

## National Alliance on Mental Illness Denver Affiliate

# March 2008

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Mental Health Center of Denver, 4141 E Dickenson Place

### PRESIDENT'S MESSAGE



By Heather J. Turner, J.D.

It is and has been a very busy legislative session. There are a lot of positive things happening on "the hill." I have been impressed as to how hard our representatives truly work. Mental health

issues and health care reform are finally coming to the forefront of our legislators' agendas. It is an exciting time to be a mental health advocate!

The one thing that I have learned on my journey as a lobbyist is that your representatives want to hear from you. Do not be intimidated about contacting the legislators in your district. Please take the time to contact them and share your feelings about the various legislation moving through the General Assembly. You are voters and you are constituents. Go to [www.namico.org](http://www.namico.org) to find out relevant pending legislation as well as NAMI's position on the various pending bills. There are also links that can help you find your legislators and find out how to get in touch with them.

If you do not have access to a computer, please contact me and I will be happy to keep you informed. If you are interested in joining me down at the capitol, please let me know. There are oftentimes hearings taking place on multiple bills that we are interested in at the same time, in different locations. Having a little help with note taking or offering your testimony would be very helpful. The process is truly enlightening and nothing to fear. I watched 20 high school students recently testify before the House Education Committee. I am more than happy to help anyone who is interested in getting involved. You all have a strong, important voice. Now use it.

Continued on page 3

### Coming in April...

**Member Profile of Kathryn Chaney,  
NAMI Denver Board Vice President**

### SOCIAL SECURITY OFFERS MORE ONLINE OPTIONS

*Information provided by R. Andrew Hudson,  
Social Security Public Affairs Specialist, Helena, Montana*

**Appeals** — Some people know that when you apply for disability benefits from Social Security, you have the right to appeal the decision you do not agree with. But did you know that now you can file an appeal over the Internet? Doing it online can help speed the process and assist Social Security in serving you better. You can file your appeal online at [www.socialsecurity.gov/disability/appeal](http://www.socialsecurity.gov/disability/appeal). To use the Internet Appeal process, you need to have applied for Social Security or Supplemental Security Income disability benefits and been denied for medical reasons. Please remember to have your denial notice with you when you begin this process because you will need to refer to it.





Online appeals represent one of many transactions you can now complete right over the Internet using Social Security's website. You can also apply for retirement, disability or spouses benefits, request to replace your Medicare card and plan for your retirement. Visit [www.socialsecurity.gov/onlineservices](http://www.socialsecurity.gov/onlineservices) to learn more about our online office. To learn more about appealing a Social Security decision online, or to begin an appeal now, visit the Internet Appeals page at [www.socialsecurity.gov/disability/appeal](http://www.socialsecurity.gov/disability/appeal).

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## Upcoming Meetings and Events

What	Topic	Where	Date & Time
 Peer and Family Support Meeting	Ongoing Monthly Support Group	4141 E. Dickenson Place	Wednesday, March 12 7 - 8:30 p.m.
 Monthly Education Meeting	Colorado Law Regarding Care of the Mentally Ill, Deb Amesbury	4141 E. Dickenson Place	Wednesday, March 19 7 - 8:30 PM
 NAMI Denver Board Meeting	All members welcome	4141 E. Dickenson Place	Thursday, March 27 6:30 p.m.
 Family to Family Class	12-week education meeting for family members (see details below)	Fort Logan, Colorado Mental Health Institute	Weekly, March 4 - May 20

*Note: Mark your calendars in advance! Peer Support meetings are always offered on the second Wednesday of the month; Education meetings are always offered on the third Wednesday of the month, and NAMI Denver Board meetings are always on the fourth Thursday of the month.*

## Bulletin Board



### 9 Health Fair : Volunteers Needed!

Once again, NAMI Denver will be participating in the 9 Health Fair on **Wednesday, April 16, 2008**. This is a great time for us to get out and educate the public about who we are and what we do for the community. There will be several sites in the Denver metro area. Volunteers will receive training. If you are interested in volunteering by sitting at a table, passing out pamphlets, and talking with members of your community, please contact Deborah Amesbury at [DebBAmesbury@msn.com](mailto:DebBAmesbury@msn.com) or call the NAMI Denver office at 303-504-6545.

### Family to Family Class begins March 4

The Family to Family class covers the major mental illnesses, their treatment, problem solving, communication techniques and empathy. It will run from March 4 through May 20, at Fort Logan, 3520 W Oxford Ave. in Denver. Interested family members should contact Kathryn Chaney at 303-744-0288 or by e-mail at [Cecil296@aol.com](mailto:Cecil296@aol.com)



National Institute of Mental Health  
Reducing the burden of mental illness and behavioral disorders through research on mind, brain, and behavior

### NIMH Genetic Study of Schizophrenia

The Schizophrenia Research Program at the National Institute of Mental Health located on the campus of the National Institutes of Health in Bethesda Maryland is seeking healthy adults diagnosed with schizophrenia or schizoaffective disorder (depressed type) to participate in a two-day outpatient study. Travel and lodging assistance is provided and a stipend is also given to participants. This study seeks to identify the genetic and environmental factors that increase the risk of developing schizophrenia. The procedures include confidential interviews and a blood draw, a neurological exam and neuropsychological testing, neuro-imaging, and recordings of eye movements and brain waves. Siblings are also invited to participate in these procedures and parents are invited to give a sample of blood if possible. For more details, call the toll-free schizophrenia studies referral line at 1-888-674-6464 (TTY: 866-411-1010) at NIH, Department of Health & Human Services.

# Wellness: Therapeutic Massage and Stress

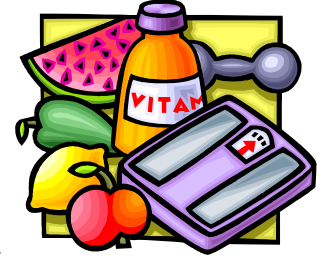
By Joshua Fellers, Joshua Castro, Certified Massage Therapists (CMTs) and Nell Bishop

We developed a theory to combine therapeutic modalities, from talk therapy to therapeutic touch to speed individual recovery. The body stores emotional trauma in the muscles, organs, and connective tissue, which is known as somatic memory. Although stress can be a catalyst for positive growth, too much negative stress causes the mind to evaluate and react to common situations irrationally. The effects of stress on the physical body are just as devastating, speeding the progression and intensity of all disease. Spiritual damage, such as depression, occurs from overwhelming triggers, compiling in all areas of our lives.

Sadly, our fast food society craves a magic, one-stop fix. It's impossible to end every trigger one may encounter. People experience stress as multifaceted. It must be addressed through multiple efforts. Good nutrition, exercise, medication (if needed), spiritual guidance through therapy and quality therapeutic massage are effective techniques in tandem. Individuals under stress find themselves in conflict with the world around them. This approach to stress reduction, forms a wheel of positive action around the individual. Each practitioner helps work towards preventative healthcare and holistic well-being.

Massage helps the physical body cleanse metabolic and environmental toxins, as well as aiding release of emotional traumas stored in the body's tissues. Unless these emotional toxins are released, they will form energetic blockages in the body. Symptoms include muscle pain characterized by a dull ache, nerve pain characterized by sharp, shooting pains, inability to concentrate on routine tasks, fatigue, emotional distress,

joint pain, and/or lack of range of motion (stiffness.) Therapeutic massage taps the physical and emotional bodies, allowing for spiritual growth and transcendence of emotional traumas.



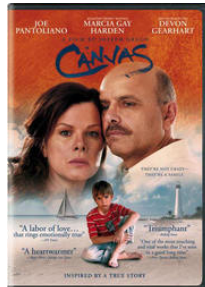
Massage releases muscular tension, pushing acids and toxins into the blood stream. For this reason, it is essential to drink water in abundance to flush the liver and kidneys clean of these wastes. Proper oxygen and blood flow are restored, allowing for greater vitamin and mineral absorption throughout the body. Flexibility is also increased, relieving physical force on joints. Unhealthy stress robs us of space in our bodies. This creates the sensation that the body is literally collapsing in on itself. No wonder the physical body actually shrinks as we age. Therapeutic Touch removes this black hole effect, restoring adequate space around joints, connective tissue, muscles, and organs.

Individually, each style of therapy is powerful in equipping a person with the tools necessary to cope with stress. We believe, however, that a complete healing can occur if we the practitioners strive to work together for the patient's benefit. This is a synthesis of modalities gauged at addressing mental, physical, and spiritual health with the philosophy of instilling preventative healthcare for everyone.

To schedule your appointment please call J Cubed Holistics Llc. at 303 635 6534.

## PRESIDENT'S MESSAGE *continued from page 1*

I had the privilege of being invited to attend a screening of the movie "Canvas" at the Governor's mansion, which was hosted by the First Lady, Jeannie Ritter. My boyfriend Bill Ritter (not the Governor!), Jennifer and Kevin Hill, and Orin and Darla Levy were my guests. It was a thought-provoking evening. The movie was about a woman (Marcia Gay Harden) living with schizophrenia and how that affected her husband (Joe Pantoliano) and young son (Devon Gearhart). We got to meet Pantoliano (the Sopranos) and the Director.



the movie was inspired by the Director's life with his mother. It is now out on DVD and is a rental that should not be missed. There wasn't a dry eye in the house that night . . .

I have the honor of attending a GAINS conference in Washington, D.C. this month for which I received a scholarship. The topic is how to deal with the mentally ill in the criminal justice system. I am hoping to be a panel speaker and meet with my U.S. Senators and Congressman. Please let me know if you have anything you would like to contribute to this discussion by March 10th.

Happy Spring and remember, stay tuned, and stay INVOLVED!

Pantoliano suffers from clinical depression and

## Social Security *continued from page 1*

### Electronic Records —

Electronic Records Express is an initiative by Social Security and state Disability Determination Services (DDS) to offer electronic options for submitting health and school records related to disability claims. When you receive a request for health or school records or other information about a person who has applied for Social Security disability benefits, you can choose the method of sending the information that works best for you:

- online to Social Security’s secure website; or
- by fax to your state DDS or to Social Security.

The records you send are automatically associated with the applicant’s unique disability claim folder.

- Send patient and student records at your convenience;

- Submit information directly to your state DDS or Social Security, helping to expedite the decision on your patient’s or student’s disability claim;
- Save copying and postage costs;
- Eliminate need for follow-up due to mail transit time; and
- Start reimbursement process sooner.

For more information, call the Social Security Electronic Records Express Help Desk at 1-866-691-3061, send an email to [electronic-records-express@ssa.gov](mailto:electronic-records-express@ssa.gov) , or go to <http://www.socialsecurity.gov/ere/>

Learn more about Social Security by visiting the website at [www.socialsecurity.gov](http://www.socialsecurity.gov). Or call us at 1-800-772-1213 (TTY 1-800-325-0778).

## 1050 Task Force completes report; thank yous encouraged

In 2007, the Colorado Legislature passed House Joint Resolution 07-1050 to create a task force (1050 Task Force) for the study of behavioral health funding and treatment. A report with recommendations was issued in January 2008.

Recommendations were made in the areas of Leadership Structure; Electronic Cross-System Data Collection, Sharing, and Evaluation; Cultural Competency; Adult, Youth, and Child Consumer and Family Involvement; and Workforce Development and several others.

For the full report, please go to <http://www.csi-policy.org/>.

NAMI Colorado and NAMI Denver are encouraging members to write letters to legislators to thank them for devoting their energies to this task force.

Letters should be framed in your own words, but you should use these points as guidelines:

1. Thank them for pulling everyone together to focus on behavioral health
2. Thank them for allowing families, consumers and advocates to be involved at every level of the process
3. Thank them for having numerous recommendations, but that their first recommendation is the creation of a Mental Health Commission.

Thank you letters should go to:

Sen. Betty Boyd,  
 Sen. Bob Hagerdorn,  
 Rep. Debbie Stafford,  
 Rep. Jeanie Labuda, and  
 Rep. Anne McGihon



Mailing Address  
 Colorado State Capital  
 200 E Colfax  
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 Room 346 (senate)  
 Denver, Colorado 80203

*Thank you!*

**NAMI**— National Alliance on Mental Illness is a grass-roots, family and consumer, self-help, support, education, and advocacy organization dedicated to improving the lives of people with severe mental illness.

**NAMI Denver Board Members:** Heather Turner, President; Kathryn Chaney, Vice President; Michael Callahan, Secretary/Treasurer; members at large - Joyce Borgmeyer, Maureen Martin, Lucia Paparelli, Anjali Budhiraja.

**NAMI Denver Dispatch Editor:** Heather Turner; Assistant Editor: Anjali Budhiraja; Distribution: Deborah Amesbury and Deb Miller

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