



nami National Alliance
on Mental Illness
of the Finger Lakes

"The nation's voice on mental illness"

News

2012 Annual Meeting

Join us to honor our founders:

Jean Walters
Jean Walters
Robert & Marilyn Wasserman
Robert & Marilyn Wasserman

Monday, January 16, 2012

6 – 7 pm

TC Action, 701 Spencer Road
(behind Salvation Army, off of Route 13)
Ithaca NY

Families welcome, Light refreshments provided

Board meeting to follow: 7 – 8 pm

Members are welcome to attend the board meeting

From Your President...

Happy New Year to all of our NAMI Finger Lakes members and friends from the board and from me.

Our 25th year as an affiliate, 2011 held changes but was a full and successful year.

Item	Description
In Our Own Voice	was held in May with Liz Grantham, our IOOV speaker since 2009
October film	Educational event very well attended featuring the documentary, <i>Unlisted: A Story of Schizophrenia</i> as well as a film about psychiatric directives. Find out more by visiting these sites: http://www.unlistedfilm.com/ and http://www.nami.org/Content/ContentGroups/Legal/Advance_Directives.htm .
Hospital Support	A group of dedicated volunteers continue to meet 3 Wednesdays a month at the Behavioral Unit at CMC. Please contact Chris Bobrowich if you would like to be involved
Family to Family	We held the annual spring Family to Family course, with Jean Poland and Abby Eller instructing and Karen Milligan providing support along with Jean Walters, Tom Hall, Susan Larkin and myself.
Support Group	Now meets twice a month at the Helsper/Thrailkill home: 707 Cayuga St.
Financial	We were very fortunate this year to receive two large donations. The first donor wished to remain anonymous yet gave us \$5000. The second donation was left to us in a trust and was for \$32,000. We are so very fortunate to have received these donations. Financially we now have a little breathing room and can do more for our community.
December Social	Don Capone, Executive Director of NAMI NYS, spoke about the focus and efforts of NAMI NYS and of the state funding situation. It was very interesting to hear his perspective and we spent a fair amount of time in discussion with Don. The meal was catered by Mary Ann Grady Flores of LaCocina Latina Catering and was outstanding! I can't recommend her highly enough.

Looking ahead

Bill and Andrea Staffeld attended the Family to Family training offered by NAMI NYS in October and will teach Family to Family in Ithaca this spring of 2012. Others are interested and may attend the May, 2012 course.

We would like to establish a Basics course, a 6-week course for parents whose children developed mental illness at a young age. We have one potential instructor but if others are interested, please contact me and we will lobby NAMI NYS for an instructor training.

I want to thank Bruce McKee, long time NAMI Finger Lakes member and supporter, Web master, shepherd of the 501(c)3 process and the by-laws, and board member for a number of years. Bruce is stepping down as a board member and stepping back from his technical support, as we begin adopting some electronic technologies that make it easier for the "lay user" to manage Web sites and e-lists. We hope Bruce stays involved and in touch, and cannot thank him enough for his efforts on behalf of NAMI Finger Lakes.

As always, I thank you for the support that all of you give the organization. I look forward to seeing you on January 16 at our annual meeting.

Deb Grantham, President, NAMI – FL



SUPPORT GROUP
MEETS
FIRST TUESDAY @ 7PM
THIRD THURSDAY @ 1:30 PM
HELSPER/TRAILKILL HOME
707 CAYUGA ST
(PINK HOUSE BETWEEN YATES AND
TOMPKINS)

Important Dates

January	February	March	April	May	June
3~1 st Tues. support gr. 7PM	7~1 st Tues. support gr. 7PM 7~Family to Family	6~1 st Tues. support gr. 7PM 6~F2F	3~1 st Tues. support gr. 7PM 3~F2F	1~1 st Tues. support gr. 7PM	5~1 st Tues. support gr. 7PM
	14~ F2F	13~F2F	10~F2F		
16~ Annual Board Mtg 6 ~8 PM 19~3 rd Thurs. Support gr. 1:30 PM	16~ 3 rd Thurs. Support gr. 1:30 PM 21~F2F	15~3 rd Thurs. Support gr. 1:30 PM 19~ Board Mtg 20~F2F	19~3 rd Thurs. Support gr. 1:30 PM 17~F2F	17~3 rd Thurs. Support gr. 1:30 PM 21~Board Mtg	21~3 rd Thurs. Support gr. 1:30 PM
29~ <i>In the Image of God: Access to MH Care</i>	28~F2F	27~F2F	24~F2F		27-30~NAMI Nat'l Con. Seattle

NAMI's Family-to-Family Program

- The course is taught by trained family members, Bill and Andrea Staffeld
 - All instruction and course materials are free to class participants
- Will meet Tuesday evenings February through April at First Baptist Church in DeWitt Park

What does the course include?

- Current information about schizophrenia, major depression, bipolar disorder (manic depression), panic disorder, obsessive-compulsive disorder, borderline personality disorder, and co-occurring brain disorders and addictive disorders
 - Up-to-date information about medications, side effects, and strategies for medication adherence
 - Current research related to the biology of brain disorders and the evidence-based, most effective treatments to promote recovery
- Gaining empathy by understanding the subjective, lived experience of a person with mental illness
 - Learning in special workshops for problem solving, listening, and communication techniques
 - Acquiring strategies for handling crises and relapse
 - Focusing on care for the caregiver: coping with worry, stress, and emotional overload
 - Guidance on locating appropriate supports and services within the community
 - Information on advocacy initiatives designed to improve and expand services

Please call Bill (607/351-4114) or Andrea (607/351-0888) to join the class

Mental Health Care Presentation

The Regional Social Ministry Committee of the Tompkins County Catholic Parishes

As part of this year's diocesan-wide advocacy in support of families who are struggling to get adequate care and support for family members who suffer from mental illness
will sponsor

In the Image of God: Access to Mental Health Care

Sunday, January 29 from 1:30-2:30 p.m.

Immaculate Conception Church Parish Hall.

Deacon Brian McNulty, Chaplain, Rochester Psychiatric Center.

New NAMI Listserves

The NAMI board and Susan and Tim Larkin have worked hard to come up with ways to communicate effectively and electronically with the NAMI membership and special groups within NAMI, WHILE PRESERVING PRIVACY. We have set up two e-lists through Cornell University, sponsored by Deb Grantham an active Cornell employee. One is for the board to be able to communicate easily; the other is for the general membership and people who have asked to receive information electronically from us.

Three NAMI board members are owners and manage the list. Emails to the list have to be approved by us, to preserve privacy. There won't be any ads and we hope not too much spam, since it's not a commercial service.

We have imported the full list of emails. If you wish to be removed from the list, please unsubscribe by following these instructions:

Nami-fingerlakes-l-request@cornell.edu

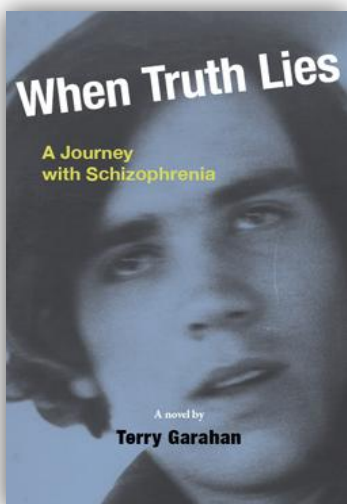
For the **Subject** of your message, type the single word

leave

Do not type anything in the message area of the email.

The support group list is still maintained by Susan Larkin and works just as it has done for the past several years. It is NOT a Cornell e-list. If you wish to be added to the support group list, or removed, please contact Susan Larkin (scl8@cornell.edu).

Terry Garahan is a nationally recognized writer and trainer His career with the mentally ill started in 1975, interviewing long term patients being discharged from Willard Psychiatric Hospital in upstate New York. He developed programs to reintroduce them to the community.



During the next decade Garahan established housing programs for the seriously mentally ill and worked in substance abuse treatment. He also provided crisis intervention and mentoring programs for young adults. Later he began his employment with Tompkins County Mental Health, which lasted for 19 years. He supervised the Outpatient Clinic, which serves individuals with chronic psychiatric illness. He also led the Emergency Services program for Tompkins County, where he developed an innovative program that took a proactive approach to working with emotionally disturbed persons and those with mental illness.

Garahan began teaching as an adjunct instructor in the Department of Sociology at Ithaca College in 1989 and became a full time faculty

member in fall 2006. His primary teaching interest is the intersection of theory and practice in Counseling and Social Work.

A review from his blog site whenthe truth lies.com, which also supplied the edited biography, has this to say about the book:

By Nikki Reynolds - This review is from: *When Truth Lies: A Journey with Schizophrenia* (Kindle Edition)

Terry Garahan makes quite a claim when he calls his book "The First Real Novel about Schizophrenia." When I looked at schizophrenia.com the only novel they had listed was *I Know This Much is True* by Wally Lamb, where schizophrenia is a subplot. I looked elsewhere and found *Lowboy* which only gives us a glimpse of the illness. *The Caveman's Valentine* is a mystery with a schizophrenic detective. Garahan takes us through 22 years of the illness as experienced by Kevin, the main character. I immediately fell in love with Kevin. I found myself thinking about him as I drove to work. Wondering how he was doing when I opened the book. I tried to slow down my reading so I could spend more time with him. He is a child of the sixties who becomes a homeless mental patient of the eighties. His experience became my experience as I joined him, his family, friends and lovers trying to navigate through a world that I now better understand. This journey with schizophrenia is certainly worth the effort. Terry Garahan tells a story that few can tell and he does it well.

*Terry is donating 10% of the sales of his book to NAMI national.
Thanks Terry!*

2 New Brochures from NAMI

Bipolar Disorder

New Four Color Brochure

All year, NAMI has been revising and redesigning our brochures on serious mental illness. Written by NAMI Medical Director Dr. Ken Duckworth, along with other medical field experts, these brochures cover all aspects of illness and recovery from diagnosis to research to family support. This 24 page brochure on Bipolar Disorder is available as a free PDF online at www.nami.org/bipolar/brochure

Integrating Mental Health and Pediatric Primary care

This NAMI guide provides families with practical information about integration to help them advocate for integrated care and improve the quality of care their child receives in the pediatric primary care setting.

Integration is the practice of incorporating mental health care into primary care and substance abuse care settings. Youth and families will have a unique opportunity to actively participate in the integration of their care

This guide informs families about what integration means, the benefits of integration, what it looks like in practice, how it impacts youth and families, and what they can do to become involved in the movement towards integration.

It is also available as a free download at www.nami.org/primarycare

NAMI Finger Lakes
1321 Danby Rd.
Ithaca NY 14850

Annual meeting is January 16 at 6pm



Telephone: (607) 273-2462

Email: namifl@lightlink.com

Website: www.namifingerlakes.org

**2012 NAMI National Convention
Seattle June 27~30**

Think, Learn and Live: Wellness, Resiliency and Recovery

This year's focus is on developing effective programs and resources to increase resiliency and advance recovery

For rates and hotel reservations check out the website:

http://www.nami.org/Content/NavigationMenu/Inform_Yourself/Upcoming_Events/Convention/2012_National_Convention.htm

Winter 2012

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