



NAMI News

The County's Voice on Mental Illness

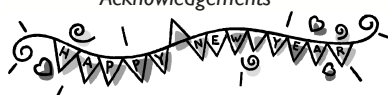
10730 Connecticut Avenue, Kensington, MD 20895

JANUARY 2009

Volume 31, Issue 1

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Education Meeting Review by Christopher Griffin

The December general education meeting featured a presentation on post traumatic stress disorder by Dr. Jocelyn Kilgore an assistant professor Uniformed Services University of the Health Sciences, and a scientist at the Center for the Study of Traumatic Stress. Post traumatic stress disorder, or PTSD, is an anxiety disorder that is not uncommon after many types of traumatic events including wars, disasters, and personal assaults. In many cases, rapid recovery is expected, but in others PTSD is a longer term diagnosis. Dr. Kilgore emphasized that treatment of PTSD is highly individualized and encompasses various risk factors including before, during, and after a traumatic event. When asked about familial correlation of PTSD, Dr. Kilgore noted that PTSD research is cutting edge and that like other mental illnesses, the risk of PTSD involves biological factors as well

as an individual's environment and learned coping skills. As far as neurobiology, Dr. Kilgore described how research groups are just starting to uncover what neurotransmitters are involved in PTSD, but there are indications that adrenaline, noradrenaline, and dopamine all may play a part. The human gene called p11 is involved in serotonin transmission and may also have a role in PTSD. Dr. Kilgore also discussed the various psychotherapies that have been found useful for those who suffer from PTSD. These include anxiety management, cognitive behavior therapy (CBT), virtual reality treatments, and exposure-based treatments. Some treatments such as eye movement desensitization and reprocessing (EMDR) are sometimes considered controversial, but various studies have demonstrated the effectiveness

(Continued on page 4)

DON'T FORGET NAMI MC!
 You still have time to give through United Way at your office, please give to NAMI MC using United Way # 8687 and CFC # 27615



United Way
 Of the National Capital Area

General Education Meeting
 Thursday, January 8, 2009
 7:15 PM Social Time, 7:30 PM Presentation

Dr. Daniel Shapiro / Behavior Interventions & Kids

Join us for a presentation by Dr. Daniel Shapiro, M.D. on "Behavioral Interventions for the Challenging Child". Dr. Shapiro is Board-certified in Pediatric and Adolescent Medicine and Developmental and Behavioral Pediatrics and practices in Rockville, Maryland. He created the 10-part class "Raising Your Challenging Child: Dr. Dan Shapiro's Parent Training Program".

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

The cost of printing this issue of the NAMI News was donated by Pat and Brad Harvey

In honor of all of the Parents who are doing the best they can.

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 Katie in the NAMI office.

To find out whether or not events and support groups are cancelled due to inclement weather please call our office 301-949-5852 for recorded information.

You can also check our website.

We also have many other community support groups listed on our website - www.namimc.org - under "Help & Support"

NAMI Support Groups

GENERAL FAMILY SUPPORT

2ND WED OF EACH MONTH (2:30-4:00 PM)

Unitarian Universalist Church, 100 Welsh Park Drive, Rockville
Ursula 301-384-8208

3RD TUE OF EACH MONTH (7:30 PM)

Unitarian Universalist Church, 100 Welsh Park Drive, Rockville
Ellen 301-530-2635

2ND SAT OF EACH MONTH (9:30 AM)

Mont. General Hosp, Conf Rm C, 2nd Flr, Comm. Learning Center, Olney
Cathy 301-774-2075

FAMILY BEREAVEMENT SUPPORT

1ST THU OF EACH MONTH (7:30 PM)

NAMI Office
Barbara 301-253-5659

New Group! Feb 5th!

FAMILY OF PERSONS W/ SCHIZOPHRENIA

INTERESTED? We'd like to start a group. Call the Office.

FAMILY OF PERSONS W/ MOOD DISORDERS

2ND TUE OF EACH MONTH (7:00 PM)

Holy Cross Hosp, Personal Dining Rm #1, 2nd Flr, left of cafeteria
Ed and Margo Smith 301-680-0918

SPOUSE SUPPORT

3RD FRI OF EACH MONTH (6:30 PM)

NAMI Office
Wei 301-827-1789

LATINO SUPPORT

4TH TUE OF EACH MONTH (7:00 PM)

Charles W Gilchrist Center, 11319 Elkin Street, Wheaton
Gilda 301-949-5852 / gstubin@namimc.org

PARENT / CAREGIVER OF CHILDREN & ADOLESCENTS

TUE - SEE CALENDAR FOR DATE (7:30-9:00 PM)

Suburban Hosp, Ask for room number at front desk
Emily 301-949-5852 / enovick@namimc.org

PARENT / CAREGIVER OF CHILDREN W/BIPOLAR

SUN - SEE CALENDAR FOR DATE (3-4:30 PM)

Suburban Hosp, Ask for room number at front desk
Emily 301-949-5852 / enovick@namimc.org

NAMI CONNECTIONS CONSUMER SUPPORT

NAMI Connections is a peer-based, mutual support group program for individuals facing the challenges of recovering from mental illness.

2ND & 4TH SAT OF EACH MONTH (3:00 PM)

Silver Spring Drop-in Center, 7961 Eastern Ave, Silver Spring
Miriam Yarmolinsky 301-589-2303 x108 / dropincenter@santegroup.org

1ST AND 3RD THU OF EACH MONTH (7:00 PM)

St Mark Presbyterian Church, 10701 Old Georgetown Rd, Rm 109, Rockville
Sarah Karney 301-949-5852 / skarney@namimc.org

2ND & 4TH MON OF EACH MONTH (7:00 PM)

Mont. General Hosp, Rm 623, Olney
Sarah Karney 301-949-5852 / skarney@namimc.org

Community Family Support

BORDERLINE PERSONALITY DISORDER

Metro Washington Borderline Personality Disorder Education and Support Group. Meetings are held in both MD and VA on alternating months.

TUE - SEE CALENDAR FOR DATE (7:30 PM)

Diane 301-469-6101

DEPRESSION/BIPOLAR/RELATED AFFECTIVE DISORDERS

2ND & 4TH WED (5:00-6:30 PM)

Georgetown Hosp, Rm 608, Washington DC
John Gates 703-671-2867 or Tom Brina 202-625-1837

OCD

Call Nancy 301-340-1452 for telephone support.

JEWISH SOCIAL SERVICE AGENCY

The Jewish Social Service Agency has many support groups for people with a family member who is affected by mental illness. Martha 301-816-2633.

Community Consumer Support

ALL DISORDERS

DROP-IN

On Our Own of Montgomery County Drop-in Center
Pam 240-683-5555

DROP-IN

Silver Spring Drop-in Center at Affiliated Sante Group
301-589-2303 x108 / dropincenter@santegroup.org

Recovery, Inc. offers free weekly support group meetings for additional groups, call (301) 431-1818 or check www.recovery-inc.org.

TUE (7:30 PM)

Glenmont United Methodist Church, 12901 Georgia Ave, Silver Spring
Trish 301-231-7687

SAT (10:30-12:30 PM)

St Mark Presbyterian Church, 10701 Old Georgetown Rd, Rockville
Frank 301-949-1327

SCHIZOPHRENIA/SCHIZOAFFECTIVE

THU (6:30-8:00 PM) - EXCEPT 2ND THU

7th Day Adventist Church, 727 West Montgomery Ave, Rockville
Richard 301-977-3507

DEPRESSION/BIPOLAR

DBSA (Depression and Bipolar Support Alliance)

EVERY OTHER WED (7:00-9:00 PM)

Christ Lutheran Church, 8011 Old Georgetown Rd, Bethesda
Richard Lewis 240-401-2764

DEPRESSION

Potomac Ridge Mood Disorders Psycho-education Group. Ongoing group for adults suffering from depression.

TUE (6:00-7:30 PM)

Joe Orenstein 301-251-4545 for registration

Are you looking for a support group to help you cope with an issue not covered by our existing support groups? Call 301-949-5852 to request new support groups. Four to five individuals are required to begin a new NAMI group.

Since 1978, *NAMI News* has been published monthly by NAMI Montgomery County an affiliate of National Alliance on Mental Illness. To submit an article, email submissions to namioffice@namimc.org by the 14th of each month. Include a phone number with any email. All submissions are subject to editorial review and not all submissions will be utilized.

NAMI Montgomery County

10730 Connecticut Avenue • Kensington, MD 20895

Ph: 301-949-5852 • Fax: 301-949-5853 • www.NAMIMC.org

NAMI Montgomery County is a grassroots organization for families and consumers, dedicated to improving the lives of children and adults living with mental illnesses in Montgomery County, Maryland. We provide self-help, support, education and advocacy. Mental illnesses are biologically based brain disorders that can profoundly disrupt a person's ability to think, feel, and relate to their environment and others.

"Montgomery County's Voice on Mental Illness"

How to Donate to NAMI MC...

Did you know that you can donate to NAMI Montgomery County in a variety of ways? Donations are tax deductible and so easy to make! Your donation makes a difference!

VEHICLES

Donate your used vehicle to us! Just call our office at 301-949-5852.

ONLINE

Visit www.namimc.org to learn how.

RENEW YOUR MEMBERSHIP

When you renew your membership, include an additional donation to support our work.

UNITED WAY / COMBINED FEDERAL CAMPAIGN

Speak with your payroll administrator at work to donate through the United Way / CFC.

MATCHING GRANTS

Many workplaces offer matching grants when you donate through work.

GOOD SEARCH

Choose www.goodsearch.com instead of google! Select NAMI MC as the recipient.

STOCK

To donate stock call our office at 301-949-5852.

WILL

Include NAMI MC as a beneficiary in your will.

A Message from the Executive Director...

Happy New Year! I hope that everyone had a happy and healthy holiday season. NAMI MC is ready to begin 2009 with much enthusiasm. This upcoming year we will be introducing a new Child and Adolescent program—NAMI Basics. This program is similar to Family-to-Family but for caregivers of children and adolescents. The scheduling format is yet to be decided, but the class is likely to be offered on a weeknight or weekend day over a period of six weeks. We were chosen to be part of a pilot program by NAMI Maryland, and our teachers and our Coordinator, Emily Novick will be trained at the end of January. We are fortunate to be able to bring this important program to Montgomery County.


Our Thrift Shop had a great holiday season, and we hope that you will continue to frequent our shop by bringing your New Year donations, and also by shopping at the store for great deals. In these economic times, thrift shops are the answer to purchasing clothes, house wares, and books at reasonable prices. Help us to make this year a very successful one for NAMI MC's programs and the Thrift Shop by donating your items, your time, or whatever financial contribution you can make. We wish you all a good year—one of peace and good health.

IMPORTANT PHONE NUMBERS

Crisis Center	240-777-4000	Mental Health Association Hotline.....	301-738-2255
MONTGOMERY COUNTY POLICE...		DISTRICT COURT FOR EMERGENCY PETITIONS...	
Emergency.....	911	Rockville.....	1-800-944-1341
Non-Emergency.....	301-279-8000	Silver Spring.....	301-608-9647

NAMI Events Calendar

JANUARY 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
WE WISH YOU AND YOUR LOVED ONES A HAPPY AND HEALTHY 2009!				1 ● Office Closed ● Thrift Store Closed ● Family Support 7:30 PM	2 ● Office Closed	3 ● NAMI Connections 3:00 PM
Holiday Items on Sale at the Thrift Store!						
4	5	6 ● Board Meeting 7:15 PM	7	8 ● General Ed. Mtg. 7:15 PM	9	10 ● Family Support 9:30 AM
11 ● Parents of Children w/Bipolar Support 3:00 PM	12 ● NAMI Connections 7:00 PM	13 ● Family Support (Mood Disorders) 7:00 PM	14 ● Family Support 2:30 PM	15 ● Family Support 7:30 PM ● NAMI Connections 7:00 PM	16 ● Spouse Support 6:30 PM	17 ● NAMI Connections 3:00 PM
Thrift Store Inauguration Sale!						
18	19 ● Martin Luther King Jr. Day ● Office Closed 	20 ● Office Closed ● Family Support 7:30 PM 	21	22	23	24
25	26 ● NAMI Connections 7:00 PM	27 ● General Parents Support 7:30 PM ● Latino Support 7:00 PM	28	29	30	31

READY TO TAKE A CLASS AT NAMI MC?

We are now registering for our Winter Family-to-Family, De Familia-a-Familia & Peer-to-Peer classes. Call 301-949-5852! Classes begin at the end of January and beginning of February. Call today!

Potomac Ridge Closes Unit by Emily Novick

Effective December 31, 2008, Potomac Ridge Behavioral Health closed its 19-bed residential treatment unit for adolescent boys in Rockville and moved these beds and related services to its Eastern Shore residential treatment center in Cambridge, Maryland. Potomac Ridge Behavioral Health in Rockville will continue to operate an adolescent sex offender unit and a residential treatment unit for girls.

According to spokespersons for Potomac Ridge, consolidating the boy's residential treatment program at the Eastern Shore campus will help the Rockville campus broaden its clinical programs to address unmet mental health needs in the community.

At the Eastern Shore campus, Potomac Ridge offers residential treatment services comparable to what was offered in Rockville, including a special and general education school.

If you have questions about the consolidation of the boys' residential treatment unit or services that will be available at the Eastern Shore or Rockville campuses, please contact Tony Wheaton, Director of Business Development, Potomac Ridge Behavioral Health, at 240-682-4965.

Family Respite Program by Emily Novick

Easter Seals of the Greater Washington-Baltimore Region offers a Family Friends Respite program that could be helpful to families with children under 18 who have mental illness. The Family Friends Respite program is a network of senior volunteers who provide supports for families who have children with disabilities and/or chronic illnesses.

Family Friends Respite volunteers are matched with a family living in their community. They are trained to serve as companions, in-home mentors and short-term child care providers when parents need to attend support group meetings or trainings. They typically spend a few hours each week playing, reading or sharing time with a child who needs some additional support.

Regular visits by the Family Friends Respite volunteer give parents a chance to complete household chores, spend time with the child's siblings or other family members, or take a rest or much-needed break from caretaking responsibilities.

The Family Friends Respite program is free for families and does not affect a family's ability to receive other services. To find out more about the program, contact Easter Seals Greater Washington-Baltimore Region at 301-588-8700, 1-800-866-3771 or visit their website at <http://gwbr.easterseals.com>. You can fill out a contact form online and someone from the Easter Seals Greater Washington-Baltimore Region office will get in touch with you.


(Continued from page 1)

of this method. Also, combinations of these treatments are used to tailor treatment to individuals.

Different medications for treating PTSD were mentioned as part of Dr. Kilgore's presentation. SSRIs are the first line treatments while second generation antipsychotics as well as beta blockers and alpha agonists which may play some role. Dr. Kilgore noted studies, including one run at Walter Reed Army Medical Center, regarding the use of a drug called prazosin to aid with nightmares.

Finally, Dr. Kilgore described the impact that mental illness has on those serving in the military. War time experiences often involve trauma and the percentages of soldiers screening for depression, PTSD, and other mental illnesses goes up over time after people return from war. The median time until diagnosis and first treatment for PTSD is 12 years after the triggering traumatic event. Various forms of treatment have been used in military settings with different degrees of success. Studies have shown no evidence that individual or group debriefing methods provide much help for those suffering from PTSD. Instead, a psychological "first-aid" strategy that involves a more effective combination of principles consisting of safety, calming, efficacy, connectedness and hope seems to work for many.

As a subset of the population, the military and its veterans are deeply affected by mental illness. For example, mental illness is 43 times more common in the Army than the number of amputees. Dual diagnosis is big issue facing the military with more than 50% of those who suffer from substance abuse problems also suffering from a mental illness. The number of veterans suffering from an addiction has risen 22% in recent years, and 40% of homeless veterans suffer from some form of mental illness.

NAMI Walks 2009

Saturday May 2, 2009
University of Maryland, College Park

Donating to NAMI MC

Stock donations of any amount are an easy way to help NAMI MC's programs and mission. All you have to do is call your broker and ask that they transfer the stocks you designate to NAMI MC.

Gifts of stocks and bonds can also be one of the most advantageous ways of giving. By donating appreciated stock to NAMI MC, you are not only entitled to an income tax deduction, but you can also save on the capital gains tax you would owe if you sold the stock yourself.

You can also help NAMI MC's mission by selling stock at a loss and then making a donation to NAMI MC of the same amount for which the stock was sold. This scenario

not only allows you to claim a charitable deduction for the gift, but also to deduct the stock's decrease in value from your other taxable income, thereby reducing the taxes you pay.

If you do decide to make a gift of stock to NAMI MC, please let us know! We want to be able to thank you and provide you a letter for your own tax purposes. Always consult with your independent financial, tax or legal advisor for help with your particular situation, as we cannot provide financial, tax or legal advice. For more information contact Esther Kaleko-Kravitz, Executive Director at 301-949-5852x106.

Resources for Behavior Modification in Children

This month Dr. Daniel Shapiro will be speaking at our General Education Meeting on the topic of Behavior Interventions in Children. This meeting is a wonderful chance to speak with a pediatrician with expertise in behavior therapies.

Dr. Shapiro recommends the following resources to help parents who are living with a challenging child. Each child is different and comes with their own set of challenges but we hope these resources will prove helpful to you:

- Ross Greene, [The Explosive Child](#)
- Russell Barkley, [Defiant Children](#)
- Stella Chess and Alexander Thomas, [Know Your Child](#)
- Martin Seligman, [The Optimistic Child](#) and [Learned Optimism](#)
- Howard Glassman, [Transforming the Difficult Child](#)
- Brooks and Goldstein, [Raising Resilient Children](#)
- Daniel Goleman, [Emotional Intelligence](#) and [Social Intelligence](#)
- Mel Levine, [A Mind at a Time](#)
- Stanley Greenspan, [The Challenging Child](#) and [The Child with Special Needs](#)
- Stanley Turecki, [The Difficult Child](#)
- Koegel, [Overcoming Autism](#)
- Tony Atwood, [The Complete Guide to Asperger Syndrome](#)
- Nowicki and Duke, [Teach Your Child the Language of Social Success](#)
- Alfie Kohn, [Punished by Rewards](#)
- Peter Jensen, [Making the System Work for Your Child with ADHD](#)
- Baker and Brightman, [Steps to Independence](#)
- Dawson and Guare, [Executive Skills in Children and Adolescents](#)
- Rich Weinfeld, [Smart Kids with Learning Difficulties](#)
- Michelle Winner, [Thinking about You Thinking about Me](#)
- Richard Ferber, [Solve Your Child's Sleep Problems](#)
- Brenda Smith Myles and Jack Southwick, [Asperger Syndrome and Difficult Moments](#)

“In Our Own Voice” by Brenda McArthur

Attention Members of Faith Communities! We need your help. Please share this with your Religious Leader.

One in five families is affected in their lifetime by a serious mental illness. We are all vulnerable. People with mental health issues often go to their religious leaders first to discuss their problems because of the stigma associated with mental illness. With mental illness affecting such a large number of individuals, the likelihood that members of your faith community are interested in learning more about mental illness is a virtual certainty.

What a better way to stop stigma and learn about mental illnesses than to hear from people who have been there?

“In Our Own Voice” is an educational interactive presen-

tation given by trained volunteer presenters who are living full and productive lives while personally overcoming the challenges of their mental illnesses. This program will provide audiences with practical, useful information about mental illnesses and available treatments and is presented in a heartfelt, compelling, and interactive format.

It is designed to enrich the audience's understanding of how individuals cope with the reality of their illnesses while recovering and reclaiming their lives. And most importantly it teaches that mental illnesses affect millions of people and are treatable!

Please contact Brenda at bmcarthur@namimc.org to learn more - or to schedule a presentation.

Good Health by Sarah Karney

As the New Year approaches, we should take stock of where we are in our lives and what we are doing to keep ourselves healthy. This is particularly important for consumers, whose mental health is closely tied in with physical health, and whose medication issues affect physical well being.

There are several avenues that consumers can pursue to maintain wellness. Getting enough sleep is paramount and consumers should be aware if their sleep starts to suffer, as this may be an indicator of mania or excess energy. Too much sleep, however, may indicate depression. Consumers should aim to get a good night's sleep but watch out for staying in bed all day. According to bp Magazine, consumers should:

- determine their need for sleep and meet it nightly;
- emphasize a regular sleep/wake schedule;
- get continuous, uninterrupted sleep whenever possible;
- make up for lost sleep (but don't nap for longer than 30 minutes); and
- remember, sleep deprivation doesn't have any good side effects.

Nutrition is very important as well. This is particularly true for consumers who take medication that may cause weight gain. Maintaining a healthy weight can help prevent diabetes, high blood pressure and various cancers, among other illnesses. A healthy diet and rigorous exercise plan are a must. Check <http://bipolar.about.com/od/nutrition/Nutrition.htm> or www.fruitsandveggiesmatter.gov for info on nutrition and nutritional supplements. Doctors and nutritionists can help to form a food plan, and consumers should have regular physicals in addition to regular psychiatric appointments.

Finally, consumers should take care of their general health by incorporating balance in their lives. While work is important, it can be stressful, and consumers should plan fun activities to relieve stress, such as sports, hobbies and even meditation practices such as yoga.

By integrating physical and mental health, consumers can monitor for relapse as well as live longer, with a better quality of life. Taking simple steps like those outlined above can help them to achieve their health goals.

NAMI MC Classes - Call Today!

NAMI MC will hold two twelve week **Family-to-Family classes** this Winter. The first class will start at the end of January and will take place in Silver Spring. The second will begin in late February in Bethesda. Our classes fill up quickly so call Katie at 301-949-5851x100 or email namioffice@namimc.org to register today!

Mental Health Consumers, NAMI MC is currently taking applications for their late winter **Peer-to-Peer class** in Wheaton. Peer-to-Peer is a free, ten-week recovery oriented class open to all Mental Health Consumers looking to achieve and maintain wellness. If interested, please call Sarah Karney, at 301-949-5852x105 or email skarney@namimc.org to schedule a brief interview.

We are accepting registration for our **De Familia-A-Familia educational program** (the Spanish language version of Family-to-Family) that is scheduled to start in February. Classes will be held at the Gilchrist Community Center in Wheaton.

El programa De Familia-A-Familia es un curso educacional para familiares de personas que padecen de esquizofrenia, desorden bipolar, desorden obsesivo-compulsivo y depresión severa. Este curso es apropiado para padres, hermanos, hijos adultos, esposos, y amigos. El curso de 12 semanas es gratuito. El curso comenzara en Febrero en el Gilchrist Community Center en Wheaton. Para mas información o para registrarse por favor comuníquese con Gilda Stubin al 301-949-5852 x112 o gstubin@namimc.org.

Consumer's Corner by Susan Kornspan

Growing up, I was told a positive attitude is key no matter what happens. So, I decided to think positively when depressed. But, at school, the depression wiped me out physically and mentally. Friends left me when I couldn't think of anything fun to say or do. The school nurse had no advice when I told her I didn't feel good from a panic attack. So, very lonely, I started calling the Montgomery County Hotline at night and have to give them credit for getting me through high school.

Nowadays, medication and weekly therapy have given me more mental stamina. So, as a result, I've practiced making and keeping friendships. If you, too, are lonely because of your illness and don't know what to say or do, here are some examples from a friendship I've made.

We meet for about an hour, watching TV, taking a walk or taking a drive, listening to the radio, window shopping, or sipping a drink at McDonalds. First, we share how our day and week have been and if we have any troubling symptoms. Next, I ask her about the latest book she is reading and about her favorite TV show. Without close family, she then eagerly asks about my family's activities. Finally, we phone weekly sharing how we each are and exchange cards on holidays and birthdays.

I feel more complete and satisfied because of my friendships. If you do decide to try an idea listed here, good luck!

If you have questions about submitting an article you can call Katie at 301-949-5852 or email to namioffice@namimc.org. Please include a phone number with any email.

Thank You

Thank you to all those who so generously donated to the 2008 United Way Campaign and the 2008 Holiday Appeal!

Your donations truly make a difference in the lives of those people in Montgomery County who are mentally ill and their families!

We will publish details about our generous Holiday donors in the February newsletter!

Welcome New Members...

- Christy Johns
- Belinda Bailey
- Ive Albertia
- Jennifer Plyler
- Raquel Umanzor
- Phyllis Burson
- Shuvo Mustafi
- Marian Van Dijken
- Francine Berger

WELCOME

Would you like to be a NAMI MC member? Simply complete the membership form on the back page and mail it to us!

- **Tiene un familiar que padece de una enfermedad mental?**
- **Quiere saber más sobre la enfermedad mental y como ayudarlo?**
- **Llámenos! Nuestros programas educativos son gratuitos!**

NAMI, La Alianza Nacional para Enfermos Mentales, es una organización comunitaria de auto-ayuda, apoyo y abogacía para familias y amigos de personas que padecen de enfermedades mentales. NAMI ofrece sesiones educativas, grupos de apoyo, información, abogacía y un boletín nacional de noticias, El *Advocate*, para todos sus miembros.

NAMI es compuesta de familiares y amigos de personas que padecen de enfermedades mentales.

NAMI es una organización para personas de todas edades y especialmente para personas preocupadas por algún pariente o amigo que sufre debido a desórdenes cerebrales. Nosotros abogamos específicamente por las personas que sufren de depresión severa, trastorno bipolar, esquizofrenia, trastorno obsesivo compulsivo y trastorno de pánico.

NAMI Montgomery County es un afiliado de NAMI Nacional y NAMI Maryland. Somos una organización comunitaria sin fines de lucro que ofrece los servicios de NAMI para familias y amigos de personas que padecen de enfermedades mentales y viven en el Condado de Montgomery en Maryland .

**Para más información, llámenos
301-949-5852 x 112
Línea de ayuda en Español**

Thank you to our Thrift Store and Office Volunteers! We truly appreciate those individuals who help us every month! If you would like to volunteer your time please call Margy Lawrence at 301-949-5852.



Thrift Store Assistant Manager Betty Schuler with student volunteer Desmond Marshall. We have many opportunities for students looking to fill Student Service Learning (SSL) hours!



DONATIONS!



Cleaning out your house?

We are always looking for clothing and houseware donations for the Thrift Store!

We gratefully accept donations

Wed-Fri 10 am-4 pm

Sat 10 am-3pm



Support Our Thrift Shop

It Supports Us!

Please sponsor the newsletter

For \$350 you can sponsor one issue of our newsletter. We will print your personal dedication on the front page. You can partner with others and split the cost. Your support helps our organization significantly!

NAMI Montgomery County Board of Directors

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 Lula Parker *Vice-President*
 Ed Smith *Secretary*
 Alan Kerxton *Treasurer*

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 Patricia Sollock *Elaine Vrooman*
 Dudley Warner *Susan Winfield*

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Executive Director

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Child & Adolescent Program Coordinator

Gilda Stubin
Latino Outreach Coordinator

Sarah Karney
Consumer Programs Coordinator

Brenda McArthur
In Our Own Voice Program Coordinator

Katherine Slye-Griffin
Office Manager & Newsletter & Membership

Anne Core
Bookkeeper

Hilary Dick
Development Coordinator

Rhona Sollod
Thrift Shop Manager

NAMI MC MEMBERSHIP FORM

Become a part of a grassroots organization — with over 220,000 national members and over 800 members in Montgomery County alone. NAMI Montgomery County is a 501(c)3 organization and your membership fee is tax deductible!

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

CONTACT INFORMATION...

Dr. Mr. Mrs. Ms. Name: _____

Address: _____

City, State, Zip: _____

Phone: _____

E-mail: _____

Referred by: _____

I AM A...

- | | | |
|---|---|---|
| <input type="checkbox"/> Parent of Adult | <input type="checkbox"/> Child of Mentally Ill Parent | <input type="checkbox"/> Friend |
| <input type="checkbox"/> Sibling | <input type="checkbox"/> Consumer | <input type="checkbox"/> Other |
| <input type="checkbox"/> Parent of Child under 21 | <input type="checkbox"/> Spouse | <input type="checkbox"/> Mental Health Professional |

MEMBERSHIP DUES...

New Membership Renewal Additional Contribution \$ _____

Basic (\$45) TOTAL \$ _____

Patron (\$100)

Lifetime (\$1000) **Dues and donations are tax deductible!**

Open Door for those with Limited Income (\$3) Check (# _____) MasterCard Visa

MAKE CHECKS PAYABLE TO...

NAMI Montgomery County, 10730 Connecticut Ave, Kensington, MD 20895



NAMI Montgomery County
The County's Voice on Mental Illness



10730 Connecticut Avenue
Kensington, MD 20895
Phone: 301-949-5852

United Way
Campaign Participant

Fax: 301-949-5853
Email: namioffice@namimc.org
Web: www.namimc.org
Thrift Shop: 301-949-5731

#8687
CFC
#27615

NON-PROFIT ORG.
US POSTAGE PAID
PERMIT NO. 3818
SILVER SPRING, MD



Please Recycle

ADDRESS SERVICE REQUESTED

NAMI Thrift Store

Donations Accepted...
Wed-Fri 10-4, Sat 10-3

****Store Open...**
Mon, Thu, Sat 10-4:30
Tue, Wed, Fri 10-7:30

A Sale Everyday!

It Supports Us!

Address Label Here