



Improving the lives of individuals with mental illness and their families



National Alliance on Mental Illness

E-News

May 25, 2012

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As we launch summer with Memorial Day Weekend, it's only fitting to pay tribute to every man and woman who has served our country through military service. May we welcome home our heroes - and provide treatment and support for all wounds of war.

"As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them."
-John Fitzgerald Kennedy



There are a few short days left for the General Assembly to adopt the State's 2013 budget. The issues are monumental and the debates are heated, but it's not too late to make one final push in making sure that Illinois legislators hear us.

No one knows better than we that people with mental illnesses need and deserve high quality, community-based care. Our message is simple:

No cuts to community mental health care!

We have legislative friends pushing back against Governor Quinn's proposed budget. They understand the need for community care, treatment and services and safe transitions plans for psychiatric hospital closures. Let's help **everyone** move to our side of the court!



Medicaid Reform passed both the House and the Senate Chamber yesterday, cutting the Medicaid program by



Children's Mental Health:
The Infant and Early Childhood Perspective

June 7 & 8, 2012
Blessing Conference Center
2808 Chestnut St.
Quincy, Illinois

This two-day program will teach participants about children's mental health from the infant and early childhood perspective.

This workshop will provide core competencies in parent child psychotherapy, developmental principals to help caregivers understand the meaning of young children's behavior; explain keys to successful treatment planning; trauma-informed interventions, treatment, screening and assessment; CCP intervention, and reflective supervision.

Speakers:
Ira Chasnoff, MD
Cheryl Pratt, PhD
Christine Schmidt, PsyD
Juliana Wesolowski, LCPC

CUEs are available
Advanced registration is required.
Call 217.223.0535 for more information

Learn More About
NAMI Illinois
Affiliates

\$1.5B. The bill is 450 pages in length; I'm not sure that anyone knows the full scope and impact of that bill, but it's not good for many people relying on Medicaid services and supports.

NAMI Illinois' position on budgets remains constant: **NAMI Illinois supports a balanced approach to revenue enhancements and cost containment within the FY 13 budget.** The Community Mental Health System cannot sustain additional cuts; community services are cost-effective alternatives to hospital emergency departments, nursing homes and Illinois' jails and prisons.

Please call your State Representative and Senator; weigh in today - and every day - until May 31st. The General Assembly is on a fast track to adjourn by the 31st; these final days are critical. They must hear from **YOU!**

Understanding Suicide

Week 2 of a weekly series

Why does suicide occur?

It is natural for human beings to do everything possible to avoid dying. Why then would someone choose suicide over life? Suicide comes about when people are in intensely painful emotional states. They cannot clearly think their way out of the situation. They lose hope and see no resolution to their difficulties. Suicide may appear to them to be the only way out of their overwhelming pain and frustration.

Suicide is the conscious and deliberate act of killing oneself. There are many reasons why a person might take such a drastic action. It is rare to find a single cause of suicide. In most cases, many factors combine together. Here are some potential reasons for a suicide:



Individuals who participate in education and [support groups](#) such as those offered by the National Alliance on Mental Illness (NAMI) experience more positive outcomes than those who do not, according to a [Psychiatric Services](#) study.

[Click here](#) for NAMI Connection Recovery Support Groups in your area.

[Click here](#) for information on NAMI affiliates in your area.

HUD Issues Notice of Funding Availability (NOFA) for New Supportive Housing Units

On May 14, 2012, the U.S. Department of Housing and Urban Development (HUD) released a NOFA for \$85 million for the development of new permanent supportive housing units targeted to extremely low-income non-elderly people living with disabilities, including serious mental illness.

[Read further for details.](#)

* Social isolation and loneliness

* Intense loss and grief feelings caused by the death of a loved one or the break-up of a relationship

* Severe family, work, financial, legal or social problems

* Alcohol or other substance abuse

* Severe depression or other mental illness

* Severe chronic stress

* Victims of domestic violence

* Post-Traumatic Stress Disorder (PTSD)

* Low self-esteem

* Difficulties dealing with life changes

* Serious illness

* Loss of hope

* Intense embarrassment or humiliation before family, friends and colleagues

* Overwhelming guilty feelings when one's actions have caused or perceived to have caused the serious injury or death of a colleague or friend.

AFTER I'M GONE - The 9th and final MAPLE AVE episode takes a haunting look at teen suicide from the perspective of Cari (*see 'Loves Me Not'*); a young girl who appears to have taken her life due to relentless abuse from her parents and peers. As Cari observes life from the other side, she meets Christine, an older more rebellious spirit, who reluctantly acts as her guide and confidante. Together they observe Michael, an artist friend of Cari's, who has also been the victim of bullying and abusive parents. As a desperate Michael begins to contemplate suicide, a helpless Cari is suddenly forced to revisit her own nightmares,...and find a way home. (©2012, OutreachArts, Inc., Run Time: 23:16)
<http://www.mapleleavefilms.com/index.htm>

To be alerted when 'After I'm Gone' is released on DVD, please E-mail info@mapleleavefilms.com.



Please be sure to mark your calendar for the 2012 NAMI Illinois Educational Conference!

Would you like to be part of the conference planning committee? Send us an email - namiil@sbcglobal.net

Ask the Doctor



Have a Question?

Ask the Doctor!

Sincere thanks to Matthew Smith and the Doctors of Northwestern University for agreeing to answer questions of the series! This column will be an on-going feature in our E-News updates. Please feel free to submit your questions and look for answers on an on-going basis! Questions may be submitted to namiil@sbcglobal.net.

Individual Placement & Support / Supported Employment

An evidenced-based approach to helping people

Effects of Bullying

Week two of a weekly series



Studies show that bullying can have lasting effects on all our children, whether they are bullied, bully others or witness bullying.

Children who are bullied

Though a number of factors can cause them, the following effects are often associated with children who are bullied:

SHORT-TERM EFFECTS

- Low self-esteem and higher risk of depression:
 - Feelings of loneliness and helplessness
 - Loss of interest in various activities
 - Suicidal thoughts
- Social isolation
- Anxiety about going to school, riding the bus or attending social events
- Increased health issues due to stress:
 - Upset stomach
 - Headaches
 - Changes in sleep and eating patterns
- Lower academic performance and participation:
 - Bad grades
 - Skipped classes
 - Increased likeliness to drop out
- Possibility of retaliation through extreme or violent measures

LONG-TERM EFFECTS

- Continued issues with low self-esteem
- Higher risk of chronic depression and anxiety disorders:
 - Difficulty in social settings
 - Self-destructive habits
 - Suicidal thoughts
- Persisting health issues:
 - Aches and pains
 - Ulcers
 - Physical symptoms related to stress
- Higher risk of alcohol or substance abuse in adulthood

with mental illnesses attain and maintain employment.

[Click here to learn more.](#)

Supportive Housing Conference
September 12th - 13th, 2012
and
Supportive Housing Bus Tour
September 11th
Saint Paul RiverCentre
175 W Kellogg Blvd, St. Paul,
Minnesota

Visit
www.csh.org/centralregion,
for more information!

NAMI Illinois Stands United

In collaboration with NAMI National, Illinois affiliates and other like-minded organizations, we influence public policies, provide up to date education and support programs, and increase public awareness and understanding of mental illness.

NAMI Illinois recognizes, appreciates and thanks these affiliates for their support in partnership of our mutual endeavors.

Gift of \$1,000
NAMI Lake County

Gift of \$ 500 - \$999
NAMI Barrington Area
NAMI Cook County North Suburban
NAMI Northwest Suburban
NAMI Tri-County

Gift of \$250 - \$499
NAMI Elk Grove/
Schaumburg

NAMI Illinois 2012 Partners

Note: *These long-term effects can be avoided if you intervene as soon as you're made aware of the bullying.*

Save the Date

Learn How You Can Help SSI and SSDI Beneficiaries Living with Mental Illness (Webinar)

When: Friday, June 15 at 2:00 p.m. ET

Where:

<http://www.socialsecurity.gov/webinars/HelpFindGoodRepPayees/>

A Representative Payee is an individual or organization designated to receive SSI or SSDI benefits for individuals who cannot manage or direct someone else to manage their money. This service is essential to helping the most vulnerable beneficiaries manage basic necessities such as the daily and weekly costs of rent, food and clothing. In many parts of the country, there are serious shortages in the availability of qualified individuals and organizations to serve as Representative Payees.

NAMI is working with the SSA to help address this crisis and find more individuals and non-profits willing to serve as Representative Payees on behalf of SSI and SSDI beneficiaries living with serious mental illnesses. As part of this effort, the SSA is hosting a free webinar on Friday, June 15 at 2:00 p.m. eastern time for NAMI leaders and others in the mental health community to learn about what they can do in their local communities to assist in finding individuals and non-profits willing to perform this vital service.

NAMI grassroots leaders and advocates are encouraged to participate. We would also appreciate anything you can do to reach out to others in your communities about this important webinar.

Visit the [webinar page](#) for more information and to register.

Comorbid Depression: Depression and Another Mental Illness ??

Taken from HealthyPlace Mental Health Newsletter

As if having an anxiety disorder, an eating disorder, ADHD or schizophrenia isn't enough, many with a mental illness also suffer from depression. What brings this to mind is this week's post by our blogger, Dan Hoeweler, who discusses his battles with schizoaffective disorder and depression.

Whether the depression is a by-product of the struggles of living with a separate mental illness or developed on its own doesn't really matter. Studies have shown that people who have depression, in addition to another disorder, tend to have more

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severe symptoms of both conditions. This decreases the chances of successful treatment and depending on the severity of the depression and other condition, comorbidity can increase someone's risk for suicide.

Research has yielded increasing evidence that treating the depression can also help improve the outcome of treating the other existing illness. That's why it's so important to discuss any depression symptoms with your doctor or therapist.

Study - Weight Gain from Antipsychotics Linked to Gene

For the first time, a gene has been linked to the rapid weight gain experienced by some people taking antipsychotic medications. [READ IT ALL....](#)

Breakthrough Brain Scans of Anosognosia

A new French study sheds light on the anatomical basis of anosognosia - lack of insight into illness - by showing a change in blood flow to a specific area of the brain in individuals suffering from the neurological condition. [READ IT ALL....](#)

[NAMI Convention...click here for more information](#)



NAMI NATIONAL CONVENTION
JUNE 27-30, 2012

REGISTER ONLINE TODAY!

Come join us for the 2012 NAMI National Convention in Seattle!

Hello Siblings of Illinois, Wisconsin and Michigan

We're pleased to announce the second annual **Sibs in the City** for adults who have siblings with disabilities.

This unique event is organized for siblings and their guests from Illinois and Wisconsin by SIBS (Supporting Illinois Brothers and Sisters) and FVSSN (Fox Valley Sibling Support Network). We're excited that siblings from Michigan will be joining us this year.

[Click here if you just can't wait to get complete details.](#)

Siblings who participated in the first ***Sibs in the City*** last year found it to be lots of fun and a wonderful opportunity to network with other siblings who share their unique issues.

On Saturday morning, July 21, you'll join other siblings for our **Food for Thought Seminar** on the topic of what happens when siblings take over once parents are no longer in the picture. Tamar Heller, sibling and one of the co-founders of the Sibling Leadership Network will lead the discussion. (A \$10 donation will be collected at the event to help cover breakfast.)

Then off to see the parade...the **Disability Pride Parade**, that is. More than 40 floats and groups march in the parade ending with a big celebration at the Daley Plaza for music, performances, exhibits and fun.

Siblings coming from Wisconsin may travel as a group on July 20, enjoy nightlife in Chicago and stay in the beautiful **Holiday Inn Mart Plaza** hotel. Click **GET MORE INFORMATION** below for details.

[Get more information](#)

[Register Now!](#)

[I can't make it](#)

You can sign up by registering online by clicking on the above REGISTER NOW button. Or contact one of us. We look forward to hearing from you and seeing you in Chicago.

Sincerely,

[Harriet Redman](#)
Fox Valley Sibling Support Network
920 968-1742

[Katie Arnold](#)
S.I.B.S. and Sibling Leadership Network
312 996-1002

Parent Empowerment Calls

Parent Empowerment Calls are educational calls offered to all parents in Illinois who have a child with an emotional and/or behavioral concern, and focus on giving parents information they need to advocate for and support their children.
Schedule of Topics for 2012



- June 7: Families, ETC-One Family Run Organization

Calls are held at Noon each month and are sponsored by the Illinois Department of Human Services Division of Mental Health Child and Adolescent Services.

Call-in information changes each month. Be sure to check [NAMI Illinois Event page](#) for updated information on these calls.

Mental Health Awareness

While NAMI usually focuses its attention on the first week of October which is Mental Illness Awareness Week, May has been Mental Health Awareness Month. Many local affiliates have held awareness activities throughout the month and we congratulate them on raising awareness of the importance of mental health to overall health! May we thrive in both!

We recently received a letter from a NAMI member who is also an In Our Own Voice presenter; I'd like to share a portion of his letter:

"When I hear the words "Mental Illness Awareness month," a few things come to mind. Bad (or dark days) and good days. I learned the hard way what happens when an individual goes off meds or forgets or fails to take his or her meds, but I have come a long way since those "dark days."... Now, I take control of my meds, and I get a refill before I run out. I try to be a role model for my fellow peers. I am very blessed and give thanks for my peers and family members who give me the support I need to make it through the bad days as I continue to recover from a diagnosis of mental illness.

"My wish is that we all live every day like it's a mental illness awareness day - not just on days in May."

Guy, we couldn't have said it better... let's all live every day like it's a mental illness awareness day - it's time for us all to get involved and de-mystify mental illness. Seize today as the opportunity to educate someone about recovery and then, repeat the same activity tomorrow, and the next day, and the next!

NAMI Illinois (National Alliance on Mental Illness) is a not-for-profit membership organization created to improve the lives of individuals and families challenged by mental illness. In collaboration with NAMI National, Illinois affiliates and other like-minded organizations, we influence public policies, provide up to date education and support programs, and increase public awareness and understanding of mental illness.

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