



NAMI News

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

January 2007

Volume 29, Issue 1

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Psychiatric Genetics and Mood Disorders

by Rochelle Banta

Our December education meeting featured Dr. Fernando Goes, researcher at the Johns Hopkins School of Medicine in Psychiatric Genetics and Affective Disorders.

Dr. Goes began his presentation by stating that the idea that some mental faculties are hereditary has been around since antiquity. Euripides (480-406 BC) thought that morality ran in families. Paracelsus (1520) wrote "that the truly insane have been suffering from it since birth and have brought it from the womb as a family heritage." The idea that melancholy runs in families was discussed in the book "Anatomy of Melancholy" (1620) by Robert Burton.

Emil Kraepelin studied separate functional psychosis by empirical data collection (1856-1926) utilizing family history, clinical characteristics, and the

course of the illness. Ernst Rubin, (1872-1952), a pupil of Emil Kraepelin, is known as the father of psychiatric genetics. He published the first rigorous study of psychiatric genetics in 1916. He found that first-degree relatives of people with schizophrenia have 18 times the risk of having schizophrenia. Dr. Goes pointed out, however, that Dr. Rubin was a major figure of the German racial hygiene movement during World War II.

Scientists Watson and Crick discovered the structure of DNA in 1953 and with the recent mapping of the human genome, many aspects of heredity can now be investigated.

Dr. Goes presented a chart of family studies that illustrated that major psychiatric disorders run in families. For example with bipolar I disorder there is a 7-10

(Continued on page 5)

**NAMI MC has a new
United Way
Designation
Number:
#8687**



**Please support us in
your workplace
United Way or
CFC Campaign.
Your donation
improves the lives of
people with mental
illness and their families.**

General Education Meeting, Thursday, January 11, 2007

Movie Encore! Screening of the Film: *Dirty Filthy Love*

Facilitated discussion after the movie

Social Time: 7:15 pm, Program: 7:30 pm

Location: Cedar Lane Unitarian Church, 9601 Cedar Lane
Bethesda, MD



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

Charles Benjamin Orlove

In honor of his new grandparents, Arlene and George Orlove and Leslie and Alan Kerxton

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

(see calendar next page for upcoming dates)

Family Support—General



2nd Wednesday of each month, 2:30-4:00 p.m., Unitarian Universalist Church, 100 Welsh Park Drive (off Mannakee St), Rockville. Contact: Ursula 301-384-8208

1st and 3rd Thursday, 7:30 p.m., Bauer Drive Rec. Center. Contact Dan at 202-258-6713 to confirm that group is meeting.

4th Tuesday of each month, 7:30 p.m., NAMI office. Contact: Ellen 301-530-2635.

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

Spouse Support

3rd Friday of each month, 6:30 p.m., NAMI Office. Contact: Wei at 301-827-1789.

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.

Daughters and Sons of Persons with Mental Illness: Call the NAMI Office for more information: 301-949-5852

Family Support—En Español Please call Irene at 301-949-5852 for information.

Support Groups in the Community

For Consumers: (These are non-NAMI Groups. NAMI Groups are listed on the left side of the page)

All Disorders:

- On Our Own of Montgomery County drop-in center has 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.

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. DRADA is a peer support group for people with a primary diagnosis of depression or bipolar disorder.

Bethesda Group meets from 7-9 p.m. on alternate Wednesdays at Christ Lutheran Church, 8011 Old Georgetown Road, Bethesda. For more information, contact Richard Lewis at (240) 401-2764. (Note: If MC Schools are closed, meeting is cancelled)

Rockville/Potomac Group—Next Meeting: Friday, January 15, 7:30-9:00 pm. Parish Hall at St. Raphael's Church, corner of Falls Rd and Dunster Rd. in Rockville. More info at www.drada-potomac.org. (Note: If MC Schools are closed, meeting is cancelled).

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: (These are non-NAMI Groups. NAMI Groups are listed on the left side of the page)

Borderline Personality Disorder

Metro Washington Borderline Personality Disorder Education and Support Group. For information call Diane at 301-469-6101.

Depression/Bipolar/Related Affective Disorders

Group meets twice a month in Potomac. See 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—February 2007

SUN	MON	TUE	WED	THU	FRI	SAT
				1 NAMI C.A.R.E. 6:30—8 p.m., St. Mark Presbyterian Church, Room 109 Family Support Bauer Drive Recreation Center, 7:30 pm	2	3
4	5	6 Board Meeting, 7:15 pm, Law Offices of Stein Sperling.	7 Family Support, Unitarian Universalist Church of Rockville. 2:30 pm	8 Education Meeting: Cedar Lane Unitarian Church, 7:15 pm. Movie: Dirty Filthy Love (See p. 1)	9	10 Family Support, 9:30 am, Mont. General Hospital NAMI C.A.R.E., 3—4:30 pm, Silver Spring Drop-in Center, 1st floor
11	12	13 Family Support-Mood Disorders, Holy Cross Hospital, 7 pm	14	15 NAMI C.A.R.E. 6:30—8 p.m., St. Mark Presbyterian Church, Room 109 Family Support Bauer Drive Recreation Center, 7:30 pm	16 Spouse Support, 6:30 pm, NAMI Office	17
18	19	20 Family Support, 7:30 pm, NAMI Office	21	22	23	24 NAMI C.A.R.E., 3—4:30 pm, Silver Spring Drop-in Center, 1st floor
25	26	27	28			

NEW SUPPORT GROUP

Body Dysmorphic Disorder SUPPORT GROUP forming in Montgomery County

Are you someone who suffers from body dysmorphic disorder? I would like to start a group for people just like us. We are looking for a location and people out there who are interested in supporting one another in a weekly or monthly meeting.

Share your ideas by contacting tbulhack@aol.com. Location and time will be decided after hearing from you. If you prefer to call me at home: 301-460-1607. My name is Tamara.

Support Group for Parents/Caregivers of Children & Adolescents

A support group for the parents and caregivers of children and adolescents (up to age 21) with mental illness will begin meeting on the **third Tuesday evening of the month starting February 20th**. The group will feature a film or speaker as well as time for group sharing and discussion. If you are interested in participating in the group, please contact Emily Novick, the Child and Adolescent Program Coordinator, so she can include you on the phone and e-mail contact list. E-mail enovick@namimc.org. Check the NAMI website or call the NAMI office for final details for the group's meeting time and location. Information will be posted soon!

Metro Washington Borderline Personality Support and Education Group

Tuesday, January 16th, 7:30pm, Suburban Hospital, Old Georgetown Road, Bethesda, Atrium, 2nd floor next to cafeteria. Program is new documentary-style short film (DVD) on BPD from the BPD Resource Center at NY Presbyterian Hosp. Westchester Division, called, "Back from the Edge." Door prize – books on BPD!
 Also, please note that because of low turnout at the last several Vienna BPD meetings we are considering either eliminating the Virginia meeting, or holding quarterly meetings in VA. Please let us know your interest. Call Diane at 301-469-6101.

NAMI Seeks Volunteers for National Information HelpLine in Arlington, VA

Are you...

- * A person living with mental illness who would like to enhance your recovery by being of service to others?
- * A friend or family member of someone with mental illness wanting to help others?
- * Someone who wants to share knowledge about navigating the mental health system gained through personal experience?
- * A psychology or social work student who would like to "get a feel" for the people you're likely to help in the future?

Do you have...

- * The desire to help and make a difference in the lives of others?
- * Good basic knowledge of mental illnesses, treatments, and recovery, and an interest in learning more?
- * Familiarity with the NAMI organization and its resources, or the willingness to learn?
- * Good oral and written communication skills, and a supportive, empathetic communication style?
- * Functional e-mail and internet computer skills?
- * The ability to come to the NAMI National office in Arlington for at least 4 hours a week during the hours of 10 a.m. - 6 p.m. Monday through Friday?
- * Reliable work attendance habits?

Are you willing to...

- * Sign up for a regular shift each week?
- * Make a commitment to work your HelpLine shift as conscientiously as you would paid employment? (The smooth operation of the HelpLine depends on volunteers consistently working their scheduled shifts.)

If so...you could make a great volunteer, and we want to hear from you! The NAMI National Information HelpLine is currently recruiting volunteers to become **Information and Referral Representatives**. Duties include answering inquiries from the public via phone, e-mail, and postal mail and preparing information packets by stuffing and or/labeling envelopes.

Training is provided. Good oral and written communication skills (writing experience, grammar, spelling, punctuation) plus at least moderately good computer skills (e-mail, internet) essential; data entry experience helpful. Must accurately type a minimum of 30 words per minute. Bilingual Spanish skills a significant plus.

Important: All Volunteer Work Must be Done On Site at the NAMI National Office in Arlington, VA during regular HelpLine hours: Monday through Friday, 10 am to 6 pm. Volunteers must be able to give at least one 4-hour block of time each week for at least 3 months.

NAMI National is conveniently located at the Court House station on Metro's Orange Line, and free parking is also available. For more information and a volunteer application, please contact Maggie Scheie-Lurie at 703.516.0689, or e-mail: maggie@nami.org, NAMI ~ 2107 Wilson Blvd., Suite 300 ~ Arlington VA 22201 ~ www.nami.org



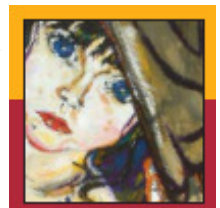
GOT ArT?

Sarah Malawista was a talented young artist who passed away just 10 days after her 18th birthday as a result of bipolar disorder. GOT ArT? was established by Sarah Malawista's friends, family and teachers with the financial support of the Sarah Malawista Memorial Fund. The organization's goals are to showcase young artists and raise funds to promote advances in awareness, research and treatment of bipolar disorder.

High school and college student artists are asked to contribute their artwork to the GOT ArT? collection. The collection will be displayed in a mobile gallery (a converted school bus) and sold at school activities such as sporting events, performances, back-to-school nights, and art fairs. All net proceeds will be contributed to 501(c)(3) charitable organizations and activities. The bus will have 'live art' shows as well as audio visual displays of student art.

Patrick Telepictures is making a video that will play on the bus and feature young people ages 16-24 talking about their experiences with bipolar disorder. The producers are looking for volunteers to appear in the interactive video, which will allow students to "talk" to other young people about mental health and suicide.

If you (or your son or daughter) are interested in appearing in this video production and would like more information, please contact Kerry Malawista at wegotart@aol.com or phone 301-466-8181.



Genetics and Mood Disorders, continued

(Continued from page 1)

times increased risk for developing the disease among first-degree relatives.

There is 3 times increased risk for major depression.

Illness	Risk of first-degree relative having illness
Schizophrenia	10
Bipolar	7-10
Major depression	3
Autism	150
Panic	5
ADHD	3
Alcoholism	7
OCD	4-5

Dr. Goes asked "If its familial, is it genetic?" One would want to know if it is genetic or based on shared experiences, or learned behaviors. Dr. Goes mentioned studies involving identical and fraternal twins, one of whom had bipolar I disorder. With identical twins, if one twin had bipolar I disorder, there was an 80% chance the other twin would have it. In fraternal twins, the chance of the other twin having bi-polar I disorder was 20%.

Dr. Goes pointed out that there are 23 pairs of chromosomes and 30,000 genes. We are not 100% sure what a gene is and what it isn't. Nature can be tricky. There are many genes and the brain is complicated.

In addition to trying to identify genes related to specific diseases, researchers also ask, "where is the gene located?" Scientists use linkage studies to determine markers that give them an approximate location for a gene. This is like looking in a 20-mile radius when searching for a specific house.

Bipolar disorder has no specific gene but there are 12 susceptible genes. There are a number of genes linked to psychiatric syndromes as opposed to Mendelian diseases in which a single gene determines whether you will get

the disease. (Examples of Mendelian diseases: sickle cell anemia, cystic fibrosis, neurofibromatosis, breast cancer (early onset), Huntington's disease and Alzheimer's disease (early onset)).

In mental illness, multiple genes of modest effect are likely to be involved where some genes are protective and others are pathogenic. There are also multiple interactions gene-gene and gene-environment interactions. When there are many genes interacting, they are difficult to study scientifically.

Dr. Goes pointed out that in the DSM-IV-TR Diagnostic and Statistical Manual of Mental Disorders, there is no physical basis for diagnosis. The diagnosis is defined by symptoms, not biology. The categories likely reflect multiple diseases, and some may not be diseases at all. Everything happens in the brain but we don't know exactly how the brain works. We know well how the heart works but we're struggling with the brain. Dr. Goes said that "Genetics can give us windows into what goes wrong."

Dr. Goes asked how we can make the gene-disease correlation simpler?

Scientists can identify clinical categories which are more alike and more likely to share a specific genetic predisposition. Researchers can look for endophenotypes. That means physiological manifestations in mental illness. One can see such phenotypes in laboratory abnormalities (i.e., stress hormones), imaging abnormalities (i.e., enlarged ventricles in people with schizophrenia), and cognitive testing.

Dr. Goes gave examples of clinical sub-phenotypes for bipolar disorder which have been linked to specific chromosomes:

BP-II and chromosome 18q
Early age of onset (chr 16 and 18)

Suicide attempts (2p)
Psychosis (13q and 22q)
Mood incongruent Psychosis (2p)

There are several candidate genes for various mental illnesses. In schizophrenia the genes are DISC-1, dysbindin, and neuregulin. In bipolar illness the genes are G72/G30, in OCD it is glutamate transporter, and in ADHD it is DRD 4.

Dr. Goes stressed the importance of finding genes for these mental illnesses. Scientists would then be able to predict the treatment response (pharmacogenomics). For example, what type of anti-depressants would work for this type of person. Scientists would be able to tell the slight variation in genetic receptors in the brain. This would provide targets for new treatments (rational therapeutics). One could also look at fast and slow metabolizers. These consumers could start the drug at different doses. Dr. Goes believes we are about 5-10 years away from this type of treatment! Identifying the genes for mental illness would also help define a more biologically valid system of classifying mental illness.

Dr. Goes pointed out that most illnesses in life are age related. For example, in Huntington's disease there is a degenerative toxicity that has been going on but after 40 or 50 years toxicity overtakes the resistance of the body. In schizophrenia the disease appears at around age 18-23 when the brain matures. Why do diseases occur when they do? Hopefully genetics will answer that question.

There are ongoing family genetic studies at Johns Hopkins. There is a bipolar and major depression study led by the following scientists: J. Raymond Depaulo, J. Potash, and D. Mackinnon. Dr. Ann Pulver is doing genetic studies in consumers of Ashkenazi Jewish background who have schizophrenia. If you are interested in participating, the study personnel can be reached at 410-614-1017.

STOP TALKING ABOUT STIGMA...

And get involved to help stop it!!

NAMI Montgomery County is going to be launching a local anti-stigma campaign in the Spring and we need your help!

If you would like to get involved, please send an email to Erin DeMoss at edemoss@namimc.org, or call the NAMI Office at 301-949-5852.

Housecalls Provides In-home Services 301-346-6732 or callingonbeth@verizon.net

Housecalls provides personalized, in-home services to people with mental illness and their families. Services include: Personal advocacy, Assessments, Help with community integration, Life coaching, Help with life skills and money management, Accompanying client to appointments, as needed, and Conflict mediation.

Services are provided by Beth Albaneze, CTRS, CLP, CPRP, with over 30 years of experience working with people with mental illness.

Please Volunteer for NAMI!

We still need help with the labeling of the monthly newsletter (3-4 hours, 1 day a month)

Please call our Volunteer Coordinator, Margy Lawrence, at 301-949-5852.

EDUCATION PROGRAM ANNOUNCEMENTS

Peer-to-Peer:

Learning to live well with what we've got

We are accepting registrations for the Peer-to-Peer course on Monday evenings, 6:45 - 9 p.m., from January 22 to March 26, 2007, at the Silver Spring Drop-In Center, 7961 Eastern Ave., first floor, Silver Spring, MD 20910.

This class, taught by individuals also in recovery from mental illness, offers people affected by mental illness or mental health concerns guidance on establishing and maintaining wellness. The course covers relapse prevention planning, relationships, spirituality, addictions, coping skills, decision-making, and advance directives, coupled with stress reduction and mindfulness techniques.

Please call the NAMI office between 10 a.m. and 2 p.m., Mon-Fri to make an appointment for an in-person interview (typically 20 - 30 minutes) with either Maggie Scheie-Lurie or Miriam Yarmolinsky, the Consumer Programs Co-Coordinator. Interviews can be done at the NAMI office in Kensington, mostly on Mondays, Wednesdays, or Fridays (11 a.m. - 3 p.m.) However, if you would like to interview at the Silver Spring Drop-In Center location, (includes Saturdays) please call Miriam at 301.589.2303 X 108 or email myarmolinsky@santegroup.org. NAMI MC office: (301) 949-5852, x105 or email p2p@namimc.org We recommend emailing both

FAMILY-TO-FAMILY EDUCATION PROGRAM

- How can I get a clear diagnosis for my relative?
- What do I do if there is a crisis?
- How can my relative and I communicate better?
- What local services in my community am I missing out on?
- How do I take care of myself in all this?
- What are all these medications for?
- What are the best treatments now available for my relative?

Attend with other family members just like you in a confidential setting. Family-to-Family is a free series of 12 weekly classes for family members, partners and friends of adult individuals with mental illness. Classes are held weekends or evenings and meet for 2 ½ hours each week. Caregivers will learn to understand and support individuals with serious mental illness, while maintaining their own well being.

Now enrolling for Winter/Spring 2007 classes to begin in January in the Silver Spring, February in Bethesda, and March in Rockville/Twinbrook.

Classes fill up quickly, pre-registration is required. For more information or to register, please call Dagmar Lemich at (301) 949-5852 extension 101, or e-mail dlemich@namimc.org. Web site www.namimc.org.

A very special thanks to our dedicated, caring and outstanding Fall 2006 Family to Family teachers:

Ken Campbell and Ka Wong- Gaithersburg, MD
Carolyn Knight, Karen Willbrant, Cal Chizever – Olney, Maryland
Ursula Gill and Robin Lively- Burtonsville, MD

Excerpt from an evaluation: “*They were excellent teachers and leaders. They were very sharing, welcoming, open and loving.*” This could be said for all of our Family to Family teachers – they give of their time for such a good cause!

NAMI MC would like to thank the following organizations and individuals for donating generously in November 2006

Sponsors (\$500+)

Anna and William Campbell, *for the Family to Family Program*

Benefactors (\$250-\$499)

Suburban Hospital, *in memory of Wayne Fenton*

Contributors (\$100-\$249)

Frank Coulson, *in memory of Wayne Fenton*

Board of Deacons of the Warner Memorial Presbyterian Church

Friends (\$99 and under)

Estelle Barrios

Harriet Levi, *in memory of Steven Gardner*

Harriet Shay, *in memory of Ruth Ketler and Bernard Zinderman*

Frances and Ralph Shuping

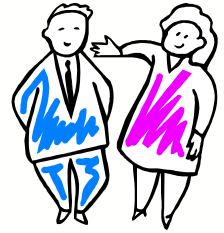
We are grateful to all who donated generously in response to our Holiday Appeal. These funds are critical to our ongoing efforts to reach out to the community and educate everyone — family members, consumers, providers and even those who are not aware of the impact of mental illness on their lives.

Everyone's Life is Touched by Mental Illness

Thank you for your ongoing support of NAMI MC..

Welcome New Members:

Mary Atwater
Francoise Blunt
Hattie Goodman
Mindy Greenside
Elaine Henderson



Bethesda Beatniks Dinners

Friday night, January 5th, 2007: Look for the Beatniks' ever-popular post-holiday party!!

Wednesday night, January 10th, 2007: Dr. Bob Litman, who runs a group psychiatric practice and the "Mar-Lyn" group homes, discusses the challenges of providing cutting-edge medicine and a holistic "recovery" model to lower-income consumers living in group home environments.

Wednesday night, January 24th, 2007: Susan Smith, a senior staffer with the Housing Opportunities Commission, and Abe Schuchman, director of the local "Housing Unlimited" chain of private group homes, give a snapshot of how HOC is structured and functions, and how private group home programs work.

Location: Alfio's Trattoria restaurant, 4515 Willard Avenue in Friendship Heights, three blocks west of Wisconsin Avenue and the Friendship Heights Metro stop on the Red Line. Wednesday night dinners start promptly at **6:30 pm**, with the speakers starting at about 7:15 pm. Great food at affordable prices, and free valet parking. Questions? Call Pete at (301)279-2578 or www.bethesdabeatniks.org.

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 #8687

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 simply through an account transfer arranged by a broker. Call Esther to arrange this.

Online Donations

Visit www.namimc.org and click on the "Donate Now" button to make a secure donation.

www.namimc.org

Advertisement

**Home Training Courses at
www.CareInAction.com**

In-depth, interactive guidebooks which walk you through practical information that can dramatically improve your capacity to care for your ill relative, including:

- How to better communicate with your mentally ill loved one
- How to protect your safety
- How to prevent suicide
- How to manage your loved one's illness
- How to preserve your own personal stability in the midst of it all

And more...

See our *catalog* for guidebooks that are currently available. We are delighted to invite you to this new and exciting learning resource, created for families just like yours!



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

#8687

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NAMI Thrift Shop 301-949-5731

NAMI Montgomery County Board of Directors

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Miriam Yarmolinsky
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Anne Core
Bookkeeper

Rhona Sollod
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 _____

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City _____ State _____ Zip _____

E-mail: _____

Referred by: _____

Membership Dues:

_____ New Membership ___ Renewal

___ \$45 Basic ___ \$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