

## From Your President...

Hello! I hope that spring is bringing you joy and health.

Our annual meeting was held in January and we had a number of members attend to hear Mark Lenzenweger, NAMI Finger Lakes board member and Distinguished Professor Department of Psychology State University of New York at Binghamton University, speak about a study on the expression of genes related to schizophrenia that one of his graduate students is conducting. We honored our founders, Jean Walters and Robert and Marilyn Wasserman, with lifetime memberships. We're still feeling the support that they offered to the community 25 years ago.

Also at our annual meeting, we elected Derek Osborne, Tompkins County Deputy Sheriff, and Joan Spielholtz, NAMI member, to our board. Officers this year are Deb Grantham, returning as President; Jean Poland stepping up as Vice President; Sherry Scott returning as Secretary; Joanne Denison returning as treasurer; and Barbara Anible returning as Corresponding Secretary. Many thanks to Bruce McKee, who stepped down from the board at the end of his term, for all of his years of service. He continues to provide our Web support, for which we are very grateful.

Bill and Andrea Staffeld just completed teaching the 12<sup>th</sup> Family-to-Family course offered by NAMI Finger Lakes. The class was full and participants gave it great evaluations. Cornell student Jack Reep

provided support for the class as an intern and was extremely helpful, upbeat and a favorite with the class participants. I think he is now locked in the Staffeld basement because they want him for the next class, too!

Hospital support continues and so does our long standing support group, now meeting twice per month.

On April 1, we became tenants of the West Side Office Center, up above Mama Goose on West State Street. The room is just big enough for board meetings and support group. It provides us with a home for our library, and we'll be working out how to make books available outside of support group and Family to Family. Many thanks to Chris Bobrowich for lending her front porch for our book pick up/drop off center for some months now. We held an open house on April 28<sup>th</sup> and were pleased to have a number of NAMI members stop by to visit. Jean Poland, Barb Anible, Sherry Scott, and Joanne Denison furnished and decorated the office and many people brought goodies for the open house.

Our mailing address remains the same, as does our Web site and phone number.

Bill and Andrea Staffeld represented us on May 1 at one of a series of regional meetings with affiliate leaders across the state to discuss the implementation of the NAMI Standards of Excellence and the upcoming affiliation process. This is an

effort to formalize our organization for purposes of visibility and credibility with funders, partners, and policy makers. It is important to note that the affiliation process will not begin until NAMI-NYS has completed the State Charter process, so we have time to plan. We'll keep you updated on the process and our local responsibilities and opportunities.

Watch for details as the time comes closer for our August 9 summer social.

I want to make a point of inviting NAMI Finger Lakes members to volunteer for

NAMI. There are opportunities on the board, doing special projects (such as organizing an educational event), or getting training from NAMI NYS as Family to Family instructors, Support Group Facilitators, or In Our Own Voice speakers.

And please do come along to our board meetings to meet us and find out how our organization is managed. We can use your input.

As always, I thank you for the support that you give the organization.

*Deb Grantham, President, NAMI – FL*

## *May is Children's Mental Health Awareness Month*

The next two items might be of interest for parents or for folk who would like to help break the stigma of mental illness in our schools.

### *School Based NAMI Programs Update and Request for Volunteers*

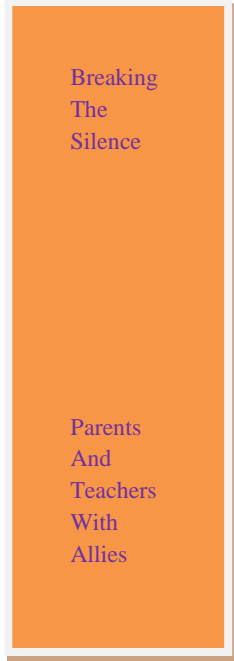
Hi, my name is Chris Bobrowich, and I'm looking for members who may be able to offer help in my efforts to restart NAMI-FL's involvement with "Breaking the Silence" and/or introduce another program called "Parents & Teachers with Allies".

As you may already know, “Breaking the Silence” is a nationally renowned program that enables young people at the upper elementary, middle, and high school levels to learn about mental health (presently there is no state mandate that mental health be taught in any state curriculum, not even health at the high school level!). It was written by and for teachers and received wide acceptance by teachers around Tompkins County when it was originally introduced by our one and only Carol Booth!

Carol made tremendous strides for many years in seeing that “Breaking the Silence” introduced into the local schools. Unfortunately, it has been several years since Carol has been able to do this work.

“Parents and Teachers with Allies” is another NAMI program. It is through this program that teachers are given information about mental health so as to support them in their work with students and their parents.

In conclusion, I am a recently retired special education teacher from Newark Valley Central School District who is asking for any help finding contacts and/or help working with me in whatever capacity you feel comfortable. If you have any information, or just want to chat about what I’ve shared, you can contact me at (607) 280-3717 or [goodword@twcnny.rr.com](mailto:goodword@twcnny.rr.com).



The Mental Health Association in Tompkins County operates a therapeutic recreation program during the summer for children and youth who cannot be served in a "mainstream" summer camp program. Frequently after one summer in our K.I.D.S. F.I.R.S.T. program, children return to their usual academic year programs showing vast improvement in social skills, everyday functioning and their ability to make and keep friendships.

The respite program provides group recreation for children who have a mental health or developmental disability, or where one parent has a psychiatric disability. Trained adults serve as role models and supervisors for youth while they enjoy recreational experiences at places such as the YMCA and at the gym located in the Henry St. John Building in Ithaca.

All of our respite providers have had a background check and have undergone a minimum of two weeks of training; they are CPR and First Aid certified, as well as having skills in behavior management and child development. Additionally, they are familiar with the unique needs of children and youth who might lack social skills or have other developmental lags. The program runs on a 1:3 ratio which means for every one respite provider there are three children.

The first day of K.I.D.S. F.I.R.S.T. begins on July 2<sup>nd</sup> and runs through August 10<sup>th</sup> 2012 Monday-Friday 9:00a.m.-4:00p.m. On August 10<sup>th</sup> we have a picnic where the children's family and friends are invited to join us as we talk about what we learned from the children and go over any and all accomplishments the children have achieved.

There are many outings throughout the program from plays at the Hangar Theatre,

Cornell plantations, the children's garden finishing the day at Cass Park for a fun afternoon of swimming and much more. The children that participate in the summer program must have a serious emotional disturbance (SED) and be receiving ongoing therapy or the child must have a diagnosis of a development disability. K.I.D.S. F.I.R.S.T. has always included any child whose family cannot make payment toward the child's participation.

**Kevin Dockstader**  
**Respite COORDINATOR**  
**K.I.D.S. F.I.R.S.T. Director**  
[k.dockstader@aol.com](mailto:k.dockstader@aol.com)  
**The Mental Health Association in  
Tompkins County**  
**301 S. Geneva St. suite 109**  
**Ithaca, N.Y. 14850**  
**Monday - Friday 8:30am - 4:30pm**  
**[\(607\)-273-9250](tel:(607)273-9250) Office**

## **ADVOCACY**

*2011~2012*

### *Access to Mental Health Care*

The Roman Catholic Diocese of Rochester has asked everyone to learn more about mental illness and its treatment, especially as it relates to young people. This year's diocesan-wide advocacy issue is on behalf of families who are struggling to get adequate care and support for family members who suffer from mental illness. Extensive advocacy materials were provided to all parishes in the Diocese, including the counties of Cayuga, Chemung, Livingston, Monroe, Ontario, Schuyler, Seneca, Steuben, Tioga, Tompkins, Wayne, and Yates.

During January and February, discussion of mental illness and access to care was disseminated in many formats including, bulletin announcements, prayers of the faithful, homilies, etc. On January 29, the Regional Social Ministry Committee of the Tompkins County Catholic Parishes sponsored In the Image of God: Access to Mental Health Care at Immaculate Conception Church Parish Hall in Ithaca. The presenters were Deacon Brian McNulty, Chaplain, Rochester Psychiatric Center and Deacon I. Michael Mangione, Chaplain, Elmira Psychiatric Center. This culminated with the Public Policy Weekend on February 11~12, 2012, in which a petition was signed by parishioners during masses. Later, it was brought to Albany and presented to the

Governor and members of the NYS Senate and Assembly urging improved access to mental health care for children and adolescents, addressing the critical shortage of child psychiatrists.

*Articles that appeared in the Catholic Courier on July 5, 2011:*

“Care is Crucial for the Mentally Ill”  
<http://www.catholiccourier.com/in-depth/previous-topics/health-2011/care-is-crucial-for-mentally-ill/?keywords=mentallyill&tag=&searchSectionID=>  
“NAMI Offers Multiple Resources”  
<http://www.catholiccourier.com/in-depth/previous-topics/health-2011/nami-offers-multiple-resources/>

*Links to the Diocese of Rochester and the Advocacy resources:*

Public Policy Diocesan Public Policy Committee: What is it?  
<http://www.dor.org/index.cfm/catholic-charities/public-policy/>  
In the Image of God: Access to Mental Health Care  
<http://www.dor.org/index.cfm/catholic-charities/public-policy/mental-health/>  
September Resource Packet  
<http://www.dor.org/index.cfm/catholic-charities/public-policy/mental-health/september-packet/>  
Advocacy Resource Packet  
<http://www.dor.org/index.cfm/catholic-charities/public-policy/mental-health/advocacy-resource-packet/>  
Resources for Advocacy  
<http://www.dor.org/tasks/sites/home/assets/File/MH%20Advocacy%20packet.pdf>  
Nurse Practitioner Resources  
<http://www.dor.org/index.cfm/catholic-charities/public-policy/mental-health/np-resources/>

## Do you have a couple of hours once a month that you could give to represent NAMI-FL at our local hospital, Cayuga Medical Center?

Jean Walters and Carol Booth started this endeavor a few years ago and it has been met with much appreciation by hospital staff as well as family members and friends who visit. This has been a great way to get the word out that there is an organization working hard within our community and offers support in a variety of ways. I know when my loved one was in the hospital many years ago, that I would have greatly appreciated this knowledge.

The hours to work would be 5:30 to 7:30 pm one Wednesday each month.

*We currently volunteer on the second, third and fourth Wednesdays. You would be scheduled to work together with another volunteer who has been doing this work. Our current objectives have been to introduce our organization and share folders containing helpful literature to those who are visiting a family member or friend with mental illness.*

If you are interested, please contact me, Chris Bobrowich, at (607) 280-3717 or [goodword@twcny.rr.com](mailto:goodword@twcny.rr.com)

**w** To make NAMI FL library books available (staffing office 1-2 hrs/week or month)

**i**

**i** To help with the Ithaca Alternative Gift Fair in November and December

**i** To serve on Board of Directors

**y** To provide family support at Cayuga Medical Center Behavioral Services Unit

**o** To help plan social events

**u** To help develop a book discussion group

**v** To write articles for the newsletter

**o** To write letters to newspaper editors

**i** To train to be a Family to Family co-instructor

**u** To train to be a support group facilitator

**n** To help with mailings

**t** To write book/movie reviews for our newsletter

**e** To provide support to Family to Family co instructors

**e** To help with one-time projects

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**r** Would you like to be notified by email before each support group meeting?

**?**

***Contact Barbara Anible at [bganible@gmail.com](mailto:bganible@gmail.com) or call the NAMI~FL phone at 273-2462 to let one of the board members know how you would like to help***





## *Education*

### *Family Forum*

#### *Background from Rich Shaw:*

The Family Forum is a monthly meeting which meets the fourth Tuesday of the month from 6:30 to 8:30 in the 6th floor board room at the Tompkins County Mental Health building. It came about after a discussion between Carol Booth and me about communication between Tompkins County Mental Health and the community. We realized that many in the community don't understand how the mental health system works and that Tompkins County Mental Health could take a role in explaining many things about the system by the staff that works within it. The group has been going on for over a year. I see it as collaboration between NAMI and TCMH. Over the course of the year we have brought guest speakers in from many parts of the mental health system so that the community can get to know who we are and what we do. Another reason for holding this is to get feedback from the community to understand what people's experiences have been so that we can do a better job.



#### *Update from Susan Larkin:*

As we continue to hold Family Forum meetings we welcome input on who you would like to see make presentations. Rich has invited Lakeview to talk about housing and is considering inviting staff from Cayuga Medical Center to come in. We could invite Family and Children Services and perhaps the Mental Health Association. Let us know your interests, and we'll see what can be arranged.

Susan Larkin [SCL8@Cornell.edu](mailto:SCL8@Cornell.edu) or [607-539-7299](tel:607-539-7299)

**Family Forum**  
Fourth Tuesday  
6<sup>th</sup> floor board room  
Tompkins County Mental Health Building  
201 Green St.

## *Crazy: A Father's Journey through the Mental Health Madness*

Award winning author Pete Earley

Tuesday September 25

1~3 pm

Cayuga Community College Auditorium Auburn

Sponsored by Cayuga County NAMI



Pete Earley, an investigative reporter and advocate for mental health reform, is the author of *Crazy: A Father's Journey through Mental Health Madness*. "Crazy" in the book title is the word Earley uses to describe the mental health system he learned about during an investigation of the Miami-Dade County jail. In the book, he tells the story of his son who was diagnosed with a major mental illness as well as the story of his introduction to the mental health system. More information about Pete Earley is available at [www.petearley.com](http://www.petearley.com).

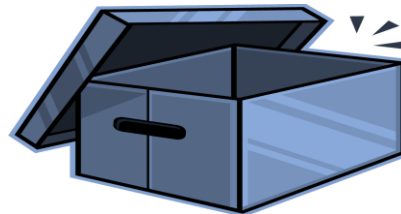
please contact Jean Poland to arrange another time to see the office and review the books. You can call 266-8079 or email [jp126@cornell.edu](mailto:jp126@cornell.edu). There is a list of most of the books we have at [http://namifingerlakes.org/get\\_help.htm#Lending\\_Library](http://namifingerlakes.org/get_help.htm#Lending_Library)



Tompkins County Friends of the Library  
for last year's grant

The NAMI-FL office will be open for a half hour before support group for folks to browse our shelves. That means we'll be there at 6:30 on the first Tuesday of the month and at 1 on the third Thursday. Please come by to see the office and browse the books even if you can't stay for support group.

If you see a title you'd like to read contact Jean. There is a blue box at the top the



stairs at the West Side Office Center on the way to the NAMI office. Jean will leave the book there for you to pick up (Monday through Saturday 10-6, Sunday 12-4). You can return books there too.



*These are just a few titles that might be of interest:*

The Normal One: Life with a Difficult or Damaged Sibling by Jeanne Safer

Shrink Rap: Three Psychiatrists Explain Their Work by Dinah Miller

Crazy: A Father's Search Through American's Mental Health Madness by Pete Earley

Night Navigation by Ginnah Howard

Stop Pretending: What Happened When my Big Sister Went Crazy by Sonya Sones

When Truth Lies: A Journey with Schizophrenia by Terry Garahan

Overcoming Borderline Personality Disorder: A Family Guide for Healing and Change by Valerie Poor

Touched with Fire: Manic Depressive Illness and Artistic Temperament by Kay Redfield Jamison

Stalking Irish Madness: Searching for the Roots of my Family's Schizophrenia by Patrick Tracey

The Brain that Changes Itself: Stories of Personal Triumph from the Frontiers of Brain Science by Norman Doidge

The Noonday Demon: An Atlas of Depression by Andrew Solomon

Broken Glass: A Family's Journey Through Mental Illness by Robert Hine

## *Support*



Enter off Corn Street, through the alley and follow signs and yoga figure painted on end of alley points to door. We welcome new people.

If you would like to know more about our group or have any questions please let me know.

**Susan Larkin** [scl8@cornell.edu](mailto:scl8@cornell.edu)

*We extend our condolences to the families of two NAMI Finger Lakes members who recently suffered a loss.*

Pat Thonney of Cayuga Heights died at home on Monday, April 9 after a two-year journey with inflammatory breast cancer. Pat was an active volunteer at the Cancer Resource Center. Her husband Mike Thonney and their two children survive her.

David Lapadula of Trumansburg passed away unexpectedly on Wednesday, April 11. David volunteered at Cayuga Medical Center at reception and at the Behavioral Services Unit. His wife Joann Lapadula, their two daughters, and a granddaughter survive him.

<b>May</b>	<b>June</b>	<b>July</b>	<b>August</b>	<b>September</b>	<b>October</b>
1~1 <sup>st</sup> Tues. support gr. 7PM	5~1 <sup>st</sup> Tues. support gr. 7PM	3~1 <sup>st</sup> Tues. support gr. 7PM	7~1 <sup>st</sup> Tues. support gr. 7PM 9~PICNIC	4~1 <sup>st</sup> Tues. support gr. 7PM	2~1 <sup>st</sup> Tues. support gr. 7PM
9~Hospital Support	13~Hospital support	11~Hospital support	8~Hospital support	12~Hospital support	10~Hospital support
16~Hospital support 17~3 <sup>rd</sup> Thurs. Support gr. 1:30 PM 21~ board mtg. 6 ~8 PM	20~Hospital support 21~ 3 <sup>rd</sup> Thurs. Support gr. 1:30 PM	18~Hospital support 19~3 <sup>rd</sup> Thurs. Support gr. 1:30 PM	15~Hospital support 16~3 <sup>rd</sup> Thurs. Support gr. 1:30 PM	17~Board Mtg 19~Hospital support 20~3 <sup>rd</sup> Thurs. Support gr. 1:30 PM	17~Hospital support 18~3 <sup>rd</sup> Thurs. Support gr. 1:30 PM
22~Family forum 23~Hospital support	26~Family forum 27~Hospital support	24~Family forum 25~Hospital support	22~Hospital support 28~Family forum	25~"Crazy" in Auburn 1~3PM 25~Family forum 26~Hospital support	23~Family forum 24~Hospital support

NAMI Finger Lakes  
1321 Danby Rd.  
Ithaca NY 14850



**Telephone:** (607) 273-2462

**Email:** [namifl@lightlink.com](mailto:namifl@lightlink.com)

**Website:** [www.namifingerlakes.org](http://www.namifingerlakes.org)

### *August Picnic*

Join us at the Cass Park pavilion between the Ithaca Children's Garden and the  
baseball diamond

August 9, 2012

6 to 8:30 pm

Dish to Pass