


NAMI *Montgomery County*
NAMI News

The County's Voice on Mental Illness

10730 Connecticut Avenue, Kensington, MD 20895

JUNE 2008

Volume 30 Issue 6

Inside this issue:

Support Groups	2
Message from the Executive Director	3
Important Phone Numbers	3
Calendar of Events	3
News from the Board of Directors	4
Book Review	4
Giving to NAMI MC	5
NAMI MC Wish List	5
Job Opening at NAMI MC	5
NAMI Walks!	6
Ayuda en Espanol	7
Announcements & Acknowledgements	7



SAVE THE DATE!

- Mental Illness Awareness Week - Oct 5 to Oct 11
- Chesapeake Systems Annual Golf Tournament - Oct 13
- Heroes Dinner - Nov 5
- Future Planning Workshop - Nov 15
- Dr. Apud / Schizophrenia - Sep 11
- Dr. Brotman / Adults & Bi-polar - Oct 16
- Dr. Burbach / Dual Diagnosis - Nov 13

Education Meeting Review by Rochelle Banta

On Thursday May 8 Dr. Linda Song and Dr. Juan Ramos spoke at the General Education Meeting on "Mental Illness Across Cultures."

Dr. Linda Song was trained as a medical doctor in China. She received a Ph.D in Psychology from Arizona University. Dr. Song specializes in the field of emotion/stress management and writes on mental health for the Chinese communities. Dr. Juan Ramos retired 4 years ago from the National Institute of Mental Health (NIMH) where he worked for 35 years. He has a Ph.D in Policy Research and Management.

Both Dr. Ramos and Dr. Song stated that in their communities language is a barrier for obtaining mental health services. Dr. Song said that people with mental illness in the Asian community don't have the English terminology to talk about their problem. Dr. Ramos added that in the Latino community there is frequently no one to translate into Span-

ish for the client. He said that mental health services for members of the Latino community need to be in the language of the client.

Dr. Song and Dr. Ramos spoke about the stigma of having mental illness in the Asian and Hispanic cultures. According to Dr. Song, if there is a Chinese family member with a mental illness, family members won't talk about it. In the Hispanic community you stay away from the afflicted person. Dr. Song and Dr. Ramos agreed that mental illness is the AIDS or cancer of 20 years ago.

Dr. Song noted that in the Chinese community there is the feeling that problems should be solved within the family. The Great Grandma is the most powerful one in the family. Everyone in the family is involved in the person's issues. Dr. Ramos added to that the Latino community has a strong religious base and mental health services for this community

(Continued on page 4)

General Education Meeting

Thursday, June 12, 2008

7:15 PM Social Time, 7:30 PM Presentation

Learn About the College Living Experience (CLE)

Betty Bryant of CLE in Rockville will speak about this national post-secondary program for students who need extra support with academic, social and independent living. CLE helps students and parents with college enrollment, registration, tutoring and counseling. Bring your high school student with you to this meeting!

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

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

In thanks for all of the staff and volunteers who help make our organization so successful

Margy & Gary Lawrence

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.

NAMI Support Groups

FAMILY SUPPORT

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

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

1ST & 3RD THU OF EACH MONTH (7:30 PM)

NAMI Office
Dan 202-258-6713

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 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

3RD TUE OF EACH MONTH (7:00 PM)

NAMI Office
Karol 301-949-5852 / kespejo@namimc.org

PARENT / CAREGIVER OF CHILDREN & ADOLESCENTS

ON HIATUS UNTIL SEPTEMBER

For more information contact

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 (6:30 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

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

Esther Kaleko-Kravitz, Executive Director

Katherine Siye-Griffin, NAMI News Coordinator

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.

Help Line: 301-949-5852

Línea de Ayuda en Español: 301-949-5852 x 103

"The County's Voice on Mental Illness"

The following support groups are not run by NAMI MC. Please call the listed phone numbers before attending a meeting to verify that the group exists.

If a group no longer exists please let us know!

Community Consumer Support

ALL DISORDERS

DROP-IN

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

DROP-IN

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

ALL DISORDERS

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

Wildwood Baptist Church, 10200 Old Georgetown Rd, Bethesda
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

Community Family Support

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

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.

JEWISH SOCIAL SERVICE AGENCY

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

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.

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...

I want to personally thank all of you that attended the NAMI MD WALK or sponsored someone in the WALK. We had the largest turnout this year of any other year. Please look at the pictures posted on page 6 to get the flavor of the day if you were not able to attend. There is always next year...

You will also notice that we have posted a wish list on page 5. Each of these items is something we would really like to have but cannot afford in this upcoming tight fiscal year. If you would like to contribute to the purchase of any of these items, please let me know. Many people prefer allocating their money to a particular item, and we are happy to do that.

Although summer is almost upon us, we will be having two more education meetings on June 12th and July 10th in order to continue to educate our membership and the public on different issues concerning mental illness. Please let us know if you have a topic you would like covered that we have not done in the last several years. We are always open to suggestions.

Enjoy the upcoming warm weather. ~Esther Kaleko-Kravitz



IMPORTANT PHONE NUMBERS

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

NAMI Events Calendar

JUNE 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Fall 2008 Family-to-Family classes now enrolling! Classes to begin in mid-August in the Burtonsville, Bethesda, and Gaithersburg areas. 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 and 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. Classes fill up quickly, pre-registration is required. Contact Dagmar Lemich at 301-949-5852 or dlemich@namimc.org</p>						
1 	2	3 • Board Meeting 7:15 PM	4	5 • Family Support 7:30 PM • NAMI Connections 6:30 PM	6	7 • NAMI Connections 3:00 PM • Workshop "Tools for Helping the Hard to Manage Child"
8	9 • NAMI Connections 7:00 PM	10 • Family Support (Mood Disorders) 7:00 PM	11 • Family Support 2:30 PM	12 • General Ed. Mtg. 7:15 PM	13	14 • Family Support 9:30 AM
15	16	17 • Family Support 7:30 PM • Latino Support 7:00 PM	18	19 • Family Support 7:30 PM • NAMI Connections 6:30 PM	20 	21 • NAMI Connections 3:00 PM
NAMI Convention • NAMI Convention						
22	23 • NAMI Connections 7:00 PM	24 • NAMI 101 7:30 PM	25	26	27	28
29 	30	<p>Are you a consumer who wants to give back? NAMI MC is looking for service oriented consumers to become NAMI Connection support group facilitators and Peer-to-Peer mentors. You will helping others to come to terms with and recover from mental illness and get a great feeling of satisfaction from sharing your experience. No prior experience is necessary, training will be provided. Contact Sarah Karney at 301-949-5852 or p2p@namimc.org</p>				

(Continued from page 1)

should be faith based. They should also involve the whole family.

Dr. Song and Dr. Ramos noted that the mental illness they see the most in their communities is depression, and that higher rates of depression can lead to suicide. Seniors in the Chinese community have the highest rate of suicide while Dr. Ramos said that the Hispanics have a higher rate of suicide than the general population. They both agreed that new immigrants to this country are under a lot of emotional and financial stress. Many times the reality of living in the U.S. is not as good as the client hoped it would be. This can cause depression.

Dr. Song stated that Asian clients may go to one or two sessions with a psychologist and then stop going for treatment. Clients don't understand mental illness and the importance of continuity of care. Also, medication dosage for a client who is Asian might be different than for someone who is Caucasian because of body type. They both felt the need for education and prevention in treating mental illness in their communities.

In conclusion, Dr. Ramos said we need to realize that the control a person has in the family and work place is necessary for their self esteem. Social participation in the community is essential too. The client must be involved in the community. No one should suffer in silence.

For a full review of the discussion between Dr. Song and Dr. Ramos visit www.namimc.org/speakers.asp

Mark your calendars for the fall line up of General Education Meetings (see Save the Date on page 1). We have incredible professionals speaking on a variety of topics! If there is a topic you would like to see featured at a General Education Meeting contact the NAMI MC Office at 301-949-5852 or email namioffice@namimc.org

News from the Board of Directors

We are very pleased to welcome Lula Parker, Susan Winfield and Ed Smith to the NAMI MC Board of Directors.

Lula Parker is the General Manager of a Sport & Health Club and in her spare time volunteers for NAMI MC as an "In Our Own Voice" presenter and a Peer-to-Peer mentor.

Susan Winfield retired from the Superior Court of the District of Columbia in 2005 where she was an Associate Judge for over 20 years. Susan has also played an active part in NAMI MC as a Family-to-Family teacher.

Ed Smith is a Senior Consultant at Blue Cross Blue Shield. Additionally, he and his wife Margo facilitate the support group for the families of persons with mood disorders.

Each new member has a great deal of personal and professional experience as well as wonderful ideas to help NAMI MC reach into new communities, and advance our mission of education, advocacy and support.

We are very sad to say goodbye to Board members Allison Malmon, Joanne Milobsky and Margy Lawrence. They have each served their full terms on the Board and we cannot underscore the many ways that their dedication and passion have helped to change and improve the ways NAMI MC serves the Montgomery County community.

For the 2008-2009 Term the board has nominated Cynthia Turner-Graham to serve as President of the Board, Jennifer Hirsch to serve as Secretary and Alan Kerxton to serve as Treasurer. At the general education meeting in September, the membership in attendance will approve the slate presented by the Board. If you have questions about the slate of officers presented here or would like to nominate someone for the Board please contact the NAMI MC Office by June 30, 2008 so that we will have time to respond to questions before the September meeting.

Book Review: *Family Therapy in Schizophrenia* by William McFarlane by Ursula Gill

Had this book been written about medications it would be ready for the trash can now. There has been such a revolution in medicines for brain problems since 1983 that only recent

books are up to date.

In therapy there has been much less change. I think this is an excellent book, especially for people like me who have been watching the social and financial problems grow for mentally ill people. Medication has not often helped as much as we might have wished.

There are many interesting approaches by professionals in the book, including warnings against dangerous procedures. It is not an easy read, but I found it fascinating. We happen to have it in the NAMI MC Library.

It is good to find that families in this book are not blamed for the illness, as they had often been in books written in earlier years. The pressures that they feel seem understood in this

NEW LIBRARY BOOKS FOR KIDS

Thanks to a very generous donation from Margy Lawrence in honor of Mother's Day, the NAMI MC Library now has many books for children diagnosed with mental illness. A few of them are listed below.

Stop by the Office to check them out!

- [Mind Race: A Firsthand Account of One Teenager's Experience with Bipolar Disorder](#) by Patrick E. Jamieson
- [What to Do When You Worry Too Much: A Kid's Guide to Overcoming Anxiety](#) by Dawn Huebner
- [My Listening Friend: A Story About the Benefits of Counseling](#) by P.J. Michaels
- [The Boy Who Didn't Want to Be Sad](#) by Rob Goldblatt
- [Matt the Moody Hermit Crab](#) by Caroline C. McGee



(Continued on page 6)

Giving to NAMI MC

We often are asked how to donate to NAMI MC. Donations play a very important role in the sustainability of the organization and your gift does make a huge difference in our ability to run our programs, all of which are free to the public.

Gifts via a Will or Living Trust

As a special friend of NAMI MC you may choose a bequest in your will or living trust as your ultimate charitable gift to help continue the programs you have been supporting over your lifetime. Your will or trust document is an important part of an effective estate plan. It provides for a clear and specific understanding as to how you want to transfer your assets to those you love and to those charitable organizations that you have been committed to during your life.

Gifts of Appreciated Securities

If you own stocks, bonds, mutual funds, or other assets that have increased in value since the time of purchase, you may find it advantageous to give them to NAMI MC. Your outright gift of long-term, appreciated securities is exempt from capital gains taxes and, if you itemize, you may claim a charitable income tax deduction equal to the full fair market value of the securities at the time of transfer.

Charitable Gift Annuity

Through a charitable gift annuity, you may make a gift of \$50,000 or more

to NAMI MC, receive a charitable income tax deduction, and an income for life for you and/or another person. This option provides the greatest financial benefit to older donors because they receive the highest income rates. For example, an annuity established for the life of a single beneficiary aged 70 earns a rate of 6.7 percent; an 80-year-old, 8.3 percent; and 90 years and over, 11.5 percent.

Charitable Remainder Trust

The charitable remainder trust is a separately managed and highly personalized life income option. This vehicle provides for payments to the beneficiaries either for life or a term of years (not exceeding twenty). At death, or at the end of the term, the remaining trust assets (the remainder interest) are distributed to NAMI MC. In creating the trust, you, the donor, are able to appoint the trustee, designate the beneficiary and select the term of the trust. The rate may not be less than 5 percent, however, as the payout rate increases, the charitable income tax deduction to the donor decreases. The amount of the tax deduction is also affected by the number of beneficiaries and their ages.

If you are interested in donating please contact the office or email Esther Kaleko-Kravitz, Executive Director at ekravitz@namimc.org.

Job Opening: Development Coordinator

NAMI MC is currently accepting resumes for the position of Development Coordinator. This position is part-time and would work closely with the Executive Director and staff at the NAMI MC Office. Job functions include but are not limited to:

- Identify, contact and then apply for grants from private foundations, corporations and individuals receptive to NAMI's mission
- Writing grants to secure program and operating funds
- Donor cultivation of our membership and others involved with NAMI MC

Individuals interested in applying should review the full job description on the website at www.namimc.org/jobs.asp.

NAMI MC Wish List

As the fiscal year draws to a close we have become aware of some items we need at the office but will not be able to fund in the upcoming year. We would greatly appreciate help from our members to make sure that NAMI MC has the supplies necessary to help the mentally ill of Montgomery County and their families.

\$10,000

- Copier Machine (with stapling and folding finisher)

\$5,000

- Public Relations Video

\$1000

- Thrift Store Signs
- Color Printer (with networking capabilities)
- Toner (we have 3 heavily used printers and 1 fax machine all of which need toner)

\$600

- Postage Machine (with built-in scale and 10 accounts)

\$500

- New counter top in the Thrift Store
- Lamination of Family-to-Family posters

\$350

- Newsletter Sponsorships (we publish 11 issues per year and need sponsorship of each issue)

\$200

- Paint! Our office and Thrift Store desperately need a new coat of paint!

\$150

- Energy saving lighting sensors for the office

\$20-\$50

- Books and DVDs for the NAMI MC Library (we have a wish list in the office. Please call or visit for more information)

NAMI Walks!



This years Maryland NAMI Walks was a great success! It was an overcast morning at Centennial Park in Ellicott City, but all of the participants spirits were high and turnout was wonderful. We had a huge turnout - approximately 2000 people participated in the seventh annual walk!

NAMI Maryland had a fundraising goal of \$200,000.00, though at the time the newsletter is being printed final tally is not in, the unofficial tally shows a grand total of \$191,440.43!!!

Thank you to everyone who walked or donated. Your participation truly makes a difference!

Barbara Gressman's Rodeo Beans were very popular at the walk. Enjoy!

- 1 ½ lb ground beef browned with 1 large diced onion
 - ½ lb bacon, cooked, drained, crumbled
 - 1 can kidney beans, drained
 - 1 can butter beans, drained
 - 2 cans pork & beans with juice
- Mix all of the above in 9"x13" pan.
- 1 package of chili seasoning
 - ½ cup ketchup
 - ½ cup brown sugar
 - 1 TB mustard
 - 1 TB vinegar

Mix seasonings, add & mix well with bean mixture. Bake in 9"x13" pan or equivalent at 350°, about 45 minutes.

(L - Top) *Barbara Gressman and Margy Lawrence enjoy the Pot Luck following the walk*

(L - Middle) *Puppies can fight stigma too! Chris Griffin and his dogs enjoyed the walk*

(L - Bottom) *Carol Moran attended the walk in style!*

(R - Top) *Karol Espejo and members of the De Familia A Familia class had a great time at their first walk*

(R - Middle) *NAMI MC Staff Members Katie and Karol work the registration table before the walk.*

(R - Bottom) *Members of the Potomac Ridge Behavioral Health Team posed for a photo*



(Continued from page 4)

book, though it also describes problems that may arise within families resulting from the stress of dealing with mental illness in the family.

What really interested me was a chapter on group family therapy. The groups were described as a place families could come together, where education about mental illness, and a chance to complain about the burden

of care, are all combined to create a meeting that is of great interest to families and helps educate the family members. The book talks of how 'group experiences may stimulate the families to form an autonomous self help organization.' The groups described were very similar to many of NAMI's successful programs such as NAMI's Support Groups and Family-to-Family classes.

This is a book to help families and therapists care for mentally ill persons in the community, even though it is an older book it has modern ideas.

McFarlane, William, ed. Family Therapy in Schizophrenia. New York: The Guilford Press, 1983.

This and many other books are available at the NAMI MC Library. Stop by the office today to check books out!

April Contributions

NAMI MC thanks the following individuals and organizations for their generous contributions.

Sponsors (\$250-499)

- Francis Bergin III

Contributors (\$100-\$249)

- Craig Barrow
- Susan Camaoine
- John Erickson
- Larry Kneifel
- Ashok Lodha
- Richard Minning
- Tumpa Rahman

Friends (Up to \$99)

- Alice Clements
- Deanna Stewart
- Ida Chow

- Kevin Heenan
- William Banta
- Aida Teymouri
- Lillie Bowman
- Mildred Polk
- Carole Zimmerman
- Nancy Dreschel
- Spruce Street Baptist Church
- Maggie Bray
- Charles Froom
- Andrew Kundrat
- Carmela Boncore Singer
- Lewis Goldstein



Welcome New Members...

- Ann & Wesley Abrams
- Maggie Bray
- Todd Gabbett
- Olga Jonas
- Shie-Jeng & Chiou-Yeh Peng
- Kathryn Scruggs
- Norman & Donna Weaker

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

WELCOME

- 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 103
Línea de ayuda en Español**

WELCOME NATALIE!

Natalie Lopez-Barnard is the NAMI MC Summer Intern. Natalie will begin her Junior year at Barnard College in New York in the fall. Until then we are delighted to have her in the office. She will be working to update resource information for the helpline as well as many other exciting projects. In her spare time Natalie studies martial arts and is taking a summer course at the University of Maryland in psychology.



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**

Cynthia Turner-Graham	<i>President</i>
Margy Lawrence	<i>Vice-President</i>
Jennifer Hirsch	<i>Secretary</i>
Alan Kerxton	<i>Treasurer</i>
Sergio Bauza	Jay Demarest
Diane Kupelian	Joan Logan
Allison Malmon	Joanne Milobsky
Lula Parker	Ed Smith
Patricia Sollock	Susan Winfield
Dudley Warner	

Staff

Esther Kaleko-Kravitz
Executive Director

Dagmar Lemich
Family-to-Family Program Coordinator

Brenda McArthur
In Our Own Voice Program Coordinator

Emily Novick
Child & Adolescent Program Coordinator

Sarah Karney
Consumer Programs Coordinator

Karol Espejo
Latino Outreach Coordinator

Katherine Slye-Griffin
Office Manager & Newsletter & Membership

Anne Core
Bookkeeper

Rhona Sollod
Thrift Shop Manager

Natalie Lopez-Barnard
Summer Intern

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...

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
- Basic (\$45)
- Patron (\$100)
- Lifetime (\$1000)
- Open Door for those with Limited Income (\$3)

Additional Contribution \$ _____

TOTAL \$ _____

Dues and donations are tax deductible!

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

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