

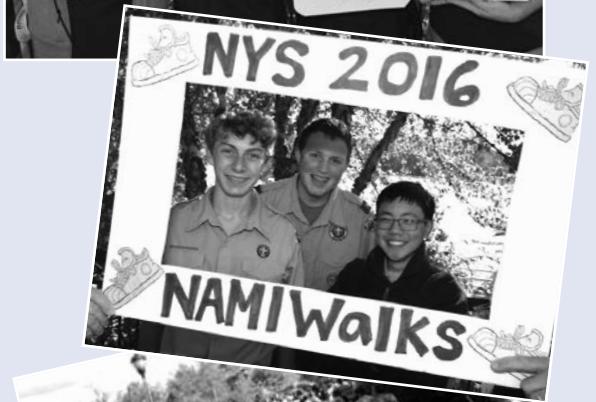
Winter 2017

NAMI-NYS Annual Educational Conference



See more details about the conference inside on page 14.

NAMIWalks



See page 6 for more details.

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Executive Director's Message

By Wendy Burch

2016 was a busy year for NAMI-NYS and the NAMI affiliates in New York. We had a successful legislative session working with our partners in the mental health community and beyond to help pass important legislation like the Mental Health Education in Schools Act and Paid Family Leave Act. We still have a lot to accomplish in regard to better treatment for those we represent, and I hope you will be able to join us at this year's Legislative Advocacy Day here in Albany on February 14th.



We also instituted the statewide Ribbon Awareness Campaign in May which many of our affiliates participated in around the state. This initiative helped to create partnerships between NAMI affiliates and businesses, schools, municipalities and community organizations throughout New York, raising awareness about mental illness and promoting NAMI as a resource.

NAMI-NYS was pleased with the success of its first NAMIWalks event held in September. Mother Nature did her bit to provide us with a beautiful day and about 300 participants joined us at Jennings Landing on the banks of the Hudson to show their commitment to stomping out stigma. Super Bowl champ Keith O'Neil served as grand marshal and shared his moving story prior to the walk. We hope to improve our NAMIWalks event in 2017, so please show your support. Proceeds raised go towards supporting NAMI advocacy and education throughout the state.

The Education Conference was another highlight of the year. With the first day of this year's conference coinciding with Veterans Day, the committee included a special tribute to those who served in our armed forces. The weekend again featured Young Adult, Children, Criminal Justice, Veterans and Wellness tracks, and added a focus on Suicide Prevention as part of our Zero Suicide Initiative. The weekend was jam-packed but included a lot of valuable information.

Not everything that happened this year was positive—we lost some strong NAMI advocates. Our Conference Journal acknowledged four of them: Constance Lieber, John Coon, Myrna Sanders and June Rodriguez. They will be sorely missed, but I know we will all do our best to carry on their legacy and continue to work to improve the lives of those living with mental illness and their families.

Despite the ups and downs, I am looking forward to a productive 2017. Our supporters are dedicated and passionate about the NAMI mission. Let's keep that momentum going! ■

We've Moved!



Same building but we are now on the first floor in Suite 105. Here are some pictures of the new office space. ■





Passing of Long-time NAMI Member and Advocate, Ruth Lavelle

Just as the Winter Newsletter was going to press we learned that the NAMI-NYS family lost one of our pioneers, Ruth Lavelle. Ruth was the founder of NAMI Harlem and a longtime NAMI-NYS Board member. She also served on the NAMI board. Anyone who was lucky enough to work with Ruth will remember her fondly as one of the warmest, kindest and classiest people you would ever want to meet. She will be missed dearly, but her indomitable spirit will live on in the hearts of the many people she touched. ■



Wendy Burch

Executive Director

Sharon Clairmont

Associate Director of Finance and Administration

Matthew Shapiro

Associate Director of Public Affairs

Shaniqua Jackson

State Programs Coordinator

Tammie Paradis

Affiliate Development Coordinator

Christine Rickeman

Resource and Information Helpline Coordinator

Alicia Burns

Outreach Coordinator

Heide Garner

NAMIWalks Manager

Office Volunteer

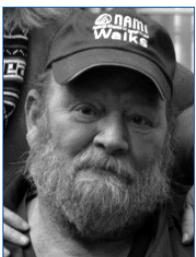
Seth Messina



Ojene Sutton
Volunteer



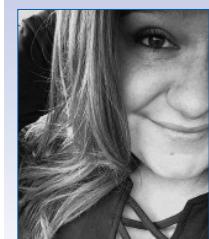
Rick Garner
Volunteer



Daniel Demmer
Volunteer



Bill Wallace
Volunteer



Charlee Ingraham
Intern from Bryant & Stratton College

Charlee is an accounting student who worked closely with Sharon Clairmont in the business office during her internship with NAMI-NYS in the Fall of 2016. She was a great asset preparing for the Education Conference. We are so thrilled that she was able to be part of our NAMI team.



Mary Beth Honsinger
Volunteer

Congratulations to the Five New (But Returning) Board Members



Jayette Lansbury



Stamatia Pappas



Dhanu Sannesy



Irene Turski



Chemene Webber

2016-2017 Board of Directors

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Dhanu Sannesy

Irene Turski

Chemene Webber



President's Message By Judith Watt, MSRN



As your new President of NYS NAMI BOD, I would like to wish you all a Happy Healthy Peaceful New Year. I am honored to have been elected to this position. Our current board and committee chairs represent our affiliates large and small, city and rural ... most importantly, representing our diverse cultures and communities across NYS.

NAMI has been a part of my life—and my family's—since the early 1980's, when it became a viable organization in our country. As a professional Psychiatric Nurse Specialist working at a Community Mental Health Center in Rochester, I was asked to assist five moms in finding services for their young adults aging out of children services

at Rochester Psychiatric Center. We were given space at RMHC center for our meetings and soon other families were referred by the staff. Stigma was clearly big then and a mom convinced her pastor to have us meet at their city church, which was a central location and more neutral place. We grew to 30-40 people at meetings - some from professional referrals, some through the Church members and staff, and some by word of mouth. NAMI Rochester has continued to grow to now 450 members which also include surrounding counties with more rural issues.

My beginnings with NAMI was as an advisor to this small group of moms, eventually named Family and Friends of the Mentally Ill. As I talked about this work with my family, I soon realized my own family had illnesses such as depression, anxiety and bipolar illness. You see we had many family secrets. However, as I continued down this path, my family's stories of illness and also treatments—including medications they were using—were talked about more.

Alcoholism was also a major issue for uncles, cousins and aunts, including my mom later in her life. Now I have grandchildren with brain illnesses including brain cancer and stroke and a second with anxiety and depression. One of my adult children has started on antidepressants as I too have, suffering from depression after my husband's death twelve years ago.

Since our very early days we (NAMI) as a strong advocacy, education and support group/organization across our state and country have positively impacted legislation as we have recently witnessed. Partnerships with our professional community, membership and support groups, and educational programs have grown and continue to grow beyond anything I could have thought in those early days.

You have my promise that I and our board and staff of NAMI-NYS will continue to reach out to assist our affiliates with the re-affiliation process which I believe will continue to make NAMI a strong credible organization in the future. Our goal is also to have NAMI-NYS and affiliates continue to be welcoming and supportive to those with us already and those who have yet to find us.

Lots of good wishes to all! ■

NAMI-NYS Board Assignments

Standing Committees (all members are NAMI-NYS Board members):

Finance Committee: Sue Gagne

Bylaws and Policies and

Procedures Committee: Bill Perun

Personnel Committee: Denise Duncan

Nominating and

Elections Committee:

Evelyne Tropper,

Members:

Rob Laitman, Rina Riba, Dhanu
Sannesy, Stamatia Pappas

Audit Committee: Bill Perun

Strategic Planning Committee:

Ariel Coffman

Special Committees:

Education Conference:

Ceceile McIntosh Green

Government Affairs: Irene Turski

Development:

Chemene Webber

Programs: Dhanu Sannesy

Criminal Justice:

Jayette Lansbury

Multi-Cultural:

Ceceile McIntosh Green

Research: Evelyne Tropper

Veterans Affairs: Bill Perun

Children and Adolescents:

Open

Health and Wellness:

Evelyne Tropper

Consumer Affairs:

Bill Perun

Housing and Reinvestment:

Irene Turski

NAMIWalks: Mary Lou Barry

Membership and Reaffiliation:

Dhanu Sannesy

Managed Care:

Ceceile McIntosh Green

Zero Suicide:

Sigfrido Benitez

TABLING EVENTS

NAMI-NYS Affiliates spreading the word of Mental Wellness



NAMI Sullivan County decorated and placed a tree at the Sullivan County Museum, Art and Cultural Center



NAMI CAYUGA participated in a community craft fair at Cayuga Community College. We reached our goal of making sock monkeys. This is a yearly event that draws people from Cayuga county and neighboring counties.



NAMI Orange County
Anne, Dhanu & Phil volunteering at Newburgh Illuminated Outreach Program



NAMI Rochester volunteers provide information to attendees along with Chamique Holdsclaw and Judge Jack Elliott at the Jessica Henderson Memorial Event



NAMI MH
NAMI on Campus:
SUNY ULSTER Diversity Fair



NAMI MH
Onteora schools
Drug Free Forum



NAMI Rensselaer
Troy Farmers Market and Tabling at
NAMI-NYS Walk



NAMI MH
Health Fair
Ellenville HS



NAMI MH
Dutchess County
Building Bridges

As NAMIWalks celebrates our 15th Anniversary in 2017, we are proud to be the largest and most successful mental health awareness and fundraising event in America! Through NAMIWalks' public, active display of support for people affected by mental illness, we are changing how Americans view persons with a mental illness. This is leading to ensure that help and hope are available for those in need. Please join us as we improve lives and our communities 'one step at a time.

NAMI New York State joined the ranks as one of the five NAMIWalks sites in New York in 2016. Our inaugural walk was held on September 24th. Planning for NAMIWalks New York State 2017 season has already begun. NAMIWalks NYS will hold their first NAMIWalks Committee meeting on January 23rd with this year's information meeting being held on March 7th. The date for the 2017 walk has been set for September 23rd. We honored to announce that 53 individuals have already signed up as teams or individual walkers for the 2017 walk!

There are five NAMIWalks being held in New York state in 2017. They would not be as successful as they are without the hard work and dedication of their managers. ■



May 13, 2017 at South St Seaport Promenade



May 6, 2017 at Jones Beach



May 6, 2017 at Village Gate



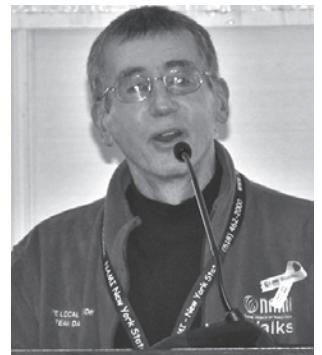
May 20, 2017
Rye Town Park



Left to right: Kristina Mossgraber, Walks Manager – NAMI Rochester; Marie Considine, Walks Manager – NAMI Westchester; Kris Eschman, National Walks Manager; Heide Garner, Walks Manager – NAMI-NYS; Natasha Edwards, Walks Manager – NAMI Queens/Nassau
Missing: Sara Sheahan, Walks Manager – NAMI NYC Metro



Dawn Balak, Matthew Shapiro, and Pam Slotsky all earned their fleece jackets for being top team captains with more than \$1,000.00 in donations!
Will you be among next year's top team captains and earn your own fleece?



Dr. Robert Laitman, Captain of Team Daniel Running for Recovery was our 2016 top team captain as well as Elite local sponsor. His team brought in over \$7,000 in donations and earned the coveted NAMIWalks Fleece jacket!



National Alliance on Mental Illness

Walks

On September 24th 2016 NAMI New York State held our inaugural NAMIWalks NYS event at Jennings Landing here in Albany. The walk generated a lot of support from the community with nearly 300 participants and nearly \$50,000.00 in donations. It was an amazing day that allowed us to stand as a united force against the stigma surrounding mental illness. The donations we received will allow us to continue providing support and signature programs throughout New York State.



We will be holding our second annual walk on September 23rd 2017 at Jennings Landing. We hope that you will join us as we continue to make our voices heard and take a stand against the stigma surrounding mental illness. Please contact Heide Garner, NAMIWalks Manager, at heide@naminys.org or call her at (518) 462-2000 if you would like to have a team. ■



NAMI-NYS Advocacy Update

Building on Successes from 2016 to Make Further Reforms in 2017

2016 will be remembered as an historic year for advances in mental health reform both in New York State and on the national level. In New York, the grassroots advocacy voice of NAMI-NYS members led to sweeping progress to bettering the lives of individuals and families impacted by psychiatric disorders. Our victories included: Paid Family Leave, so family members no longer need to sacrifice their employment or salaries to be by their loved one's side during pivotal moments in their recovery; the Mental Health in Schools bill which ensures that our students will now learn about mental health in their health education courses; and our voice also contributed to both houses of the Legislature to unanimously pass legislation to regulate Step Therapy and Fail First procedures by insurance companies (as the Newsletter goes to print, this bill still awaits the Governor's signature).

On the national level the highlight was certainly the lame-duck session of Congress incorporating many of the reforms contained in the bi-partisan *Helping Families in Mental Crisis Act* into the *21st Century Cures Act* and passing the legislation with broad support in both branches. On December 14th, President Obama signed the bill into law. This was the culmination of years of advocacy by NAMI, NAMI-NYS and our members. NAMI-NYS was a vocal proponent of the bill from day one. Leadership from NAMI-NYS met with the bill's author Rep. Tim Murphy in Washington DC, met with many representatives of the New York State Congressional delegation to advocate for the bill and presented Rep. Murphy with our 2014 Legislative Champion Award at the 2014 NAMI-NYS Education Conference, where he also spoke to the attendees about the need for mental health reform.

Through the course of the two House sessions the bill went through some changes and as Rep. Murphy said following the passage of the *21st Century Cures Act*, "We didn't get everything we asked for, but we needed everything we received." Highlights of the legislation include:

- Raising the stature of mental health and substance use disorder services at the federal level by creating an Assistant Secretary for Mental Health and Substance Use. The Assistant Secretary will assume the authority of the current SAMHSA Administrator. The current role of SAMHSA will not be changed.
- Establishing a Chief Medical Officer within SAMHSA (for much of its history, SAMHSA has not had a medical officer on staff)
- Creating an Inter-Departmental Serious Mental Illness Coordinating Committee of federal agencies to make recommendations to Congress for better coordination of services for adults with serious mental illness or youth with serious emotional disturbance.
- Requires states to spend at least 10% of their annual mental health service block

We invite you to join us for our 2017 Legislative Advocacy Day, taking place on Tuesday, February 14th, to make your voice heard and help us create a more mentally healthy New York State.

grant allocations on programs that address the needs of individuals with serious mental illness, including psychotic disorders.

- Clarifies that the federal Medicaid statute permits same-day billing for the provision of mental health and primary care services.
- Directs CMS to report on the impact of the new federal rule permitting federal reimbursement for inpatient care in Institutions for Mental Diseases (IMDs) for individuals in Medicaid Managed Care plans.
- Establishes a new grant program to establish, maintain, or expand Assertive Community Treatment (ACT) programs for adults with serious mental illness.
- Creates a new program of grants to state, local and tribal governments to strengthen community based crisis response systems or for databases of beds at inpatient psychiatric facilities, crisis stabilization units, and residential community mental health and substance use disorder treatment facilities.
- Increases and extends existing authorization for AOT grant programs.
- Authorizes funding for the development of model training and educational programs to educate health providers, regulatory compliance staff, individuals and families regarding the permitted use and disclosure of health information under HIPAA.
- Directs the Secretary of HHS to clarify the circumstances when a health care provider or covered entity may use or disclose protected health information related to the treatment

of an adult with a mental health or substance use disorder.

- Authorizes grants for CIT programs and MH/SUD de-escalation training for law enforcement and other first responders.
- Creates a pilot federal mental health court program.
- Reauthorizes the Mentally Ill Offender Treatment and Crime Reduction Act (MIOTCRA) and expands eligibility for MIOTCRA funded programs to include individuals charged or convicted of non-violent felonies (was previously limited to misdemeanors).

These are just some of the much needed reforms contained in this landmark bill. All NAMI-NYS should share in the pride and excitement of the enactment of this law, as the advocacy journey behind this bill was long and difficult and even during the darkest times when it appeared that real mental health reform would not be passed, our support never wavered.

Now the key is to build on these successes and continue the fight to make sure these programs and initiatives are fully funded. In New York, NAMI-NYS aims to broaden our voice as agents for change by introducing the first bill authored by NAMI-NYS, *The Incorporating Families in Mental Health Recovery Bill*. This bill is a logical successor to the Paid Family Leave bill as now that families do not have to risk their jobs to be a part of the recovery team, we aim to introduce legislation providing them with the tools to be the most effective caregivers as well as make sure that individuals living with a mental illness and their providers understand the benefits of family engagement and the need to work as a recovery team. We will be updating you with the progress of this initiative throughout the session.

NAMI-NYS's other main focus for the upcoming session is ensuring the Kendra's Law is renewed and made permanent as we believe it is time for New York to fully embrace a law that has reduced suicide, hospitalization, homelessness and incarceration. We will also continue our fight for increased housing services with wrap-around supports, access to crisis services, investments in research and criminal justice reforms including increased CIT funding, raising the age of criminal responsibility and reforming the use of solitary confinement. ■

NAMI-NYS Resource and Information Helpline

NAMI-NYS operates the Resource and Information Helpline to assist with navigating the mental health system. The helpline is a service that provides resources, information, referrals and support to people living with a mental health condition, family members and caregivers, mental health providers and the public.

The Helpline staff and volunteers are here to answer your questions about mental health issues such as connecting you with your local affiliate for support groups and education programs, resources for legal issues, symptoms and conditions of mental illness, housing and treatment options,

helping family members find treatment and to sometimes just be that caring person to listen in a time of need.



We are unable to provide counseling or therapy, but we are here to listen; and it is always comforting to know you don't have to go through any situation alone. In the case of an emergency call 911 and/or your local Mobile Crisis Unit.

The lending library and our informational brochures are additional options to get

help in understanding many mental health issues. The lending library is available at naminys.org. Brochures are available and should be ordered in advance to ensure availability for your events. Orders can be placed by contacting Christine at christine@naminys.org or by calling 518-462-2000. ■



Christine Rickeman, our Resource and Information Helpline Coordinator, in our new Resource Room.

Buried Above Ground

On December 14th, NAMI-NYS partnered with the Stratton VA in Albany to present a screening of "Buried Above Ground," a documentary that follows three people who are struggling with post traumatic stress disorder. The event was held at the Albany Barn, a community arts center located in one of Albany's historic districts.

Over a six year period, "Buried Above Ground" follows three Americans who are fighting ongoing battles for recovery with PTSD. The film takes what we are learning from the combat military experience with PTSD and broadens the storytelling landscape to include other forms of debilitating trauma. "Buried Above Ground" introduces Luis, a combat veteran who rallies as an advocate assisted by his service dog, Tuesday; Erundina, a lifelong survivor of child abuse and domestic violence who fights addiction issues; and Ashley, a New Orleanian who lived through Hurricane Katrina and returns home to confront the aftermath.

A panel discussion followed the screening that included mental health professionals who work or interact with individuals who have experienced PTSD. The panel members shared their thoughts about and experience with PTSD, and there was a lively discussion that included both panel and audience members.

The event helped to raise awareness about PTSD and the resources available in the community. NAMI-NYS is grateful to the Stratton VA for collaborating on the project and to the Albany Barn for hosting the event at no cost. ■



An active community partner, the Albany Barn donated its performance space for the event.



NAMI-NYS's Resource and Information Helpline Coordinator Christine Rickeman answers a question from the audience.

We are Most Grateful to Those Who Made Financial Donations to NAMI – NYS During the Third and Fourth Quarters of 2016.

\$2,000 Sunovion Pharmaceutical

\$1,000 NAMI Ontario, Concern for Independent Living Inc.

\$500 William Harnisch Foundation LLC and Lynne Mahoney

\$375 Paul Zawlinski

\$200-\$300 Audrey Leczinsky, Ferdinand Smith, Cynthia Ofer, Mary Lynne McKee, Sharon McCarthy, Janet & Myron Susin, and Lawrence O’Heron

\$100-\$150 Alyssa Kuchta, Robert Coffman, Hilary O’Neil, Margot Razziano, Eugene & Nora Hammond, Sylvia Feingold, Stephen Dvorin MD, Janette Albrecht, Marjorie Carasik, Florence Huth, Wendy Evers Gordon PhD, Helen Buckley, Joseph Coppola, Jonathan & Vickie Kobak, Janette Albrecht, Donna Leftwich, Ingrid Waterman, Rebecca Knowlton-Fournier, Robert Rosen, and Dr. Janet Hoffman

Up to \$100

Daniel Saunders, Eileen Wall, Constance Chiraz, Richard Napoles, Florence Weil, Nancy Talleyrand, Marjorie Tortorella, Jeanette Kops, Bernice Sinder, Joseph Flint, Joseph Fioriti, Brent Firester, Stacey Silverman, Catherine O’Brien, Suzanne Geremski, Siobhan O’Brien, Edith Morlock, John Gmerek, Greg Polerstock, Anna Matteis, Maureen Redman, Cynthia & William Borton, Fred Anders, William Hosley, Ruth Wolosoff, Susanne Bruun, Caroline Bailey, Anna & Thomas Burke, Mark & Donna Polverelli, Rosanne Saltzman, Claudia Giglio, Diane & David Cameron, Kathryn Cooley, Annakutty Mauttath, Mary Grace McGuire-Kelley, Emily Trolio, Catha Wieben, Holly Rosenberg, Carol Gleason, Harriet Sotnikow, Angelina Daley, Mary-Jude Fox, Rita McGoldrick, Harvet Raff, Harry Sunshine, Catherine & Werner Danielsson, Joan Back, Anthony Piazza, Gary Heine, Christine Muller, Robert Beason, Beryl Rentof, Deborah Lewis, Marguerite Rollock, Francis & Robin Stephan, Mr. & Mrs. Duncan Mac Donald, Bernard Natow, Eugenie Lehr, Madeline McCarthy, Rita Shawn, Sharon Martin Ferro, Joan Back, Barbara Goldberg, Michael Spezio, Loraine Garnesy, Patricia McNairy, Dolores Schwartz, Mary Louise Hess, Morton Marshack, John Cosgrove, Fred Anders, Linda Underwood, Jules Kerman, Susan Lauda, Pavan Pawha, Susan Stopek, Holland Hamilton, Heidi Kadick, Lois Rudin, Rachel Hegarty, Lynette Hitchcock, Shoureen Berner, Nancy Muoi Liou and Donald Pasquale ■



Endowment

As the support provided from NAMI-NYS for NAMI programs and outreach continue to expand, NAMI-NYS has been exploring ways to secure funds to meet these needs. To that end, the NAMI-NYS Board of Directors approved the establishment of a NAMI-NYS Endowment Fund. This fund, invested conservatively, will ensure the continued existence of NAMI-NYS, regardless of the amount we receive from grants or sponsorships of NAMI-NYS activities.

However, we must build the fund before we can expect to enjoy financial independence. Currently, we estimate that we are 1/8th of the

way there. Our plan is to continue to add to the fund and eventually use the interest towards our operating expenses.

What will the Endowment Fund support? Training and funding for NAMI programs and presentations, legislative advocacy, community outreach, the NAMI-NYS Information and Referral Helpline, support for NAMI affiliates in New York, promoting wellness initiatives, engaging with the criminal justice system to ensure effective treatment of those with mental health issues, promoting research and addressing issues that affect veterans and

service members, children and young adults and people in underrepresented communities, as well as any other issues considered important to our stakeholders.

When determining where your dollars will do the most good, please consider donating to the NAMI-NYS Endowment Fund. Help us to continue the momentum we have all contributed to together through our efforts in our communities to stomp out stigma and improve the lives of those with mental illness and their families. ■

NAMI Green Book Submission Guidelines

In an effort to eliminate stigma and reinforce the importance of healthy eating and mental health wellness, NAMI-NYS is collecting recipes and holding a contest for artwork submissions for the NAMI Green Book Cookbook fundraiser. All entries must follow the guidelines outlined on this document. Participants will be required to complete a "Consent to Publish Authorization and Release Form" which will be emailed to each participant. The "Green Book" is the sole property of NAMI New York State and all proceeds from book sales will go directly to NAMI-NYS. No compensation will be given for entries submitted or included in the final publication.

Submission Deadline for all entries:

February 28, 2017

Recipe Guidelines:

1. All recipes must be submitted in MS Word with 12pt Font by email to namigreenbook@gmail.com. All Mac Book word pages should be converted to MS Word.
2. The last page of each recipe submission should have the following information: First and Last Name, Email Address, Contact Phone Number, Mailing Address.
3. All recipes should include a list of ingredients with the required measurements (e.g. 1 tablespoon / 1 cup). PLEASE DO NOT ABBREVIATE any measurements – PLEASE SPELL THEM OUT.
4. All recipes must also include the required steps for making the recipe, cook time (if applicable), oven temperature, equipment needed, etc.
 - Please Note: All recipes submitted must also contain a paragraph describing your personal story/connection to mental illness. Stories and artwork will be included and placed in The Green Book at the sole discretion of NAMI-NYS.
5. Recipe Ingredient Guidelines:
 - a. All recipes must contain vegetables or fruits. Preference will be given to recipes that contain green vegetables and/or green fruits.
 - b. The number of ingredients (excluding herbs and spices – salt or sugar) must not exceed 10 ingredients. Preference will be given to recipes that contain less than 10 ingredients.
 - c. Preparation time for recipes should not exceed 30 minutes (this does not include cook time or time to marinate ingredients).

- d. Fresh ingredients should be used whenever possible (e.g. fresh tomatoes over canned tomatoes). Preference will be given to recipes that do not contain refined, processed foods (non-organic) or pre-packaged foods.
- e. Ethnic food submissions are encouraged.
- f. Recipe categories are:
 - i. Appetizers
 - ii. Soups and Smoothies
 - iii. Entrees (Dinner)
 - iv. Side Dishes
 - v. Desserts

Art Contest Guidelines:

- All Artwork submissions should be sent either as a hard copy in a protected cylinder via USPS mail to the address below or as a high resolution jpg file – hard copies are encouraged.
- Submissions to be considered for the NAMI Green Book Cover must include

the color Green and fully reflect the theme of "The Green Book":

1. Physical Wellness
2. Healthy Eating (Organic Food)
3. Mental Health Awareness

- Artwork can contain representations of any food group, but it must contain representations of vegetables, with a preference for green vegetables.
- Artwork cannot contain representations of canned, packaged or artificial foods.
- Other artwork submitted for consideration does not have to be limited to the color green or to any one food group. Artwork from NAMI members will be used generously to the extent possible throughout The Green Book.
- All artwork must be accompanied by a paragraph describing the personal connection to mental illness. Stories and artwork will be included and placed in The Green book at the discretion of NAMI-NYS. ■



OUTREACH/RIBBON CAMPAIGN

NAMI-NYS Outreach Coordinator

NAMI-NYS recognizes the importance of having a real presence in the community. Starting frank and open conversations about mental illness goes a long way towards eliminating stigma and providing knowledge of NAMI programs and other mental health resources available in the area. For NAMI to be successful in its efforts to improve the lives of those living with mental illness and their families, then NAMI must become a household name.

NAMI-NYS recently created the position of Outreach Coordinator whose responsibility it is to go out into the community and engage businesses, schools, medical facilities, law

enforcement entities, municipalities and other local organizations to bring NAMI's message to them, offering education, advocacy and support to those who need it.

Last year Alicia Burns, as a member of the NAMI-NYS staff, began outreach efforts in the Capital Region on behalf of NAMI-NYS. She worked on the Ribbon Awareness Campaign in May, helped the NAMIWalks Manager to promote the NAMI-NYS walk held in September, and spread the word about November's Education Conference, all while distributing information about NAMI and its wide range of programs. Alicia now serves as

the NAMI-NYS Outreach Coordinator and has taken the NAMI 101 presentation, created by the NAMI-NYS office staff under the direction of NAMI Programs Coordinator Shaniqua Jackson, on the road.

NAMI-NYS is committed to promoting NAMI as a resource in the community, as well as creating that dialogue about mental illness that is needed to dispel the myths and eliminate the stigma associated with it. ■



Alicia Burns



Ribbon Awareness Campaign

Last year, NAMI affiliates around the state were able to use the Ribbon Awareness Campaign to build partnerships in their communities and educate the public about mental illness and how to find help. We'd like to see an expansion of the campaign this May during Mental Health Awareness month.

The process is easy. Gather your volunteers and ask them to identify places or groups that would benefit from increasing their awareness about mental illness. Schools, businesses, law enforcement personnel, city or county officials, hospitals, community organizations-any or all

of them can be approached and asked to hang a NAMI ribbon at their locality during the month of May. Let them know what NAMI is and how it helps their local community. Start the conversation with them. Let them know what resources in the community are available. Explain to them that NAMI wants to use the campaign to eliminate the stigma associated with mental illness so that people will not be afraid to seek help.

The ribbons provide contact information for the NAMI-NYS Information and Referral Helpline, where we can direct callers or visitors to the

website to your community. You will have already made the connection to the local entity who has agreed to display the ribbon, leading to unique collaborations, more volunteers and potential sponsorships.

To obtain the ribbons, contact NAMI-NYS and we will ship them out at \$12 per roll. With just a little effort, the partnerships you make will last long after the ribbons have come down at the end of May. ■

NAMI-NYS Presents at the 2016 STARR Coalition Dinner of the CNS Summit

On Wednesday, October 26th, NAMI-NYS Executive Director Wendy Burch and Associate Director for Public Affairs Matthew Shapiro presented at the Stakeholders Together Advocating for Research and Recovery (STARR) Coalition dinner at the CNS Summit-*Collaborating for Novel Solutions Shaping the Future* in Boca Raton, Florida.

The mission of the STARR Coalition is “to create meaningful change by increasing communication, partnerships and goodwill among stakeholders in the areas of treatment, advocacy, and clinical research with emphasis on consumers’ and patients’ mental health well-being.” The summit brought together researchers and advocates to advance ways to improve the public’s understanding of the importance of psychiatric research and clinical trial participation.

Wendy and Matthew presented on the panel moderated by Atul Mahableshwarkar, MD, Senior Medical Director at Takeda Development Center Americas, Inc., which detailed examples of successful collaborations with researchers. Wendy and Matthew discussed NAMI-NYS’s working relationships with researchers from NIMH, New York State Psychiatric Institute and Nathan Kline Institute and how we communicate their work at our Education Conference, Newsletters and the Mental Health Now tv show. Also explained was how we are working with researchers to use their findings as the basis for legislative reforms. Participating in the event also afforded Wendy and Matthew the opportunity to network with researchers and advocates from many areas of the country and learn about various other collaborative strategies. ■



NAMI-NYS Executive Director Wendy Burch and Associate Director for Public Affairs Matthew Shapiro with (clockwise from top left) Dr. Fred Freese and STARR Coalition Chair, Carol Witham, NAMI 2nd Vice-President Adrienne Kennedy and STARR Coalition Executive Director Luke Krammer

Social Media



Website: www.naminy.org



NAMINewYorkState



@NAMINEWYORK



EDUCATION CONFERENCE

The 2016 NAMI-NYS Education Conference was a tremendous success.

This year's conference allowed NAMI-NYS to focus on key issues central to our mission including the need to help people gain insight of their psychiatric disorders, the importance of forming recovery teams consisting of an individual with a mental illness, their families and their providers, and the latest psychiatric research and how to most effectively engage people from multicultural communities to discuss mental health issues and embrace the recovery process when needed.

The conference also detailed several of the advocacy issues of great importance to NAMI-NYS members such as the need for increased housing with wrap-around

supports, the importance of Kendra's Law and issues impacting the mental illness criminal justice interface.

The conference also focused on issues that previous conferences have not explored as widely such as mental health in the workplace, how to increase employment and how to recognize and address trauma. Also featured was the inaugural Zero Suicide Initiative which consisted of four concurrent workshops delving into suicide prevention in specific communities.

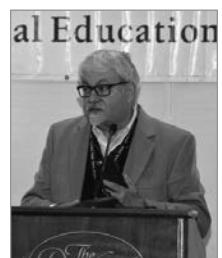
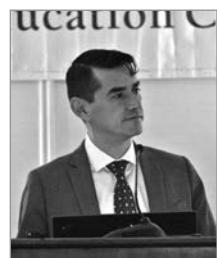
Since the opening day of the conference coincided with Veteran's Day, NAMI-NYS planned a special celebration of veteran's mental health issues which featured the

presentation of colors, the singing of the "Star-Spangled Banner" and "America the Beautiful", and awards were given to those advancing mental health issues impacting the military community.

Other highlights included a Screening of the documentary "Living in Recovery" and Dr. Lloyd Sederer detailing *Improving Mental Health: Four Secrets in Plain Sight*.

On the whole, the conference provided more than 450 attendees with an inspirational and informative weekend that won't be soon forgotten. ■





EDUCATION CONFERENCE

2016 NAMI-NYS Award Winners



Muriel Shepherd Award –
Rena Finkelstein



Criminal Justice Award –
Gary Horton



Young Adult Award –
Torie Keeton



Media Award –
Randi Silverman



Research Award –
Ming-Hu Han, PhD



Program Award –
Mary Beth Honsinger



Small Affiliate of the Year –
NAMI Cayuga



Affiliate of the Year Award –
NAMI Mid-Hudson



Max Gabriel Memorial Award –
Zach Iscol

Veteran's Mental Health Award –
Ann Beeder, MD
Gerard Ilaria, LCSW

New Membership Structure Coming in July 2017

The NAMI Board of Directors periodically evaluates NAMI's membership program to ensure that it meets the needs of the organization and its members. This year after a lengthy review and evaluation process that took into consideration your feedback, the Board of Directors has decided to add a Household membership category to our membership structure.

In addition to the Household membership category, the Board has decided to increase the dues for Regular and Open Door memberships. All of these changes will become effective as of July 1, 2017 as outlined below:

■ Household Membership \$60	The amount of dues that NAMI receives for Regular and Open Door memberships will not change. The portion of dues that go to NAMI will be:
■ Regular Membership \$40	<ul style="list-style-type: none">■ \$10 for every Regular membership
■ Open Door Membership \$5	<ul style="list-style-type: none">■ \$1 for every Open Door membership■ \$20 for every Household membership

Over the next year, the NAMI State Organizations and NAMI Affiliates will work together to decide the remaining dues allocations for the new Household membership and the dues increases for Regular and Open Door.

Here are some other things to keep in mind:

- A household membership will apply to everyone living in a single household. Regular and Open Door memberships will apply only to one individual.
- For voting purposes, each membership (including Household) will be counted as one (1) membership.
- More information will be forthcoming on changes in NAMI 360 to accommodate this change. ■

Membership

by Tammie Paradis

NAMI recently announced changes in membership dues. Starting July 2017, there will be three membership levels. Regular membership, which is for an individual, will increase to \$40.00. Open Door membership, geared to individuals for whom the Regular membership cost is a financial hardship, will increase to \$5.00. A newly created Household membership will apply to all people living in the same household and will be \$60.00.

A membership not entered into the NAMI 360 database is not considered a valid NAMI membership.

Model A affiliates will enter their own memberships into the NAMI 360 database. Model B affiliates will submit membership to NAMI-NYS for entry into NAMI 360. Memberships should be submitted and entered into the system in a timely manner, within two weeks from the date the individual paid membership dues.

Please contact me if you have any questions regarding the new membership and/or costs, if you would like to renew your NAMI membership or if you would like to become a NAMI member. ■

Re-Affiliation Update

by Tammie Paradis

I would like to start by reminding all of our affiliates that the deadline for re-affiliation is July 2017.

To date, we have 24 Model A affiliates. Model A affiliates are independent affiliates. And we have 14 Model B affiliates. Model B affiliates will work as a support/division under NAMI-NYS.

It is important to be aware that as a Model B affiliate, NAMI-NYS acts as the governing body. This means that NAMI-NYS will possess the necessary documents such as insurance, incorporation, non-profit status, etc. This also means that the Model B affiliate will no longer have their own bank account, Board of Directors, bylaws, etc., as they will no longer be a formal affiliate; they will be a support/division of NAMI-NYS. If an affiliate is incorporated, they must dissolve the incorporation before becoming a Model B affiliate.

Here is an overview of the changes the affiliates have made since the re-affiliation process has started. NAMI Boro Park, NAMI Bronx, and NAMI Broome have dissolved. NAMI Manhattan (formerly known as NAMI GLBT) has merged into NAMI NYC Staten Island. NAMI Nassau University Medical Center merged with NAMI LAMP SW Nassau. NAMI North Country has merged with NAMI Saratoga. On December 31, 2016, NAMI St. Lawrence will dissolve. As of the start of the New Year 2017, there will be 38 NAMI affiliates in New York State.

Three affiliates have finished the re-affiliation process: NAMI Rochester, NAMI Rockland and NAMI Westchester. Another three affiliates have almost completed the process.

I would like all affiliates to know that although we are continuing to move forward, NAMI-NYS remains concerned about the future of all of our affiliates and will continue to work with everyone to ensure we are able to allow everyone to be successful and continue supporting the NAMI mission.

Please contact me either by phone, (518) 462-2000 x104 or by email, tammie@naminys.org with any questions or concerns that you may have regarding re-affiliation. ■

TRAINING

NAMI-NYS Training Schedule – 2017

NAMI Ending the Silence

March 4th, 2017
Trainer: Jodie Terhune
Location: NAMI Rochester Office

NAMI Family-to-Family Teacher Training

March 10th-12th, 2017
Trainers: Ann Canastrra & Cheri Caiella
Location: Comfort Suite Cicero-Syracuse

NAMI Basics Teacher Training

April 1st-2nd, 2017
Trainers Almarie Tulloch & Karen Alvarez
Location: NAMI Rockland Office

NAMI Peer-to-Peer Mentor Training

April 21st-23rd, 2017
Trainers: Cynthia Scott & Donna Israel
Location: NAMI-NYS Office Albany

NAMI Family-to-Family Teacher Training

June 9th-11th, 2017 (NEW DATE)
Trainers: Patti Sacher & Bonnie Goldberg
Location: NAMI-NYS Office Albany

NAMI Homefront Teacher Training

May 20th-21st, 2017
Trainers: Pam Solomon & Jerry Burton
Location: NAMI-NYS Office Albany

NAMI Support Group Facilitator Training

March 25th-26th, 2017
Trainers: Pat Sine & Jack Goldstein
Location: NAMI Rochester Office

NAMI Support Group Facilitator Training

June 3rd-4th, 2017
Trainers: Deniece Chi & Nancy Parker
Location: NAMI-NYS Office Albany

NAMI In Our Own Voice Presenter Training

June 3rd-4th, 2017
Trainers: Bill Perun & Chris Wasilenko
Location: NAMI Rochester Office

NAMI In Our Own Voice Presenter Training

June 24th-25th, 2017
Trainers: Cynthia Scott & Lady Charmaine Day
Location: NAMI-NYS Office Albany

NAMI Family-to-Family Teacher Training

October 20th-22nd, 2017
Trainers: Patti Sacher & Bonnie Goldberg
Location: NAMI-NYS Office Albany

NAMI Homefront Teacher Training

October 21st-22nd, 2017
Trainers: Pam Solomon & Jerry Burton
Location: NAMI-NYS Office Albany ■

NAMI Rensselaer Completes Peer-to-Peer Course

The NAMI Rensselaer Peer to Peer class led by NAMI-NYS Helpline Coordinator Christine Rickeman completed their 10 week course and held its graduation ceremony on Monday, July 25th.

NAMI Rensselaer completed Family-to-Family on December 12th 2016. Mary Beth Nelligan and Christine Robinson-Cooley led the class as first time instructors and absolutely did an wonderful job. It was a great group of families and friends brought together through the 12-week class. ■



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NAMI Rochester Education Programs

NAMI Rochester's 2016 came to a close with another successful round of education programs. We had two Family-to-Family classes (Wednesday's class pictured at right), led by Pat Sine, Margaret Kehoe, Susan Belair, and Konrad Emmert. Nearly 40 family members participated in the fall sessions.

We also recently completed another Basics session, led by Mary Pat Vogel and Vicki Spurr, and a Peer-to-Peer class, led by Louise Windig and Andrea Moracco.

Our Ending the Silence presentations continue to flourish. We've reached over 1200 students in 2016, with 9 presentations left to go by the end of the year. We already have several return engagements booked for 2017.

Our In Our Own Voice presentations have also expanded, reaching almost 3,000 people to date in 2016. From church parishioners to



psychiatric professionals, the In Our Own Voice presentation continues to be one of NAMI Rochester's most requested programs, in addition to being one of the most impactful.

Special Event Coordinator, Kristina Mossgraber, and Program Coordinator, Beth Winslow-D'Amico, met with the Rochester chapter of Alpha Kappa Alpha for an In Our Own Voice and NAMI info session. The students asked a lot of great questions, and NAMI Rochester is looking forward to continuing our relationship with AKA in the future. (Photo below)



Over 300 NAMI Rochester supporters including members, community partners and volunteers attended the Jessica Henderson Memorial Event featuring Chamique Holdsclaw on October 25, 2016. Hailed as the "female Michael Jordan," Chamique was the winner of three NCAA women's basketball championships at the University of Tennessee under legendary coach Pat Summitt, was chosen as the #1 WNBA draft pick in 1999, named a 6 time WNBA All-Star, and earned an Olympic gold medal on the 2000 US women's basketball team. Chamique is also a person living with mental illness and has become an outspoken mental health advocate sharing her inspiring story of recovery with audiences around the country. Chamique's journey was recently featured in the documentary film *Mind/Game: The Unquiet Journey of Chamique Holdsclaw*.

Started in 2001 by Tom & Kathy Henderson after losing their daughter Jessica to mental illness, this event strives to raise awareness of mental health and suicide prevention, and to help break down the stigma associated with mental illness. In addition to the keynote address by Ms. Holdsclaw, local radio host Evan Dawson was honored with the Henderson Spirit Award for his outstanding commitment to mental health in Rochester and beyond. Special guest Danielle Ponder, a dazzling soul singer from the area, treated guests to multiple original songs to kick off the program. The event raised over \$10,000 for NAMI Rochester programs and support initiatives. (Photo at left) ■



New York State

NAMI 2017 Legislative Advocacy Day

**TAKE ACTION!
Make Your Voice Heard!**

Create a More Mentally Healthy New York State

Tuesday, February 14th ■ 9am - 3pm
Meeting Room 4, Empire State Plaza Concourse



NAMI Cayuga Christmas Fund Raiser

by Bart & Terri Wasilenko

On Saturday and Sunday (12/3-12/4) NAMI CAYUGA participated in a community craft fair at Cayuga Community College in Auburn, NY. This is a yearly event that draws people from Cayuga county and neighboring counties. We reached our goal of making sock monkeys, and related sock monkey items such as hats, mittens blankets etc.

This event is ideal for starting conversations concerning mental health. As people came to our booth to look at the monkeys and pottery many NAMI CAYUGA business cards were handed out.

Money raised will be used to create Christmas bags for consumers in the behavioral health unit, scholarships to attend conferences, the purchase of educational materials and a Christmas meat tray for the support group on 12/6.

Our thanks to the NAMI NYS staff for its support and donation of 6 sock monkeys for the fundraising event.

MERRY CHRISTMAS / HAPPY HOLIDAYS AND A HAPPY NEW YEAR to all! ■



NAMI NYC Staten Island's "NPO Media Podcast"

The NPO Media podcast was launched by NAMI Staten Island last fall. Showcasing creativity and resilience, the podcast is working to provide hope, reduce stigma, and let others know that there is more to a person than a diagnosis.

The goal of the podcast is to let people working on recovery from mental illness to have a creative outlet by which to share their stories with others. It helps the individual storyteller focus their thoughts on the project – empowering them and providing hope for others who may face similar struggles. It's hard to tell the world what you're going through, but it's also hard to keep it in, so for some it may be cathartic. People with lived experience let others know that recovery is possible, with family and friends who hopefully are encouraged to educate themselves and have their backs.

For more than a decade, podcasts have been a popular method of providing specialized information to specific groups of listeners. Because they're distributed through the web, the potential audience for a podcast is as wide open as the Internet itself.

Prior to starting the podcast, NAMI Staten Island volunteers spent many months researching the programming currently available, learning the technical skills, and obtaining the tools needed to achieve quality voice recording and reliable audio hosting.

Various mental health-related podcasts already exist with single-person perspective and commentary or interviews of people with lived experience. Others feature guests who answer call-in questions, often including a mix of clinicians and individuals with various diagnoses. The focus of the NPO Media Podcast is intended to be different.

We're not inventing anything new or trying to duplicate the work of others. We're just trying to create opportunities for the people and families we serve and advocate for. There is no political agenda or bias other than individual opinions. That disclaimer is made in the intro of each podcast episode.

Recording a podcast episode involves the subject speaking into a microphone while the audio is recorded onto a computer. Our first episode was recorded in the speaker's home with a laptop and audio interface on a table and a microphone on a stand in his living room.

We can also record episodes remotely via Skype, with a recent session featuring a facilitator of a creative writing group from Fountain House in Norway.

Interviewees have the option of using their real name or being pseudo-anonymous. Other times, someone may recite another person's writing. Recordings aren't broadcast live – they're edited as needed to reduce noise, and remove coughs or long pauses. An episode is only published after the final edit is reviewed by the speaker. This reduces the worry about 'saying the wrong thing' or overly elaborating about a specific situation that ultimately isn't necessary in making one's point.

As the podcast grows, it will have benefits for all involved, be it studio trainees, screeners, interviewers, and social media marketers. We strive to build collaborative and vocational skills for technical trainees and artists alike, fostering teamwork in planning and problem-solving, as well as developing time-management skills.

To build the subscriber base, the NPO Media Podcast team has to release frequent, engaging episodes. Then there's the ongoing job of getting the word out. Promoting and networking on social media can be tedious, but necessary. Fortunately, many people and groups are willing to help.

We need to reach out to a diverse population, who need to know they don't need to go it alone.

The NPO Media podcast can be streamed or downloaded directly from its blog site at: www.npomediacast.org, or through major podcast distributors such as iTunes, Google Play Music and Stitcher. Anyone interested in participating in a podcast can call the Skype number at 718-521-4618 and leave a message or email info@npomediacast.org ■

NAMI@Emma Fall Update

NAMI@Emma began its second year of operation this September! The Club at Emma Willard School was modeled after the NAMI on Campus college club system to bring mental health education to the high school level.

This semester, the club began by ensuring that all members were well informed about the diversity of mental illnesses. Each member of the club chose a mental illness to research, and then they presented their research to other club members during a weekly meeting.

On Halloween, the club welcomed members of the school to a special event that dissected the perpetuation of stigma in haunted houses and horror movies.

The week of Veteran's Day, NAMI@Emma welcomed

Rosemarie Davidson, a student at Emma Willard, to present to the club. Ms. Davidson spoke about her work with service dogs and veterans suffering from PTSD in Troy, New York.

Members of the club also greatly enjoyed being able to attend the Young Adult track at the Education Conference in November. Those in attendance were particularly interested in the policies that NAMI-NYS would be lobbying for in February, and members of the club are similarly planning on attending the Legislative Conference.

The club is currently planning events for Wellness Week in January, and plan to work with NAMI Rensselaer to bring a NAMI Ending the Silence program to Emma Willard.

Katherine Wallace, NAMI@Emma Club Founder ■

NAMI-CC delivers Holiday cheer



L to R, Norma Shook, NAMI-CC board member and Pat Anders, President, deliver Christmas food platter to Jeff Rovitz, Executive Director, Mental Health Association of Columbia - Greene.

In December, NAMI Columbia County used some of their budget to purchase and deliver holiday gifts for each of the 4 residential homes in the County that house people with mental health challenges. The monetary gifts are used for the residents to treat them to a special activity, such as going out to the movies, or eating a special breakfast at a local restaurant. In addition, a gift of food was provided to staff at each of the homes as a thank you for the assistance they provide to individuals in residence.

NAMI-CC also provides a holiday gift of food for the mental health agencies in Columbia County. Caring individuals at the Columbia Memorial Hospital Psych floor, the Mental Health Agency, the Mental Health Clinic, the Apogee Center (peer to peer services), and the

Mobile Crisis Assessment Team need to know that all they do for loved ones throughout the year is appreciated. This year, these organizations were provided a large platter of falafels, pitas, humus, tahini, salads, and other food delights from a local restaurant, and/or specialty chocolates.

Each gift is hand delivered by NAMI-CC volunteers along with a holiday card expressing thanks for the good work they do during the year. This tradition was started more than 10 years ago at each of the homes, and was expanded to include the other mental health provider organizations in the last 3 years. NAMI-CC president Pat Anders says: "our members believe this is a positive thing to do for the community and delivering the gifts is always a high point during the year." ■

NAMI Cayuga Annual Christmas Party

On December 6th, 2016, NAMI Cayuga invited members and their families to the annual Christmas party. The event was held at our regular meeting place within the Auburn Community Hospital's 2nd floor assembly room. Instead of a NAMI family support group meeting, all were in favor of a get together to enjoy each other's company around good food with everyone bringing a dish to pass and after dessert, an evening of fun singing Karaoke. We give thanks for the support of one another and are grateful for the support of NAMI NYS. ■



Honoring NAMI Rockland's Rena Finkelstein



On September 23rd, NAMI Rockland honored long-time Board president Rena Finkelstein for her 30 years of dedicated service and advocacy to the affiliate and tireless devotion to bettering the lives of those living with mental illness and their families in Rockland County.

The NAMI Rockland gala included tributes from community leaders and mental health professionals who all lauded Rena's efforts to bring the mental health needs of those living in Rockland County to the forefront and securing them the necessary services. NAMI-NYS Executive Director Wendy Burch was on hand to formally announce NAMI Rockland's completion of the Re-affiliation process and presented Rena with the certificate from NAMI headquarters. The evening concluded with the naming of an award in Rena's honor and her expressed conviction that upon her retirement she is leaving NAMI Rockland in the capable hands of the highly talented NAMI Rockland Board and staff, under the direction of the new president, Sandy Wolf.

Less than two months later, NAMI-NYS awarded Rena with the Muriel Shepherd Award at the annual Education Conference, in recognition of her contributions to NAMI and the mental health community. ■

Mental Health is Everyone's Business.

By: Tina Yun Lee, Director of Public Relations and Program Coordinator, NAMI Mid-Hudson

Since the inception of NAMI in 1979, affiliates across the country have focused on building a stronger and more robust movement to broaden public awareness, to provide advocacy, education, and support for individuals and families affected by mental illness.

However, many NAMI affiliates still face the daunting challenge of visibility and sustainability. It was only a few years ago that NAMI Mid-Hudson was unfortunately considered the 'Best Kept Secret'. NAMI Mid-Hudson acknowledged the need to reach and engage more individuals to bring them into the NAMI Mid-Hudson community to help strengthen our message of hope, resiliency and recovery.

NAMI Mid-Hudson recognized that in order for our affiliate to find acceptance in our community as a viable community resource, we needed to use a language that was appealing while preserving our mission and vision.

At the Toastmaster convention, Mohammed Qahtani, 2015 World Champion of Public Speaking said,

"A simple choice of word can make the difference between someone accepting or denying your message."

NAMI Mid-Hudson re-focused by looking at mental illness through a different lens and rewording our language to emphasize that NAMI Mid-Hudson brings "Mental Wellness" to our community without minimizing our end goal. Using the tag line: "Healthy Minds = Healthy Communities." opened doors. NAMI Mid-Hudson emphasizes that mental wellness

supports a community not only socially, legally and economically. Mental Health became a community goal instead of just a NAMI Mid-Hudson goal. We were able to grow, build, and expand strategic partnerships. For example, by working with the North East Community Center in Millerton, NY; NAMI Mid-Hudson will be holding a NAMI Basics class at their center this January 2017. We have posted our program flyers on Community Websites using the tag line: "Healthy Minds = Healthy Communities." with overwhelming positive community feedback and support. NAMI Mid-Hudson will be partnering with Westchester Medical and Mental Health America Of Dutchess County to hold a Wellness Fair this June 2017 that will showcase both physical and mental wellness.

We also concentrated on increasing mental health literacy when promoting our NAMI programs as opposed to 'educating'. For example, by identifying our two NAMI programs: **Parents and Teachers as Allies and Ending the Silence** as mental health literacy programs, we were able to present in almost all of the Dutchess and County Schools for the last three years. Literacy is a language that educators are familiar and comfortable with. We also emphasized that **Ending the Silence** is a program not only prioritizing mental wellness strategies, increasing mental health literacy among youth, but also instilling good citizenship skills in their students. "If you see something, say something."

With this new approach in civic engagement, we were also able to enhance our staff and

volunteer capacity and capabilities across our organization. NAMI Mid-Hudson worked with several Colleges in Dutchess and Ulster Counties. In particular, the Marist College Communications Media class observed NAMI Mid-Hudson's Media and Outreach capacity. As a result, these enthusiastic students are starting a NAMI On Campus, participating in the Ribbon Campaign, becoming speakers for our programs, helping with administrative tasks and hosting a variety of mental health events on campus to increase mental health awareness and wellness on their campus. Several students are taking the initiative to approach Administration to mandate for all incoming freshmen: ***Minds Matter, Raising Mental Health Awareness on Campus***, a NAMI Mid-Hudson presentation for college students. By emphasizing that NAMI On Campus is not an organization only about illness but about wellness encourages a diverse group of students that may not have been engaged.

In these ever changing and tumultuous times, we all acknowledge that Mental Illness affects us all in some way, shape or form. NAMI has become a vital resource for many individuals and families across the nation and continues to be the voice of hope, empowerment, advocacy and support. NAMI matters, and with a 'simple choice of words' we can start a meaningful conversation regardless of socio-economic, gender, or culture because Mental Health and NAMI is a language that we all should and can speak. ■



Peer to Peer Graduates
Poughkeepsie NY



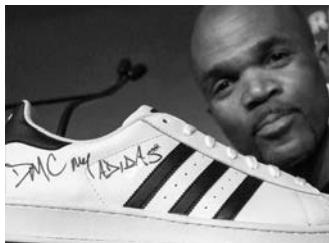
ETS at Spackenkill HS
with Senator Sue Serino



PTAA at Meyers Corners
Elementary School

NAMI-NYC Metro Peer Facilitator Training

On Saturday December 3, NAMI-NYC Metro had a peer facilitator training with five graduates. As a result, we are now able to offer two new support groups! Starting December 20, we will offer a MICA support group, for people living with mental illness and substance disorders, from 6 to 7:30pm on



the 1st & 3rd Tuesdays of the month. And starting January 12, we'll have a Positive Health support group, for adults living with any mental illness and HIV, from 6 to 7:30pm on the 2nd & 4th Thursdays of the month. In addition to these new groups, we also have a new co-facilitator for our Young Adult support group, and a new NAMI Connections co-facilitator. Thank you to all of our new facilitators, and their trainers, for coming in and doing the work!

NAMI-NYC Metro continues to offer Homefront to the caregivers group that meets at the Bronx VA. After a wildly successful spring class—12 started the class, and 12 graduated!—we now have another class that we think even has teacher potential. We're so pleased that we're getting a toehold with the veterans' community here in NYC.

Our Seeds of Hope Gala was absolutely fantastic this year. What a great night with the NAMI-NYC family! From our wonderful MC to our committed and passionate honorees, it was an evening that celebrated the best of who we can be, and the wonderful people who care about what we do.

The energy and enthusiasm in the room were electric. For those who were able to join us (over 400 guests!), it was great to have you with us to celebrate the NAMI-NYC community. ■



One Extraordinary Couple and the Power of Family to Family

Submitted by: Brigit Schaffner, President Nami Finger Lakes

I met Dale and Kathy at the first Family to Family class that I co-lead. I recognized Dale from earlier years when he ran ads on the local TV station for his shoe store. It's hard not to recognize Dale, he sports a rather distinctive handlebar mustache! Kathy and Dale's easy smiles and genuine kindness helped settle my nerves as my co-leader and I worked our way through the first couple of classes. Kathy and Dale started coming to class early and staying late to help out with whatever needed doing.

Everyone soon started looking forward to Kathy's weekly home baked goodies, hot from the oven! As the class progressed and the group came together, it was clear that this couple was struggling to cope with their loved one's illness. What I didn't know then, but soon came to realize, was what an extraordinary couple Dale and Kathy are.

In NAMI, we don't judge anyone else's pain and hardship as any less than our own. This is the golden rule of supporting each other. Kathy and Dale's nature goes beyond this, they infuse everyone they meet with their warmth and love. Many times throughout the course, their kindness and thoughtful comments were greatly felt and appreciated by the whole class. What I didn't know then, but what Kathy and Dale later disclosed, was that by the time they started taking the F2F course, they were in serious danger of losing each other. F2F not only offered them the support and help they needed to cope with their loved one's illness, it also saved their marriage!

How could this be? The most a loving couple I have ever met, how could they be ready to call it quits? We all know the answer to that question. Life is extra tough on families living with mental

NAMI Sullivan County

NAMI Sullivan County, NY decorated and placed a tree at the Sullivan County Museum, Art and Cultural Center, which hosts a Christmas Tree display where various organizations and individuals put up trees.

Executive Director, Lori Schneider made 118 hand made ornaments featuring famous people with mental illness who've enriched our lives, facts about mental illness, silk irises and a NAMI tree topper. Our brochures and rack cards with information about our support groups are also on display. On display since the beginning of December, the tree has already generated a lot of interest and positive feedback, and staff from the Museum said that at the Opening Reception for the Christmas Tree display, many people stood and read all the ornaments on our tree. ■



illness. The whole family lives it. The stress and struggle tears some of the best families apart. Before they found NAMI, Kathy and Dale were on the edge of losing each other. Taking the F2F course together saved their marriage.

So, what makes them such an extraordinary couple? Not that they both immediately volunteered to become F2F facilitators after completing F2F and have been working non-stop to fill the need for support in their hometown. It's the unrelenting compassion that Kathy and Dale have for others and the grace in which they do for others that makes them extraordinary people. The fact that they are doing it together makes them an extraordinary couple.

Thank you to all of extraordinary people just like them who are fighting the good fight, keeping hope alive and supporting others. Thanks for being extraordinary! ■

26th Annual Christmas is for Kids! "Wrap Day"

NAMI in Buffalo & Erie County completed the 26th annual *Christmas is for Kids!* "Wrap Day" on December 10, with the help of dozens of volunteer "elves". This was an extraordinary year, marked by a significant increase in gifts for the 600+ children and family members our project serves. These donations bring holiday joy for high-needs children from across western New York who receive care in the mental health system, and their family members. Their gift requests include: pillow cases, socks that match, and of course games and toys! We provide games for interaction, art and journaling materials, snuggly stuffed buddies, and more. Since 2009, our *Christmas is for Kids!* project also provides holiday gifts for children of veterans in treatment through WNY Heroes, Inc.

Tom McNulty, co-chair of *Christmas Is for Kids!* with NAMI Buffalo & Erie County board member Mary Lou Bond, and former board president Mary Kirkland, notes, "We are happy that our *Christmas is for Kids!* project and our community's very generous giving serve children who are so often forgotten and who would otherwise not be able to experience the 'spirit of the season'." Many organizations and businesses assist with the project in every way, from collecting gifts, making donations, volunteering on "Wrap Day", and distributing the donated items.



Piled high to be wrapped, sorted, and distributed with holiday happiness. Donations include everything from games and toys to promote creativity and communication, to blankets, hats, mittens, gloves, and personal care items. It is an all-day effort after weeks of collecting, and days of pick-up and sorting. How does Santa do the rest of the world in one night?!

Some of the *Christmas is for Kids!* supporters and donors this year include:

Nativity of Our Lord Catholic School
BryLin Hospitals Cannon Design
Trish Copeland, LCSW
DENT Neurologic Institute
Klein Bunko Group
The Mansion on Delaware
Nativity of Our Lord Catholic School
O'Connor Medical Group
Dr. Joseph and Kathy Orie, FNP Pediatric Cardiology Associates Ray Laks Honda
Suburban Psychiatric Associates
Success Stories, Inc.
Town Line Lutheran Church
Windsong Radiology

Last year, the long tradition of *Christmas is for Kids!* was expanded for the first time to include Christmas is for Adults, Too! through the collection of winter clothing, books, craft supplies, and treats for adults who are hospitalized for psychiatric care at Erie County Medical Center. This year we are continuing the adult project, which serves many very vulnerable people who come in to be admitted from the streets with almost nothing, and precious little joy. Upon discharge, they need very basic things like socks and sweatshirts to

go home in. Liz Carone, this project's co-chair with our board president, shares, "Christmas is for Adults, Too! makes such a difference for the patients who receive the gifts, in the morale of hard-working staff in holiday times that can be stressful for all, and--most especially--in raising awareness through Christmas is for Adults, Too! of NAMI's work across the community all year long to improve the lives of people affected by serious mental illnesses."

Buffalo NAMI chapter president Ann Venuto--pictured with the wrapping elves--notes, "these projects create such a positive statement for our community. The appreciation everyone, including participating organizations and agency staff, expresses for *Christmas is for Kids!* and *Christmas is for Adults, Too!* is truly heartwarming. We are very grateful for all the support they receive." ■



L-R, *Christmas is for Kids!* co-chair Mary Lou Bond, with helper elves Sue and Laura Keppel.



Some of the many, many wrapping helpers for *Christmas is for Kids!*

Top row, L, NAMI Buffalo president Ann Venuto.

Row 2, 2nd from left (in Christmas ornaments), co-chair Mary Lou Bond.

Row 3, 2nd from left, red scarf, co-chair Mary Kirkland.

Group begins effort to wipe away mental health stigma

In quiet but confident tones, Anil Sannesy spoke of the stigma associated with mental health illness.

Sannesy, a 35-year-old Middletown resident, has battled with mental illness and now serves as a volunteer with the National Alliance on Mental Illness....

"When you are young, you don't recognize the stigma," he said. "In the very beginning, it starts off as negative attention. And later on you feel degraded and it kind of weighs down on you."

A local group is launching an effort to change that. The first of several meetings in the Hudson Valley and the Southern Tier were held Thursday to develop guidelines, tips and other resources for health professionals, law enforcement, school officials and others.

HealthlinkNY, a state-funded nonprofit, is seeking to wipe away the shame and fear that too often shroud the suffering and impede recovery.

"If you have a friend or family member who is diagnosed with cancer, the outpouring of support that the community gives is just incredible," said Phillip Ginter, the group's director of community initiatives. "When you hear someone has depression from an anxiety disorder, you don't get that same kind of response."

Suicide is the 10th leading cause of death for all ages, according to the Centers for Disease Control and Prevention. It is the second-leading cause among people between 15 and 34 years old.

Dutchess County has the second-highest suicide rate in HealthlinkNY's seven-county Hudson Valley region with 10.1 self-inflicted deaths per 100,000 people. In Sullivan County, the number is 18.2 per 100,000.

The mid-Hudson region's rate is 8.1, slightly below the statewide rate of 8.2.

Three of the five Southern Tier counties that the group represents exceed the state rate — Delaware County (18.6 per 100,000), Broome (11.8) and Tompkins (10.7) leading the way.

Life expectancy for patients diagnosed with severe mental illness, Ginter said, is reduced by as much as 25 years.

Often, the most significant barrier to getting mental health services, Dutchess County Executive Marc Molinaro said, is the notion that the stigma is external.

"The stigma," Molinaro said, "is us. We as individuals need to look internally and accept that behavioral health is the same as physical health and community health."

In the coming months, HealthlinkNY will convene meetings and develop an "anti-stigma toolkit." The toolkit's content will depend on the input the group receives.

Ginter said he expects to project to be completed within 12 months. ■



Sannesy, a representative from the National Alliance on Mental Illness in Orange County, speaks at the Hudson Valley Mental Health Anil Toolkit Kickoff. (Photo: Alex H. Wagner/Poughkeepsie Journal)

Lets Talk... The Road Ahead

NAMI Westchester held its Second Annual Education Event, *Lets talk... The Road Ahead*, on October 19, 2016. The goal of the event was to educate on how to prepare for life after high school. Approximately 140 parents, students, college and high-school representatives attended.

Kevin Hines, author of *Cracked, Not Broken*, was the keynote speaker. Kevin is an award-winning global speaker, bestselling author, documentary filmmaker, suicide prevention and mental health advocate who reaches audiences with his story of an unlikely survival and his strong will to live. Kevin's story of survival and how we need to become a society that talks to one another was inspiring.

Kevin was followed by a panel discussion moderated by Neil Boyle, Coordinator of Guidance & Child Study Center for Putnam/Northern Westchester BOCES. Included on the panel with Kevin were:

Stephanie Marquesano is the founder of The Harris Project. The Harris Project is a non-profit organization created to promote, support and advance education, screening, treatment and research opportunities to improve the lives of adolescents through young adults presenting with symptoms of and/or diagnosed with co-occurring disorders (COD). Stephanie is also a Youth Mental Health First Aid instructor.

Kristy Robinson is Personal Counselor and NAMI on Campus advisor at Westchester Community College. She is also sits on the Westchester County Suicide Prevention/Awareness Task Force.

Melissa Smith is a High School Counselor at Walter Panas High school for 17 years. She is the advisor of the newly formed Warrior Club. She is also the founder of ADHD a New Vision Camp and a trainer for Youth Mental Health First Aid. She has been personally impacted by death by suicide and is an advocate for teaching mental health awareness in schools.

Dylan Coleman is a junior at Walter Panas High School who has had a lived experiences with transitions due to mental health concerns. Dylan loves photography and is the Public Relations coordinator for the Warrior Club. He is genuine, forthcoming, and has already made a positive impact on peers through sharing his life story. The Warrior Club is a mental health advocacy club for students in high school and middle school. The club's mission is to inspire, lead and educate by combating stereotypes through school based learning. The club is a resource/link to our community through lectures, assemblies, health fairs and literature.

Peter Chlebogiannis, representing Westchester Community College NAMI on Campus. Peter attended Westchester Community College last year and was one of the founders of their NAMI on Campus. He is presently completing his four years degree at an upstate New York College.

The panel discussion was very informative and educational. It showed the importance for an understanding of the individual's needs and how to work to help them obtain the treatment and programs for success. Following the program there were four break-out groups on: *How to Help Someone in Emotional Crisis/Distress*, *Mindfulness 101*, *Peer To Peer and Helping Your Adult Child Find Their "Road" Through Support*. ■

Reprinted from Poughkeepsie Journal by John Ferro, December 15, 2016

New NIMH Director Dr. Joshua Gordon Writes About Freshman Year in His First Director's Message



NAMI-NYS was excited to learn that Dr. Joshua Gordon, who had been with New York State Psychiatric Institute and Columbia University, had been named as the new director of the National Institute of Mental Health (NIMH). NAMI-NYS serves as the NIMH Outreach Partner for New York State and we are excited to work with Dr. Gordon in advancing psychiatric research.

We are pleased to share with you Dr. Gordon's first Director's Message where he discusses his goals for his first year at the helm of NIMH and beyond:

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We are pleased to share with you Dr. Gordon's first Director's Message where he discusses his goals for his first year at the helm of NIMH and beyond:

This past August, we packed up our family car and drove halfway across the country to take my son to school. Soon to be a college freshman, his excitement and anxiety were palpable as we drove off. Leaving behind a successful high school career, he was starting something completely new. He had some idea of what he was getting into. But most of all, he was eager to take on a new challenge and motivated to learn.

I knew exactly how he felt.

Not long afterward I arrived here at the NIMH with the same excitement, the same anxiety, the same eagerness, and the same motivation to learn. I had spent the last dozen years or so on the faculty in the Department of Psychiatry at Columbia University and the New York State Psychiatric Institute. There, I saw patients and taught residents, but I spent the majority of my time studying how psychiatric risk genes alter the function of neural circuits, and how neural circuit dysfunction leads to psychiatrically relevant behaviors, all in mouse models. Blessed with a rich array of enthusiastic collaborators and committed trainees, a supportive administration, and (yes) generous support from the NIMH and others, my lab flourished. But the opportunity to think more broadly about neuroscience, psychiatry, and everything in between, to serve my patients,

community, and country, and to help build momentum towards transformative new treatments, beckoned. And so here I am.

Naturally, I am often asked about my plans for the Institute now that I'm here. But before I can make plans, I need to learn, so my initial plan is simple. I intend to spend most of my first year here listening. I need to understand what the major issues are; where there are gaps in knowledge and gaps in our research efforts; what NIMH is doing well and what needs to be improved. There are many voices that need to be heard, including members of the NIMH and NIH community, extramural scientists, caregivers, consumers and consumer advocates, practitioners, trainees, and policy makers. The constituency of NIMH is broad because the illnesses we study affect everyone, directly or indirectly.

That said, I do not arrive at NIMH as a blank slate. I have wrestled with diagnostic uncertainty, trying to fit a square patient into the round hole of a DSM diagnosis. I have sat with a suicidal bipolar patient in anguish, frustrated by limited treatment options. I have struggled to teach residents about the neural underpinnings of mental illnesses while simultaneously acknowledging the uncertainty engendered by our limited knowledge base. I have experienced directly how difficult it is to add to that knowledge base, plagued constantly with doubts about the relevance and rigor of work constrained by practical considerations.

These experiences have convinced me that in order to achieve its mission of transforming the understanding and treatment of mental illnesses, the number one priority of the NIMH has to be excellent science. When considering what to fund, the most important criteria should be whether the research proposed is well designed, whether those conducting the research adhere to the highest standards of rigor, and crucially, whether the results will be

impactful. These should be our guiding principles, first and foremost.

Within the context of excellent science, we should be guided by the notion that diversity is the cornerstone of a strong research portfolio. Diversity in research takes many forms. For the NIMH, this means diversity in subject matter—basic, translational, clinical, and implementation science—as well as diversity of the workforce that investigates this subject matter, and the diversity of the individuals who participate in this research. Importantly, we must also have diversity of time frames. We must invest in research that has the potential to improve clinical care over the short, medium, and long-term. For while it is essential to deeply investigate the brain and its interactions with the environment to build our knowledge base and search for the truly transformative treatments of tomorrow, we must not neglect opportunities to fully investigate new treatment targets as they arise. Nor can we forget that research is often needed to help currently available, efficacious treatments reach all patients who need them.

These are my priorities: excellent science, and within the realm of excellent science, diversity. I have lots of other ideas that I hope to work on. Areas of particular interest include neural circuits, computational and theoretical approaches to psychiatry, and suicide prevention, each of which I will be writing about in the near future. Of course, I am aware of the several challenges facing the NIMH, including maximizing the utility of the RDoC and experimental therapeutics approaches, as well as weighing the relative contributions of consortia-driven “big science” vs. hypothesis-driven “small science.” For now, though, I will stick to my plan, and like my son, focus on learning—in my case, from those inside and outside of NIMH whose insight can help inform the future directions of our research programs. ■

Behind These Prison Walls Life in solitary confinement

My name is Lorenzo Steele Jr. and I am a new NAMI member. I just completed my 12-Week Family-to-Family mental health course that was offered at the Greater Allen AME Cathedral Queens New York on Saturday mornings. The training was enlightening and very informative and it has changed the way I think about mental illness. This was a class that I looked forward to attending. I took the class because I wanted and needed to know about depression, My son suffers from the illness. The facilitators were Reverend Val Gittens, Theresa Stahling and Jannette Wells. They displayed professionalism and mastery at their positions. Prior to the NAMI F2F course, I had no idea of the effects of mental illness because that subject was not talked about in my community and circle. My life and perspective was changed while taking the NAMI training. I am a former corrections officer that supervised adolescents that were in solitary confinement units. Adolescents were confined in cells 8 feet by 6 feet...about the size of a small bathroom. Many of these adolescents that were ages 14-21 at that time displayed symptoms of mental illness, such as depression, paranoia, anger and mood swings. Many people do not realize that New York City Correction officers never received mental health training courses in the academy. The NAMI F2F course has helped me realize that children and adults that are incarcerated are not receiving the necessary treatment they need and deserve while incarcerated. I shared with the class that I felt bad that I was not aware that many of these detainees that I was supervising were suffering from mental illness, some out loud but many silently. I started advocating for mass incarceration and youth in solitary confinement using images taken by me while a correction officer inside Rikers Island. My goal is to be an advocate for NAMI by using art and my NAMI training to advocate mental health related issues in prisons for detainees. I would like to start a campaign to have correction officers receive mental health training and for veterans coming into the prison system to receive all the services they deserve. I plan to travel to Albany in February for Legislation Day. I am very passionate with advocating for change and with the new information that I have learned through my NAMI training, I will empower many about mental illness. ■



THOUGHT LEADERS AT THE INTERSECTION OF THE MENTAL HEALTH, PUBLIC HEALTH, AND CRIMINAL JUSTICE SYSTEMS

WEDNESDAY JANUARY 11 ■ 6 TO 8 PM ■ Kramer Levin ■ 1177 6th Ave. between W. 45th & 46th

Dr. Lloyd Sederer, Chief Medical Officer for the NY State Office of Mental Health, will discuss his new book, *Improving Mental Health: Four Secrets in Plain Sight*.

Followed by a panel discussion featuring

Moderator Dr. Lisa Dixon, Director, Center for Practice Innovations at NYSPI
Francis Greenburger, President and Founder, Greenburger Center for Social and Criminal Justice

Cindy Rodriguez, Urban Policy Reporter for New York Public Radio

Detective Jeff Thompson, PhD, NYPD Detective, Crisis Intervention/Communications

SEATS ARE FREE AND LIMITED! For more information and to RSVP
www.namincmetro.org/CriminalJustice

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*educate, empower,
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JUNE 28-JULY 1

NAMI 2017 National Convention will feature:

- Attendee visit to Capitol Hill to advocate for mental health.
- Top-notch researchers and clinicians providing information and tools to advance and sustain recovery from mental illness.
- People living with a mental illness and their families providing their own important perspectives on recovery.
- The country's keenest minds and savviest policymakers offering strategies and tactics to effectively advocate for changing the mental health system in our nation.
- Abundant networking opportunities so we can learn from each other about how we can improve the lives of all people living with mental illness and their families.
- Inspiration, innovation and an exhilarating four days in Washington, DC.

Convention Headquarters:

Washington Hilton Hotel
1919 Connecticut Ave. NW
Washington, DC 20009

Pre-convention Full Registration Rates

Registration Type	Member	Non-Member	Deadline
First-on-Board	\$195	\$260	1/31/2017
Super Saver	\$215	\$285	3/31/2017
Early Bird	\$240	\$325	5/31/2017
Consumer	\$160	\$220	5/31/2017
Young Adult	\$160	\$240	5/31/2017

*For more information, go to:
<http://www.nami.org/convention>*

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January 23rd	NAMIWalks Pizza Party and Committee Meeting
February 13th	Board Meeting (3:00 pm)
February 14th	Legislative Conference
February 17th	Black and Puerto Rican Caucus
March 7th	NAMIWalks Informational Meeting
March 24th	Somos El Futuro Conference
April 7 – 8th	Board Meeting
April 21st	Brighter Days
June	NAMIWalks Kick-Off Meeting
June 27th – July 1st	NAMI Convention in Washington DC
September 22nd	Board Meeting
September 23rd	NAMIWalks New York State