

NAMI Livingston/McLean

County News

Family-to-Family Class to be Offered September, 2009

NAMI Livingston/McLean County would like to extend the opportunity to attend a series of 12 weekly classes structured to help you understand and support individuals with mental disorders while maintaining your own well being. A supportive family approach to mental illness education will be begin Tuesday, **September 1, from 6:30 - 8 pm.** for 12 consecutive weeks. Please call Robin at 309-828-8469 by **Monday, August 24** to register.

The NAMI classes are for family members and friends of individuals with serious mental illness. "This course is a wonderful experience," said one student. "It balances basic education and skills-training with emotional support, self-care and empowerment."

The Family-to-Family Education Program is a free 12-week course taught by trained NAMI family members. The results of a recent scientific evaluation of the effectiveness of NAMI's Family-to-Family Education Program, conducted by Lisa Dixon, M.D., at the University of Maryland School of Medicine and the VA, showed that course participants gained a greater understanding of mental illness, coped much better, worried less, and felt newly empowered to advocate for better treatment and services for their relative. Many family members describe the impact of taking this course as *life changing*. The NAMI Family-to-Family Education Program wants to help families take steps toward these demonstrated goals.

Annual Walk for the Mind **October 3, 2009**

Our annual "Walk for the Mind" is October 3. Please give serious thought to walking with us and helping to raise funds as funds are very low. Forms will be sent three weeks before the Walk. **Please consider collecting contributions for us. Please also come walk and share some good fellowship**

(not too mention great cookies and cider). The weather is almost always a perfect fall day.

Support group for families and friends of those with mental illness

If you would like to get together once a month to share, get some ideas, and even laugh, we are contemplating a Saturday morning breakfast once a month in Bloomington. Buy your own coffee, or breakfast, or just come to talk. Please let us know if you might be interested. We picked Saturday morning since evenings during the week just have not worked for many people and finding a free place to meet has become difficult. Please call or email (preferable) Robin at 309-828-8469, res0at5b@verizon.net (0=zero--the number not the letter) if interested.

Emotions Anonymous

A new support group is available in the area. Emotions Anonymous begins Thursday, August 13, from 6-7 p.m. The group meets every Thursday at 207 W. Jefferson, #501, downtown Bloomington.

Based on 12 step similar to Alcoholics Anonymous, the purpose is to come together weekly to work toward recovery from emotional difficulties. It is open to anyone with a desire to become well emotionally. Those who suffer from depression, anger, broken or strained relationships, grief, anxiety, low self-esteem, panic, abnormal fears, resentment, jealousy, guilt, despair, fatigue, tension, boredom, loneliness, withdrawal, obsessive and negative thinking, worry and compulsive behavior and other emotional issues.

Welcome Dr. Ahmed **New Area Child Psychiatrist**

Dr. Faisal Ahmed will begin practice at Twin City Behavioral Health. He graduated from Sindh Medical College, Karachi, Pakistan, and did additional course work at Cambridge University in

England. His general residency and fellowship in child and adolescent psychiatry was in the Department of Psychiatry at the University of Missouri-Columbia.

State Budget Crisis Hits Livingston & McLean Counties

In an article titled “No plan, no solution” in the July 23 Pantagraph, service and job cuts were outlined for Baby Fold programs, Marcfirst, and Catholic Charities. The Occupational Development Center (ODC) closed in August. Matt Jackson, director of ODC stated, “We’re done.” “We could have delayed the inevitable (ODC closing), but that would not have been responsible. We might be the first (agency to dissolve), but we won’t be the last as a result of this budget fiasco.” ODC ended services to more than 600 individuals with disabilities.

Mr. Tom Barr, Executive Director of the McLean County Center for Human Services, stated in an e-mail dated June 26 to Community Providers, Referral Sources, Legislators, and his colleagues:

“The McLean County Center for Human Services has received its FY 10 contract from the Department of Human Services (DHS). It is with regret that I inform you the contract reflects over a \$1.5 million cut in funding to the Center. This represents a 40% decrease in funding from the state.

“Ultimately, the State’s goal is to eliminate funding the Non-Medicaid, uninsured of our community. A conservative estimate is that over half of the 3,505 unduplicated clients we served last year fall into this category.

“Although the legislature may pass a budget that would allow for some funds to be restored, it is unrealistic to expect our funding to return to its current level. There simply isn’t enough revenue available in these tough economic times. . . . In this challenging time, it is important to acknowledge the important role the McLean County Health Department and the United Way of McLean County play in providing services to the mentally ill of our community. Without the funding both organizations provide, the Center would not be able to offer ongoing services to individuals who are at imminent risk of hospitalization or institutionalization and who are not on Medicaid and have no other form of payment. In addition, if it weren’t for the flexibility

and the additional funding the Health Department and the United Way approved for FY 10, our psychiatric program would essentially cease to exist.”

In a July 23 e-mail, Mr. Barr saw no change for the Center’s clients. He stated: “The news from Springfield is still not good. The state has told us that we will receive a revised FY 10 contract from DHS that may contain fewer cuts in funding. Unfortunately funding will be cut. Until we actually receive the revised contract, we won’t know the degree of the cuts or which programs will be affected. I expect the majority of the cuts will still be directed at people who are not on Medicaid.”

CALENDAR OF EVENTS

Tentative Dates for 2009

September 5, 2009

Local NAMI Board Meeting

October 3, 2009

NAMI Walk

Dates to Remember

September--National Alcohol & Drug Addiction Recovery Month

October 4 – 10—Mental Illness Awareness Week (MIAW)

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

FACTOID: There are an average of 2 suicide calls a day on the PATH crisis line. Home Sweet Home Mission has no admissions between 5 p.m. Friday until 8 a.m. Monday. PATH provides hotel assistance if possible during this time.

McLean County Mental Health Court Initiative

July 21 Meeting Notes

Chief Kent Crutcher (NPD) discussed the Crisis Intervention Training (CIT) held in May, 2009. The feedback from the officers and trainers led him to believe that an additional session in 2010 would be beneficial. Any future training would utilize internal resources, and contain a more McLean County specific design focused on County resources. The

law enforcement agencies will develop their own materials and include the current involuntary admissions process in the training.

Shirley Drazewski, Director of the Community Health Care Clinic (CHCC), Normal, Illinois, said her organization was willing to help, but stated: "Understanding that we are not a community mental health center, I believe it would be irresponsible of us to offer mental health services beyond a very basic level. We do not have the counseling services available or the expertise within our clinic to offer the best care for these individuals. Admittedly, we are not adequately familiar with the mental health community, the network of professionals that supplement it, nor the resources available within it to make optimal referrals." CHCC considers their help a temporary solution until mental health services for the indigent become available through other means.

There was a meeting on July 13 with most human services agencies in the County. A reassessment of services will occur in August with the goal of providing a system mapping in the fall. Jerry Vogler announced that planning for an outpatient clinic for veterans through the Veteran's Administration has been delayed until 2013.

The next meeting will be held on October 6, 2009, 12 noon – 1:30 p.m., McLean County Law & Justice Center, Rm. 702.

FACTOID: In the general jail population, 14.5% of male prisoners and 31% of female prisoners have a diagnosable mental illness.

CIT Training - McLean County Contributed by Shawn High

Crisis Intervention Training (CIT) was held on June 10 and 12, 2009, for 25 local law enforcement members. Dr. Bruce Handler and Lt. Jeff Murphy from MH Consultants Inc. presented this training. A panel made up of Twila Braden, John and Tracy Perkins, Barb Heneghan, and Shawn High was available for questions on June 10.

The goal of crisis intervention training is to ease

tensions when law enforcement officers respond to situations involving individuals with serious mental health needs. Students who complete this training receive the tools they need to provide the appropriate approach to minimize the use of force and de-escalate stressful situations. The benefit of this training is increased safety to responding officers and to the general public. There is also a substantial cost savings as a result of this training.

Students participated in a panel discussion with individuals who have a mental illness or are family members of a person with mental illness. The panel members were able to explain what was needed in crisis situations. Panel members stated that there is a drastic need for improvement in communication and information sharing between McLean County's educational systems, child psychiatrists, law enforcement, and judicial agencies to successfully work with individuals living with mental illness.

The panel members were told how the officers had a "point system" in place that had to be followed in handling juvenile issues. This point system determines how each situation is handled. The panel members felt the lack of communication of this point system was a focus of concern.

At the June 12 CIT training, community services panel members shared information about the organizations they represent.

This first interaction between the CIT training officers, the panel members, and the law enforcement students was a positive beginning to improving relations.



Doctors use MRI to document changes in patients' brains

By Leslie Mann, Special to the Chicago Tribune
July 22, 2009

Thanks to a study conducted by Dr. John Csernansky and his colleagues at Northwestern University's Feinberg School of Medicine, doctors can better diagnose schizophrenia, a devastating and potentially disabling mental illness.

"Diagnosing schizophrenia is more of an art than a science," said Csernansky, who heads Northwestern's psychiatry and behavioral sciences department, "but by using a computer to chart subtle changes in the brain from [magnetic resonance imaging], we can create brain maps. We still don't know why the disease is degenerative, but we can now see patterns. Even in the absence of obvious deterioration of behavior, we can see biological progression of the disease."

Treatment of schizophrenia includes antipsychotic medications and psychotherapy. By comparing the disease progression with treatment, Csernansky said, the study will help show how medications affect or do not affect the schizophrenic brain.

We know that with schizophrenia, the brain is broken, but the differences are so complex. [Csernansky] has perfected the use of computers to analyze the MRI data and find these differences. This is a step toward diagnosis for a disorder that cannot be diagnosed with something as simple as blood or urine."

ILLINOIS NAMI NEWS

NAMI Illinois Mental Health Conference **Investing for the Future, October 16-18, 2009.**

NAMI Illinois' Conference is a premier educational and networking event for service providers, persons with mental illness, family members, administrators, educators, and mental health policy makers. The presenters will address a wide variety of topics relevant to mental health.

These three days in Lisle are guaranteed to fuel your commitment towards mental health advocacy, and renew and inspire your commitment to individuals and families touched by serious mental illness. It's a journey of empowerment and recovery. For more information and registration materials, go to the NAMI Illinois website.

NAMI Illinois: State Budget Threatens Services **for Individuals with Mental Illnesses**

July 15, 2009

Press Release

It's a sad day for the state of Illinois. While people are busy analyzing the "winners" and the "losers" from the initial announcements of Illinois' proposed budget, we can clearly tell you that there are no winners whatsoever when it comes to mental health. The massive cuts that have been announced decimate Illinois' already floundering mental health system.

In a time when there has never been more hope and promise for recovery from many mental illnesses, the hope of many individuals, their families and friends have just been dashed by a budget that guarantees that literally thousands have been placed in high-risk circumstances. And while we risk their lives – the sad reality is that not a dime will be saved!

When will we learn that mental health crises do not wait? The stigma of mental illness is compounded every time we see acts of violence by people who are not in therapeutic treatment or who have discontinued medications for one reason or another. Not only is it sometimes difficult to recognize the need for treatment, it's often hard to ask for help. Now we're taking services away from those who sought that help and are successfully living with mental illness because of treatments and supports they are receiving in their community.

The "doomsday budget" first and foremost unnecessarily risks lives. Secondly it puts Illinois into the position of courting the high costs of emergency and crisis services. Instead of investing in therapeutic services, medications and supports, literally thousands of individuals will be forced to hospital emergency departments, others will end up in jails, prisons and nursing homes, others will become homeless and yet others will commit suicide.

Two years ago, NAMI National (National Alliance on Mental Illness), our parent organization, issued a state report card that rated Illinois one of 8 states with an F – a failing grade. This year the report card demonstrated modest improvement – from an F to a D. While still not a grade to brag about, there was recognition that Illinois was headed in the right direction. Almost prophetically, however, the report ended with the statement... "Although Illinois' grade has improved slightly

from an F to a D, the state faces fundamental structural problems in its mental health service system. Further budget cuts will only compound them. If these challenges are not addressed quickly, even the slightest momentum for reform may be lost.”

With the announcement that many mental health programs have been eliminated – not cut, but eliminated – Illinois has moved back into the dark ages.

Mental health programs that have been identified for 100% cuts include: Juvenile Justice, Community Consumer Support, Psychiatric Services, Special Projects, Direct Clinical Services, Supported Employment, Gero-Psychiatric Services, CHIPS, Psychiatric Medications, Supported Residential and Non-Medicaid Fee for Service. We have just removed the words HOPE and RECOVERY from a lot of people’s vocabularies. With that sad reality, it’s clear that no one in Illinois wins.

Lora Thomas, Executive Director
Verla Demopoulos, President, NAMI Illinois

NAMI National News

House Approves 2010 Funding for Mental Illness Research and Services **July 27, 2009**

On July 24, by a vote of 264-153, the House cleared legislation that includes funding for mental illness research and services for FY 2010. The bill, known as the FY 2010 Labor-HHS-Education Appropriations bill (HR 3293) includes a \$52 million increase for mental illness research at National Institute of Mental Health (NIMH), as well as an \$8.4 million increase for the PATH program (outreach services for homeless individuals with serious mental illness) and a \$17 million for the Children’s Mental Health program. The FY 2010 Labor-HHS-Education Appropriations bill will now go to Senate Committee.

NAMILand at Your Fingertips

All of the great resources that were displayed in NAMILand at this year's national convention are

available at [NAMI's Web site](#). You will also find many of the speaker handouts and powerpoint presentations available for download at this site.

NAMI Launches New PSA Campaign

NAMI has released "Puzzle Pieces," a new public service announcement (PSA) initiative that encourages people to connect with each other through NAMI to help themselves, their families and their friends who live with mental illness.

The new PSA is helping to eliminate stigma by raising public awareness of mental illness and delivering a message that NAMI offers hope to people as they journey to wellness.

The PSA has already aired nationally during the CBS Evening News and Fox Primetime.

The campaign includes four 60-second and three 30-second radio PSAs featuring testimonials from individuals and families that describe their experiences with mental illness and the role NAMI played in their recovery. The television PSA is a 30-second spot that conveys the support and strength NAMI members give each other. Print PSAs are also available.

*It's about people...
people who care
people who understand
people who teach
people who learn
people who want a better life
people who want to fight
mental illness and WIN!!!!*



NAMI's

Picks for

Movies & Books

The Borderline Personality Disorder Survival Guide: Everything You Need to Know about Living with BPD

by Alexander L. Chapman, Ph.D., and Kim L. Gratz, Ph.D., New Harbinger Publications Inc. (2007)

A comprehensive guide for persons living with BPD, this book offers up-to-date, accurate and accessible information about BPD in a format that is easy to follow, answering basic questions about the disorder and providing chapters on several treatment approaches.

Regular & Decaf

by Andrew D. Gatke, Risen Man Publishing (2008)

Andrew and Benji, two 20-something friends, one living with schizophrenia and the other with bipolar disorder, talk about their conditions in an ongoing series of conversations. They discuss thoughts, feelings, coping skills, relationships and ambitions.

"Take one day at a time. Just relax and have a cup of coffee." They confront "doom and gloom" fears and prognoses and maintain hope and visions for recovery: Gatke has spoken at NAMI Minnesota Family-to-Family classes, with one instructor noting that the book makes mental illness "understandable" in a very human way.

When Someone You Love is Bipolar: Help and Support for You and Your Partner

by Cynthia G. Last, Ph.D., Guilford Press (2009)

Written by a clinical psychologist who herself has bipolar disorder, Dr. Last's book is the result of her personal and professional experiences. Vignettes of couples dealing with a bipolar partner and Q&A sections from non-bipolar partners add to the book's focus and ease of reading.

Overcoming Obsessive-Compulsive Disorder: A Self-help Guide Using Cognitive Behavioral Techniques

by David Veale and Rob Willson, Basic Books (2008)

Overcoming OCD is aimed at people living with OCD and their families or partners with a core message that OCD is common, persons with OCD are not crazy and that OCD can be overcome. Veale and Willson take great care to describe why their book is an important read for persons living with OCD and how cognitive behavioral techniques can help to manage and overcome symptoms.

Local NAMI Support Groups

Pontiac: Pontiac NAMI family support group is not meeting monthly until further notice. For information call John or Bonnie Plesko at 815-842-1514 or Laura Leslie at 815-844-7392.

Bloomington—Family support group is not meeting at this time.

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

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 suenmax@verizon.net.

Mr. Tom Barr had this to say about our organization, “Thank you for your continued concern for the Center and your work with NAMI. NAMI is a wonderful organization and we appreciate your commitment to the mentally ill of McLean and Livingston Counties.”

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	_____
Telephone	_____		
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>