

National Alliance on Mental Illness, Denver Affiliate

**March-April 2009**

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## The Colorado NAMI 5-K Walk is MAY 16!

*Join a NAMI Denver Team — or form your own!*

### What is the NAMIWALK?

- ◆ NAMIWALKS are being held in more than 80 communities around the country in 2009, including Denver's on May 16. The walks are expected to raise approximately \$9 million in 2009 for NAMI and the mental health services it provides to thousands of families across the country.



### Do I have to pay to participate? Is there a minimum fundraising amount?

- ◆ There is no registration fee to participate in the walk! Participants are encouraged to collect donations from family members, friends, co-workers and business associates in support of their participation in the walk. But simply walking is also a show of support.

### How do I participate?

- ◆ You may become a team captain and form your own team of walkers. You may walk as an individual. Or, you can join one of the already-existing NAMI Denver teams. Visit the NAMI national website to sign up. Go to [www.nami.org](http://www.nami.org), click on the NAMI Walks logo on the left hand side of the page, then click on the state of Colorado on the map. Then follow the instructions. If you need help finding a team, contact Mike Anderson, NAMI Denver walk chair. (see contact info at right.)

### Incentives:

- ◆ All walkers raising \$100 or more will receive a NAMIWALKS for the Mind of America event T-Shirt, and you can receive additional prizes based on amounts you raise up to \$5,000. There's also a free kickoff luncheon for participants on March 24 at Dazzle Restaurant.

### Sponsorships:

- ◆ There are a variety of corporate sponsorship opportunities available to local companies and businesses. If you, or anyone you know, may be interested in having your business become a Walk sponsor, please contact Mike Anderson.



<b>WHO</b>	You!
<b>WHEN</b>	Sat., May 16, 2009
<b>CHECK-IN</b>	8 a.m.
<b>OFFICIAL START</b>	9:30 a.m.
<b>WHERE</b>	Cheesman Park, Central Denver
<b>CONTACT</b>	Mike Anderson, NAMI Denver Walk Chairperson <a href="mailto:ruezell@comcast.net">ruezell@comcast.net</a> 720-335-0798

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## Upcoming Meetings and Events

All meetings below held at Mental Health Center of Denver, 4141 E. Dickenson Place

What	Topic	Date & Time
<b>Peer and Family Support Meeting</b> Second Weds. of every month 	Two separate support groups meeting at the same time, one for family members and one for people with mental illness	<b>Wednesday, March 11</b> <b>Wednesday, April 8</b> 7 - 8:30 p.m.
<b>Monthly Education Meeting</b> (Third Weds. of every month) 	<ul style="list-style-type: none"> <li>◆ “About the Crisis Intervention Team (CIT)” Presented by Mike Anderson</li> <li>◆ “Special Needs Trusts” Presented by Hughes Law Firm</li> </ul>	<b>Wednesday, March 18</b>  <b>Wednesday, April 15</b>
<b>NAMI Denver Board Meeting</b> (Fourth Thurs. of every month)	All members welcome	<b>Thursday, March 26</b> <b>Thursday, April 23</b> 6:30 p.m.

## NAMI Connection Support Groups



NAMI Connection is a recovery support group program for adults living with mental illness . Each group meets weekly for 90 minutes and is free.

Monday	Wednesday	Wednesday	Thursday	Friday
<b>11:30 am – 1 pm</b> Aurora Mental Health Center 11059 E. Bethany Dr. Broadway Room Aurora. CO 80014 Facilitator: Stacey 720-327-7894 <a href="mailto:missgalka@gmail.com">missgalka@gmail.com</a>	<b>Call Joe for times</b> Sante Fe House 6509 S. Sante Fe Dr. Littleton, CO 80120 Facilitator: Joe: 303-949-3862	<b>7 – 8:30 pm</b> S.T.A.R. Reach Clubhouse 2531 W. Church Avenue Littleton 80120 Facilitators: June 303-788-0776 <a href="mailto:jdmcw@interfold.com">jdmcw@interfold.com</a> Carol 303-790-1055 <a href="mailto:kyvilla@aol.com">kyvilla@aol.com</a>	<b>7 – 8:30 pm</b> Colorado Mental Health Institute at Ft. Logan 3520 W. Oxford Avenue Denver 80236 Administration building, room #108 Facilitators: Joe 303-949-3862 Norma 303-980-5821 <a href="mailto:njschneider@comcast.net">njschneider@comcast.net</a>	<b>5:30—7 p.m.</b> Rainbow Center 2140 E. 88th Ave. Thornton, CO 80229 Facilitators: Bear 303-548-0607 <a href="mailto:ladyatlast@gmail.com">ladyatlast@gmail.com</a> Elda 720-212-5798 <a href="mailto:swetsybl@msn.com">swetsybl@msn.com</a>

# Meet New Board Member Mike Anderson



The NAMI Denver Board of Directors is pleased to welcome a new member to the Board. Meet Mike Anderson. As a former Denver police officer and Coordinator for the CIT (Crisis Intervention Team), Mike brings wonderful skills and knowledge to the Board.

coordinator, Mike was responsible for training both police officers and dispatchers on how to respond to situations involving mentally ill persons.

A Denver native, Mike worked for the Denver Police Department for 33 years. He recently retired, and after taking some time off, he's becoming more involved with organizations close to his heart.

He recognized that when he was a young officer, he and his fellow officers were not educated on the behavior of mentally ill people and sometimes did take situations as seriously as they could have.

He decided to volunteer with NAMI Denver after working with us over the years through the CIT program. "I really got an idea of how underserved people with mental illness are," Mike says. Mike also says he has great concern for veterans returning after their time at war and the serious mental health issues many experience upon their return.

As a board member, Mike would like to see a strong relationship continue between NAMI Denver and the Denver PD. He's also willing to help in other areas. He currently is serving as an enthusiastic chairperson for the NAMI Walk in Denver May 16.

Mike helped start the CIT program in Denver in the late 90s, and it was modeled on successful programs in both Memphis and Phoenix. As CIT

Mike grew up in Denver, and graduated from Manual High School and Metropolitan State College. He has been married for 29 years, and he is also a member of the Greater Park Hill Neighborhood Board.

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## Wellness Recovery Action Plan (WRAP) Support Group Meets

NAMI Denver held its first WRAP support group on February 26. In addition to providing support and celebrating successes, those present developed group values consistent with those of the Copeland Center, including:

eliminating uncomfortable and distressing symptoms. We do this by developing, utilizing and maintaining a WRAP.

1. We believe that people can and do recover from mental health difficulties.
2. We see individuals first, not their illnesses.
3. We believe that we can be 'mentally healthy' despite living with a psychiatric disorder.
4. We believe that the foundation of recovery includes hope, education, support, personal responsibility and self-advocacy.
5. We strive to develop wellness tools and strategies for reducing, modifying or

6. We find strength in sharing experiences and wellness tools and supporting each other.
7. We value the sharing of resources that reinforce our recovery.
8. We accept that we cannot avoid all negative life experiences; however, we can develop healthy ways to deal with them.
9. We never give up hope for ourselves and others.

*The group is scheduled to meet May 21, August 27 and November 12 of this year, at MHCD, 4141 E. Dickenson Street, Denver. Participants should come with their WRAPs.*



# Volunteer Opportunities

**Current Needs: 9 Health Fair volunteers, Support Group Leaders, NAMI walkers ... and more!**

**NAMI Denver members:**

We continue to seek volunteers in all areas of NAMI Denver. Do you have a special skill? A particular passion? Come share it with us, and help out people with mental illnesses and their families.

A particular need we have right now is for **Support Group Leaders**, both for family members and for people with mental illness. Please see the information at right.

We also need folks who'd like to help distribute information about mental illness at the 9Health Fairs, which are taking place April 18-26. To volunteer, contact Kathryn Chaney at [cecil296@aol.com](mailto:cecil296@aol.com).



**NAMI-Colorado is pleased to announce an upcoming training for Support Group Facilitators**

- What:** NAMI Connection Recovery Support Group Program Training
- When:** APRIL 24-26, 2009
- Where:** A 3-day overnight training will be held in Denver, at no cost to you.
- Deadline:** Deadline for applications to be in the state office is MARCH 20, 2009
- Contact:** Kathy Redman at the NAMI Colorado state office at 303-321-3104 or 1-888-566-6264 or e-mail [kredman@nami.org](mailto:kredman@nami.org) for an application or more information.

If you are an individual living with mental illness in Colorado and are interested in co-facilitating a Peer Support Group in your area, this is for you!

**All the Ways you can help:**

**NAMI Walk**

- ◆ Find business sponsors
- ◆ Marketing
- ◆ Walking with friends

**Contact/Support Line**

- ◆ Provide phone and e-mail support

**Office Support**

- ◆ Inventory educational materials
- ◆ Check mail
- ◆ Process memberships and donations

**Fundraising**

**Support Group Facilitators**

- ◆ Peer Group
- ◆ Family Group

**Education Program**

- ◆ Select topics of interest to members
- ◆ Find and schedule speakers

**Community Outreach**

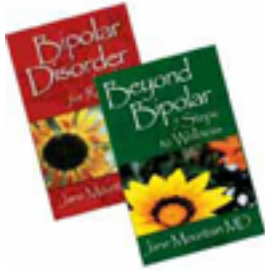
- ◆ Crisis Intervention Team (CIT) Recognition Luncheon
- ◆ 9 Health Fairs
- ◆ Presentations to hospitals and local organizations
- ◆ Advocacy Committee

**Newsletter Publication**

- ◆ Research or contribute articles
- ◆ Desktop publishing
- ◆ E-mail and mail distribution

**Website/Tech Support**

## Wellness : Beyond Bipolar, by Jane Mountain M.D.



This is the sixth step in a series of articles contributed by local author Dr. Jane Mountain. Dr. Mountain is a speaker, author and publisher who shares her personal experience of bipolar disorder with others. She has written two books, *Bipolar Disorder: Insights for Recovery* and *Beyond Bipolar: 7 Steps to Wellness*, which can be purchased on her website, [www.BeyondBipolar.com](http://www.BeyondBipolar.com), or at any bookstore, including Amazon. Sign up for her free e-Newsletter, BeyondBipolar on her website.

### Step Six: Mobilize! © Jane Mountain, MD

#### **Activation provides a way to escape depression.**

Perhaps my greatest challenge during depression is that I am slowed down to the point of being stuck. This prevents me from problem solving and moving on with my life. Often I find beginning an activity to be most difficult. Depression seems to put a damper on the part of my brain that initiates activity.

Sometimes my brain gets so stuck thinking about dreary thoughts that I am removed from the realities of my life. In depression, my energy decreases and, even if I continue my daily activities, I find it more difficult to stay focused. I've found, however, that after spending a short time in this vegetative, less productive mode, I need to get back on the move. **Activation provides a way to escape depression.**

Mobilization in depression can help us escape its grasp. By mobilization, I mean specific wellness skills. Keeping ourselves busy and trying to fill in the days is not what I'm talking about. This will cause even more fatigue and will feed depression. Mobilization involves small, intentional steps to help us move forward and out of depression. Here are a few to try:

#### **Imagine an object or yourself moving faster.**

- ◆ Imagine something like a huge locomotive barely beginning its trip. As it slowly gathers steam its wheels turn slowly, then more rapidly and eventually at breakneck speed. As the locomotive goes into the distance, it becomes a small train, light and quick, and takes its flight into the sky until it disappears.
- ◆ Imagine your body tired and slow. Each step is an effort. Next imagine you have a spring to each step and you are gathering energy and moving more quickly. Next you begin running and feel light as a feather.

#### **Move your body.**

- ◆ Take a short walk; try fifty slow steps followed by fifty fast steps, then fifty slow steps. Or walk to the corner and back, intentionally feeling as though you are on the move.

*Continued on page 6*

## Beyond Bipolar, by Jane Mountain M.D.

Continued from page 6

- ◆ When talking to someone, match the speed of that person's speech. In depression we sometimes slow down without even realizing it. Pacing ourselves with others helps us speed up again. Don't try to keep this up all day. Try a five-minute conversation, then return to your own energy level. Next try a bit longer time of increasing the energy of your speech.

### Break down activities into smaller steps.

- ◆ Write a "do list", but break it down into small steps. For instance, to brush your teeth, do the following:
  - ◆ Find toothbrush.
  - ◆ Find toothpaste.
  - ◆ Find toothbrush again (in depression, you may have misplaced it while finding the toothpaste).
  - ◆ Toothpaste on toothbrush.
  - ◆ Brush.
  - ◆ Rinse.
  - ◆ Put toothbrush away.
  - ◆ Put toothpaste away.
- ◆ Mark off what you have done with a colored marker. Don't look at whether you have finished each step, but take some pleasure in seeing color on the page.
- ◆ In depression, you may not have to get this detailed on every little thing, but start with the things that are hard for you to do. For instance, if it is hard to start a project, break it down into smaller steps than you ordinarily would need. Then mark off each step.

In depression our minds fatigue easily. The sooner we rest them the less time it takes to get past the fatigue. Quiet down your space. Take the action of getting out of the house or speaking to someone, but start with the energy you have. If it's a low energy day for you, do something that takes a bit more energy than you would like, but do it for a short time. Often if you take the first step of initiating activity, you will find that you have more energy to continue.

**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:** President: Kathryn Chaney; Secretary/Treasurer: Michael Callahan; Members-at-Large: Maureen Martin, Anjali Budhiraja, Mike Anderson.

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