

Contact us at 256.0288 or NAMI_ABQ@juno.com

4th Quarter 2004

Get information about mental illness, medications etc. at NAMI-Albuquerque, 6001 Marble NE, Ste7. Free pamphlets are available. A lending library of books and tapes is available for members. The office is staffed by volunteers M-F, 10:00am - 1:00pm. Stop by and see us. 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, Ste. 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 and understanding in dealing with your situation.

Family-to-Family- Classes are forming now. Contact Laura Hand 265-8273

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

CONSUMER SUPPORT MEETINGS:

ADIC- Albuquerque Drop-in Center 1007 San Mateo Blvd. SE, Phone: 256-8289, email adic1@hotmail.com
 Open Saturday, & Sunday 10am-6pm, Consumer Run Mental Health Services and Self Help Groups.

Support Group Meeting Friday, 3:00 PM - 4:30 pm - Help prepare a light pot luck and eat after the support group. Movie begins 6:00pm-
Peer Bridgers Support Group- Monday's Noon -1:00pm

The Depression and Bipolar Support Alliance (DBSA) Albuquerque support group meets Thursday 6:30p - 8:30pm. Meetings are for patients/ consumers and family members/friends at Trinity United Methodist Church 3715 Silver Ave. SE (one block south of Central,two blocks east of Carlisle) Phone 889-3632 or contact us at dbsa4albq@yahoo.com. See page 5

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.

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.

Sunshine Group Meet Sundays from 5:00pm to 7:30pm at the Community Room, #D3, of the Kentucky Manor apartments at 437 Kentucky SE. Contact Mickey at 266-6042 or Don at 242-2195 day-time or email Don at: dilmorgan15@comcast.net. See article on page 5.



Mental Illness Awareness Week 2004
MIAW (Mental Illness Awareness Week) 2004 will be commemorated by book and poster displays in participating public libraries around Albuquerque. The week is October 3-10 and the displays should remain in place all month. Please plan to visit your neighborhood library, look for the display and comment to your librarian. A good word goes a long way in helping people know that we appreciate their help. This effort was initiated and coordinated by Karen Schmiege, NAMI member and librarian at the Main Library downtown.



Bipolar Disorder Awareness Day, Oct. 7th
Can you imagine suffering from a devastating illness for ten years without receiving an accurate diagnosis?

Can you imagine having a disorder that is so complex that nearly two-thirds of those affected are not properly diagnosed or treated?

continued on page 2...

When Do I Call NAMI?
 By Dr. Kevin Rexroad MD

My son is not doing well. He is certainly functioning much better than during his psychotic episode, but he is just not himself. He says he takes his medication and do check the pill-box each morning. His psychiatrist doesn't seem to be concerned, but I am. Should I be? The anger outbursts are the most alarming, but the unusual thoughts and phrases that he utters, sometimes completely out of the blue, bother me most. His psychiatrist says "you must be one of the lucky few who don't gain weight on this antipsychotic". Is this true? My partner doesn't seem to be alarmed either, but my partner is rarely around our son. Does my partner really know what is happening? Something is wrong. What should I do?

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BIPOLAR AWARENESS DAY

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Can you imagine experiencing an illness that, when left untreated, has a higher mortality rate than many types of heart disease and cancer?

This is the case for the 2.3 million Americans living with bipolar disorder. Bipolar Disorder, also known as manic depression, is a serious brain disorder that causes extreme shifts in mood, energy, and functioning. An equal number of men and women develop this illness, and it occurs among all ages, races, ethnic groups, and social classes. Bipolar disorder accounts for approximately \$7.6 billion in direct healthcare costs in the U.S. While the majority of people with bipolar disorder experience an onset of symptoms before age 20, many suffer for 10 years before an accurate diagnosis is made. In the gap between the experience of symptoms and diagnosis, people with bipolar disorder are at great risk for suicide, substance abuse, or other harmful consequences.

With support from Abbott Laboratories, NAMI has created Bipolar Disorder Awareness Day to increase awareness of bipolar disorder, promote early detection and accurate diagnosis, reduce stigma, and minimize the devastating impact on the millions of Americans presently affected by the disorder.

Bipolar Disorder Awareness Day will be held on Thursday, October 7, 2004, during Mental Illness Awareness Week.

What is Bipolar Disorder?

Bipolar disorder, or manic depression, is a serious brain disorder that causes extreme shifts in mood, energy, and functioning. It is characterized by episodes of mania (feeling overly energetic) and depression (feeling very sad or having low energy) that can last from days to months and usually presents itself in late adolescence, but can begin in early childhood or as late as a person's 40s or 50s. There is a strong genetic component related to bipolar disorder, however, genetics do not always predict who will develop the disorder. Bipolar disorder is a chronic and generally life-long condition, requiring life-long treatment.

What is Depression?

Depression is an illness that causes a person to feel sad and hopeless much of the time. It is different from normal feelings of sadness, grief, or low energy. Besides feeling very sad and hopeless, people who are depressed often:

- Think and speak more slowly than normal.
- Have trouble concentrating, remembering, and making decisions.
- Have changes in their eating and sleeping habits.
- Lose interest in things that they once enjoyed.

Depression affects men and women of all ages. A person can have one or many episodes of depression in a lifetime. Each episode of depression makes a person more likely to have another episode of depression. Episodes of depression can be short or long and mild or severe. Most people who are depressed get better with medication and counseling.

What are Manic Episodes?

Manic episodes include abnormal and continuously elevated (happy or energetic) mood or an irritable mood that occurs and lasts at least 1 week. During this elevated or irritable mood, at least three of the following symptoms are present:

- Inflated self-esteem or unrealistic feelings of importance
- Decreased need for sleep (feeling rested after only a few hours of sleep)
- Talkativeness (more than usual)
- Racing thoughts
- Being easily distracted by unimportant things
- An increased focus on reaching job or personal goals
- Involvement in irresponsible activities that might have dangerous consequences, such as engaging in increased sexual activity, making foolish business deals, or spending large sums of money

If you or someone you love is experiencing a manic episode, it is important to seek help. Many treatments are available.

What Increases Your Risk?

Bipolar disorder can be passed down through families (genetic risk). If anyone in your family has been diagnosed with bipolar disorder, your risk of developing it is increased.

- Erratic sleep or changes in daily routines can increase your risk for a manic episode.
- Treatment with antidepressants alone can also increase your risk for a manic episode.
- Early in the course of the illness, a stressful life event may trigger a return of bipolar symptoms. However, once you have had bipolar disorder for a long time, a relapse may occur even in the absence of a stressful event.
- If you have had more than one or two episodes of depression or mania in the past, you will likely experience an increase in the number of mood episodes you have in the future.
- Your risk of either a depressive or manic episode is increased if you do not take your medications as prescribed by your doctor.
- Even if you are feeling better, you must continue medication therapy to control bipolar disorder. Discontinuing medications can trigger an episode of depression or mania.
- Alcohol or drug use or abuse puts you at a high risk for having a relapse of mood disturbances.

Medications

Antidepressants are no longer considered the primary medications used to treat depressive episodes in bipolar disorder, since they often lead to manic episodes or rapid cycling between depression and mania. Mood stabilizers combined with an antipsychotic medication or an anticonvulsant medication have been shown to be more effective for treating bipolar disorder. Discuss the medication options with your doctor to find the combination that is right for you. ☺

For more information about Bipolar Disorder or other related topics visit www.nami.org

NAMI EDUCATION MEETINGS

B

y the time you read this our new meeting space will be finished. Come to the same place but expect an interesting change.

October 5, 7:00 PM

The new "In Our Own Voice - Living With Mental Illness" (IOOV) presenters will be featured in our program for October. This consumer group received their training this July in Las Cruces, from David Neff of National NAMI. Each of them speaks eloquently about their Dark Days, Acceptance, Treatment, Coping Strategies, Successes, Hope and Dreams. Please be on hand to welcome them and to hear their inspirational stories of recovery. A full house is expected so come early to reserve your place. Refreshments will be served.

November 2, 7:00 PM

A panel recently returned from Washington DC will be presenting the information from sessions they attended at the NAMI National Convention. In addition, part of this group will also have visited NIMH and had the chance to hear top speakers in the field of mental health telling about new treatments and therapies. Be on hand for this informative session. Handouts will be available.

December 7, 6:00 PM

Get ready for what has become one of the most fun and relaxing evenings of the year, The White Elephant Holiday Party. Get ready I say by searching sales, garages and your attic for that weird treasure that someone else will fall in love with. Wrap up your treasure so no one can tell and bring it along with entrée, salad, and dessert to share. Don't forget to bring toiletries and other useful items to donate to consumers and people at the Drop In Center. ☺

FAMILY-TO-FAMILY GROWS — NEW TEACHERS TRAINED!

T

By Laura Hand

Thanks to a grant from the State of NM Department of Health, Family-to-Family was able to provide another "Training the Teachers" retreat at the Comfort Inn East in Albuquerque on August 13th, 14th, and 15th. It was considered a significant success by all in attendance. We would like to honor those people who took the extra time and commitment to "carry the Family-to-Family torch" by taking this class. The people listed below will be going back to their respective communities prepared to either teach or act as resource persons for Family-to-Family when called upon:

Anne Bowker—Albuquerque
Judith Bissett—Albuquerque
Bill Parras—Albuquerque
Dawn Wolf—Albuquerque
Vickie O'Gilvie—Albuquerque
Patti Littlejohn—Rio Rancho
Martha Ortega—Gila

Judy Larson—Albuquerque
Billie Hayes—Albuquerque
Lynn Hayes—Albuquerque
Evelyn Saiz—Albuquerque
Vickie Durand—Rio Rancho
Kelly Arias—Las Cruces

Already, we have one day class being taught at the VA, beginning September 8th. At the time of this writing, there are still openings in that class, and new members can be accepted up through September 22nd. This class will be taught by Billie Hayes and Mollie Garcia, with Kathryn Enns acting as resource person.

Two evening classes are being offered in Albuquerque. The evening class starting September 2nd is already full, thanks to the leadership of Peggy and Sam Chavez. They will be teaching that class with the help of June Coburn, who will act as their resource person. The second Albuquerque evening class, starting Monday, September 13th, is currently forming. This class will be led by Anne Bowker and Vickie O'Gilvie with Kathy Gerber acting as their resource person.

Not to be outdone, Rio Rancho is offering an evening class beginning on September 2nd, which is over-full with twenty-two participants! This class will be led by Patti Littlejohn and Vickie Durand, with Dorian Eden acting a resource person.

Thanks wonderful teachers—both experienced and new! Family-to-Family could not continue to grow without you! ☺

Child & Adolescent Bipolar Foundation (CABF)

Providing education, support and advocacy for children, adolescents and families.



Child & Adolescent Bipolar Foundation (CABF)

1187 Wilmette Ave., PM.B. #331
Wilmette, IL 60091

Email: cabf@bpkids.org

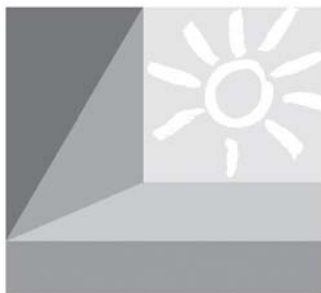
Web: www.bpkids.org

Voice: (847) 256-8525

Fax: (847) 920-9498

Bipolar Disorder Awareness Day October 7, 2004

Lighting the path to recovery



Join NAMI in raising awareness about bipolar disorder and the importance of early diagnosis and proper treatment for people living with this illness.

For more information, contact NAMI at www.nami.org or (800) 950-NAMI.

Bipolar Disorder Awareness Day — October 7, 2004

Supported by Abbott Laboratories Neuroscience



Help! We Need Help!

By Jane B. Lancaster, President, NAMI-Albuquerque

N

NAMI-Albuquerque is a small but hearty grassroots group with about 375 members. Our activities are guided by a 14-member Board of Directors who volunteer their time and creative energies to keep dozens of balls in the air. In addition to the BOD, we have other NAMI members playing critical roles in managing membership records and office management. This is just a sample of the activities we keep going all the time to serve the needs of families who have members with severe mental illness: an office open for three hours five days a week, a family support meeting on Tuesday nights at our offices, education meetings 6-8 times a year on topics ranging from the newest medications to how to set up a Special Needs Trust for a loved one or how to get Social Security Disability benefits. We also publish a quarterly newsletter, the Challenger, have invited speakers once or twice a year for a fundraiser, give a holiday party and a fall picnic every year. Furthermore, we participate in programs such as Mental Awareness Week, In Our Own Voice (anti-stigma presentations), Family to Family (a 12 week education program for family members) and PACT (a community-based wraparound program for treatment).

Sounds exhausting, doesn't it? Well, it is and we need help from the membership to keep all this going. We have recently restructured so that each Board member heads up a committee with specific tasks. Virtually every committee needs help. Below you will find the committees listed, special needs identified (but there are plenty more), and the name of the committee head and contact information. Please give us some of your time and energy. There is something down here for everyone from only an hour a week to other tasks with more commitment and responsibility.

1. Information Resources: John Matsko, 881-7655 or nami_abq@juno.com

This is a big one. We need an editor or co-editor for the Challenger to give John Matsko some rest after many years of service. Actually not rest, he wants to put his energies into our new Website. We also need writers, proof-readers and people to help mail and distribute the Challenger. The core of our Challenger mailing and distribution team, Neil and Elaine Branson, have performed this task nobly for over 20 years and would like to phase out of this task.

2. Membership/Recruiting: Cathey Gerber, 897-2947 or cgerber77@msn.com

We'd like to have an annual campaign to recruit new members and we also need someone to help follow up with people who express an interest in joining but need more information.

3. Fund Raising: Rosalind Arden membrane@nm.net or call Jane Lancaster, 255-2852

This includes helping to organize our special events for fund-raising each year or manning booths at community health fairs and fundraisers.

4. Community and Media Interface: Billie Hayes 856-5389 or Billie4433@comcast.net

Contact the newspapers and other media when we have

special events or issues so they will be certain to give us good press coverage, airtime, or TV time. Organize a phone tree or be a branch. We want to be able to remind our members of special events coming up. This is important because our newsletter only comes out quarterly.

5. Outreach/Education/Advocacy: Mary Tabor 856-0175 or tabor26@aol.com

Help prepare exhibits, presentations, represent us at community meetings or be an advocate.

6. Operations: Bill Duemling, 897-4792 or wfdwill@aol.com
Volunteer to run the office for a three-hour period one day a week or one day a month. We will train you how to answer questions on the phone or meet drop-in visitors. Mary Foster, our very competent office manager and volunteer coordinator, has held this position for more than a decade. She has been seeking someone to take on her job for quite some time. Mary will continue to volunteer and will be available as a consultant to anyone volunteering to take on the job.

7. Events Coordination: Linda Givens, 294-4413 or lgcinderela@aol.com

Help with meetings and events such as setting out tables, decorations, food, etc.

8. Support Groups: Sherry Pabich, 856-1551

Volunteer to run a support group once a month or for a whole month. We will train you.

There has got to be something here for everyone. Please contact us! ☎

H

RESEARCH: Rate Emergency Room Care After a Suicide Attempt

elp Emergency Rooms (ERs) better serve individuals after a suicide attempt:

Answer a brief survey on your ER experience.

In the United States, 400,000 individuals attempt suicide each year, with many ending up in our hospitals' Emergency Rooms. Yet, few resources have assisted ER staff in effectively and compassionately communicating with consumers and family members. A grant from the Suicide Prevention Resource Center, has allowed NAMI and researchers at the University of Rochester Medical Center to collaborate in developing a resource for ER staff to improve communication and empower consumers and their family members to access effective follow-up care and support.

If you or a loved one has suffered a suicide attempt (intentionally hurting oneself or trying to end one's life) that resulted in an admission to the ER, on the heels of such a traumatic event, please take the time to complete this survey.

If you have any questions about this research study, contact suicidesurvey@nami.org.

If you are currently in crisis, call your local emergency services or the national suicide hotline 1-800-784-2433. ☎

Fall Event Moved to Early Winter

By Jane B. Lancaster, President, NAMI Albuquerque


N

NAMI-Albuquerque's customary fall event has been postponed until early 2005. Dr. Samuel Keith has agreed to give us a talk on current understanding and research on schizophrenia. We will schedule it for a Friday evening at TVI in Smith-Brasher Hall to be followed by a coffee and cookies reception. NAMI-Albuquerque is delighted to have the opportunity to honor Dr. Keith. He is a nationally recognized authority on schizophrenia and a founding member of two key mental health organizations: The National Alliance for the Mentally Ill (NAMI National) founded 25 years ago and the National Alliance for Research on Schizophrenia and Depression (NARSAD). In 2001 he was the recipient of the Arthur P. Noyes Award for his lifetime contribution to schizophrenia research.

Dr. Keith is presently the Milton Rosenbaum Professor of Psychiatry and Psychology and chairman of the Department of Psychiatry at the University of New Mexico. Prior to coming to the University of New Mexico, Dr. Keith served at the National Institute of Mental Health for 20 years where he headed the Schizophrenia Research Program. For his last three years at NIMH he served as the Institute's Acting Deputy Director.

Dr. Keith is the former Editor in Chief of *Academic Psychiatry* and the *Schizophrenia Bulletin* and currently serves on their editorial advisory boards as well as those of *Biological Therapies in Psychiatry Newsletter*, the *Journal of Clinical Psychiatry*, and the *Journal of Psychiatric Rehabilitation*.

Look final details in the January 2005 *Challenger*. ☺



Join Us in Celebrating
25 Years of Success

**NAMI's
1st Annual
OnLine Auction**

November 5-14, 2004

www.namiauction.org

★ ★ ★ ★ ★

WHEN DO I CALL NAMI?

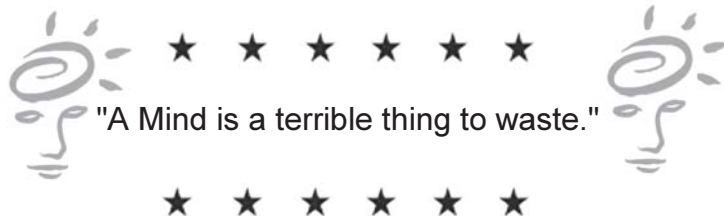
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As a psychiatrist, I am quite concerned when a concerned parent expresses this kind of anxiety, which happens fairly frequently. I have to try to discern what the parent is really getting at because they don't come straight out and ask me 'why don't you respond to this oddness?' Perhaps parents express themselves indirectly because they feel to blame for the fact that their child is suffering or behaving strangely. I, too, feel the blame completely upon my shoulders when a young patient is functioning oddly or below an expected level – what am I missing in their child's presentation that is crucial to my being able to understand and help them? How often have I initially ascribed odd behaviours in my young patient to dysfunctional parent-child dynamics when, all along, uncontrolled, disordered thought processes of a mild to moderate nature are at work?

At this point in my patient's care, if I have become alert to disordered thinking in my patient, I will refer the parents to NAMI. I do this for two chief reasons. Firstly: in order for parents to gain support in this most difficult of times. Secondly: For parents to educate themselves about their child's illness.

The education will allow them to return to me with more self-confidence, less self-blame and an increased ability to help me gain an understanding of their child's situation (which I have often been unable to see because of my snapshot views in 30-minute increments).

I see the care of my patient as a dynamic interaction amongst all parties involved. I welcome input from relevant sources. I value input from concerned parents. I hope that by working together as a community we can help our children live full lives, which in turn should help us to live fulfilling lives as well. ☺



Entertainment Books Are Here

2005 Entertainment Books are now available for just \$35. When you purchase this valuable discount book, you are helping NAMI-Albuquerque and giving yourself a valuable gift with two-for-one savings and 50% off on restaurants, entertainment, recreation, travel, hotel stays, everyday services and much more. Remember family members and friends with the gift of an Entertainment Book.

Call La Dean at **293-1869** to purchase yours today!

Is Your Healthcare Provider Meeting Your Needs?

By Dr. Marc Perry

A

Are you having difficulty obtaining services from your healthcare provider and you are on Medicaid? Is your doctor not responding to your telephone calls? Do you have to wait two months to see a psychiatrist to change your meds when it should be two weeks? Are you about to lose your mind and job due to inadequate medical care? Are you trying to avoid a hospitalization, but it is the only place where you can receive adequate medication for sleep, and keep you from the dark side of delusions?

If you are a Medicaid patient and you've selected Lovelace Sandia, Cimarron, Molina, UNM, or Presbyterian as your healthcare provider, there are doctors within their network that you must see. Obtain the list of doctors and start making phone calls. If all the doctors are unavailable for the next two months, and you need to see someone on a crisis basis, Dr. Marc Perry, Medicaid Ombudsman e-mail at Marc.Perry@state.nm.us or telephone him at **1-877-247-2583**.

People have a right to appropriate medical care and delayed medical care that could result in familial, legal, or work problems is not appropriate medical care.

If your current provider is not meeting your needs, i.e. is not returning your phone calls, not returning your therapist's phone calls, not making appropriate follow-up appointments for you, there are several things that you can do. First, complain in writing to the provider and send copies to the Medicaid Ombudsman. Secondly, your provider is a doctor and has an obligation to provide adequate care and comply with the standard in the community, send a copy to the Board of Medical Examiners. If his/her supervisor is a doctor and aware of the problem and hasn't done anything to fix the problem, he/she should be named in the letter.

If you are afraid of retaliation from the doctor or the institution, contact NAMI or contact Protection and Advocacy, a group whose responsibility it is to advocate for individuals. Maybe those organizations may be able to assist you in some way.

Unfortunately, the public has been rather complacent about the level of psychiatric care in our community, accepting the fact that there just aren't enough psychiatrists. The reason there aren't enough psychiatrists is simply that psychiatry is not a money making field of medicine. Statistically, many psychiatric patients fail to show for appointments, thus, causing a financial drain on the doctors and institution. Medicaid and insurance does not pay for "no shows." Unlike someone who has a broken arm or chest pains who wants the pain to go away, a person with a psychiatric condition is less likely to seek help because the brain is in such disarray and not thinking clearly. Oftentimes, he/she may deny that there is a problem or avoid the medications due to adverse side effects. He/she may be so confused by the condition or medications that he/she can't remember

time or day, and miss the appointment. Sometimes, he/she is incapable of organizing his/her thoughts to remember to call Saferide. Sometimes, people are just so frustrated with the system, they intentionally elect not to call and cancel an appointment, believing: "They don't care about me, why should I care enough to call and cancel my appointment." We understand all of these conditions. However, we ask that you consider the other patients who desperately are in need of psychiatric help. If you cancel within twenty-four hours, there is an opportunity for those on a waiting list to see a doctor to be telephoned. If you know that your loved one is not capable of calling and more than likely is not going to keep that appointment, please call and notify the receptionist twenty-four hours in advance.

Lastly, demand that these large providers who buy insurance contracts and Medicaid contracts provide the same level of care for psychiatric patients as someone whom has a physical condition. Do not accept discriminatory threats of a \$25 fee from an institution that has 20 or more clinics and only charges a "no show" fee from a clinic where psychiatric patients attends. When these large companies buy these contracts, the contracts are purchased as a whole and valued as a whole.

The loss for psychiatric care is to be born by the entity who buys the large contracts and not on the backs of those who suffer with these illnesses. It is invidious discrimination to contract for the welfare of the physical and mental health needs of all patients, and then limit the number of psychiatrists who are to care for the overwhelming number of patients in need of those services. As a consequence of the inadequate number of psychiatrists at these institutions, patients cannot receive adequate care and this results in loss of jobs and families, and causes avoidable legal difficulties. The institution's failure to have the doctors available for crisis management of these disorders, short of "danger to themselves or others" condition is equivalent to allowing a deep laceration to remain without being sutured until gangrene sets in. The HMOs bid on the contracts and have the duty to provide the psychiatric services and absorb the loss. There is little choice, but to complain outside of the institution and advocate for yourself, family or friends.

Complaining can have a positive effect. Dr. Marc Perry just told a major MCO that it may no longer threaten to charge \$25 to Medicaid patients if he/she fails to show for a psychiatric appointment. Thank you, Dr. Perry! 🙏

For more information contact:
Dr. Marc Perry, Medicaid Ombudsman
e-mail Marc.Perry@state.nm.us
Phone **1-877-247-2583**



NAMI IN OUR OWN VOICE: Living with Mental Illness

★ ★ ★ ★ ★ recovery education presentation

IOOV Adds New Speakers:

By Diane Cox

NAMI is happy to announce that we have trained five new speakers to our "In Our Own Voice - Living with Mental Illness" (IOOV) presenter roster, bringing our team total to fourteen. The new speakers were trained over a two day seminar in July, and they are rearing to go! Some have already started giving presentations alongside our seasoned presenters.

The five new presenters will be giving a joint presentation to NAMI-Albuquerque's quarterly education meeting on Tuesday October 5th. Please join us in welcoming Michelle Holtby, Elizabeth Peters, Erica Kretzmann, Lorette Enochs and Marie Killebrew! We know that these ladies will provide invaluable service to NAMI's IOOV program. ☺

Sunshine Group

The Sunshine Group is holding a raffle, which will be held on Sunday, November 21. One does not have to be present to win. Prizes include a Video Cassette Recorder, a Princess Dianna Doll, and a black and red canvas duck travel bag. The tickets are one for \$0.75 and the second for \$0.25 (i.e. 10 for \$5.00). Tickets can be purchased at the group meeting or from any member of the group. You can also call Mickey Hughes at 266-6042 to purchase your tickets or send a check to Sunshine Group Inc., 437 Kentucky SE. #D4, Albuquerque, NM 87108.

Mickey said the group is "looking for two to three facilitators for their weekly programs." They are also looking for "people to write grants, type paperwork, raise funds and advertise."

The Sunshine Group would like to thank New Life Homes Inc., Renata, Myron and Jerry for the use of their beautiful meeting room for several years. ☺

DBSA Thursdays

There will be only one Fourht Thursday speakers meeting for the Fourth Quarter of this year. On October 28, Ms. Kay Delage will give a presentation titled "Communication in Relationships". Ms. Delage holds a MSN (Masters of Science Nursing) degree and is CEO of Memorial Hospital.

The Fourth Thursday meeting in November is cancelled because of the Thanksgiving Holiday. The December 23rd Fourth Thursday meeting will be replaced by a potluck holiday party. All members and their guests are welcome. ☺

The *Challenger* is a newsletter published quarterly by the National Alliance for the Mentally Ill (NAMI)-Albuquerque. It attempts to present a variety of views on issues relating to mental illnesses, with depression, bipolar and schizophrenia as primary interests. Ideas and articles are welcome. Articles do not necessarily reflect the views of NAMI. The right to edit material is reserved. Deadline for articles is the First day of December, March, June, and September.

Send articles to: c/o NAMI-Albuquerque
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Additional resources are available on our website at www.nami.org/sites/albuquerque or e-mail John Matsko at nami_abq@juno.com.



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 Albuquerque, New Mexico 87110

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