

# NAMI News

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

January 2004

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## Future Planning for People with Mental Illness

**What will happen to your financial assets when you die? Who will provide for your mentally ill relative? Will he or she still be eligible for government benefits? Who will make decisions regarding his or her care?**

These were some of the questions addressed at our December General Education meeting featuring local attorney Barry Fierst. Mr. Fierst addressed the financial questions with a discussion of trusts.\* A trust is a tool that can allow the person with mental illness to maintain government benefits and can provide for the needs of that person to the extent that government program assistance is insufficient. It usually requires a lawyer's assistance to set up, and some people may choose a lawyer as a trustee as well. Many parents of mentally ill adults feel that they do not need a trust. They have decided that they will create an "informal

trust" and simply leave the money to their children who are not ill with an understanding that those children will care for the mentally ill child. While this may be a satisfactory arrangement in some families, it is very difficult to predict how each child's situation and interpersonal relationships may change. For example, a sibling may start off with good intentions, but may go bankrupt, misuse the money, or even die. A trust helps to preserve the portion of the parents' assets that they intend to be used for the care of their mentally ill child.

Two types of trusts are commonly set up by people wishing to preserve their assets, discretionary trusts and support trusts. With a discretionary trust, the trustee has full discretion over the use of the funds. The funds are not considered to be the property of the beneficiary (the

*(Continued on page 3)*



**United Way**  
Campaign Participant

**#9273**

### General Education Meeting — Thursday, January 8, 2003

## A Systems Approach to Treating and Managing the Mentally Ill in the Criminal Justice System

Speakers:

Art Wallenstein (Director, Montgomery County Department of Correction and Rehabilitation) and staff from the Mental Health Unit at the Seven Locks Detention Center, including Patricia Sollock, Athena Morrow and Joe Gaffney.

**Social Hour: 7:30 p.m., Program: 8:00 p.m.**

**Cedar Lane Unitarian Church, 9601 Cedar Lane, Bethesda 20814**

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

### Charles and Amy Tsai

"As we begin a new year, let us hope and pray that the year 2004 will bring us a breakthrough in treating mental illness."

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. Please call Susan or Leah in the NAMI

## NAMI MC January Events

- **January 6**—Board Meeting, 7:15 pm, NAMI Office
- **January 8**—General Education Meeting, 7:30 pm, Cedar Lane Unitarian Church (See p. 1)
- **January 10**—Family Support Group, 9 am, Montgomery General Hospital, Olney, 2nd Floor, Conf. Room C
- **January 13**—Child and Adolescent Family Support Group, 7 pm, NAMI Office
- **January 14**—Family Support Group, 2:30 pm, Rockville Unitarian Church, 100 Welsh Park Road, Rockville
- **January 17**—Spanish Family Support Group, 6:30 pm, Montgomery General Hospital, Olney, Room 201B
- **January 20**—Sibling Support Group, 7 pm, NAMI Office



The NAMI office and Thrift Shop will be closed on January 1. We will be open on January 2.

## NAMI Support Groups

### Family Support

2nd Wednesday of each month, 2:30-4 p.m., Unitarian Universalist Church, 100 Welsh Park Drive (off Mannakee St), Rockville. Contact: Ursula 301-384-8100

4th Tuesday of each month, 7 p.m., NAMI office. Contact: Ann 301-774-1960

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

### Child & Adolescent Family Support

2nd Tuesday of each month, 7:00—8:30 p.m., NAMI Office. Contact: Brenda 301-949-5852

### Sibling Support

3rd Tuesday of each month, 7:00—8:30 p.m., NAMI Office. Contact: Nicole 301-949-5852

### Family Support in Spanish

3rd Saturday of each month, 6:30 - 8 p.m., Montgomery General Hospital, 18101 Prince Philip Drive, Olney, Room 201B. Contact: Eric 301-949-5852

### Spouse Support

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

## Other Support Groups

### For Consumers:

#### All Disorders:

- On Our Own of Montgomery County has a drop-in center, many activities and sharing groups. Call 240-683-5555.
- Recovery, Inc., offers free weekly support group meetings for people with all types of mental, nervous and emotional problems. Saturdays 10:30-12:30 pm, Mid County Service Center, 2424 Reedy Dr., Wheaton. Call Carol (202) 269-2725. 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.)
    - 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. . The next meeting is January 7. For more information, contact Richard Lewis at (240) 401-2764.
    - Young Adults (ages 18-30), 1st and 3rd Wednesday of each month at Georgetown Univ. Call Emma Thembani at 202-687-6355,
    - Mature Adults, 2nd and 4th Wednesday of each month at Georgetown University. Call Barbara Wolff at 202-687-8804.
- For additional groups, call DRADA at 202-955-5800.

- Potomac Ridge Mood Disorders Psychoeducation Group. Ongoing group for adults suffering from depression. Tuesdays, 6-7 pm. Call 301-251-4539 to register.

#### OCD

2nd and 4th Tuesdays, 7:30 pm, 2424 Reedy 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

January 20—Metro Washington Borderline Personality Disorder Education and Support Group, 7:15 - 9:30 pm, Suburban Hospital, 8600 Old Georgetown Rd., Room 6, Lower Level. For further information call Diane at 301-469-6101.

#### Depression/Bipolar/Schizoaffective

Call DRADA (Depression and Related Affective Disorders Association) for groups in Mont. Co. 202-955-5800.

OCD: Families meet in area homes. For info. call Nancy at 301-340-1452.

#### Suicide Related Support Groups

Yellow Ribbon Suicide Prevention Program - Call Mary McCausland 301-530-4761.

Seasons—Cedar Lane Unitarian Ch. 2<sup>nd</sup> Weds of each month. Call Corrine Melton 301-460-4677 or Doug Tipperman 301-330-4984.

## What Does NAMI MC Offer?

### Helpline:

Our telephone helpline is open 10 am – 2 pm, Monday through Friday. We offer confidential referrals to local providers of mental health services, including housing, vocational rehabilitation, legal assistance, day treatment, doctors, therapists and more. Our helpline is staffed by NAMI staff and trained volunteers. For more information or to be trained as a volunteer, contact Leah Nichaman at [namioffice@namimc.org](mailto:namioffice@namimc.org)

### Support Groups:

See previous page.

### E-mail Listserv:

Sign up for our listserv by sending an e-mail to [namioffice@namimc.org](mailto:namioffice@namimc.org) with the word “SUBSCRIBE” in the subject line. Twice a month you’ll receive an e-mail from NAMI MC with information about upcoming events both at NAMI and in the community, and other items of interest.

### Educational Programs:

**Family to Family**—This is a twelve-week free course for family members of adults with mental illness. This class covers all of the major mental illnesses, brain chemistry, medication review as well as communication skills, empathy, and self-care for relatives. For more information contact Frances Shuping at [fshuping@namimc.org](mailto:fshuping@namimc.org).

**Visions for Tomorrow** — This is an 8-week free course for primary caregivers of children or adolescents with mental illness. Classes are taught by trained parents who are themselves caregivers. There is no cost to participants and all materials are free of charge. For more information contact Brenda Bickel at [bbickel@namimc.org](mailto:bbickel@namimc.org).

### **In Our Own Voice** —

This program is a recovery-education interactive presentation. It is given by trained consumer presenters for other consumers, family members, friends, and professional and lay audiences. For more information, contact Brenda McArthur at 240-602-7439.

## Future Planning (continued)

*(Continued from page 1)*

person with mental illness). A “special needs trust” is a type of discretionary trust. With a support trust, the money in the trust must be used to support the person with mental illness. In addition, the beneficiary has legal rights concerning how the money is used and the money is considered their property.

For people with mental illness who receive government benefits, a support trust is not appropriate because as soon as the trust becomes funded (upon the death of the trust grantors, usually parents), their government benefits will be discontinued. The appropriate type of trust is a discre-

tionary trust. As noted above, the trustee of a discretionary trust has full discretion over the use of the funds. This means that the trustee must be a person one trusts to use the funds as one would have used them to care for a mentally ill relative. In addition, the trustee must be educated about the government benefits the mentally ill person receives (SSDI, SSI, Medical Assistance) and the implications of these benefits on how the money should be disbursed from the trust.

For example, if a trustee gives money directly to the beneficiary, this will reduce his/her SSI and Medical Assis-

*(Continued on page 5)*

## Seminar: Siblings as Trustees

Saturday, January 24

10 am—12 pm

at the offices of NAMI Montgomery County  
10730 Connecticut Avenue, Kensington

The seminar is FREE, but you must register  
by calling the NAMI MC Office.

Siblings of people with serious mental illnesses are often asked to serve as trustee for their disabled brother or sister when parents are gone. For these siblings, many questions may arise as to just what the roles and responsibilities of trustee might be.

Most people know generally that a trustee invests, manages, and distributes money left in trust for the benefit of another person, but many do not know the complexities of distributing funds to a disabled member of the family who is receiving public benefits. Others may be concerned about the way siblings’ control over money may affect relationships with the beneficiaries of trusts.

We have invited Maryland attorney, Stephanie Grogan, to address these and other issues important to trustees. All interested siblings are invited to learn about the role of trustee from this outstanding lawyer.

To register and receive directions, call the NAMI MC office at 301-949-5852. For information about the content of the program, call Agnes Hatfield at 301-925-7302.

## NAMI MC Advocacy In Action

Over the past few months, the NAMI MC Advocacy Committee studied the County Executive's reorganization plan for the Department of Health and Human Services (DHHS). In addition, the plan was discussed at a recent meeting of NAMI MC with Carolyn Colvin, director of DHHS. The committee recommended that the plan be supported because it is designed to deliver more coordinated and effective mental health services. The plan includes the transfer of mental health crisis services, victims and homeless services to the same division that currently oversees public mental health services. (Approximately 50% of the homeless in Montgomery County have a seri-

ous mental illness.) In addition, the plan establishes a high level policy officer for Special Needs Housing directly under the director of DHHS. This office will coordinate with all other county departments, as well as state and federal government, to facilitate the establishment of more special needs housing in the county.

The NAMI MC Advocacy Committee Chair and our Executive Director sent a detailed letter of support for the reorganization plan to the County Council. After much debate, the Council voted to approve the plan. Afterward, NAMI MC received the following communication from Carolyn Colvin, director of DHHS:

"Thank you for your letter to the Council conveying NAMI's support for the DHHS reorganization. I appreciate the vote of confidence from you and the membership. I am confident that your support helped to influence the outcome at the Council meeting this morning. I remain committed to working with NAMI as we move forward in DHHS. I assure you that we will focus on agreed upon outcomes. We cannot do this alone and we solicit your advice and counsel. Thanks again. Carolyn"

The NAMI MC Advocacy Committee could use more help. If you are interested please call the office at 301-949-5852 or send email to: [namioffice@namimc.org](mailto:namioffice@namimc.org).

## State Plans Drastic Changes in Mental Health Services

The state is making significant changes to the public mental health system and NAMI MC **NEEDS YOUR HELP** to ensure they do not harm those most vulnerable. Because of increasing demand for mental health services and an inadequate budget, the Maryland Mental Hygiene Administration (MHA) had a deficit of \$54 million from Fiscal Year (FY) 03 and is projecting a possible budget deficit of over \$40 million for Fiscal Year 04. In an effort to avoid mandated cuts by the state budget office or the legislature, MHA has proposed changes in the Psychiatric Rehabilitation Programs (PRP) and Residential Rehabilitation Programs (RRP) for Medicaid and uninsured (Grey Zone) clients. Regulations, if approved, will be effective Feb. 1, 2004. The details are still being developed, but NAMI MC is very concerned that these changes could have devastating results for both providers and consumers of mental health services. Payment rates for RRP clients will be reduced overall

by 10% and PRP rates for those not in RRP will be reduced 5%. Providers say that these programs will no longer generate profits which are often used to subsidize clinics, supported employment, 24 hour supervised RRP and crisis beds where low state rates have resulted in program deficits. Thus, the financial viability of clinics and providers is threatened, as well as quality of care.

The payment to providers of PRP will be changed from a fee-for-service system to a monthly case rate system. For providers to be paid the monthly fee, they must provide at least a set minimum number of monthly services. However they are expected to provide additional services as needed. This minimum level is set according to the living situation, as RRP, supported living, or with a responsible person. (From 2-4 provider-site visits/mo and 2-19 off-site visits/ month) Because outcome results are not required, there is no financial incentive for providers to deliver more than the minimum number of services required. The advantage to case rate systems is

increased flexibility in service type and frequency, and reduced administrative cost.

Unfortunately, the proposed case rate system is not adjusted according to the level of need (acuity adjusted), as recommended by the Montgomery County Blue Ribbon Task Force. An acuity based case rate system and implementation of evidence based practices, like Assertive Community Treatment, would benefit the consumer as well as reduce costs. The proposed system ignores the higher level of support needed by many with severe illness who are living with family members because of the RRP wait lists.

Under the state's proposed system, a provider with a high percentage of clients with intensive needs may have serious financial difficulties. Already we have heard of one provider outside of Montgomery County, that is contemplating the discharge of many of their clients with intensive needs,

*(Continued on page 6)*

## Future Planning (continued)

tance benefits. If a trustee provides the beneficiary with food, clothing or shelter, this may reduce his/her SSI payments. One way around this is to provide the beneficiary with a credit card (NOT a debit card) and then the trust pays the credit card bill. A trust can pay off a debt without affecting government benefits.

These are just some examples of the complexities of disbursing funds from a trust and reinforce the importance of choosing a trustee 1) who you trust and 2) who is educated about how to manage the trust in the best interests of the beneficiary.

### Can you set up a discretionary trust before you die?

Some discretionary trusts are stipulated in a will, and are only funded upon your death. Some can be created during the lifetime of the grantors but have tax implications. Some can be funded through the proceeds of a life insurance policy, upon the death of the grantors. It is best to consult with an attorney regarding the best type of trust for your situation.

### What happens if the beneficiary dies and there is still money in the trust?

One way to deal with this potential issue is to set up a "charitable remainder trust." This is a trust that can be created during the lifetime of the grantor or upon his/her death. It usually saves on taxes. During the lifetime of the beneficiary, he/she can receive the interest earned on the "corpus" or main amount of the charitable gift, through the trust. Upon the death of the beneficiary, that "corpus" is donated to a char-

ity. Some families choose to make the mentally ill person's main service provider the recipient of the charitable donation.

### How do you choose a trustee? Should it be a family member or not? Even if you choose someone you think will be an excellent trustee, how can you be sure that s/he will do the right thing when you are gone? What happens if the trustee dies?

For these situations, it is important to appoint a trust protector and successor trustees. A trust protector is a person who is appointed to review the accounting provided on a periodic basis by the trustee (regarding disbursements from the trust), and has the power to remove the trustee. The trust protector cannot be the beneficiary of the trust. If a trustee is removed or dies, another person must be appointed. Therefore, when a trust is set up, it is important to have a mechanism for the future choosing of a trustee. One mechanism is to name several people, in order, whom you would consider potential trustees. By doing this before death, one helps ensure that the trustee will continue to be someone who is both trustworthy and educated about the ill relative's situation.

### What are trustees paid? Is it worth it for you to pay someone to provide this service?

The trustee is paid in accordance with the stipulations of the trust or with established rule. In Maryland, if the trustee of a special needs trust is a family member, he/she cannot be paid. A bank or a lawyer can provide this service. Typically banks will charge more than others to be trustees. One local bank, Sandy

Spring Bank, has indicated interest in providing this service for trusts in excess of \$400,000.

The choice of whether to use a paid trustee or a family member is, again, a very important choice with far-reaching implications and must be considered individually by each family. During this process a lawyer\*\* can provide critical assistance in evaluating the appropriateness of each individual being considered for the role one wishes him/her to play in caring for the mentally ill relative.

*\* At the meeting, Mr. Fierst also gave an informative discussion of adult guardianship issues. The write-up of that discussion will appear in another issue of the NAMI News. If you would like those notes before they are published, please contact the NAMI office and we will send them to you, with his handouts from the meeting.*

*\*\* The NAMI office has a list of several lawyers who do special needs trusts in Maryland. Please contact the NAMI office to obtain a copy of the list.*



Do YOU have an idea for a topic or a speaker for our monthly General Education Meeting?

We are currently compiling a list of topics for 2004.

Please send us your ideas via mail, e-mail or call us at 301-949-5852.

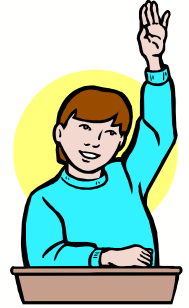
### Child and Adolescent News

## Board of Education Candidate Forum On Special Education In Montgomery County

January 7, 2004  
7:30 PM to 9:30 PM

Rock Terrace School, 390 Martins Lane, Rockville, MD 20850

The primary election is in March and this forum is a great opportunity for the disability community to come together and find out candidates' views on issues related to special education.



#### Cosponsored by:

MCNeeds, Learning Disabilities Association of Montgomery County, Emotional Disabilities Action Group, The Montgomery County Maryland Chapter of the Autism Society of America, The Arc of Montgomery County Education Committee, Olney Exceptional Kids, CHADD- Montgomery County, Beyond 21.

**Location:** Rock Terrace School is just past the Carver Building a half block, as you turn off Route 355 onto Mannakee St, and this is at the corner of Mannakee and Martins Lane (there is a traffic signal at this intersection).

**Parking:** You can park at the school, on the street, or across from Rock Terrace School at the parking lot of the Rockville Municipal Swim Center, 355 Martins Lane

**Inclement Weather:** In case of inclement weather, the Forum would be postponed if the Montgomery County Public Schools are closed for evening activities.

**For more information:** Visit <http://www.SpecialEdVoters.org> or contact Kay Romero at 301-946-2190. Email us at [SpecialEdVoters@comcast.net](mailto:SpecialEdVoters@comcast.net)

## VISIONS for TOMORROW COURSE NOW ENROLLING for WINTER 2004 CLASSES

(starting Jan/Feb, locations and times to be announced)

**Who should enroll?** Direct primary caregivers of a child or children (still receiving children's services) with mental illness or suspected mental illness.

**What is the cost?** FREE to all participants - FREE materials

**Who teaches the classes?** Two trained caregivers who themselves have taken the course, as well as volunteered to be teachers.

**What is taught?** The 8-week, once a week course includes discussion of: very basic brain biology; typical and not so typical childhood-occurring mental disorders; empathy and sharing; organization of data and record keeping; coping and self care; problem management; rehabilitation, recovery and transition; advocacy, judicial issues and stigma.

**How to get more information/register?** Phone or e-mail the NAMI office: 301-949-5852 or [namioffice@namimc.org](mailto:namioffice@namimc.org)

## Drastic Changes (continued)

(Continued from page 4)

and others are cutting staff. In addition, this system creates a financial disincentive for all providers to accept new clients that need more than the average service levels.

The proposed system requires authorization for new Grey Zone clients by the local Core Service Agency. Details of this procedure are still under development. However, since the legislature

has limited grey zone expenditures, this will likely result in the establishment of a wait list for those eligible for Grey Zone services.

NAMI MC plans to advocate at the state and local levels for appropriate budget and services. **Please talk to your provider today about program or staffing changes they plan to make and how it will affect you. Then report back to NAMI MC of-**

**file at 301-949-5852.** Also, if you have a story to tell about how service reductions have affected you or a family member in the past or present, please call us. Personal stories can strongly influence legislators and the Governor to consider increased funding as well as encourage newspaper coverage. Confidentiality can be maintained. Remember to write to the Governor and your state legislators as soon as possible. (See enclosed action

## Family to Family Winter Classes to Begin

NAMI is once again gearing up for the Family-to-Family course, with two winter classes in Bethesda. The first class begins Tuesday, January 6, at the River Road Unitarian Church and the second class begins Tuesday, February 3, at Suburban Hospital.

The following statements were made by recent graduates of our Family-to-Family class:

- *The class really helped me learn to deal with a situation in our lives instead of being angry and sad.*
- *It has given me options and hope and most importantly, understanding of what my husband is experiencing.*
- *It has been a lifesaver for me.*

The best recruiters for the Family-to-Family Education course are NAMI members, and YOU can help to spread the word to any potential class participants you might know, as well as to health care providers. Or, if you have a relative with a serious mental illness, you might consider taking the course yourself. It is important to commit the time to learn how to better help your relative.

The Family-to-Family course is a series of 12 weekly education classes to help caregiver family members understand and support their relatives while maintaining their own well-being. The course is appropriate for family members of persons with severe mental illnesses such as schizophrenia and schizoaffective disorder, bipolar disorder, major depression, obsessive compulsive disorder and panic disorder, and brain disorders with co-occurring addictive disorders. The course is taught by trained NAMI family member volunteers who know what it's like to have a loved one struggling with one of these brain disorders. And, the course is FREE for participants.

Over 80,000 people in the US, Mexico, and Canada have completed this course, and 120 family members completed the course in Montgomery County in 2003. Help us reach people who can benefit from this course. For more information or outreach materials e-mail [fshuping@namimc.org](mailto:fshuping@namimc.org) at NAMI Montgomery County or call the office.

## Acknowledgements

NAMI MC gratefully acknowledges gifts received in November 2003

### Contributors (\$100-\$249):

Anonymous donor, *in honor of Bonnie R. Anthony, M.D., Ph.D.*  
Tom and Carol Moran  
Sally West

### Friends (up to \$99):

Carolyn Sanger, *in memory of Goldie Solod*  
Gary Grossman and Marcia Kirkpatrick  
Gary and Margy Lawrence  
Alan and Leslie Kerxton, *in memory of Sarah Rice*  
Lorrie Van Akkeren, *in gratitude to Rochelle and Bill Banta*

## Welcome new members:

Connie Amoia  
Karen Bandy  
Christine Bitanga  
Barbara Chiancone  
Lisa Connors  
Ramona Crawford  
Carolyn Figard  
Jan and Steve Fowler  
Jamesen Goodman  
Joan Holtgraver  
Carol Janus  
Jack Leiderman  
David Lewin and Desdra Horwitz  
Randall Myers  
Christine O'Connor  
Jane Pietrosewicz  
James and Betsy Scroggs  
Jan Sinott  
Virginia Thompson



## U.S. Postal Service Considers "Silver Ribbon" Brain Disability Awareness Postage Stamp

During the week of January 22, 2004, the U.S. Postal Service's Citizens Stamp Advisory Committee will consider a long-standing proposal for a first class "Silver Ribbon" Brain Disability Awareness postage stamp to help eliminate stigma and discrimination surrounding mental illnesses. If the advisory committee recommends the stamp, it would be issued in 2006. It will not raise money for the mental health research, but will receive broad circulation nationally, helping to build public support for treatment and recovery. Public awareness stamps also can pave the way for later versions that raise dedicated funds for related federal programs.

See the NAMI website, [www.nami.org](http://www.nami.org) for background information and key points on the issue as well as contact information for the post office and Congress.

Please send letters to the advisory committee and the Postmaster, emphasizing the need to eliminate stigma as part of the federal government's emerging national campaign and include a short personal story.

**Citizens Stamp Advisory Committee and the Postmaster General & CEO (John E. Potter)**  
U.S Postal Service, 475 L'Enfant Plaza West SW, Washington, D.C. 20260-0010.



# 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

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It is one of the most beautiful compensations of this life that no man can sincerely try to help another without helping himself.

-Ralph Waldo Emerson  
(Please volunteer for NAMI!)

### NAMI Montgomery County Board of Directors

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Leah Nichaman, *Office Administrator*  
Micki Stern, *Bookkeeper*  
Rhona Sollod, *Thrift Shop Manager*

Become a part of a 25-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

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

Address \_\_\_\_\_

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

If you would like to receive NAMI information and alerts via e-mail, please provide your e-mail address: \_\_\_\_\_

### 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