



# NAMI News

The County's Voice on Mental Illness 10730 Connecticut Avenue, Kensington, MD 20895

April 2006

Volume 28, Issue 4

## In-Home Services for People with Mental Illness

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The March education meeting featured a panel of three speakers from various programs that provide services to individuals outside the traditional outpatient mental health setting – in the home, in homeless shelters, or on the streets. **Jacy Hildreth of the Outreach Program at Threshold Services, Beth Albanese of House Calls, Inc. and Darlene Dockins of the Institute for Family Centered Services** all spoke about the services they provide.

### THRESHOLD SERVICES – OUTREACH PROGRAM

The Outreach Program at Threshold Services provides services for clients who have a severe and persistent mental health disorder or co-occurring mental health and substance use disorders. Services are provided at the client's house, homeless shelter, family, or community. The program serves 100 mentally ill adults in Montgomery County. The Northern Outreach serves people in Rockville, Gaithersburg, Germantown, and further North if needed (one client lives in Damascus). The Southern Outreach

includes the areas of Bethesda, Silver Spring, Chevy Chase, and Takoma Park up to the Princes George's County line. Jacy Hildreth is the Program Director of the Northern Outreach and Joseph Wakhanala is Program Director of the Southern Outreach. Approximately 30% of the clients in the Outreach program have co-occurring mental illness and substance abuse disorders and the staff is trained to serve those with co-occurring disorders

The Outreach program tailors counseling to each individual's needs. They assist the clients in maintaining independence by managing symptoms and learning life skills. They may also help to stabilize them on medicines. They will assist in obtaining entitlements such as social security, and go with a client to do the paperwork. Some clients have children and families but the program will only work directly with those 18 years and older. If an individual is discharged from the hospital into the homeless system, the Outreach program

*(Continued on page 4)*



**Are you ready to walk?**  
(See the yellow insert)

### General Education Meeting, Thursday, April 20, 2006

## After the Hospital, What's Next?

### *Families and Discharge Planners Working Together*

This event will provide an opportunity for consumers and family members to hear from a panel of discharge planners in order to better understand the discharge planning process. Discharge planners from several inpatient psychiatric treatment facilities will discuss what they do and the components of a successful discharge plan

Social Time: 7:15 pm, Program: 7:45 pm (\*Note earlier start time)  
Cedar Lane Unitarian Church, 9601 Cedar Lane, Bethesda, MD 20814

The cost of printing this issue of the NAMI News was donated by

**Laverne and Anthony Gatti**

***In memory of Gregory Joseph Gatti***

If you value our NAMI News and would like to help our cause by donating an issue, we are eager to discuss this with you. Call Susan or Leah in the NAMI office.

## NAMI Support Groups

### Family Support—General

2nd Wednesday of each month, 2:30-4 p.m., Unitarian Universalist Church, 100 Welsh Park Drive (off Manna-kee St), Rockville. Contact: Ursula 301-384-8208

4th Tuesday of each month, 7 p.m., NAMI office. Contact: NAMI office 301-949-5852

2nd Saturday of each month, 9:30 a.m., Mont. General Hospital Conf. Room C, 2nd Floor (Community Learning Center) Contact: Helen 301-963-9472.

### Family Support—For Families of Persons with Mood Disorders

2nd Tuesday of each month, 7:00 p.m., Holy Cross Hospital, PDR #2, 2nd floor, to left of cafeteria.

Contact: Ed and Margo Smith 301-680-0918

### Child & Adolescent Family Support

2nd Tuesday of each month, 7 pm, NAMI Office.

Contact: Brenda 301-949-5852

### Spouse Support

Group meets one Friday each month, 7 p.m., NAMI Office. Contact: Bill 202-482-1287.

### Daughters and Sons of Persons with Mental Illness Support (NOTE: THIS GROUP IS ON HIATUS—Please call the NAMI Office if you are interested in this group.)

The Daughters and Sons Community has decided that rather than meeting as a support group for the time being, the chapter would like to plan some educational events of interest to Daughters and Sons of Persons with Mental Illness. Stay tuned for more information! - *Anne Rossheim, Daughters and Sons Support Group Facilitator.*

### NAMI C.A.R.E. Consumer Support

Consumers Advocating for Recovery Through Empowerment is a peer-based, mutual support group program for individuals facing the challenges of recovering from mental illness.

#### Silver Spring Group:

2nd and 4th Saturdays of each month, 3:00-4:30 pm  
Location: Silver Spring Drop-in Center, 7961 Eastern Ave., Silver Spring, MD 20910  
Contact Person: Miriam Yarmolinsky: 301-589-2303 x108 or dropincenter@santegroup.org

#### Rockville Group:

1st and 3rd Thursdays of each month, 6:30-8:00 pm  
Location: Saint Mark Presbyterian Church, 10701 Old Georgetown Road, Rockville, MD 20852  
Room 109, Contact Person: Maggie Scheie-Lurie or Miriam Yarmolinsky at 301-949-5852 or mscheie-lurie@namimc.org or myarmolinsky@namimc.org.

### Family Support—En Espanol

4th Wednesday of each month (through May)  
7-8:30 pm, Charles W. Gilchrist Center, 11319 Elkin St. Wheaton.  
Contact: Elizabeth 301-949-5852

## Support Groups in the Community

### For Consumers:

#### All Disorders:

- On Our Own of Montgomery County has a drop-in center, many activities and sharing groups. Call 240-683-5555.
- Silver Spring Drop-in Center at Affiliated Sante Group. 301-589-2303 x108 or dropincenter@santegroup.org
- Recovery, Inc. offers free weekly support group meetings for people with all types of mental, nervous and emotional problems. Sundays 2:00 pm, On Our Own, 434 E. Diamond Ave. Gaithersburg. Call Trish 301-785-9263. Saturdays 10:30-12:30 pm, Saint Mark Presbyterian Church, 10701 Old Georgetown Rd, Rockville. Call Frank 301-949-1327. For additional groups, call (301) 431-1818 or check [www.recovery-inc.org](http://www.recovery-inc.org).

#### Schizophrenia

Thursdays 6:30-7:30 p.m. Hughes United Methodist Church, Wheaton - Call Linda 301-571-7386

#### Schizophrenia/Schizoaffective

Thursdays 6:30-8 p.m., Wildwood Baptist Church, 10200 Old Georgetown Rd., Bethesda. Contact: Richard 301-977-3507

#### Depression/Bipolar/Schizoaffective

DRADA (Depression and Related Affective Disorders Assoc.). Main number: 410-583-2919 or 888-288-1104.

Bethesda chapter of DRADA is a peer support group for people with a primary diagnosis of depression or bipolar disorder. Group meets from 7-9 p.m. on alternate Wednesdays at Christ Lutheran Church, 8011 Old Georgetown Road, Bethesda. **Next meetings: April 12 and 26.** For more information, contact Richard Lewis at (240) 401-2764.

- Tenleytown Group, contact Kristin at 202-885-5653.
- Georgetown University Group, contact Barbara at 301-926-6913.
- George Washington University Group, contact Alvin at 301-975-3169.

Potomac Ridge Mood Disorders Psychoeducation Group. Ongoing group for adults suffering from depression. Tuesdays, 6-7 pm. Call 301-251-4545 to register.

#### Obsessive Compulsive Disorder

2nd and 4th Tuesdays, 7:30 pm, 2424 Reddie Dr., Wheaton, Rm. 223. For information call Bruce 301-497-1589.

## For Families and Friends:

#### All Disorders:

Family Support—every Thursday except the 2nd Thursday of each month, 7:30 p.m., Bauer Drive Rec. Center. Contact Susan at 301-738-2448 to confirm that group is meeting.

#### Borderline Personality Disorder

Metro Washington Borderline Personality Disorder Education and Support Group. For information call Diane at 301-469-610. **Next meeting: April ?**, Suburban Hospital, Lower Level, Room 6.

#### Depression/Bipolar/Related Affective Disorders

Group meets twice a month in Potomac. See [www.drada-potomac.org](http://www.drada-potomac.org) for information on meeting schedules and location. Call Diane at 301-299-4255 or Jennifer at 301-570-9065 for more information.

OCD: Families meet in area homes. Call Nancy at 301-340-1452.

## NAMI Montgomery County Calendar of Events—April 2006

SUN	MON	TUE	WED	THU	FRI	SAT
<b>30</b> NAMI Walk! 10 am, Centennial Park, Ellicott City	<b>*NOTE:</b> Date for Friday Spouse Support to be announced on the website, <a href="http://www.namimc.org">www.namimc.org</a> .					<b>1</b>
<b>2</b>	<b>3</b>	<b>4</b> Board Meeting 7:15 pm, Stein Sperling Law Office, 25 W. Middle Ln. Rockville	<b>5</b>	<b>6</b> NAMI C.A.R.E. 6:30 pm, St. Mark Presbyterian Church	<b>7</b>	<b>8</b> Family Support, 9:30 am, Mont. General Hospital  NAMI C.A.R.E., 3 pm, Silver Spring Drop-in Center
<b>9</b>	<b>10</b>	<b>11</b> Family Support-Mood Disorders, 7 pm, Holy Cross Hospital  Child & Adolescent Family Support, 7 pm, NAMI Office	<b>12</b> Family Support, 2:30 pm, Rockville Unitarian Church (*This group will feature an In Our Own Voice presentation—open to the public)	<b>13</b>	<b>14</b>	<b>15</b>
<b>16</b>	<b>17</b>	<b>18</b> Education Committee Mtg., 1:30 pm, NAMI Office	<b>19</b> Outreach Committee Mtg, 10:30 am, NAMI Office.	<b>20</b> NAMI C.A.R.E. 6:30 pm, St. Mark Presbyterian Church  Education Meeting, Discharge Planning, <b>7:15 pm (*Note earlier start time)</b> , Cedar Lane Unitarian Church	<b>21</b>	<b>22</b> NAMI C.A.R.E., 3 pm, Silver Spring Drop-in Center
<b>23</b>	<b>24</b>	<b>25</b> Family Support, 7 pm, NAMI Office	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>

### Happenings Around Town

**Apr 7—"Out Of Your Frame" Exhibition at Gateway's Heliport Gallery will showcase artists from Studio Downstairs**, a therapeutically-informed art studio for adults living with mental illness. The show will run from April 7th through June 5th at the gallery's exhibition space, 8001 Kennett Street, Suite 3, in Silver Spring. Gallery hours are: Tuesday - Friday 4 - 7 pm or by appointment. An opening reception will be held on April 7th from 6pm until 9pm. The public is invited.

**Apr 18— Metro Washington Borderline Personality Disorder Education & Support Group** will meet at the Vienna Presbyterian Church on Rt. 123 (Maple Ave) at Park St. 7:30-9:30pm.

**Apr 26—9th Annual "Treasure of Resources" Fair**, sponsored by the MC Dept. of Health and Human Services, Aging and Disability Services. The Resource Fair is designed to provide information about resources and services for children and adults with disabilities and their families living in Montgomery County. 2-7 pm, University of Maryland at Shady Grove, 9630 Gudelsky Way (Building 2), Rockville. For more information contact Shawn Lattanzio at 240-777-1140.

**Apr 27—One Stop Fair Housing Shop: Meet the Regulators**, a free educational forum. If you have questions about your right to fair housing, come to the Council Office Building auditorium April 27, 1-4 pm, 100 Maryland Ave. For more information, call Cecelia Hatton at 240-777-8468.

### Ways to Give to NAMI MC

#### Bequests

Leaving a lasting legacy through a bequest in a will enhances the lives of others for years to come.

#### Combined Federal Campaign

Current and retired federal employees and those in the military can give through their paychecks to #8116

#### Matching Gifts

Many corporations match charitable contributions. This is a simple way to make a contribution have double the impact.

#### Stock

Gifts of appreciated stock can lower income taxes by reducing capital gains tax liability. This can be done through an account transfer arranged by a broker

#### Online Donations

Visit [www.namimc.org](http://www.namimc.org) and click on the "Donate Now" button to make a secure donation.

## In-Home Services (continued)

may help find housing and resources for them.

A counselor meets with each client for about an hour six times a month, but this may change in accordance with client needs. Counselors will also accompany clients to medical appointments and advocate for the client with the doctor, as collaboration with the individual's entire resource team is an essential part of the program. Note that the program does not provide transportation on a regular basis to and from medical appointments.

### Who Can Apply and How is the Outreach Program Accessed?

Anyone can apply for the Outreach Program. One need not be a Threshold member to qualify for the program. In addition, the Outreach Program does not require that clients be in therapy or on medications but it does require a quarterly visit to a psychiatrist. If the client cannot or will not complete the referral form, family members can fill out the form to the best of their knowledge.

If a consumer is interested in the outreach program, they can call Jacy Hil-

dreth or 240-386-0198 if they live in Northern Montgomery County and Joseph Wakhanala at 301 – 754-2813 if they live in Southern Montgomery County or go to [www.thresholdservices.org](http://www.thresholdservices.org). Jacy or Joseph will send a referral to be completed by the consumer or family member and a psychiatrist must provide information on the diagnosis. After receiving the referral, an intake interview will be conducted by Jacy or Joseph. There is currently no waiting list for Outreach services.

(Continued on page 5)

## Borderline Personality Disorder Brought Under NAMI Umbrella

The NAMI National Board of Directors voted at its quarterly board meeting in March to now include Borderline Personality Disorder (BPD) under the NAMI umbrella of serious mental illnesses because of its heavy disease burden.

Although less well known than schizophrenia and bipolar disorder, BPD is more common. It affects 2% of

adults, accounts for 20% of psychiatric hospitalizations, and has a high rate of self-injury and suicide, according to NIMH. It is often co-morbid with depression, substance abuse, eating disorders & domestic violence, & is highly stigmatized, including by therapists. It's symptoms are characterized by pervasive instability in mood, interpersonal relationships, self-image &

behavior.

NIMH is now funding a significant amount of research on this illness, and successful evidence-based treatments, including dialectical behavioral therapy (DBT), are being used with positive outcomes.

[For additional information, please contact Diane at: 301-469-6101]

## EMOTIONAL INTELLIGENCE: A Science of Feelings and a Pathway for Change

### Dear Parents,

Are you overwhelmed with all of your parental responsibilities?

Do you get confused trying to figure out the “right” thing to do for your child?

Do you experience frustration when dealing with your child's behavior problems?

Do you get frustrated when others do not understand the needs of your child, and those of your own?

Are you tired of all the “you should” advice from others who really don't understand your perspective?

Are you “stuck” and left with the unsettling feeling of “I don't know what to do about...” from the accumulation of life's challenges?

“You're not alone – many parents share these same emotions. The good news is that it doesn't have to be this way. Imagine how much easier life would be if your solutions could become more clear. Imagine the power of knowing what's right for you and your child, and not having to always wait for someone to tell you exactly what to do. After all, does anyone else really know you better than you know yourself? Deep down, we all have our own answers. A key to unlocking this wisdom could be *Emotional Intelligence*.”

These are some encouraging and inviting words of **Dan Eisner, Pediatric Occupational Therapist and Parenting Coach, who will be offering a FREE presentation – “Emotional Intelligence for Parents” - at the next monthly NAMI Child & Adolescent Family Support Group meeting on Tuesday, April 11, at 7:00pm, in the NAMI-MC office, 10730 Connecticut Avenue, Kensington.**

**Registration is FREE, but please let us know if you will be attending.  
Call the NAMI office at 301-949-5852**

## On Being Mentally Ill

I am like you  
only more so.  
The gnat in your head  
is the scorpion  
in my blood.  
I love, yet feel each  
twist of love's sword.  
Each loss feels  
like an avalanche  
to me. One day  
I may not recover.

To feel so much:  
to know each nuance  
of pain as eye perceives  
each variation  
of color and shape.  
To love like a twisted  
root, with the desire  
of the leaf to become  
wind and fly.

I never know  
where the wind will take me.  
Each fall requires  
a start from scratch  
where I may never  
reach my destination,  
however hard I travel.

I go on,  
because I have to,  
because in life  
there is no moment  
to pause. In my fragile  
way I celebrate life  
as much as you. I feel  
the sun on my face  
and I am thankful.

But I am not like you.  
My inner wars make me  
pliable as clay, where  
I need something  
to fasten to my name  
to know I exist.

Every moment  
is a battle to save  
the phantom of tomorrow  
from out of the jaws  
of that dog  
time.

By Lewis Conn  
December 1992

## In-Home Services (continued)

### Who Pays for the Outreach Program?

Ideally, clients should have Maryland Medical Assistance. Some consumers in the Outreach Program have Medicare. Service to clients with Medicare must be authorized by the Core Service Agency. In addition to Medical Assistance and some Medicare, the Outreach program will take private paying clients but not private insurance. The fee for services varies according to the type and length of visits. The director of the program will talk to the client and family about costs and ways to accommodate those financial needs. An agreement is signed by all parties about the payment plan.

### HOUSE CALLS

Beth Albanese has established House Calls, a service that provides consulting, coaching, and comprehensive home support for individuals who have a life trauma or major life transition, families with a member who has a chronic mental illness and/or developmental disability, aging parents needing community resources and/or home care. Beth has 30 years experience as a recreational and rehabilitation therapist in the mental health community.

Beth's goal is to serve those for whom the mental health system is not appropriate and wish to "take a different route." She wants to give the client back a productive life style and works to both teach the client skills and to advocate for him/her in various settings. Some of her clients have families out of town and Beth provides the local advocacy.

Sometimes Beth will ask the client if he/she had three wishes what they would be. The purpose of this question is two-fold; it allows Beth to understand the client's life goals and helps her to work with the client to adopt *realistic* life goals. In addition, Beth believes that recreation and fun are important to clients' recovery and Beth helps them connect with recreational opportunities. One of her guiding principles is that "everyone needs mastery in their life" and she "walks behind people" to support them in their recovery. Beth stressed that rehabilitation is a process, not an outcome.

Beth's approach is very flexible and is unique to each family situation. House Calls allows the client to remain and recover in the home setting. Beth's ability to connect clients with the appropriate professionals makes families feel safe and secure. She stated that families

know that with this program they will get an advocate for their loved one.

### Who Can Apply and How is House Calls Accessed?

Anyone can apply for House Calls services. A consumer or family member should call Beth or e-mail directly or complete the referral form on her web site ([www.callingonbeth.net](http://www.callingonbeth.net)). If the individual needing help is not taking their medicine, the main client might be the family first and the person with the disability would become the client later. At the first visit, Beth does an assessment and then discusses a plan for serving the client. Beth can be reached at 301-346-6732. Her e-mail is [callingonbeth@verizon.net](mailto:callingonbeth@verizon.net).

### Who Pays for the House Calls Services?

House Calls operates on a fee-for-service basis. Depending on the request, her fees range from \$90/hr and up. Beth factors in location; number of clients per visit, number of visits required, mileage and gas. This fee is usually paid by guardians, lawyers, or family members.

### INSTITUTE FOR FAMILY CENTERED SERVICES

Darlene Dockins is the Maryland State Director for the Institute For Family Centered Services (IFCS). The Institute operates in five states: Virginia, Maryland, North Carolina, Georgia, and Florida. They employ 300 people and work with about 3600 families annually. They also work in five regions in the State of Maryland and have an office in Gaithersburg.

IFCS offers crises stabilization and psychiatric rehabilitation services. The Institute believes that the family should be strengthened and that the family as a whole unit can assume the task of learning to overcome crisis, develop new skills to replace dysfunctional dynamics and behaviors, improve self-concept and change systemic behavior patterns among themselves. The Institute aims to keep the family together.

IFCS works with children, youth, adults, and families. A licensed professional staff member performs a comprehensive assessment of the individual or family. They look at the client's relationship to their environment — to institu-

(Continued on page 7)

## EDUCATION PROGRAM ANNOUNCEMENTS

### Come One, Come All!

All past, present and future Family to Family class members, friends, family, and even dogs are invited to join the Family-to-Family NAMI walk team. You can sign up for the Family-to-Family team online! Go to [www.namimc.org/walk.html](http://www.namimc.org/walk.html). Click on "Join and Walk with an Existing Team", then click on "Family to Family." Meet some great folks at the potluck after the walk. *Bring a dish for 8 to share.*

Join over 1000 concerned Marylanders for our 4th annual walk. Come and support this great cause!

### Upcoming Family to Family Classes...

We are now recruiting family members for upcoming Family-to-Family classes to resume in the Fall. We are in the process of planning for new classes in Gaithersburg, Olney, Burtonsville, Bethesda and Rockville. Classes fill quickly, pre-registration is required! Please call Dagmar (301) 949-5852, extension 4 for more information.

### Has Mental Illness Touched Your Life?

Free nine-week peer-led recovery education course for people with mental illness.

#### Peer-to-Peer Course

starts Wednesday April 12

(Registration ends Friday April 7)

Also try our free, drop-in support groups called NAMI C.A.R.E. (see page 3 for the schedule).

For more information, please contact Maggie Scheie-Lurie or Miriam Yarmolinsky at the NAMI office, or send an email to [myarmolinsky@namimc.org](mailto:myarmolinsky@namimc.org).

### VISIONS for TOMORROW

FREE One-day Workshop: April 29, 2006

9:00am to 3:00pm, Cedar Lane Unitarian Church, 9601 Cedar Lane, Bethesda (includes light breakfast and lunch)

This class is for direct primary caregivers of a child or children with mental illness or suspected mental illness. It is taught by trained caregivers (all parents) who have taken the course and volunteered to be teachers. The workshop will discuss topics such as: very basic brain biology; typical childhood-occurring mental disorders; empathy and sharing; organization of data and record keeping; coping and self care; problem management; recovery and transition; advocacy; judicial issues; stigma. To register phone or e-mail Brenda Bickel at the NAMI office: 301-949-5852 (ext. 2) or [bbickel@namimc.org](mailto:bbickel@namimc.org).

### New Coordinators for Consumer Programs Join NAMI MC

As many of you know, Sarah O'Brien, our Consumer Programs Coordinator has left NAMI MC and has moved to NAMI National as the **In Our Own Voice National Program Director**. Congratulations, Sarah, and good luck with your new position!

We would like to welcome our new Co-Coordinators for Consumer Programs, Maggie Scheie-Lurie and Miriam Yarmolinsky.

Maggie Scheie-Lurie has been a Peer-to-Peer Mentor for NAMI Montgomery County since the beginning of the program in the fall of 2004, and co-facilitates two NAMI-C.A.R.E. consumer peer support groups. A long-time staff member at NAMI National, she previously served as national Consumer Outreach Coordinator. Currently she is the recruiting and training specialist for the NAMI National Information HelpLine.

Miriam Yarmolinsky has been directing the Silver Spring Drop-In Center since early 2005 where she also co-facilitates NAMI C.A.R.E. support groups with Maggie Scheie-Lurie. The Center, hosted by a local mental health clinic, the Affiliated Santé Group, is a recovery oriented drop-in center that offers resources, socialization and support for adults who've experienced mental health difficulties. Miriam served on the Mental Health Advisory Committee of Montgomery County and is currently on the Board of Directors of the Takoma Artists Guild, Inc. In her spare time, she enjoys using oil pastels, watercolors, digital design and other mixed media to create art, and occasionally exhibits her works in the community.

"NAMI Montgomery County has one of the strongest consumer programs of any NAMI affiliate in the country. Our goal is to further develop and expand our support and education programs so that more and more people can develop their full potential to live meaningful, rewarding lives in spite of mental illness," Maggie says. "Individuals in recovery have wonderful, often untapped abilities. We want to enable and support the process of bringing out those talents."

To reach Maggie: [mscheie-lurie@namimc.org](mailto:mscheie-lurie@namimc.org)  
To reach Miriam: [myarmolinsky@namimc.org](mailto:myarmolinsky@namimc.org)  
Or call them at 301-949-5852, ext. 5.

## In Home Services, cont'd

tions, organizations, friends, and pets. After the assessment, the family is involved in developing an individual service plan. Individuals and families "drive" the service plan. Some of the services IFCS provides are: (1) Monitoring medicines (2) Linking the individual or family to other providers in the community (3) Stabilization services – for example, if the family had basic needs such as financial assistance. IFCS staff realizes that every person in a household is impacted by the identified client. They meet the family as they are. IFCS is dedicated to enhancing family strengths and resources.

### Who Can Apply and how are IFCS Services Accessed?

For psychiatric rehabilitation services, a referral must be made by a therapist. A client can self-refer but the staff must find out when the person was last in treatment and will contact that provider. There must be a DSM IV diagnosis from the therapist. There is no waiting list for services.

Darlene Dockins, the State Director, can be reached at 410-298-9727. Her e-mail is [mdsd@ifcsinc.com](mailto:mdsd@ifcsinc.com). The local Gaithersburg office is at 301-721-9324.

### Who Pays for IFCS Services?

IFCS contracts with Juvenile Services and Health and Human services. Clients must have Maryland Medical Assistance. The Institute can stay with a client throughout their life time, but authorized services must be performed within a six-month period. After that time, the Institute must tell the APS (Medicaid authorization entity) why there is a need for a continuation of services.

## Welcome New Members:

Linda Diane Bunk  
Dr. Robert Dupont  
Linda and Paul Silverstein

Thank you to all who gave generously during the month of February 2006:

### Sponsors (\$500 or more)

Bill & Jenny Mead  
Robert Schattner, MD  
Frank & Rachel Suraci

### Contributors (\$100 to \$249)

Charles Fromm  
Stephen & Irmela Ballard

### Friends (up to \$99)

Maurice Dew  
Ed Erikson  
Karl Gertel  
Linda and Paul Silverstein

### *In memory of Phil Mosner:*

Joyce Abel  
Phyllis Salter

### *In memory of James Collins:*

Teresita Gamboa  
Cynthia Griffiths  
Maureen Williams

## NAMI CONVENTION SCHOLARSHIP

Once again, NAMI MC will be offering the **Sylvia Sherman Memorial Scholarship** to a consumer or family member for the upcoming convention, June 28-July 2. This year the convention is right here in Washington, D.C. so there is little or no travel expense involved. If you are interested, please send a letter to Esther Kaleko-Kravitz, Executive Director of NAMI MC with an explanation of why you would like a scholarship to attend the NAMI Convention.

The deadline for applying for the Sylvia Sherman Memorial Scholarship is April 30, 2006.

## PLAN OF MARYLAND-DC, INC. SEEKS EXECUTIVE DIRECTOR

We are a mental health non-profit agency serving families with relatives disabled by serious mental illness. We need a dynamic director to serve as chief executive officer and oversee all clinical and administrative aspects of PLAN. We are seeking a person qualified as a LCSW-C or LCPC, currently licensed by the State of Maryland with at least five years of experience in the field of mental health. Our candidate should be experienced in clinical supervision and program management; preferably someone who also has non-profit management experience. Salary and benefits are competitive.

Interested persons should submit a resume electronically or via FAX to: John Miller, Administrative Officer, PLAN of MD-DC, Inc., 8555 16th Street, Silver Spring, 20910, FAX: 301-589-8240, WEBSITE: [www.planofmd-dc.org](http://www.planofmd-dc.org) TEL: 301-587-7815 x24

## Compeer - A Mental-Health Pioneer

Established in Rochester, NY in 1973, Compeer is an award-winning, model program that trains and matches volunteers in one-to-one friendship relationships with people recovering from mental illness. The program has been proven to reduce hospitalizations, increase self-esteem and promote independence for people with mental illness.



Threshold Services is home to the only Compeer program in Maryland. We are recruiting volunteers for Compeer of Montgomery County. Both male and female volunteers are needed, but we are currently experiencing a shortage of male volunteers.

**Are you ready to make a difference in someone's life?** We're ready to give you the training, guidance and support to facilitate your unique and rewarding volunteer experience. The life you change may be your own.

Contact Beth Duffin at (301) 754-1102 ext. 15 or [bduffin@thresholdservices.org](mailto:bduffin@thresholdservices.org). To learn more, visit <http://www.thresholdservices.org/programs/compeer.php>.

**The Bethesda Beatniks Dinner Club** for people with psychiatric disabilities, their families and friends is now meeting at **Alfio's Restaurant**  
**4515 Willard Avenue, in Friendship Heights at 6:30 pm**

### Next Dinners:

**April 12**—Internationally known cognitive behavioral therapist, Dr. Charles Mansueto will talk about OCD, phobias and panic attacks.

**April 26**—Dr. Paul Chadoff will hopefully join us to discuss highlights of the last 50 years of psychiatry in America.

For more info, call "Beatnik Pete" Warner at 301-279-2578.



# NAMI Montgomery County

The County's Voice on Mental Illness

10730 Connecticut Avenue

Kensington, MD 20895

Phone: 301-949-5852

Fax: 301-949-5853

Email: namioffice@namimc.org

Web: www.namimc.org

Thrift Shop: 301-949-5731



United Way  
Campaign Participant

#8116

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Celebrate Spring with us at  
the NAMI Walk  
Sunday April 30th!



The NAMI Thrift Store has

## NAMI Montgomery County Board of Directors

Ellen Menis	<i>Co-President</i>
Joanne Milobsky	<i>Co-President</i>
Margy Lawrence	<i>Vice President</i>
Suzan Kern	<i>Secretary</i>
Sy Miller	<i>Treasurer</i>

Kippi Fagerlund	<b>Susan Kneller</b>
Amy Goldberg	<b>Joan Logan</b>
Pat Harvey	<b>Alison Malmon</b>
Jennifer Hirsch	<b>Robert Maman</b>
Alan Kerxton	<b>Anne Rosshiem</b>
Shantelle Stroman	

### Staff

**Esther Kaleko-Kravitz**  
*Executive Director*

**Brenda Bickel**  
*Child & Adolescent Program Coord.*

**Dagmar Lemich**  
*Family-to-Family Program Coord.*

**Brenda McArthur**  
*In Our Own Voice Program Coord.*

**Maggie Scheie-Lurie**  
*Consumer Programs Co-Coordinator*

**Miriam Yarmolinsky**  
*Consumer Programs Co-Coordinator*

**Elizabeth Salazar**  
*Latino Outreach Coordinator*

**Leah Nichaman** *Outreach &  
Communications Coordinator*

**Anne Core** *Bookkeeper*

**Rhona Solloed** *Thrift Shop Manager*

Become a part of a 26-year old grassroots organization — with over 220,000 national members and 800 members in Montgomery County alone.

### Membership Benefits:

- Support from people who understand
- Concurrent membership at local, state and national NAMI levels
- Our informative monthly affiliate newsletter
- Our influence in advocacy at County, State and Federal levels
- Reduced fees for programs

Name \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

E-mail: \_\_\_\_\_

Referred by: \_\_\_\_\_

### Membership Dues:

\_\_\_\_\_ New Membership \_\_\_\_\_ Renewal

\_\_\_\_\_ \$35 Basic \_\_\_\_\_ \$50 Sustaining \_\_\_\_\_ \$55 Professional \_\_\_\_\_ \$100 Patron

\_\_\_\_\_ \$1000 Lifetime \_\_\_\_\_ \$3 Open Door (Limited Income)

Additional contribution \$ \_\_\_\_\_

TOTAL \$ \_\_\_\_\_ (dues and donations are tax deductible)

\_\_\_\_\_ Check enclosed

\_\_\_\_\_ Please charge my Mastercard/VISA:

Acct# \_\_\_\_\_ Expiration Date \_\_\_\_\_

Make check payable to: **NAMI Montgomery County (MD)**  
**10730 Connecticut Ave, Kensington, MD 20895**

Please \_\_\_\_\_ Parent of Adult \_\_\_\_\_ Child of Mentally Ill Parent \_\_\_\_\_ Sibling

Check: \_\_\_\_\_ Consumer \_\_\_\_\_ Parent of Child under 21 \_\_\_\_\_ Spouse

\_\_\_\_\_ Friend \_\_\_\_\_ Mental Health Professional \_\_\_\_\_ Other