

National Alliance on Mental Illness, Denver Affiliate

March-April 2010

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Mental Health Center of Denver, 4141 E. Dickenson Place

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NAMI Walk 2010

The date for Colorado's NAMIWalk 2010 is set!

- DATE:** May 15, 2010
- LOCATION:** Sloans Lake
Denver, CO
- DISTANCE:** 5K
- CHECK-IN:** 8 A.M.
- START TIME:** 9:30 A.M.

WAYS TO GET INVOLVED:

- ◆ Join the NAMI Denver walk team. We'll all be walking together, and we'd love to have you join us for the company, cause and some exercise. Click on the link below to register for our team.

www.nami.org/namiwalks10/DCO/denver
- ◆ Help us find additional sponsors. If you know of any organizations or corporations that might like to support NAMI, let us know. Call or email us at the number/email at the top of the page.

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From the President: Spring News!

We say goodbye to our President Kathryn Chaney who has completed her two-year term. Kathryn has consistently kept us moving forward with her valuable wisdom, knowledge and insights; we are deeply thankful for her commitment to NAMI. She will continue to serve on the NAMI Denver Board of Directors and as a Family to Family Teacher. In January, I was elected as the new President of NAMI Denver.



This month launches our 2nd Annual NAMIWalk. The walk this year will be at Sloans Lake on May 15, and we encourage you to invite your family and friends to participate with you. This is a fun event which helps with much need funds and allows us to use our Community Voice to speak out on Mental Illness. To make a big impact we need everyone - mark your calendars and be prepared to have lots of fun and meet some new friends.

Our Family to Family classes start again this month with an overwhelming response. Our Support groups and Education nights run throughout the month, please check the schedules in the newsletter and or on our website.

Again, we are always actively seeking volunteers for various activities and we invite you to share your talents and perhaps learn some new ones by serving on a committee. Please contact any Board Member for opportunities or to share new ideas.

We thank you so much for all the ways you give and share already and look forward to seeing you soon!

Maureen Martin, President NAMI Denver

Upcoming Meetings and Events

New meeting days and times for 2010

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

What	When	Room
NAMI-Denver Connections Recovery Support Group	Every Tuesday 6:30 p.m. Facilitators are Kathy Redman and Nick Ramke. For information, please contact Kathy at kmredmannami@q.com or 303-295-1187.	Room 205
NAMI Denver Family Support Group Meetings	Second Wednesday of every month 7 p.m. Facilitated by Maureen Martin. For more information call Maureen at 720-270-5020.	Room 205
Monthly Education Meeting	Third Wednesday of every month 7 p.m.	Room 205
NAMI Denver Board Meeting	Fourth Wednesday of every month 6:30 p.m.	Room 205

Upcoming Education Meetings

April 21	7 p.m.	“The Impact of Stigma,” presented by Jennifer Hill
May 19	7 p.m.	“Prison/Parole and Mental Illness,” presented by Jerry Steele
June 16	7 p.m.	“Five Key Components of Recovery,” presented by Deb Amesbury
July 21	7 p.m.	“Colorado’s Care and Treatment of Persons with Mental Illnesses,” presented by Deb Amesbury
August 18	7 p.m.	“Services for the Mentally Ill Homeless,” presented by Louise Boris, Colorado Coalition for the Homeless



February Education Meeting:

NAMI "In Our Own Voice" Presentation

By Tom Green, NAMI Volunteer

On Wednesday, February 17, from 7 – 8:30 p.m., Stacey Galk and Larry Krause presented a unique program at NAMI's monthly education meeting held at the Mental Health Center of Denver.

Both Stacey and Larry are part of a unique NAMI public education program called In Our Own Voice (IOOV). This program focuses on trained consumer speakers sharing their compelling personal stories about living with mental illness and achieving wellness and recovery. The goals for IOOV are to meet the need for consumer-run initiatives and to set a standard for quality education about mental illness for those who have experienced mental illness. IOOV encourages self-confidence and self-esteem in the presenters with a focus on recovery and a message of hope.

Fifteen people attended the event and offered feedback and asked questions of Stacey and Larry in an informal way. Stacey and Larry presented an excellent video, "In Our Own Voice" that explored various issues that people experiencing mental illness deal with in their lives.

Specifically, these issues were the following: 1) Intro to Dark Days, 2) Acceptance 3) Treatment 4) Coping Skills and 5) Success, Hopes and Dream. In the video, five different individuals shared their stories of recovering from mental



Stacey Galk and Larry Krause share their personal stories of mental illness at NAMI Denver's Education Meeting February 17.

illness. After each video segment, Stacey and Larry then shared their own personal stories of living with mental illness and methods they used to achieve wellness and recovery. Larry and Stacey encouraged the audience to ask questions and offer feedback throughout each segment of the presentation.

The audience shared their diverse concerns regarding mental illness and asked insightful questions of Stacey and Larry. The audience consisted of both people experiencing mental illness and also their family members. Once again, NAMI of Denver hosted another stimulating and informative education meeting.

New NAMI Program 'Hearts and Minds' Promotes Wellness

March 18, 2010 Arlington, Va. -- The National Alliance on Mental Illness ([NAMI](#)) has launched a new health education program to promote sound "mind and body" health practices among individuals who live with serious mental illness.

The "[Hearts and Minds](#)" initiative focuses on combating risk factors like high blood pressure, high cholesterol, smoking and obesity for major illnesses such as heart disease, cancer and diabetes.

The program has significant implications for African Americans living with mental illness, who face these risk factors as well as additional disparities in access to and quality of health care.

"Wellness is everyone's concern," said NAMI Executive Director Mike Fitzpatrick. "But it is especially urgent for people living with serious mental illness, including African Americans."

"Many kinds of risk factors contribute to health challenges for people with mental illnesses," said NAMI Medical Director Ken Duckworth, M.D. "Many are preventable or reversible."

"They include isolation, relatively low incomes, sedentary lifestyles, smoking as a form of self-medication and the side-effects of some medications for mental illness."

"There has been significant progress in treatment options for mental illness to support recovery, but for every individual, each option requires careful assessment of benefits and risks."

"Hearts and Minds will empower people to minimize and manage health risks to support wellness and recovery," Duckworth said.

"Hearts and Minds" is funded by OptumHealth and the Smoking Cessation Leadership Center at the University of California-San Francisco.

**NAMI Denver wants YOU to join our team.
Meet & work with people like you!**

Volunteer Opportunities

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

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: Maureen Martin; Vice President: Anjali Budhiraja; Secretary/Treasurer: Michael Callahan; Members-

at-Large: Kathryn Chaney, Mike Anderson.

NAMI Denver Dispatch Editor: Anjali Budhiraja

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Visit the website: www.namidenver.org