



nami

National Alliance on Mental Illness

Livingston/ McLean Counties

The Nation's Voice on Mental Illness

October/November, 2009

Web Site: <http://livingstonmclean.nami.org>

NAMI Livingston/McLean

County News

October 3 Annual Walk for the Mind Successful

The rain held off Saturday, October 3, 2009. Friends, family and consumers walked in support of each other and raised funds to support teaching classes and purchasing materials to educate people about mental illness in our community. Thanks to Avanti's Italian Restaurant for donating their delicious Gondolas to reward the walkers for participating. If you were unable to be at the walk and still wish to make a donation, please mail it to NAMI, P. O. Box 5323, Bloomington, IL 61701.

IN MEMORY

Death of long time member and friend Rosemarie Scarbeary

Rosemarie Moews Scarbeary died unexpectedly on Wednesday, September 30, 2009. Rosemarie was a long time involved member and officer of NAMI who sent out thank you notes to all new and renewing Livingston/McLean NAMI members as well as sending any other notes as needed. Rosemarie made every note she sent personal.

She spoke in the community, tended local NAMI booths, attended board meetings faithfully, and baked cookies to give away for others to enjoy. She had a pleasant and curious personality and was always interested and interesting to talk with. She will be missed!

Newsletter Changes Coming

This newsletter needs your help.

To help make our newsletter current and have local interest, we are planning to add three new permanent sections: A "Guest Corner" with information from local professionals; "New Medicine Updates"; and "Stigma Buster Corner." Stigma is defined as an invisible mark of disgrace or dishonor. People with mental illness and their families often get blamed for their condition. We are asking members to submit (anonymously if desired) a situation where you faced stigma or a time when you dispelled the stigma. Please send one or two short paragraphs to: suenmax@verizon.net.

FIRST Guest Corner

By Robin Rinker, RD

Clinical Dietitian at BroMenn Regional Medical Center:

Can what you eat affect mental illness?

We now know that it can! Today I want to share *one major way*, and share more in the later newsletters!

Current studies show that *Omega 3 fatty acids* can help to decrease depression for many people (except those who have depression related to schizophrenia). Our body does not make Omega 3 fatty acids so we must get them from our diet. Omega 3's may help in a variety of ways. One important way is by affecting the production and function of neurotransmitters.

Omega 3 fatty acids come from cold water fish: Salmon, tuna, mackerel, anchovies, sardines, or shad. You only need 6 ounces per week.

Another source comes from flaxseed, canola oil, soybean oil, walnuts, and omega three enriched foods that say enriched on the box (eggs, pasta, margarine, etc). You can also find Omega 3 in pill form.

We also know that Omega 3's are good for our health in other ways including decreasing the risk of sudden death from a heart attack, decreasing triglycerides, and helping with infant development.

Caution: If you are taking any blood thinners like Coumadin, you should not take Omega 3 pills without talking to your physician first. They can contribute to thinning your blood too much, and that can lead to a stroke.

Always talk to your psychiatrist before starting a new supplement such as Omega 3 in the pill form.

For more information please email me at rinker@bromenn.org or call at 309-268-3927, and I will send you more detailed information.

Opportunity Available

We have an opening for one or two people to fill the office of president of Livingston/McLean County NAMI. Steve and Dori West are finishing their term as co-presidents. We appreciate the hard work and time they have given the past four years, and the passion they have for those who live with mental illness.

It is a two-year position, and the duties are:

- Serving as contact person for State and National NAMI and forwarding information as appropriate to NAMI members.
- Reviewing the budget information provided by the treasurer and discussing major spending with the treasurer.
- Attending four yearly board meetings with other board members to direct our organization.
- Working with the treasurer on requests for grant money and thank you notes.
- Speaking with or fielding calls from people requesting information about NAMI.
- Helping the NAMI board in planning yearly fundraisers.
- Participate in fundraisers.
- Speak to local community groups when requested.

If you would like to serve as president of Livingston/McLean NAMI, please contact Robin Rinker at e-mail: res0at5b@verizon.net.

Good News for Pontiac's Futures Unlimited

Pantagraph Reporter Mary Ann Ford reported October 11 that the American Recovery and Reinvestment Act is directly impacting 30 Livingston County residents with disabilities. Futures Unlimited, a work and life training agency for people with disabilities, will receive \$50,000 in federal money which will make it possible for 30 people to retain jobs they otherwise would have lost. Cathy Grafton, director of community services at Mid Central Community Action, learned of the issue and earmarked part of their agency's stimulus money for Futures. Director of Futures Unlimited in Pontiac Brian Blossom said, "The jobs are very, very important to the clients."

I'm sure those of us in McLean County who lost jobs or have family members who lost jobs at the Occupational Development Center in Bloomington wish that someone had cared enough about ODC clients to seek ways to keep ODC open.

Less Drastic Cut to Area Services for Mentally Ill

The Pantagraph, By Paul Swiech
August 20, 2009

Out-patient mental health treatment and counseling for the working poor is returning after McLean County's mental health agency was told its state cut is not as severe as what was announced in June.

The Center for Human Services in downtown Bloomington began resuming services to non-Medicaid, uninsured clients, said Executive Director Tom Barr. Staff members began contacting clients whose services were dropped and about 100 potentially new clients who were turned away since late June.

Barr had estimated the earlier cut would affect about 1,750 people—half the Center's patients.

CHS received about a 7.6 percent reduction. That compares to the June allocation of a 40 percent

cut that prompted CHS to eliminate services to non-Medicaid patients while it continued to serve Medicaid Patients.

“It seems paradoxical for me to say we’re getting cut and it’s good news,” Barr said. “But this is much better than we were anticipating.”

Karen Zangerle, executive director of PATH, the Twin City crisis information and referral agency, also was relieved, saying McLean County had not yet come up with a solution to serving low-income, non-Medicaid patients with mental illness. She said calls to PATH’s hotline from people considering suicide—which generally average two calls a day—totaled 73 during a one-week period.

The Community Health Care Clinic in Normal, the free clinic for the uninsured, had assumed primary care treatment for some center clients. “CHS will still struggle with accommodating all the mental health needs in the county, and I would imagine that we’ll still do some of the primary care,” said clinic Executive Director Shirley Drazewski.

Barr said the center would determine how to deal with the 7.6 percent funding cut. One employee and two consultants were let go earlier this summer.

Representative Brady Responds to State Budget Crisis

All Livingston/McLean County senators and representatives were contacted in July by e-mail from the Livingston/McLean NAMI newsletter editor and asked to respond to the current Illinois State budget and what they plan for the next legislative session. Only Representative Dan Brady’s office responded to our request. He stated:

“After months of heated debate and two overtime sessions, the State of Illinois finally has a budget approved by the General Assembly and signed into law by the Governor. The new FY2010 budget certainly isn’t everything we had hoped for, but it is a compromise that will accomplish two very important goals: it will prevent the threatened deep, draconian cuts to vital human service providers in our communities and provide them some stability for the coming months.

“The three budget bills combined with legislation already sent to the Governor fund state

operations at about 90% of last year’s spending levels. It is funded in part by \$3.46 billion in short-term borrowing (pension bonds) that will be earmarked specifically for keeping local human service providers up and running and to meet our pension obligations.

“Will there be some cuts? Unfortunately, yes. The budget includes approximately \$3 billion in state spending reductions that would have been needed with or without passage of an income tax increase. It does, however, give the Governor considerable flexibility to prioritize spending in the areas with the greatest need, which should include human services.

“As part of the budget deal, I and other members of the General Assembly will take 12 unpaid furlough days over the next year. In the spring, we voted to refuse a cost of living pay raise and to take four unpaid furlough days. During budget negotiations House Republicans fought to have the number of furlough days for lawmakers increased to 12.

“Again, this budget plan is far from perfect, but is the best of the options currently available to provide stability to providers and get us through the bulk of the fiscal year. We have working groups currently meeting to study pension reform, Medicaid reform, job creation and fiscal efficiencies in state government. They will have recommendations back to us this fall, which will allow us to re-evaluate the budget in January, when the new session begins.”

Thank you, Representative Brady and staff, for your response to NAMI Livingston/McLean County.

SUCCESS STORY Dealing with Disability

In the October 18 [Pantagraph](#) Kurt Erickson reported on Representative Dan Brady’s policy of bringing sandwiches to the capitol for his colleagues. He reported:

“This year the sandwiches were food for thought. When he announced that the sandwiches had arrived, he also introduced the person who had made them, Rachel Thomas.

“Thomas, who has autism, served as an intern in Brady’s legislative office when she was a student at Normal Community West High School.

“When her stint in Brady’s office ended, she went to the Occupational Development Center, a social service agency in Bloomington dedicated to helping disabled people find jobs.

“When state budget cuts forced the closure of ODC, Brady said Thomas found a job at Avanti’s Italian Restaurant making sandwiches. Brady said Thomas’ story can serve as an example. ‘She deals with her disability and she doesn’t give up.’”

Don’t Expect Much Action on Budget

Kurt Erickson stated in the October 11 “Opinion” page of the Pantagraph that “the Quinn administration and top legislative leaders say they have no plans to do anything significant about the state’s financial situation until after the February primary election.”

CALENDAR OF EVENTS

Dates to Remember

October 16 – 18, 2009—NAMI IL Mental Health Conference, Hilton Hotel, Lisle, Illinois

October 23—Adult “Ask the Doctor” Conference
Call with Dr. Duckworth

October 30—Children’s Conference Call with Dr. Duckworth

November 5—Pontiac Family Support Group

November 6—Adult “Ask the Doctor” Conference
Call with Dr. Duckworth

November 11—Bloomington Family Support Group

December 3—Pontiac Family Support Group

December 4—Adult “Ask the Doctor” Conference
Call with Dr. Duckworth

December 12—Bloomington Family Support Group

January 7—Pontiac Family Support Group

January 22, 2010—Adult “Ask the Doctor” Conference
Call with Dr. Duckworth

2010, Winter/Spring—Family to Family Class Begins, Contact Glenn or Robin Rinker at (309) 828-8469

Medical

Facing Illness With A Positive Approach

(MedBroadcast)—When we’re diagnosed with an illness, bad feelings naturally overwhelm us. It’s natural to initially feel discouraged, even hopeless. But as we adjust to our new reality, a positive approach will help us on our way.

There are many approaches that can help us to stay positive and bolster the spirit:

- **Live in the present:** Imagining a future and the negative possible outcomes of an illness keep us frozen with fear and hopelessness.
- **Stay positive:** There can’t be enough said about thinking positively. Patrick Swayze is an amazing example of this. He lived far longer than anyone—doctors included—expected of him. Many attribute this to his undaunted spirit. Stay hopeful, optimistic, and assertive.
- **Be patient with yourself:** We all have our down times and there are times when your condition or treatment can just sap your energy. Be patient with yourself and persevere.
- **Have courage:** It is amazing how your courage will not only strengthen you but will inspire those around you.
- **Be receptive to help:** Don’t try to do it all yourself. Accept help with grace and rest in the love that is behind it.
- **Be proactive in your care and treatment:** Learn all you can about your illness and possible treatments. Talk to your doctors and ask questions so you take an active part in decision making.
- **Establish a circle of support:** Find supportive friends and family you feel comfortable talking openly with so you have an opportunity to express your feelings when you need to. If possible, find a local support group where you can go for information and companionship with those who have been through or are going through the same challenges as you.

ILLINOIS NAMI NEWS

Heroes in the Fight

“Heroes in the Fight” is a recognition partnership program that celebrates dignity, courage, hope, and recovery in the ongoing treatment of people with severe and persistent mental illness. Designed to recognize those who provide exemplary care and support for patients and their families, “Heroes in the Fight” has been established by Eli Lilly and Company and sponsored by Lilly USA, in partnership with local and national advocacy organizations. Once again, NAMI Illinois will be the lead organization for “Heroes in the Fight” in Illinois.

A Huge Step In The Right Direction Tamms Prison Conditions To Be Overhauled, Says *Tribune*

The new head of Illinois' penal system unveiled a plan September 17 to overhaul conditions at the state's only super-maximum security prison following sharp criticism from human rights advocates. Tamms prison conditions are of special concern to NAMI members because of the large number of inmates with mental illness imprisoned there.

In a speech to a prison reform group, Department of Corrections Director Michael P. Randle said he is focusing on rewarding positive behavior, increasing mental health screenings and holding more frequent review hearings where inmates can try to appeal their transfer to the prison.

Hanke Gratteau, executive director of the prison watchdog group the John Howard Association, hailed the changes, saying they represent "the most meaningful reforms we've seen since that prison opened."

"We also know that reform is a process, so we will keep a watchful eye," said Gratteau. "These are enormous first steps, but I would emphasize they are first steps."

Children & Youth News

MEDIA OPPORTUNITY: CUSTODY RELINQUISHMENT

A reporter with a major newspaper is working on a story about custody relinquishment. She would like to speak with parents who are in the process of relinquishing custody of their child in order to access treatment for their son or daughter, as well as families who have gone through this process in the past two years.

If you would like to be considered for this opportunity, please send a short description of your experiences (250 words or less) and your phone number to christinea@nami.org. NAMI will consider all submissions, but ultimately the reporter will decide which may be the best fit. NAMI will not release your personal information without your consent.

OCTOBER 30th* CHILDREN'S CONFERENCE CALL WITH DR. KEN DUCKWORTH

*Save the Date: Friday, October 30th, 2009,
from 11:00a.m. to 12:30p.m. Eastern Time.*

(*Please note that the October Children's Conference Call has been rescheduled to the **fifth** Friday of the month instead of the usual third Friday)

Topic: Self-Injury in Children and Adolescents

Dr. Ken Duckworth, NAMI's Medical Director and Child and Adolescent Psychiatrist, will discuss self-injury in children and adolescents during our October Children's Conference Call. Many NAMI members and families have raised this issue as a critical topic. This call has been scheduled in response to this interest. We appreciate the feedback and interest!

Friday children's conference calls with Dr. Ken Duckworth, NAMI's Medical Director and a Child & Adolescent Psychiatrist, take place on the third Friday of every month (but please note the exception for October). The calls are toll free and are scheduled from 11:00 a.m. – 12:30 p.m. E.T. To access the toll-free call, please dial 1-888-858-6021; access number 309918#.

NAMI National News

World Mental Health Day 2009

October 10 was World Mental Health Day, a global awareness campaign promoting the critical need to bring mental health care to a higher level of importance. This year's theme, "**Mental Health in Primary Care: Enhancing Treatment and Promoting Mental Health**," addressed the need for mental health services to have parity within the general and primary health care system.

The World Mental Health Day 2009 campaign intends to draw worldwide attention to the growing body of knowledge on integrating mental health services into primary care and will stress the all too often neglected fact that mental health is an integral element of every individual's overall health and well-being.

To help bridge this gap, SAMHSA (Substance Abuse and Mental Health Services Administration) supports The Pledge for Wellness, a national wellness action plan for people with mental illness. People who suffer from serious mental illness, on average, die 25 years earlier than the general population, but most deaths are due to preventable and treatable medical conditions such as cardiovascular, pulmonary, and infectious diseases. SAMHSA's Pledge for Wellness aims to reduce that striking disparity by reducing early mortality by 10 years over the next 10-year period.

The Pledge for Wellness From the Center for Psychiatric Rehabilitation

We envision

A future in which people with mental illnesses pursue optimal health, happiness, recovery, and a full and satisfying life in the community via access to a range of effective services, supports, and resources.

We pledge

To promote wellness for people with mental illnesses by taking action to prevent and reduce early mortality by 10 years over the next 10-year time period.

SAMHSA Awards More Than \$28.7 Million for Grants To Help People Transition From the Criminal Justice System to the Community

SAMHSA announced that it is awarding more than \$28.7 million in funding for up to 3 years to provide substance abuse treatment and related recovery support services to juvenile and adult offenders returning to the community from incarceration.

October Adult "Ask the Doctor" Call with Guest Andrew Sperling

Save the Date: Friday, October 23, 2009

Please join us for our monthly adult issues conference call with NAMI's Medical Director Dr. Ken Duckworth and guest Andrew Sperling. Andrew Sperling is the Director of Federal Legislative Advocacy for NAMI. In this position, he leads NAMI's legislative advocacy initiatives in Congress and before federal agencies. Mr. Sperling works on issues affecting the mental health community with a focus on improving the lives of people with severe mental illnesses.

The topic of his discussion will be "Healthcare Reform."

The call is toll free and scheduled from 11:00 a.m. - 12:30 p.m. Eastern Time on Friday, October 23rd. To access the call, please dial 1-888-858-6021; access number 309918. This call can be made from any phone.

PLEASE NOTE: The November and December Adult Ask the Doctor calls have been re-scheduled to Friday, November 6th and Friday, December 4th to accommodate holiday schedules.

Future scheduled calls:

Nov 6th - Dr. Fuller Torrey speaking on outpatient commitment.

Dec 4th - Dr. Xavier Amador, author of *I'm Not Sick, I Don't Need Help*

January 22nd - Dr. Nancy Kehoe, author of *Wrestling with Our Inner Angels: Faith, Mental Illness, and the Journey to Wholeness*.

NAMI's Puzzle Pieces PSA Quarterly Results - Take Action to promote NAMI in your Community

In June 2009, NAMI launched the Puzzle Pieces PSA (Public Service Announcement) initiative with

a national distribution plan targeting 400 television and over 1,000 radio stations in local markets across the country.

The first quarter's stats are in, demonstrating great results, including:

- 209 stations airing the TV spot an average number of 33 broadcasts per station
- Nearly 1,500 radio stations have aired the PSA in 150 markets
- Resulting in over \$1 million in value
- Impacting 82 of the top 100 media markets
- Engaging all networks and cable television

Your engagement in supporting the PSA are of critical importance to our cumulative success.



NAMI's Picks for Movies & Books

NEW PUBLICATION: TREATMENT OF CHILDREN WITH MENTAL ILLNESS

The National Institute of Mental Health has launched a new publication, *Treatment of Children with Mental Illness: Answers to Frequently Asked Questions about the Treatment of Mental Disorders in Children*. To access the fact sheet, visit <http://www.nimh.nih.gov/health/publications/treatment-of-children-with-mental-illness-fact-sheet/index.shtml>

Local NAMI Support Groups

Pontiac: Pontiac NAMI family support group is again meeting on the first Thursday of every month at the First Methodist Church at 7 p.m. For information call John or Bonnie Plesko at 815-842-1514 or Laura Leslie at 815-844-7392.

Bloomington—Family support group will meet November 14 and December 12 at Cosi's upstairs meeting room, Beaufort and Linden, Normal

Family Basics Support Group--An educational support group for parents, extended family, and caregivers for children with a brain disorder meets 1- 3 p.m. on the third Saturday of each month at St.

John's Lutheran Church, on the corner of Towanda and Emerson Blvd., Room 210, Bloomington. Call Twila Braden at 309-829-6147 or Tammy Denzer, 309-531-7200 for information.

Bloomington-Normal Depressive and Manic Depressive Support Group Meetings: Meetings are held every first and third Wednesdays at First Methodist Church, 211 School St., (back door) Normal. For info call 309-829-3899

Emotions Anonymous: Thursdays, 6 – 7 p.m., 207 W. Jefferson, #501, Downtown Bloomington

Central Illinois OCD Support Group: Meetings are held the 2nd and 4th Wednesday of every month, 7 p.m. – 8:30 p.m., Morton Public Library Conference Room

Important Contact Information

<http://livingstonmclean.nami.org>
Livingston/McLean County NAMI

<http://thomas.loc.gov>
U.S. Congress on the Internet

NAMI Illinois State Office: namiil@sbcglobal.net
NAMI Illinois telephone: 1-800-346-4573
U.S. Congress: 1-800-839-5276 or 1-202-346-3121

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The NAMI Livingston/McLean Newsletter is published six times a year. If you have suggestions or subject matter of interest to members, please send it to Sue Tyler, 527 E. 850 North Road, Stanford, IL 61774 or call 309-379-5831 or email suen-max@verizon.net.

NAMI of Livingston/McLean Counties
PO Box 5323
Bloomington, IL 61701

STAMP

An affiliate of the National Alliance on Mental Illness dedicated to improving the quality of life for persons with brain disorders. With access to treatment, persons with neuro biological brain disorders can lead productive lives and work towards recovery.

Join us in the efforts of NAMI of Livingston & McLean Counties

The \$35 membership fee includes informative newsletters from NAMI of Livingston/McLean, NAMI of Illinois, and from NAMI National. Enclosed are my dues for full membership \$35 or \$10 for only the NAMI Livingston/McLean Newsletter. For persons on SSI or SSDI membership is only \$3 per year.

Donations and Memorials Accepted

Name	_____	Dues	_____
Address	_____	Donation	_____
City	_____	State	_____
		Zip	_____
		Total	_____
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Please check one:	Membership _____	Renewal _____	Memoriam _____
(Check) I can volunteer to help	_____	I am a family member. _____	Friend _____
	Professional _____	Consumer _____	Interested citizen _____

Make checks to: NAMI of Livingston/McLean. Donations are tax deductible. Mail to NAMI Livingston/McLean, Box 5323, Bloomington, IL 61701. For information, call 309-828-0530 or 815-842-1514.
Website: <http://livingstonmclean.nami.org>