

National Alliance for the Mentally Ill



nami
Promoting Mental Health

CHALLENGER

Albuquerque's Quarterly Newsletter

Contact us at 256.0288 or NAMI_ABQ@juno.com

Spring 2005

A Special Issue On



Under the Mat

At age 34, in NYC, I was barely coping. I had been seeing a psychotherapist 2-4 times a week (sometimes with double sessions) for over a year. She was great but I was NOT getting better. In fact, I was feeling suicidal.

At that time most practitioners of psychotherapy didn't accept the use of medications as part of treatment. But my therapist sought out a new Park Avenue, Belgian psycho-pharmacologist who had just completed research involving epilepsy, bi-polar syndrome, brain chemistry and other brain disorders. After a lengthy intake and follow-up sessions, he diagnosed me as suffering from bipolar disorder. He prescribed Lithium. It worked!

In just 2 months I began walking calmly. I felt energetic without getting desperately angry, agitated or frustrated. I could get through a day without suddenly sobbing for no apparent reason. I could remain focused at work. My appetite returned. I was able to sleep throughout the night. I was delighted, relieved, and ecstatic to discover I had a treatable condition. It had a name! I could get better, or at least control my intense up and down mood swings.

I took the train home. I sat down in the kitchen with my Mom. We listened to the spring birds sing and we drank tea. I pulled out the literature on Manic/Depression, Bipolar Disorder the doctor had given me. I was looking forward to speaking about this great new information. I had questions about our family symptoms, her depression, my childhood. She quietly pushed the brochure under the table place mat. I remember her tiny voice say "We don't need to tell anyone about this. It is private family business. I am very tired and need to lie down now." We never talked about 'IT' again. That was 18 years ago. ★

— *anonymous*

A Parent's Life

My peer's two daughters were suffering again with serious asthma issues. Our department was very sympathetic; after all, this was a healthcare organization. No question that it was fine to take a few hours out of the professional day for doctor's visits and so on. Each day we colleagues would ask for an update on the latest. There could be no doubt that we cared.

At this same time my son suffered his first psychotic break and was hospitalized. Our family was in shock. We had no idea what we were dealing with but it was obviously very, very serious. I confided in my co-workers and department director. Ouch! It's been many years but I'm still stung by their lack of

continued on page 2...

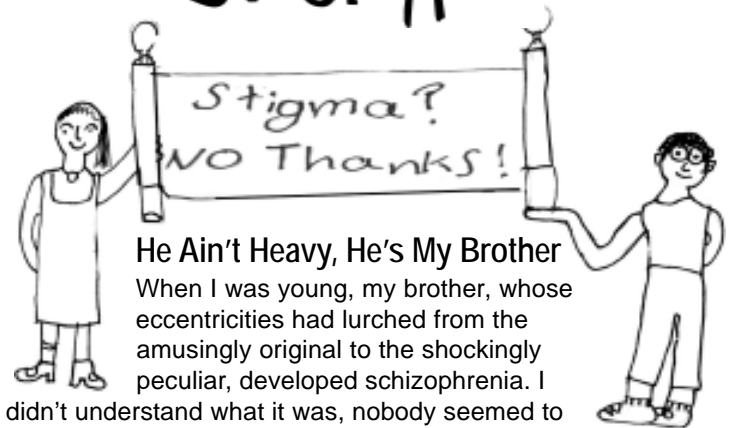


illustration by Atlanta age 8

He Ain't Heavy, He's My Brother

When I was young, my brother, whose eccentricities had lurched from the amusingly original to the shockingly peculiar, developed schizophrenia. I didn't understand what it was, nobody seemed to in those days: only that somehow my brother had something wrong with him, that he was probably not making enough effort and that he needed to pull his socks up. At one point my parents said that I could go and stay with other relatives for a while. They were concerned that my brother would have a dispiriting and negative influence on me. I remember, vividly, that in my young and callow state I thought 'oh this is something I can exploit; my brother is 'marked' and I can deploy that to get some freedom from parental constraints – whoopee late nights!'. As for the alleged negative influences, I had absolutely no idea what they were talking about: there hadn't been any.

In adult life my brother has been a source of extraordinary power and love. We are, luckily for me, close. When I think back to the child I was when he was first laid low, it's clear that stigma didn't exist for me. It was part of the adult social world; although I was very alert to my brother's illness, the notion that it marked him off from other people didn't occur to me. Children, it seems, sometimes know what adults have to be taught. ★

— *anonymous*

WHAT'S INSIDE

| | Page |
|--|------|
| Under the Mat | 1 |
| A Parent's Life | 1 |
| He Ain't Heavy, He's My Brother | 1 |
| It's My Life | 2 |
| Free to be Me: <i>Reader's Contributions</i> | 2 |
| Book Review: Devil in the Details - <i>Rosalind Arden</i> | 3 |
| Busting Misconceptions - <i>Pat Catlett</i> | 4 |
| What To Do About Stigma? - <i>Canadian Mental Health Association</i> . | 4 |
| Employee Assistance Program - <i>Dr. Julia Bain</i> | 5 |
| CASA DE VIDA NUEVAS: <i>Getting Known in Our Community</i> | 5 |
| NAMI Education Meeting | 6 |
| NAMI Walks | 6 |

A Parent's Life

continued from Page 1

response. No questions, no sympathy, no comfort. A couple of months passed and my son needed to be readmitted or closely supervised at home for a few days. Imagine my utter disbelief when my request for using earned vacation hours so that I could be with him was denied. It made no sense. I had been a loyal employee for over a decade, much longer than any of the others.

That was a terrible year. Before it was out I, myself, succumbed to a serious depression and my primary care doctor ordered a several week leave-of-absence. How very lonely it is when the phone never rings. And I thought of the many times we would send flowers to teammates who were recuperating from this and that... Oh, well. I guess brain disorders are just different. ★ — *anonymous*

It's My Life

One may curse and try to hide the 'invisible' disability of mental illness. I chuckled the other day as I sat in a psychiatric unit discussing with a professional that I was eligible for a government guaranteed loan due to my disability. The director was puzzled and remarked 'you hide your disability well'. She had no idea.

One day while I was talking to a probation officer, I asked her, "did you receive the psychological report on my client?" When she said 'yes' I asked her "what did it say?". She responded with a laugh "the usual – she is crazy". I calmly asked her "what was the diagnosis since 'crazy' is not an identifiable diagnosis?" She smiled at my comment and responded "bipolar".

My heart constricted, I could feel my blood pumping rapidly and my face flushing. My colleague was probably one of the few in the courthouse who didn't know that I share the same diagnosis. This was not the time to inform her.

Several days later I found the probation officer and pulled her aside. "Do you remember the discussion of my bipolar client?" She nodded. "I didn't want to embarrass you but I wanted you to know that I have bipolar disorder". She reacted as expected – appropriate shock and embarrassment. I stole the opportunity to inform her that with proper treatment the invisible disorders are manageable and that we are NOT CRAZY! ★ — *anonymous*

Reprinted from the Pfizer Journal 2004

The repercussions of a visible stigmatized condition can extend to being more likely to be convicted in a trial and less likely to be hired at a job interview. Any doubt about the persistence of stigma about mental illness should be eliminated by this statistic: 50% of 567 psychiatrists who were recently surveyed said they would treat themselves for a mental illness rather than have a record of treatment. ★

FREE TO BE ME

READER'S CONTRIBUTIONS



"We must be willing to get rid of the life we've planned so as to have the life that is waiting for us."

— Joseph Campbell

Reading these words is one thing...

Implementing them in my life is another.

I share this quotation when I give an 'In Our Own Voice' presentation. I feel 'safe' and most at home when I share this with the in-patients. I feel we're on an even playing field and that we

understand each other better than people in the outside world. I hope it gives them hope and courage to let go of the past and move forward in their lives, one step at a time, just as I try to do each day. Embrace the unknown and be excited about what lies ahead!

On Paranoia:

I wish I could be free from all stigma and be free to be 'me' in all parts of my life. While I'm happy to say that I've made healthy changes in my life to reduce stigma, there's one area that still haunts me. A normal thing I do each day, like walking my dog, still makes me feel as if I must keep my mental illness (bipolar disorder) hidden from the neighbors for fear that they will run into their homes and lock their doors, or stare at me as if I'm a freak, or stare at me and look for some sign that defines me as ill.

So, I've chosen to not share this part of my life with any of my neighbors. They hold their children and themselves a safe distance away so as not to catch the mental illness that's going around. I guess they haven't heard the latest news...it's not contagious. Sometimes I get so frustrated that I don't care what the consequences are. Why not rock the boat and see what happens? At least then I'll find out if they're really my friends or not. A few neighbors do know, thanks to my parents, and I feel awkward when I'm around them. I feel as if they're searching for signs that I might break out in a manic episode. Mistaking a happy, joyful laugh for mania kicking in. I guess they think I may start drooling, making odd motions with my body, start babbling or screaming at the sky. Hmm...I think I might consider doing one of these things to stir things up a bit. I believe fun and recovery go hand in hand. In the words of Dr. Seuss "From there to here, and here to there, funny things are everywhere."

On moving Forward...

Do I gotta' (gulp) pack up my comfortable, predictable life as I've known it for 3 1/2 years and get on with my life? Ouch! Panic! Can't breathe. Excited to be totally independent. Delighted in my freedom. Drained about thinking about the packing and moving part. Looking for a new place, a place to call my own is a first. Anxiety. Safety. Freedom. Falling on my face. Independence. Can't breathe. Freaking out. Paranoia so extreme I can't move or think. Just breathe. Never had to face this situation before. Taking care of *me* is a big leap in my recovery process. My family is scared, encouraging, ready to

release me into the 'real world' where my protective bubble once comforted me, kept me from harm's way both physically and mentally. I don't want to open my eyes. I'm scared I'll see pitch black darkness. Like a blind person, I feel my way around, trusting God, that I'll be protected and guided in the right direction. Friends, family, doctors, DBSA and NAMI supporters church friends and others are there to help me along my path, guide me in the right direction. There are also negative forces to deal with, but I feel that love and courage out weighs my fears. Over time I will become strong and better able to stand on my feet. Right now I feel very shaky walking on thin ice. Hopefully in the near future I'll learn to ice skate and will be gracefully grooving on the ice! Olympic contestant? Possibly!

There have been many times when I pull into the parking lot at the University of New Mexico Mental Health Center that I chuckle to myself thinking "it's not me who belongs here, it's a large part of the city that should be receiving help!" ★

— anonymous

The Editor welcomes contributions from Readers:

Please write, or email, and tell us about your experiences, we want to hear from you! Write to NAMI_ABQ@juno.com and put 'newsletter' in the subject line. We will use your name or make it anonymous – just as you choose.

Thank You Dr. Keith

We wish to thank Dr Samuel Keith for giving us a most excellent talk at our Winter Event on February 17th. As well as an outstanding, informative presentation, Dr Keith made a generous donation to NAMI. Thank you Dr Keith.

Our Special Thanks to the Anderson Charitable Foundation

By Jane B. Lancaster, President, NAMI-ABQ

The Anderson Charitable Foundation of Austin, Texas, has awarded \$2500 to NAMI-ABQ for expenses in three of our programs: Mental Illness Awareness Week, In Our Own Voice and Family-to-Family. The Anderson Foundation supports medical research with a special emphasis on childhood diseases, and funds organizations that provide direct assistance for individuals with special needs, especially children, youth and the elderly, in the States of Texas, Oklahoma and New Mexico. NAMI-ABQ is very grateful for their assistance. ★

The newsletter only comes out quarterly, so please look at our website for up-to-date announcements about NAMI-Albuquerque news. The website is maintained regularly by our very own Doctor Digital (John Matsko); it is the best way to find out about local resources, news from the legislature and a calendar of mental health related events.

NAMI_ABQ@juno.com

You can personalize your use of the NAMI website Visit <http://www.nami.org/quickstart> and see how easy it is!

OPPORTUNITY KNOCKS!

Do you want to go to UNM this Autumn but worry that you can't afford it? Or that your mental health problem will prevent you? Read On.....

The Cohen Marchiondo Charitable Foundation Scholarship

offers helps people with mental health problems who wish to study at UNM.

The scholarship will pay for tuition and books to selected students who must be diagnosed with a severe mental disorder.



We include schizophrenia, major depression, bipolar disorder and obsessive compulsive disorder. Other disorders are not excluded – talk to us about it.

To qualify you must be able to enroll as a full-time student and maintain a 2.0 grade point average. ★

For the Fall 2005 semester at UNM apply now – the deadline is **May 15th**. Find out more from Alex Gonzalez (tell him where you heard about it). Email: agonzale@unm.edu or call **277-6090**

Devil in the Details



by Jennifer Traig

he subtitle of this book, '*Scenes from an Obsessive Girlhood*' sets the tone for a memoir written by a young woman whose girlhood was spent in thrall to Obsessive Compulsive Disorder. I saw this book recently in a large bookshop while grazing displays looking for appealing book jackets (a nothing if not superficial reader). I was hooked by the first page.

Cheapskate that I am, I ordered it straightaway from the local Ernie Pyle public library.



How can you fail to love a writer who admits to having all her possessions in the washing machine at 3am 'obviously' because they have been 'contaminated' by the odour of the bacon your sister cooked?. Traig is disarmingly honest and extremely funny; she makes you laugh and tugs at your heart at once. Her insights reach across from OCD to all of us who have our moments of individual peculiarity. Religion played a big role in the

young Traig's life; her account of her family's response to her 'scrupulosity' and necessary rituals is touching. This book will make you laugh and give you a real feel for the internal life of a very bright young woman with OCD. It won't tell you about medications or treatment plans and the narrative ends when she goes to university, but I'm eagerly awaiting the next instalment. ★

— Book Review by Rosalind Arden

You can read the first page, free of charge, on the Amazon.com website. Just search for the book title.

Busting Misconceptions

By Pat Catlett

Two years ago a small group of New Mexico mental health clients were trained to speak to groups about their own experiences of living with mental health issues.

Because I function quite well on chemical maintenance and regular talk therapy, I have been able to give presentations to a variety of groups: Junior High kids, High School young adults, senior citizens, halfway house women, inpatients on locked wards, nursing students, medical interns, health care providers, social workers, parole officers, and civic, church and political groups of 15-25 people each.

Most recently, I addressed a Law Office of 15 attorneys, case workers and paralegals working with low income clients. I went to talk about my personal mental health experiences, while they shared their participation in the day-to-day client/legal system interaction. Their questions were succinct, practical and very appropriate! It was one of the most rewarding, dynamic dialogues I have experienced with public speaking thus far. Just when I thought there was nothing more to offer, a request from a concerned group like this law office made it worth all the effort. They really want to know how to help their clients living with an extra challenge, in an already chaotic world, deal with the legal system.

As I was leaving, one of the lawyers said, "I have a parole situation that needs urgent clarification. Because of your input today, I may very well save this young man from having to serve more jail time." ★

Willi Ferguson Remembered

In 1995 the members of NAMI-Albuquerque were privileged to have an education program presented by Willi Ferguson who had recently arrived from California with her mother. Willi told to the group that she was afflicted with schizophrenia and how she had overcome the darkest days of the disease. She gave an uplifting message of hope to the group about dealing with mental illness. It was one of the more outstanding presentations given to NAMI-Albuquerque.

During the next few years Willi worked tirelessly for the mentally ill. She was involved with New Mexico State NAMI in consumer programs. She worked with other consumers in providing services and opportunities that would not otherwise be available to them. During this time she was also battling cancer and found it frustrating to get adequate services for this illness. She was forced to take a break in about 1998 but bounced back after receiving treatment and surgery.

It was with great sadness that I learned she had passed away recently. I will never forget her presentation to NAMI Albuquerque. ★
— Bill Duemling

What To Do About Stigma?

It is human nature to fear what we don't understand. As such, mental illness is feared by many people and, unfortunately, still carries a stigma (a stigma is defined as a mark or sign of disgrace). Because of this stigma, many people hesitate to get help for a mental health problem for fear of being looked down upon. It is unfortunate that this happens because effective treatment exists for almost all mental illnesses. Worse, the stigma experienced by people with a mental illness can be more destructive than the illness itself. If you want to help remove the social stigma of mental illness, we hope this article will give you some useful information and ideas.

THE MYTHS OF MENTAL ILLNESS

There are many myths about mental illness. Until people learn the truth, they will continue to deny that mental illness exists at all or to avoid the topic entirely.

How much do you really know about mental illness? Here are some of the common myths and truths.

People with mental illness are violent and dangerous.

The truth is that, as a group, mentally ill people are no more violent than any other group. In fact, they are far more likely to be the victims of violence than to be violent themselves.

People with mental illness are poor and/or less intelligent.

Many studies show that most mentally ill people have average or above-average intelligence. Mental illness, like physical illness, can affect anyone regardless of intelligence, social class or income level.

Mental illness is caused by a personal weakness.

A mental illness is not a character flaw. It is an illness, and it has nothing to do with being weak or lacking will-power. Although people with mental illness can play a big part in their own recovery, they did not choose to become ill, and they are not lazy because they cannot just "snap out of it."

Mental illness is a single, rare disorder.

Mental illness is not a single disease but a **variety** of conditions characterized by impairment of an individual's normal cognitive, emotional, or behavioral functioning, and caused by social, psychological, biochemical, genetic, or other factors, such as infection or head trauma. Also called *emotional illness, mental disease, mental disorder*.

WORDS CAN HURT

Words like "crazy", "cuckoo", "psycho", "wacko" and "nutso" are just a few examples of words that keep the stigma of mental illness alive. These words belittle and offend people with mental health problems. Many of us use them without intending any harm. Just as we wouldn't mock someone for having a physical illness like cancer or heart disease, it is cruel to make fun of someone with a mental illness.

MENTAL ILLNESS IN THE MEDIA

People with mental disorders are, many times, not described accurately or realistically in the media. Movies, television and books often present people with mental illnesses as dangerous or unstable. News stories sometimes highlight mental illness to create a sensation in a news report, even if the mental illness

is not relevant to the story. You can help change the way mental illness is talked about in the media by speaking up.

RECOGNIZING THE PROBLEM

Use the **STOP** criteria below to recognize attitudes and actions that support the stigma of mental illness. It's easy. Just ask yourself if what you hear:

Stereotypes people with mental illness (that is, assumes they are all alike rather than individuals)?

Trivializes or belittles people with mental illness and / or the illness itself?

Offends people with mental illness by insulting them?

Patronizes people with mental illness by treating them as if they were not as good as other people?

If you see something in the media which does not pass the STOP criteria, speak up! Call or write to the writer or publisher of the newspaper, magazine or book; the radio, TV or movie producer; or the advertiser who used words which add to the misunderstanding of mental illness. Help them realize how their words affect people with mental illness.

OTHER THINGS YOU CAN DO

All of us can help the way people think about mental illness. Start with yourself. Be careful about your own choice of words. Use accurate and sensitive words when talking about people with mental illness. Your positive attitude can affect everyone with whom you have contact.

Try to influence all the people in your life constructively. Whenever you hear people say things that show they do not really understand mental illness, use the opportunity to tell them what you know. ★

— *From the Canadian Mental Health Association*

If Your Employer Has An Employee Assistance Program, Use It!

One of life's challenges is living with mental illness, and/or loving someone who has this diagnosis. If you are employed, check out your employer's **Employee Assistance Program (EAP)** for some support. No one needs to carry any burden alone, and your EAP has experts that you may consult with about how mental illness may directly or indirectly affect your work experience, your quality of life, and your problem-solving strategies. Most employee assistance programs offer free consultations to you and members of your family who live with you. My philosophy is that there is no problem too large or too small for the EAP.

Sometimes we may have a ten-dollar reaction to a ten-cent problem because we have ongoing worry or unresolved issues. In the workplace, this may be interpreted as emotional immaturity or a lack of professionalism. Rather than experiencing negative knee-jerk reactions, the goal for all of us is to practice behavior that is enjoyable, productive, pleasant, creative, and meaningful. It is not possible to behave this way and experience positive outcomes when we are not making choices that are wise. Your employee assistance program, or a good counselor on an HMO panel or in private practice, will help you to create a life that you want to live, and to embrace all of the joys and concerns that come with it. ★ — *Dr. Julia Bain, Risk Program Manager/EAP Manager City of Albuquerque*

CASAS DE VIDA NUEVA – Getting Known In Our Community

CASAS DE VIDA NUEVA (CVN) is a grass-roots, non-profit corporation with a goal to develop a therapeutic farm community for adults with mental illness. We urgently want to let people throughout this state know how much we need such a facility.

We at CVN know that our visibility needs to be increased, so that when we start fund-raising, more people in New Mexico will know of our aims and what we are all about. To start the ball rolling of introducing CVN to the New Mexico mental health community, Board members Charlotte and Bill Back began visiting NAMI affiliates around the state. They went to Farmington San Juan Chapter on March 1st. Folks there expressed how much they can see the need for a therapeutic farm community. One father, in particular, was very articulate about how a 'home from home' farm community might provide a crucial role for his son.

CVN Board members Rosemary Jordan and Charlotte Back gave a presentation including a ten-minute film to the Board of NAMI-Albuquerque on March 7th. The NAMI Board was unanimously supportive of CVN. We aim to take the same presentation to Las Cruces, and to any other affiliate who extends an invitation.

We have decided to try to find land for the therapeutic farm somewhere central so that it will be accessible to everyone in the state. We want to buy about twenty acres. If you know anyone who has land that might be suitable, please call Charlotte Back at **298-5998**

If you want to help with this exciting new project come to one of the monthly meetings. They are held on the second Saturday of each month in the NAMI office at 10am. See you there! ★



Illustration by Atalanta age 8

Suicide Prevention Lifeline 1-800-273-TALK

The U.S. Department of Health and Human Services' Substance Abuse and Mental Health Services Administration (SAMHSA) today announced the launch of the National Suicide Prevention Lifeline **1-800-273-TALK**. The national hotline is part of the National Suicide Prevention Initiative - a collaborative effort led by SAMHSA that incorporates the best practices and research findings in suicide prevention and intervention. The goal is to reduce the incidence of suicide nationwide. In addition to the national hotline, a new website is being launched. www.suicidepreventionlifeline.org

NAMI Albuquerque Calendar

Education Meeting: April 5th at 7pm

NAMI-Albuquerque Office — 6001 Marble NE Suite 7

Janice Moranz, M.D. will speak about nutritional supplements.

Dr. Moranz writes... "I will discuss the different vitamins, minerals, and antioxidants and what they are good for. I will talk about why we can't get all of this from our food and so why supplements are important. I will stress that this is not a substitute for taking your prescribed medication. We will also talk about the degenerative diseases that proper nutrition can help prevent or delay. People with mental health problems and their families can benefit from this information".

Dr. Moranz became interested in Nutrition two years ago when she learned about all of this and was made aware of its importance.



News From Other NAMI Affiliates

NAMI state organizations and affiliates are making an impact across the country. Following are some recent highlights.

NAMI New Hampshire's presence on NH campuses is growing. Using In Our Own Voice speakers as the vehicle for an initial entrée has proven very successful. In 2004, In Our Own Voice speakers talked about on stigma and recovery at 17 colleges in New Hampshire, around 500 students saw and heard the program.

NAMI Alabama is launching a statewide English and Spanish educational media campaign in Birmingham, Montgomery, Huntsville and Mobile.

NAMI Minnesota has received a grant through their local public television station to produce two half-hour shows on mental illness – one on children and the other on adults.

Does this inspire you with ideas for NAMI activities in New Mexico?

Tell us what you think our goals for 2006 should include — we want to know your views.

NAMI Walks: May 14 at 9AM

NAMI Walks for the Mind of America, NAMI's Signature Coast-To-Coast Event is being held for the second year in Albuquerque on Saturday, May 14 at 9:00 AM. Tens of thousands of concerned citizens



will walk together this year to raise awareness about our country's need for a world-class treatment and recovery system for people with mental illnesses. Proceeds from the Walk will be

used to accomplish NAMI's mission: to support, educate and advocate for all those whose lives are touched by mental illness. To obtain posters, entry forms and additional information from Elaine Mille call 260-0154.

Please bring your friends, enjoy the New Mexico sun and support a worthy cause.

Remember to visit our website at www.nami.org/sites/albuquerque



Illustration by Pat Catlett



Get information about mental illness, medications etc. at **NAMI-Albuquerque, 6001 Marble NE, Suite 7**. Free pamphlets are available. A lending library of books and tapes is available for members. The office is usually staffed by volunteers M-F, 10:00am – 1:00pm. Call before coming to the office, to check that it is staffed and open! More resources are available on our website at www.nami.org/sites/albuquerque, or e-mail John Matsko nami_abq@juno.com or call 256.0288

NAMI- ALBUQUERQUE FAMILY SUPPORT MEETINGS: Tuesdays 7:00pm-8:30pm at NAMI Albuquerque Office – 6001 Marble NE, Suite 7
If someone in your family is afflicted with mental illness and you don't know where to turn, come to the support meeting for help.

In Our Own Voice (IOOV)- People living with mental illness are available to speak about their experiences. Contact Mary Tabor 856-0175 for details.

CONSUMER SUPPORT MEETINGS:
Albuquerque Drop-in Center is a Consumer-run self-help and support center with a Computer lab, movies and dinner, food boxes, and employment help. Meetings are held Fridays noon-10pm, Sat and Sun 10am to 6pm at 1027 San Mateo Blvd SE Telephone 256-8289

The Depression and Bipolar Support Alliance (DBSA) Albuquerque support group meets Thursday 6:30pm - 8:30pm. Meetings are for patients/consumers and family members/friends at Trinity United Methodist Church 3715 Silver Ave. SE Phone 889-3632 or contact via dbsa4albq@yahoo.com

Double Trouble in Recovery (DTR) is a twelve-step fellowship of men and women, designed to meet the needs of those having addictive substance problems as well as a psychiatric disorder. For information call Donald Hume at 256-4995 or email dhume@nm.net

Sunshine Group Meetings on Saturdays 1:30pm - 4:30pm at the Community Room, #D3, of the Kentucky Manor apartments, 437 Kentucky SE. Contact Mickey at 266-6042 or Maurene 232-3800

Survivors of Suicide (SOS) Meetings held second and last Monday of each month 4:00pm St. Paul Lutheran Church, 1100 Indian School Road NE (just west of University Blvd.) Contact Richard Schwoebel 858-0277 or St. Paul's Church 242-5942

Suicide Survivors Support Group - Santa Fe 6pm-7:30pm. 1st and 3rd Thursday of each month at The Timothy Fleming building 2500 Cerrillos Rd. across the street from the Artisan art supply store. The facilitators are Janet Schreiber, PhD, Ruth Housman, MA, Barbara LoLordo, LPCC, and Joan Murphy. For more information call Janet 577-8261, or Joan 476-7889

Albuquerque Recovery Inc. Group meets every Sunday 1:00pm at the Presbyterian Hospital, 1100 Central Ave SE in Southwestern Room A. For more information, call Larry at (505) 243-4514 in Albuquerque.

Recovery Inc. Meeting Every Sunday 1-2:30pm Presbyterian. Hospital at I-25 and Central in the SW meeting Room A. Go into the main entrance, take the elevator to the basement. The meeting room is beside the food court. Phone 299-0889.

Santa Fe Recovery Inc. Group meets every Tuesday at 7:00pm Temple Beth Shalom, 205 E Barcelona, in the blue classroom across from the parking lot. Call Sarah at (505) 988-2748. Visit www.recovery-inc.org

Suicide Prevention Lifeline 1-800-273-TALK (1-800-273-8255)

The **Challenger** is published quarterly. Our focus is the promotion of mental health to the local community. We would like to hear from our readers. Ideas and articles are welcome. Published articles do not necessarily reflect the views of NAMI. We reserve the right to edit material.

Send articles to: The Editor
c/o NAMI-Albuquerque
6001 Marble N.E. Ste. 7
Albuquerque, NM 87110

Editor
Rosalind Arden
256-0288
nami_abq@juno.net

Art Director/Publisher
Patricia Catlett

Graphics/Illustration
Atalanta - age 8
Pat - age 53

Distribution
Neil and Elaine Branson
Colleen Costin

Printing Services
Business Printing Service



© 2005 by NAMI Albuquerque. All rights reserved.

Additional resources are available on our website at www.nami.org/sites/albuquerque or email John Matsko at nami_abq@juno.com



| | |
|----------------------------------|------------------------------|
| Jane B. Lancaster, President ... | Home 255-2852, Work 277-4323 |
| Paul Cox, Vice President | 797-3282 |
| LaDean Buchanan, Treasurer | 293-1869 |
| Bill Duemling, Secretary | 897-4792 |
| Rosalind Arden..... | 256-0288 |
| Lorette Enochs..... | 922-1466 |
| Cathey Gerber | 440-4377 |
| Linda Givens | 294-4413 |
| Billie Hayes | 856-5389 |
| John Matsko | 881-7655 |
| Sherry Pabich | 856-1551 |
| Mary Tabor | 856-0175 |

National Alliance for the Mentally Ill of Albuquerque

6001 Marble NE, Suite 7
Albuquerque, New Mexico 87110

Non-Profit Organization
U.S. Postage Paid
Albuquerque, NM
Permit No. 1728



The Nation's Voice on Mental Illness



**BECOME A MEMBER OF NAMI-ALBUQUERQUE
2005 MEMBERSHIP AND/OR DONATION FORM**

Detach this form and make checks payable to: **NAMI-Albuquerque**

6001 Marble NE, Albuquerque, NM 87110

Phone **(505) 256-0288** or e-mail **NAMI_ABQ@juno.com**

Name _____ Address _____

Phone _____ City _____ State _____ Zip Code _____

e-mail _____ If you wish to receive NAMI urgent news or a .pdf version of our *Challenger* newsletter

Please Check one:

\$33. Individual/Family Annual Membership includes local, state, and national newsletters and library privileges.

\$3. Consumer Annual Membership.

Enclosed is a **donation of \$ _____** (NAMI-Albuquerque is a 501(c)(3) organization;
donations are tax deductible)

I prefer to donate and extend support as a non-member.