many times how glad they were that this had come to the Greenfield area.”

Bernice Drumheller: “NAMI Western Massachusetts was pleased to have our first Family-to-Family class in Greenfield. The class motivated me to come out of retirement and help the teachers who were new to the evidence based program. Even though I had to travel over an hour away I knew how important it was for the families to take the classes. As it turned out one of the teachers had a health issue and I was grateful to be able to be there to help out. The class was an enthusiastic group who truly enjoyed an agenda that had a wealth of information and formed a commonality through the group. 14 members participated with three teachers available. One was a resource teacher. As a
Join Us for NAMI Mass Advocacy Day!
Monday, April 3, 2017, 11 am – 3 pm
Great Hall, Massachusetts State House

Registration & Networking: 11:00 am – Noon
Speaker Program: Noon – 1:00 pm
Lunch: 1:00 – 2:00 pm
Visit your Legislators: 2:00 – 3:00 pm

Speak Up, Be Heard
YOUR Legislators Need to Hear from YOU!

Lunch will be provided for registered attendees.

Register online at www.namimass.org/2017AdvocacyDay
or by completing the form below and returning it to the NAMI Mass office.

Name__________________________________________ Phone______________
Home Address________________________________________________________________
City__________________________State_____________________Zip___________________
Email________________________________________________________________________

Register via Fax: (617) 580-8673; E-Mail: mtallant@namimass.org
Or Mail to: NAMI Massachusetts, Attn: Advocacy Day
The Schrafft’s Center, 529 Main Street, Suite 1M17, Boston, MA 02029

Please notify Madison at mtallant@namimass.org or (617) 580-8541 by March 27, 2017, if you need ASL interpretation or if you would like a vegetarian lunch.
(our own state health reform law), the ACA guarantees that all health plans sold anywhere in the United States receive mental health and addiction coverage. Without such coverage, people go to emergency departments where they can wait for days or even weeks, for psychiatric care. Many end up out of work, in jail, on the streets or even dead by suicide.

2. The ACA allows parents to cover young adults through age 26 on their health plans. This is important since three out of four individuals with a mental health condition have symptoms by age 24.

3. The ACA eliminates pre-existing conditions, meaning that people cannot be turned down from their health insurance company because they have a chronic illness or disability.

4. Life time caps are also banned under the ACA, meaning insurance companies cannot select a million dollar or more CAP on life time coverage.

5. The ACA has extended health care coverage to approximately 20 million people across the country—by expanding Medicaid Coverage (called MassHealth in Massachusetts) and by creating Health Exchanges that now exist in many states.

While the Massachusetts Congressional delegation is firmly opposed to any repeal of the ACA, we urge NAMI Members to contact their friends and families who live in other states that may not realize the benefit afforded by the ACA. The ACA must NOT be repealed.

Thank you for your NAMI Support

Tom Scurfield
President,
NAMI Massachusetts

Laurie Martinelli
NAMI Mass
Executive Director

NAMI Massachusetts’s Standards of Excellence Program

by Larry DeAngelo, Affiliate Liaison

NAMI’s Standards of Excellence and re-affiliation program were developed through collaboration of affiliates, state organizations, NAMI (National) and outside consultants. The program goals are to increase NAMI’s ability to deliver high quality education, support and advocacy programs more efficiently; create NAMI organizations throughout the country that look and feel like one organization; decrease organizational dysfunction and the potential resulting liability; and insure NAMI organizations are compliant with state and federals laws.

The re-affiliation process under NAMI Standards of Excellence requires:

- govern by bylaws and operating policies that reflect state and federal laws
- adhere to industry standards
- be adequately insured to protect members and volunteers against liability
- have a financial review by a Certified Public Account every three years
- offer NAMI signature education and support programs
- affiliates and state organization should respect NAMI’s intellectual property rights and conduct themselves in a manner consistent with NAMI principles and practices.

In Massachusetts, re-affiliation has played a major role in the revitalization of NAMI South Shore, Central Mass, Northeast Essex, and Greater North Shore. NAMI South Shore and Northeast Essex have won the unanimous support of the NAMI Mass board for re-affiliation. Recently NAMI South Shore and NAMI Northeast Essex were approved by the NAMI National Board for re-affiliation. Central Mass and Greater North Shore have made significant progress on their path toward re-affiliation.

NAMI congratulates: 1) Berkshire County, 2) Cape Ann, 3) Cape Cod, 4) Central Mass, 5) MetroWest, 6) Northeast Essex, 7) South Shore, and 8) Western Mass on achieving re-affiliation with NAMI under the Standards of Excellence program.

Meeting NAMI’s Standards of Excellence requires considerable effort but the results are well worth the journey.
The Need to Bridge the Cultural Divide

by Florette Willis, Director of Diversity, Inclusion & Outreach

The Accountable Care Act (ACA) of 2010 or healthcare reform has changed the delivery of services. In order to overcome the challenges of engaging people in our communities, organizations must learn how to bridge the cultural divide. The term “bridging the cultural divide” refers to bringing diverse groups of people along with their perspectives together for collaborative action. The new system is focused on prevention & wellness using a person centered approach while making services accessible to all people.

According to the CDC, our state is changing regionally by race & ethnicity as the baby boomers age out. For example, one out of every five people are non-white vs. one out of every 50 people in 1950. While minority groups collectively accounts for 11% of non-white residents in our Southeast region, African-Americans are the largest minority group for this area and the City of Boston. In the Metro-west region, Asians are the largest minority group with Hispanics leading in the Western, Central and Northeast regions of the state and The City of Chelsea.

Culture & race plays a pivotal role in how all people will experience and understand everything about mental health and their overall wellbeing. Since choosing whether or not to reach out for help, who to talk to, where to go for services, coping styles, support systems and what treatments will work relies on the individual, organizations that stick to the “traditional one size fits all approach” are headed for disappointment. Therefore, it’s necessary for all organizations to reach out to diverse groups in your area. Some helpful tips to help you get started are as follows:

1. Open your doors to people who are different;
2. Meet people where they are at;
3. Be respectful & understanding;
4. Listen to people in your community
5. Build trusting relationships;
6. Plan a Diversity related event in your area;
7. Get the word out in a non-stigmatizing manner;
8. Offer services and information in the community & during non-traditional hours.

Let’s keep NAMI Mass going strong for future generations by signing up for a Diversity & Inclusion Training or hosting an event to bridge the cultural divide such as participating in National Minority Mental Health Awareness Month in July. For more information, email to fwillis@namimass.org or call 617-580-8541.

NAMI Mass Advocacy Update

by Madison Tallant, Boston College School of Social Work Policy Intern

The 2017–2018 Legislative session is underway and the Massachusetts State House is a beehive of activity. NAMI Mass is excited about our legislative agenda and has already begun advocating our initiatives that support and expand mental health services in the Commonwealth. As always, your voice will be critical to our advocacy efforts as we continue making our voices heard in the State House.

The cornerstone of NAMI Mass’ 2017–2018 public policy agenda is our annual Advocacy Day in the Great Hall at the Massachusetts State House. This year, we hope you can join us on Monday, April 3, 2017. We have a packed agenda and are expecting our largest group ever as we gather to visit legislators and tell our own personal stories. (see page 9.)

Below are NAMI Mass’ 2017–2018 Public Policy Priorities

DMH Funding

NAMI Mass’ #1 priority has always been and continues to be advocating increased funding to the Department of Mental Health (DMH) budget. NAMI Mass is encouraged that the trend over the past several years has been first to restore devastating cuts and then, more recently, modest increases in critical funding for DMH services. NAMI Mass looks forward to working with legislators and the Baker Administration throughout the FY2019 budget process to ensure this trend continues.
friends and family. But according to a NAMI Mass survey, only 27 percent of people said they would advise telling their co-workers about it. Despite the progress we've made in our knowledge, tolerance and acceptance of the fact that mental illness and addiction are treatable conditions, and not character or moral flaws, most still fear and believe they will lose their job if they disclose.

At Bournewood, the Pledge is in play, and many of its elements are our normal course of business. We are a behavioral health facility, treating adults and adolescents with mental health and substance use conditions with compassion, dignity and respect. Everyone who works here is an ambassador against stigma and understands how societal intolerance is so damaging to a person's recovery. Our workplace benefits stress wellness and our Employee Assistance Program ensures that our staff and their families have access to resources for their mental health and well-being. And every chance we get, Bournewood is out front in educating the public about how to move beyond stigma.

Recently, we hosted a NAMI In Our Own Voice (IOOV) presentation at the hospital, which is also part of the Pledge. There is nothing more powerful than the personal story of someone who's experienced mental illness and who has not only survived, but thrived. We were very fortunate to hear from Barrie Baker, MD, MBA, a woman at the top of her profession. She is the Chief Medical Officer in the Public Plans division of Tufts Health Plan and lives a full life.

That's the public face of her story.

In her IOOV talk at Bournewood, she shared a secret she had kept most of her life. Dr. Baker lives with depression. And she knows that, as a doctor, it's an extraordinary challenge for her peers to acknowledge a mental health disorder and seek treatment. While it's well known that physicians have higher rates of burnout, depression and suicide risk than the general population, it's rare for a doctor to pull back the curtain on their personal suffering for all to see. It was inspiring to hear Dr. Baker's story, and even more importantly to learn that workplaces like Tufts Health Plan support and encourage their workforce to be out in the open about their experience of mental illness. No stigma. No shame. We look forward to a world where we all live these values.

We learn best from the stories of those who have been there. And I invite you to learn more about the CEOs Against Stigma campaign (ceos.namimass.org) or contact Laurie Martinelli, 617-580-8541 or lmartinelli@namimass.org. Share it at work, with your co-workers, with your boss. There's no time like now to be an agent of change.

---

Welcome Two New NAMI Mass Employees!

Marcia Fowler, CEO, Bournewood Hospital

Makaila Cerrone, Assistant Walk Manager

I am a second year student at Northeastern University, double majoring in political science and psychology in the university's honors college. I am pleased to be working at NAMI Mass as the 2017 Walk intern. I have always known that mental health is what I wanted to work in, due to my personal experiences, but up until recently I was unsure of what avenue I should take. I now know that advocacy is what I was meant for and in the future after college, I hope to work with eating disorder advocacy specifically. Aside from work, I am the ANAD (anorexia nervosa and associated disorders) philanthropy chair of my sorority, and I am the internal affairs director of Northeastern's LASO (Latin American Student Organization). My psych classes have taught me the science behind mental illness and my poli sci classes have taught me the politics of mental health, however I am excited to learn first-hand how advocacy works and for the work I'm doing to really make a difference.

Ruthanne Switzer, Bookkeeper/Membership

My entire career has been in the non-profit sector. I have an aptitude for math and enjoy doing bookkeeping. Marilyn DeSantis, NAMI Mass Chief Financial Officer, has been working alone, and I look forward to helping her with the fiscal operations of NAMI Mass.

---

CEOs Against Stigma... continued from page 1
NAMI Berkshire County

by Brenda Carpenter

NAMI Berkshire County’s 3rd Annual Cupcake Wars Raises $9,000

The National Alliance on Mental Illness (NAMI) Berkshire County hosted its 3rd Annual Cupcake Wars fundraiser on Thursday, Feb. 2 at the ITAM Lodge in Pittsfield. The event began with a delicious Italian dinner prepared by UNICO of Pittsfield, which really hit the spot for the 230 attendees. Following dinner, three judges were picked at random from the audience to sample the unique confections prepared by the following six bakers and bakeries vying for the best cupcake in various categories: Gimme Some Sugar, Cakewalk Bakery and Café, Linda’s Pastries, Harvest Barn Bakery, Simply Sweet, Berkshire Pathways and Sarah’s Cheesecake & Café.

The winners were:

**Best Tasting** – Simply Sweet

**Most Creative** – Sarah’s Cheesecake & Café

**Best Presentation** – Cakewalk Bakery and Café

Gimme Some Sugar won in the People’s Choice category, which was voted on by event attendees. Capping off the evening was an auction of a dozen cupcakes from each baker. A variety of raffles were also held throughout the evening. Approximately $9,000 was raised through the event, with all funds supporting individuals and families impacted by mental illness throughout Berkshire County, Mass. The event’s sponsors included The Austen Riggs Center, The Brien Center, Gould Farm, ServiceNet, BerkshireFlyer.com, South Bay Community Services, Greylock Federal Credit Union and WBRK.

“As one of the co-chairs of this event, I am very proud of the efforts put forth by all members of the Board along with our executive director, Brenda Carpenter. Whether planning the event, securing sponsors, recruiting volunteers and donors, selling tickets in advance or helping with clean-up at the end of the evening, everyone played a part in making the 3rd Annual Cupcake Wars the best one yet!” commented Event Co-Chair Ruth Healy.

To view all photos from the event, visit facebook.com/NAMIBerkCounty.

NAMI Cape Ann

by Wendy Lindsay

The NAMI Cape Ann affiliate serves people in the Cape Ann communities including Gloucester, Essex, Ipswich, Manchester-By-The-Sea and Rockport. Residents of other communities are always welcome.

A team of peers—all members of our affiliate—are crafting models of chromosomes associated with mental disorders, to be part of the museum exhibit.

99 Faces Project

NAMI Cape Ann serves as the fiduciary agent for the 99 Faces Project, which will be on display for several months at Boston’s Museum of Science, commencing

continued on page 14
Memorial Day weekend. Developed by Lynda Cutrell, visual artist and longtime mental health advocate, 99 Faces presents a different view of mental illness compared to typical media portrayals.

Our Board of Directors, with the project team, is planning several special events to be held in the exhibit space, and encourage all with interest in mental health issues to visit this unique, interactive exhibit.

Cape Ann Social Club
For several months the Northeast Recovery Learning Community (RLC) has collaborated with in support of the Cape Ann Social Club, providing stipends for helpers and monthly expense allowances. This collaboration has helped secure the Social Club’s finances, especially for the Club’s outings and special events. This past fall, for example, Club members participated in a movie night at Gloucester Cinema, and attended a production of West Side Story at the North Shore Music Theater. For more information on the Social Club, contact Yvonne Burke at yvonneburke@comcast.net.

NAMI Education Programs
An 11-week training course for peers, known as Peer-to-Peer was held from May through July. Betsy Hadley and Josh Marcus served as facilitators. Seven peers participated in this training program, many from the RLC.

Once again Deb Pacheco and Holly Knapp led a 12-week Family-to-Family course, commencing in mid-September. Fourteen family members successfully completed this NAMI signature course, several of whom promptly joined NAMI and are members of our affiliate. A reunion of past-year F2F “graduates” was held in September.

In April 2017, three of our board members (Linda Lewis, Wendy Lindsay, and Amy Hubbard) plan to receive F2F teacher training, so we will be able to offer this course in both spring and fall seasons.

Support Groups
Family Support Groups and Peer Support Groups (age 18+) meet on the first Wednesday of every month and on the second and fourth Tuesdays of every month, all from 7–8:30 pm. The family support groups and peer support groups meet in separate rooms at our offices. We send emails regarding any updates to the support group schedules. We encourage you to call our office at 978-281-1557 if you have questions.

Get involved! We would like to hear from you—our members and friends—regarding your ideas and suggestions for NAMI Cape Ann. We are interested in making sure that our activities are consistent with needs of our community and our overall mission of education, support, and advocacy.

We encourage you to participate in our support groups, education programs, workshops and attend board meetings.

NAMI Cape Cod and the Islands (NAMI CC&I)

by Arlene Hoxie

NAMI CC&I in collaboration with the CCIT (Community Crisis Intervention Team) training team from Taunton, Mass has conducted an intensive five-day training program in crisis intervention and community collaboration in the handling of mental health calls. This program incorporates the de-escalation skill sets taught in the basic CIT training with a plan to build a network of community resources with the goal of getting help for the person with a mental health condition rather than incarceration. We have worked with the Taunton team to make our training very Cape specific. We had participation from 14 of the 15 police departments on Cape Cod. The reaction from the police officers in attendance has been very positive.

Cape specific speakers and resources included representatives from Duffy Health Center, Barnstable Police Department, Hyannis Vets Center, Behavioral Health Centers at Cape Cod Health Care, Cape Cod court and probation, Community Health Center, Gosnold, several school departments, Elder Services of Cape Cod, Cape Cod Hoarding Task Force, Hope Dementia and Bay Cove as well as Randy Hunt, Mass Representative. At his presentation, Rep. Hunt presented a bill to help ensure that persons who are being detained awaiting trial/hearings would have access to their medications. The segment with the Behavioral Health Center at Cape Cod Health Care was especially productive as the police voiced frustration when trying to get people through the procedures at the hospital emergency room.

This ambitious project was made possible through a generous donation from the Weny Charitable Trust and Roger Ludwig, Trustee of the Trust. We hope to continue this program with another training in the late fall of this year. We are also going to invite EMS personnel and pastors to join the training as they are often on the front line when there is a mental health crisis.

An ad hoc committee made up of police officers, staff from both the Emergency Department and Behavioral Health Care, met to work together to devise and implement procedures to help police departments get help for members of their community when they take them to the Emergency Department at the hospital and to improve communication among all parties.

continued on page 15
In other, NAMI CC&I news:

- Four Family-to-Family classes began in January with 55 participants. Two more F2Fs are planned for April. We are planning a teacher training this spring which will enable us to add more classes especially in the lower and outer Cape. We will be presenting our first Family-to-Family class in April for families dealing with Borderline Personality Disorder.

- We are continuing to advocate for a Mental Health Court on Cape Cod.

- In collaboration with “A Great Yarn” of Chatham to benefit the Housing Assistance Corp, we have initiated “Knitting for NAMI.” Using the book Knit for Health & Wellness; How to Knit a Flexible Mind & More we are encouraging our members to knit for the homeless while reducing their own stress.

\[continued on page 16\]
NAMI Plymouth
by Jean Childers

NAMI Plymouth Area members have been busy since early January planning activities for the year. Barbara DeCunzo, Gail Matern and Sheila Flaherty presented the board with the post card below to be sent to our lapsed and some “former” members we hope to remind of the benefits of NAMI membership.

The celebration of NAMI Plymouth’s 30th Anniversary at our Annual Meeting is another focus for our planning.

NAMI South Shore
by Betty MacIntyre

We at NAMI South Shore welcome Mark Kariotis, Joanne Owens and Henry Yeh to our board. The magnificent five are now the glorious eight.

During the up and coming spring of 2017 South Shore will host a panel discussion on Anxiety/PTSD. This will be happening on March 30th. On the panel is Dr. Michael Otto, a to be named therapist, a family member and two people with lived experience. As you can see we still have fine-tuning to do on that event. Our last panel discussion, Different Perspectives on Depression, was a great success.

We also have created a new program within our affiliate called Get Goin. Mark coined the title for us as to interest the younger group. This is a scholarship committee that will be donating money to people with lived experience that just need that little push to get going towards recovery. This is also in its infancy stage.

Our other goal is to donate money to our sister organization, CAUSE, (Consumers and Alliances for Supported Education) which was created by the members of the original South Shore Affiliate.

With equal excitement NAMI Mass saw the resumption of the F2F program in the NAMI Berkshire County area after a multi-year hiatus. It became possible when Steve Hadden of NAMI Central Middlesex kindly offered to help jump-start the program with local F2F teacher Marilyn Moran. Their class of 12 students in Pittsfield is currently underway. It is NAMI Mass’ great hope that some of this class’s graduates will get inspired to become F2F teachers.

Among other recent F2F program success stories is a continuous increase in Worcester area classes—one class was...
offered in the fall and two (!) classes in the spring semester. NAMI Central President Jack Casey played an instrumental role in this positive development.

Metro Boston area has consistently shown a tremendous demand for the F2F classes. The spring class in Cambridge, MA was overwhelmed with prospective class participant requests. The attendance had to be capped at twenty seven and further inquiries were redirected to the Winchester, MA class—another location where the classes were offered both in the fall and in the spring semesters thanks to the active involvement of the newly-trained teachers Jacqui Serebrani and Judy Kenson supported by the program veteran Janet Hodges. Unfortunately, space is limited here and does not allow me to name all the selfless teacher volunteers whose service benefitted the lives of over 200 family members just during the fall 2016 semester. [2]

In my personal life, I have been a long-time volunteer for a variety of causes and understand the importance of volunteers, members, and donors. People support causes which resonate with them. Having personal experience with depression and family members dealing with addictions has given me some understanding of the value of NAMI Massachusetts programs.

I have worked as a program director for the American Cancer Society, as a case manager and program director for Greater Lynn Senior Services, as business manager for the House of the Seven Gables Settlement Association, and most recently, as full-time Accounting Specialist for Northeast Legal Aid. I am delighted to have the opportunity to join NAMI Massachusetts part-time, as both of my children and their spouses are expecting new babies in 2017 and I already know the joy of being a grandparent to one little girl. [2]

someone who I could trust with those thoughts. I learned early that talking about suicide could result in being sent to the hospital, a place I didn’t want to be. So I kept my thoughts about suicide to myself, until they became too much to carry alone and I would act on them. Then I would end up in the very place I was trying to avoid. I’ve since learned that this is a common dynamic for people with frequent thoughts about suicide.

I first heard about the Alternatives to Suicide groups being offered by the Western Mass RLC a few years ago, and immediately began advocating to bring the support group training to my local Recovery Learning Community. After the training, I worked to get a local Alternatives to Suicide group going, and co-facilitated the group during its starting months.

I did this all for very selfish reasons—I needed some place that I could talk about the thoughts that were so often on my mind, and not have to worry about being coerced (or worse) into treatment. What I found was others who wanted the same thing—a place where we could connect with one another, in a mutual way, and share without the fear of judgment.

Are you interested in starting an Alternatives to Suicide support group in your area? Contact the Western Mass Recovery Learning Community to find out about training options and opportunities. You can find out more on their website, at www.westernmassrlc.org/alternatives-to-suicide.

Alternatives to Suicide…
continued from page 2

New Employees…
continued from page 12

Alternatives to Suicide Peer Support Groups

**Alternatives to Suicide Support Group at the Worcester Public Library**

Tuesdays, 6:30–7:30 pm, sponsored by the Central Mass Recovery Learning Community – For more information: call 508-751-9600 or email info@centralmassrlc.org or visit www.centralmassrlc.org/calendar/.

**Alternatives to Suicide Support Group at the Bowen Center in Springfield**

Fridays, 2:30–4 pm

**Alternatives to Suicide Support Group at the Salasin Center in Greenfield**

Tuesdays, 5:30–7 pm

**Alternatives to Suicide Support Group at the George B. Crane Memorial Center in Pittsfield**

Tuesdays, 4–5:30 pm

**Alternatives to Suicide Support Group at the Friend’s Meeting House in Northampton**

Mondays, 6:30–8 pm, sponsored by the Western Mass Recovery Learning Community – For more information: call 413-539-5941 x318 or email info@westernmassrlc.org or visit www.westernmassrlc.org/alternatives-to-suicide.

**Alternatives to Suicide Support Group at the Morse Institute Library in Natick**

Mondays, 3–4:30 pm, sponsored by Advocates, Inc. – For more information: email Gregory at ghabel@Advocates.org or visit www.advocates.org/events/alternatives-suicide-support-group.

**Alternatives to Suicide Support Group in Somerville**

Thursdays, beginning March 2nd 6:30–8 pm at the Public Storage Building, Mystic View Taskforce Community Room, 50 Middlesex Avenue, Somerville – For more info or with questions, call or text Lisa at 413-561-3269. [2]
A Comprehensive, Sustainable Police and First Responder Mental Health Training Program

Throughout the Commonwealth, people with mental illness and substance use disorders are arrested and incarcerated at disproportionate rates, leading to devastating consequences for individuals, families, and communities. Proven strategies can reverse this trend by focusing on the initial point of contact with law enforcement, diverting people who pose no safety risk to appropriate treatment instead of arrest.

Pockets of excellence and innovation around the state have successfully diverted people with mental illness from jails and prisons and have increased access to services. Many more are eager to move in this direction as well. Sadly, the Commonwealth has not yet allocated sufficient resources necessary to bring these local successes to scale. If the Legislature capitalizes on the growing jail diversion momentum in Massachusetts, it can effect sustainable change that improves the health and safety of all communities. Passing two key bills (below – HD #3570 and 2601 and Senate bill #1090) will put us on a path to avoid unnecessary arrest and incarceration statewide.

Bridgewater State Hospital

For decades, the Commonwealth has asked its state prisons to take responsibility for people who have a human services issue like mental illness and/or substance use disorders. In virtually every other state in the country, these individuals would be cared for by the state mental health and public health systems, not kept at Bridgewater State “Hospital” as is the current practice in Massachusetts. Continuing to require our state prisons to care for them is costly, both in economic and human terms.

Expand Emergency Service Provider Coverage (ESP’s) to All

An ESP is a community-based and recovery-oriented service. It provides behavioral health crisis assessment, intervention, and stabilization services for people with psychiatric illness. ESP teams have trained psychiatric clinicians that are “mobile” and will travel to the location of the crisis—home, school or community locations. Currently, individuals on MassHealth are covered by ESP services but many people with private health insurance do not have access to these essential and oftentimes life-saving services.

Reimbursement rates for MassHealth for hospitals that are closing psych units

NAMI Mass supports a significant and sustainable increase to MassHealth’s budget so hospitals can afford to provide inpatient psychiatric services within their communities, and so out-patient mental health clinics can remain open and operating.

The legislative bills NAMI Mass supports:

A Comprehensive, Sustainable Police and First Responder Mental Health Training Program

Senate Bill #1090 – sponsored by Senator Kenneth Donnell
House Docket #3570 – sponsored by Representative Linda Campbell
House Docket #2601 – sponsored by Representative Elizabeth Malia

These bills will expand access to mental health training to every police department in the state, foster partnerships between criminal justice and health provider agencies, and evaluate and coordinate best practices. This training will help police and first responders de-escalate situations, prevent unnecessary arrest or violence, reduce the likelihood of injury, and connect people to appropriate treatment and support.

Bridgewater State Hospital

Senate Bill #1084 – sponsored by Senator Cynthia Creem
House Docket #2341 – sponsored by Representative Ruth Balser

These bills would transfer the responsibility for the operation and oversight of Bridgewater State “Hospital” away from the Department of Correction and to the Department of Mental Health. Only the Department of Mental Health can ensure that the individuals held at Bridgewater are treated like patients, not prisoners, and given the treatment they need.

Emergency Psychiatric Services – Expand Coverage by Private Health Insurers

Senate Bill #525 – sponsored by Senator Jamie Eldridge
House Docket #1979 – sponsored by Representative Ruth Balser

These bills would require commercial insurers to cover services provided by Emergency Service Providers (ESPs) across the state. Currently, only adults and children who receive MassHealth benefits are covered by ESP providers. Everyone in the Commonwealth, regardless of insurance provider, should have access to these benefits.
NAMI Mass Community Gathers for Annual Convention

by Natalie Litton, Former NAMI Mass Intern

On Saturday, October 29, 2016 almost 400 people from across the Commonwealth gathered at the Sturbridge Host Hotel & Conference Center in Sturbridge for NAMI Mass’ 34th Annual State Convention: Journey of Hope and Recovery.

Dr. Ken Duckworth, NAMI National Medical Director, Medical Director for Behavioral Health at Blue Cross and Blue Shield of Massachusetts, and Assistant Professor of Psychiatry at Harvard Medical School, delivered the keynote address on “First Episode Psychosis, New Technologies for Mental Health Recovery, and Smoking Cessation.”

“In keeping with the Convention theme, Journey of Hope and Recovery, we were particularly excited to welcome Dr. Ken Duckworth as our keynote speaker. With thirteen years of experience as Medical Director of NAMI National, broad experience in the public health arena and as the family member of a person living with mental illness, Ken brought a unique and expert perspective to help us as we identify concrete resources and means to approaching and achieving recovery,” said NAMI Mass Executive Director Laurie Martinelli.

Ten workshops offered information on a range of pressing recovery-related issues in the mental health field. Experts led sessions along with community members and individuals with lived experience. One workshop—Mental Illness and Violence, True or False: Trends in Media Coverage—used a study in the journal Health Affairs as a jumping off point to discuss The Boston Globe’s recent Spotlight series. With a panel that included Senior Correspondent and Host at WBUR Radio Deb Becker, Boston Globe staff writer Scott Helman, President and CEO of the Massachusetts Association for Mental Health Danna Mauch and NAMI Mass affiliate leader Lisa McGonagle, this session provided a forum for complex discussion on a timely issue. Additional workshops covered a wide range of topics including mental health and substance use disorders, engaging diverse communities, how police and community members can work together to enhance safety and an overview of the history and current advocacy surrounding Bridgewater State Hospital.

Convention proceedings also included the election of board members, the presentation of awards and a tribute to Steve Rosenfeld who is stepping down after serving for three years as Board President. In addition, the Convention featured an Art Marketplace and Exhibitors Area where talented craftspeople displayed and sold their work ranging from paintings to tye-dyed products. Seeking to educate and empower individuals living with mental illness and their families, friends and caregivers, mental health professionals and the general public, the Convention was a busy and informative day for all participants.
NAMI Mass Family Support Groups

**Acton** • Susan: 978-263-8830, mcdougallettal@aol.com
**Agawam** • Jean: 413-374-9185
**Nantucket** • ShePowGir45@gmail.com
**Middleton** • Martha's Vineyard: 508-778-4277
**Lowell** • jhodges@edinburgcenter.org
**Haverhill** • 978-281-1557, namicapeann@verizon.net
**Marlborough** • Sid: 617-320-3048, el.cicid3@rcn.com
**Northampton** • Carol: 413-527-0532
**Orange** • Jen or Rich: 978-544-1859
**Pittsfield** • 413-443-1666
**Plymouth** • Kathleen: kconsid@att.net
**Revere** • Jacqueline: 857-615-3036, jmartinez1970@yahoo.com or Norma: 617-912-7886,
*Todas las reuniones son gratis y habla español*
**Sandwich** • NAMI Cape Cod: 508-778-4277
**Springfield** • Bernice: 413-596-5059, Bdrumheller@gmail.com
**Wellfleet** • 508-778-4277, info@namicapecod.org
**Weymouth** • Jacques: 781-431-4586, jserebrani@gmail.com or namisouthshore@gmail.com
**Worcester** • Jacqueline: 781-235-5546, jmartinez1970@yahoo.com or Marijane: 781-237-7351, mjtuohy@105albion.com,
*For Parents of Adult Children, In the Library*
**Woonsocket, RI** • info@namicapeann.org or
**Santa Fe, NM** • info@namicapeann.org

**NAMI Connection Peer Recovery Support Groups**

**Acton** • Rosemarie: ROSE.CONNECTION@aol.com
**Agawam** • 413-786-9139, information@namiwm.org
**Boston** • 3 groups:
Jackie Martinez, jmartinez1970@yahoo.com or Ryan Johnson, CPS, 617-626-8693, ryan.johnson@mbrlc.org
**Brockton** • Mary Lou Garcia: 508-857-0316, marylou.garcia.rcc@gmail.com
**Easthampton** • Ellen: 413-923-8481, EllenMaryHayes@gmail.com
**Everett** • Merlyn Snyder: 857-891-0471, merlysnyder60@gmail.com
**Fitchburg** • Caryl: 508-574-0603
**Framingham** • Starting Spring 2017
(Click our website namimass.org) TRA

Consider remembering NAMI Mass in your will...

If NAMI Mass has been of value to you during your lifetime, please consider making a bequest.

For further information, please contact Executive Director Laurie Martinelli, lmartinelli@namimass.org or 617-580-8541 x205.