

National Alliance on Mental Illness, Denver Affiliate

September-October 2010

E-mail: namidenver@nami.org

Phone: 303-504-6545

Mental Health Center of Denver, 4141 E. Dickenson Place

Website: www.namidenver.org

From the President

Hello Everyone,

I have sad news to share with you. Kathryn Chaney, NAMI Family to Family Teacher and long time Board Member, lost her beloved son Jason Thursday, August 26th. Kathryn was very close to her son and treasured her time with him. They spent many weekends together hiking and camping around the Denver area, and movies were a favorite time too. Jason was diagnosed with schizophrenia and Kathryn openly shared his struggles and victories, their relationship was inspiring.



Unexpected life changes and tragedies remind us to be grateful for what we have now; precious relationships with family, friends, & community. I encourage you as we continue our work together that we give pause often to acknowledge who and what is important to us.

Thank you Kathryn for your inspiring example of living life that makes a difference and embraces relationships so richly. Our hearts, love and prayers are with you during this time.

Maureen Martin, President NAMI Denver

Upcoming Education Meetings

Both meetings will take place at the Mental Health Center of Denver, 4141 E. Dickenson Place, Denver 80222.

7 p.m. Wednesday September 15

Daniel Ward, CEO of **Metro Crisis Services, Inc.** along with the Clinical Director Cheri Skelding and Operations Director Bev Marquez.

7 p.m. Wednesday October 20

“Surviving the Holidays”

Presented by Deborah Amesbury, LCSW

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Coming Next Month: Profile of Board Member Betty Hale

Family to Family Class Beginning

The next NAMI Denver Family to Family Class begins this month. It will run for 12 weeks, starting on Tuesday September 14th. Classes are 2.5 hours and run from 6:30 to 9 p.m. The course is offered at Augustana Lutheran Church, 5000 E. Alameda Avenue, Denver, CO 80246.

For more information about the course, please contact Maureen Martin at 720-270-5020.



2010 Support Group and Meeting Schedule

Meetings below held at Mental Health Center of Denver, 4141 E. Dickenson Pl., Denver

What	When	Where
NAMI-Denver Connections Recovery Support Group - MHCD	Every Tuesday 6:30—8 p.m. Facilitators are Nic Ramke and Megan Faber Nic: 720-273-9865 nicolasramke@yahoo.com Megan: 303-744-9907 meganfaber@hotmail.com	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

Second NAMI-Denver Connections Recovery Support Group added, new location

NAMI-Denver will offer a second Connections Recovery Support Group on Sunday afternoons. The current Connections group, which meets on Tuesdays at MHCD, will continue to meet weekly at the same time. The location of the new group is

**Capitol Heights Presbyterian Church
1100 Fillmore Street, Room 104
Denver, CO 80206**

What	When	Where
NAMI-Denver Connections Recovery Support Group - Capitol Heights	Saturday Sept. 18 and 25 12 –1:30 p.m. Beginning Oct. 3 — Every Sunday 3-4:30 p.m. Facilitators are Jennifer Hill and Katie MacLeod. Jennifer: 720-252-7948 jalhill@ecentral.com Katie: macleod.kt@gmail.com	Capitol Heights Presbyterian Church 1100 Fillmore Street, Room 104



July Education Meeting: "Colorado's Care and Treatment of Persons with Mental Illness Statute"

By Tom Green, NAMI Denver Volunteer



On Wednesday, July 21, Deborah Amesbury discussed "Colorado's Care and Treatment of Persons with Mental Illness Statute" at the monthly NAMI Education Meeting. Ms. Amesbury worked for over 20 years in the Colorado publicly funded mental health system, prior to retiring in 2006. She presented a wealth of knowledge about this new law. Her main goal was to educate individuals and families living with mental illness about this law--focusing on purposes, emergency procedures, and the rights of individuals receiving mental health treatment.

The law has several purposes, including the following:

- ◆ To secure individualized, skilled, humane care and treatment that is administered with full respect for the person's dignity and personal integrity.
- ◆ To deprive a person of liberty only when less restrictive alternatives are unavailable and only when the person's safety or safety of others is endangered.
- ◆ To provide privacy, dignity and other rights.
- ◆ To encourage use of voluntary vs. involuntary treatment.
- ◆ To provide information to family members concerning location and fact of admission of their relatives to hospitals or residential programs.
- ◆ To encourage participation of family members in care and treatment of their relatives.

Ms. Amesbury's presentation was comprehensive and thorough. She illustrated her main points well with a power point presentation. She also answered the audience's questions and provided a hand-out for attendees to review the purposes, emergency procedures, and rights of individuals receiving mental health treatment.



Colorado NAMI Connection Sites in Metro Denver

For information on NAMI-Denver Connections Recovery Support Group—MHCD location and NAMI-Denver Connections Recovery Support Group—Capitol Heights location, please see page 2.

Aurora

Affiliate is: Aurora

Fridays from 6-7:30pm

At Community Connections
10004 E Colfax Ave
Florence & Colfax next to ARC Thrift Store
Aurora, CO 80010
The facilitators are:
Angela 720-224-2723
anagelabarnaby@yahoo.com
Ebony 720-278-4903
Employeeoftheyear24@yahoo.com
Paulina 719-282-5468
Paulina0271@aol.com

East Denver

Affiliate is: Denver

Mondays 11am

At Veterans Medical Center
1055 Clermont St
VETERANS ONLY
2nd Floor Life Skills Dept (2E115)
Denver, CO 80220
The facilitators are:
Terry 303-399-8020 ext 3690
terry.reed2@va.gov

Broomfield

Affiliate is: Boulder

Tuesdays 7-8:30 pm

At Broomfield United Methodist Church
546 W 10th Ave Room 203
Broomfield, CO 80020
The facilitators are:
Lucy 303-432-5047
lucyh@jcmh.org
Stevie no phone
Savarstevie@aim.com

Jefferson County

Affiliate is: Jefferson County

Tuesdays from 7-8:30 pm

Columbine Unitarian Universalist Church
6724 S Webster St
Littleton, CO 80128-4493
Coal Mine Ave & Webster just east of Wadsworth
The facilitators are:
Don 720-301-8138
Dmcclearyjr1966@aol.com
Kathy 303-295-1187
kathynami@comcast.net

Littleton

Affiliate is: A/D County

Wednesdays from 7-8:30 pm

At ADMHN Bldg, 2nd Floor
2 blks South of Arapahoe Rd
West of Broadway on the U
61 W Davies Ave N
Littleton, CO 80120
The facilitators are:
June 303-788-0776
junemcw@gmail.com
Carol 303-790-1055
kyvilla@aol.com
Kathy 303-885-4268
k.hirt@comcast.net

Southwest Denver

Affiliate is: Denver

Thursdays from 7-8:30 pm

At CMI Hospital @ Ft Logan
3520 W Oxford St.
Admin Bldg, on the South
Have your ID with you
Enter the main doors
Check-in at window
Denver, CO 80236
The facilitators are:
Joe 303-949-3862
jhawkeye49@comcast.net
Norma 303-588-1492
normajcan88@gmail.com

Colorado NAMI Connection Sites outside Metro Denver

Canon City 1

Affiliate is: Canon City
Wednesdays 6:30- 8pm
At St. Thomas More Hospital
1338 Phay Ave
Canon City, CO
The facilitators are:
Linda no phone
No email
Paige 719-406-9087
tpkrause@comcast.net
Kathleen 719-275-2101
katcamblin@q.com

Colorado Springs

Affiliate is: Colorado Springs
Saturdays 10-11:30am
At NAMI CO Spgs STE# A
510 Willamette Ave
CO Springs, CO 80903-3093
The facilitators are:
Jim 719-487-5143
jimhorvat@q.com
Eric 719-633-8284
emsorge@msn.com

Cortez

Affiliate is: Monteloris
Mondays 7-8:30pm
At the Cortez Kiva Empowerment Ctr
201 S Washington St
Cortez, CO 81321
The facilitators are:
Randy 970-739-9490
rand4874132001@yahoo.com

Greeley

Affiliate is: Weld County
Mondays 4:30-6pm
Carls Jr Restaurant
In the Meeting Room
Greeley, CO 80631
The facilitators are:
Jay 970-356-0733
jthomas80634@yahoo.com
Sharon 970-351-8941
sharonatres@gmail.com

Grand Junction

Affiliate is: Western Slope
Mondays 2-3:30pm
At CO West Mental Health
515 28&3/4 Rd Bldg A
Grand Junction, CO 81501
The facilitators are:
Janice 970-257-0891
jcurtis@frontier.net
Jacque 970-242-2992
Ken.kant@live.com

Pueblo

Affiliate: Colorado
Wednesdays 2:30-4:00pm
At Spanish Peaks MHC
2003 E 4th St
Pueblo, CO 81001
The facilitators are:
Ronnie 719-562-3140
ronnies@spmhc.org
Trisha 719-562-3140
Pathines53@yahoo.com

Announcements...



Improving access to behavioral health care in the Metro Denver area

Crisis Line: 888-885-1222

MCS Crisis Line offers a team of mental health professionals who:

- ◆ Provide over-the-phone crisis intervention for mental health and substance abuse issues, including suicidal thoughts and urges
- ◆ Give immediate phone consultation to help families and community helpers effectively intervene with people who are experiencing symptoms of mental illness
- ◆ Can make next-day or later-in-the-same-day follow-up calls to individual and family members

Crisis Line is open for business! We are here to help. 24 hours a day, 7 days a week

888-885-1222

Mental Illness Awareness Week is October 3-9, 2010.

In September and October, PBS stations in some communities will begin airing the documentary [Unlisted: A Story of Schizophrenia](#), which was screened at the



2010 NAMI national convention. It is a film about a woman whose father has schizophrenia and how they have managed it at different times in their lives. One scheduled airing in Denver is on **Tuesday, September 14 at 12:30 a.m., Channel 12**. Check local PBS listings (Channels 6 and 12) for additional air dates.

NAMI Denver 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
- ◆ E-mail and mail distribution

Office Support

- ◆ Check mail, phone, e-mail
- ◆ Process memberships and donations
- ◆ Inventory educational materials
- ◆ Answer and respond to requests on the NAMI Denver information line.

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, Betty Hale, Chad Dilworth.

NAMI Denver Dispatch Editor: Anjali Budhiraja
Contributing Writer: Tom Green

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Visit the website: www.namidenver.org