

NAMI News

The County's Voice on Mental Illness

10730 Connecticut Avenue, Kensington, MD

Volume 24, Issue 3

March 2002

NAMI and other Mental Health Organizations are sponsoring a rally to **“Save Maryland's Beautiful Minds”**

Thursday
March 7, 2002
12 NOON
Lawyers Mall
Annapolis Maryland
(See p. 3 for more details)

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Understanding Bipolar Disorder

Dr. Carlos Zarate, Chief of the Mood Disorder Research Unit of the Mood and Anxiety Disorder Program, NIMH, was the speaker at NAMI MC’s February education meeting. He spoke about current knowledge and future directions in mood disorder research.

According to Dr. Zarate, bipolar disorder (BPD) is highly comorbid with other disorders such as substance abuse, anxiety disorders and disruptive behavior disorders of childhood. Other medical conditions such as heart disease, sleep disorders, migraines, MS and thyroid disorders are also associated with BPD. The weight gain associated with several of the treatments for BPD may also aggravate many of these medical conditions.

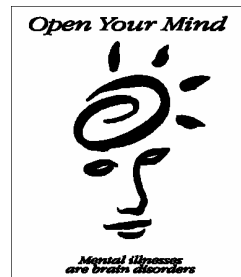
Only about a third of bipolar disorders are diagnosed and treated and, even if diagnosable, most go undiagnosed and untreated. An accurate diagnosis is made based on five factors: age of onset, family history, current sign and symptoms, course of symptoms, and response to treatment. It is interesting to note that it is an average of 8-10 years *after* the age of onset that an accurate diagnosis of BPD is

made.

Another interesting note was that the most common complaint of those with BPD is depression, *even during periods of mania*. Dr. Zarate

noted that it is important to chart episode patterns (patterns of mania and depression) because these may predict response to treatment. He cautioned that those with BPD should not stop and start their medications abruptly as this can induce mania.

With treatment almost all patients recover (i.e., no longer experience mania), but the more telling statistic is that after 2 years only about one third have functional recovery, that is, they are able to work, go to school, maintain relationships, etc. These psychosocial and functional outcomes may be related to changes in cognition associated with the mood disorder. This, according to Dr. Zarate, is where more research should be done — studying quality of life and finding ways to improve it for those with mood disorders.



March General Education Meeting

Thursday, March 14th, 2002

Speaker: Alan S. Bellack, Ph.D.

Director, Mental Illness Research, Education and Clinical Center,
University of Maryland, Baltimore

Cognitive Impairment in Schizophrenia: Where Do We Stand in Our Efforts Toward Rehabilitation?

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

Cedar Lane Unitarian Universalist Church
9601 Cedar Lane, Bethesda

Schedule of Events

- **March 5**—Board of Directors Meeting, 7 pm, NAMI Office
- **March 7**—RALLY to Save Maryland's Beautiful Minds, 12 noon, Lawyer's Mall, Annapolis
- **March 12**—Child & Adolescent Family Support Group, 7 pm, NAMI Office
- **March 13**—Family Support, 2:30 pm, Rockville Unitarian Church
- **March 14**—General Education Meeting, 7:30 pm, Cedar Lane Unitarian Church
- **March 15** — Spouse Support, 7 pm, NAMI Office
- **March 19**— Spanish Support, 6:30 pm, Multicultural Center, Silver Spring
- **March 26**— Family Support, 7 pm, NAMI office

Rally to "Save Maryland's Beautiful Minds"

Thursday, March 7, 2002, 12 noon, Lawyers Mall - Annapolis Maryland

This is an opportunity for our voices to be heard as we work together to resolve Maryland's mental health crisis. There are:

- Serious shortfalls in the Mental Hygiene Administration Budget
 - Cuts in community based services creating a critical unmet need
 - Increased mental health needs in the community-at-large due to terrorist attacks and fear of future attacks
 - Public awareness initiatives including press coverage and the film "A Beautiful Mind" showing that people with mental illness can respond to treatment and contribute positively to society
 - Best practices treatment modalities that demonstrate positive outcomes for individuals dealing with mental illness
 - Local county mental health initiatives which demonstrate best practices and which should be funded by state dollars with local county support
- There will be a bus leaving from Montgomery County. Call Marilyn Wolf at the Mental Health Association at 301-424-0656 x106 and leave your name and phone number to reserve a place on the bus.**

New! DRADA Support Group for Young Adults (18-30)
1st and 3rd Wednesday of each month at Georgetown University.
Call Emma Them bani at 202-687-6355

NAMI Support Groups

FAMILY SUPPORT For families and friends of anyone experiencing a mental illness.

2nd Wednesday of each month:

Time: 2:30-4 p.m.

Location: Unitarian Universalist Church, 501 Mannakee St, Rockville

Contact: Ursula Gill 301-384-8100

4th Tuesday of each month

Time: 7 p.m.

Location: NAMI office

Contact: Ann Bolt 301-774-1960

CHILD & ADOLESCENT FAMILY SUPPORT - For families and friends of children and adolescents experiencing a mental illness.

Date/Time: 2nd Tuesday of each month, 7:00 p.m.

Location: NAMI Office

Contact: Brenda Bickel 301-949-5852

FAMILY SUPPORT IN SPANISH- For Spanish-speaking families and friends of anyone experiencing a mental illness.

Date/Time: 3rd Tuesday of each month, 6:30 - 8 p.m.

Location: Multicultural Center, 8818 Georgia Avenue, Silver Spring (near Ballard St)

Contact: Eric Suarez or Steve Creadick 301-949-5852

SPOUSE SUPPORT - For spouses of persons experiencing a mental illness.

Date/Time: Group meets one Friday each month, 7 p.m.

Location: NAMI office

Contact: Bill Hermann 202-482-1287

Other Organization Support Groups

For Consumers:

On Our Own of Montgomery County has many activities and sharing groups for consumers. Call 240-683-5555.

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

Young Adults (ages 18-30), 1st and 3rd Wednesday of each month at Georgetown University. Call Emma Them bani 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

OCD

1st and 3rd Tuesdays, 7:30 pm, 2424 Reedie Dr., Wheaton, Rm. 223

Call Bruce 301-497-1589 for info

For Families and Friends:

Depression/Bipolar/Schizoaffective

Call DRADA for groups in Mont. Co. 202-955-5800

Suicide Related Support Groups

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

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

Griefworks Contact Celia Ryan 301-871-3478.

RECOMMENDATIONS FOR A BETTER PUBLIC MENTAL HEALTH SYSTEM

by Diane Sterenbuch, President, Board of Directors



Over a year ago members of NAMI-MC began talking to then County Council President Blair Ewing about establishing a Blue Ribbon Task Force of mental health experts to study the weaknesses of the existing state and county public mental health systems (PMHS), and to propose improvements. It was crystal clear to NAMI members that the public mental health system was in crisis and imminent danger of collapse. Mr. Ewing and the Council established the 12 member Task Force in July 2001, with a designated position for NAMI-MC. Over the summer, appointments were made, and in September, when meetings began, two consumers were added as Consultants.

On February 12, 2002, the report of the Blue Ribbon Task Force, "Developing a System of Care: Findings and Recommendations on the public Mental Health System," was presented to the County Council and a press conference was held. The heart of the Report, copies of which are available from the County Council (call 240-777-7900), are the Findings and Recommendations sections. [A partial list is below. The full list will appear in the next issue of the NAMI News.] Key issues are: the massive underfunding of the entire PMHS; the lack of providers able

and willing to serve patients (known as "the phantom network") in spite of their being listed by the County as current providers; the diversion of patients into jails, homeless shelters, emergency rooms, and the streets because of the inability of the mental health system to serve all eligible patients; the lack of, and/or inaccuracy, of official information for the public; the weakness of the county Core Service Agency (CAS) in meeting its responsibility under State law to plan and provide accountability for the County PMHS; the absence of a single entity responsible to determine and coordinate services for children's mental health across the systems that serve them; the inability of the current fee-for-service system to provide best mental health practices; the lack of affordable housing, in a variety of types, for persons with mental illness; and the absence of adequate early intervention and prevention efforts.

The Task Force made specific recommendations -- for the county, state, and Federal governments -- to address each of these findings and it is crucial that NAMI members contact their representatives at all levels of government to insist that changes be made, and be made promptly. You can do this individually and as a member of the NAMI-

MC Advocacy Committee. Please contact the office at: 301-949-5852.

ON A PERSONAL NOTE, with regard to "phantom networks" of mental health care providers, I recently had occasion to try to locate a psychiatrist for my daughter, now a college student in south Florida. Although we have private insurance through Blue Cross/Blue Shield Federal Employees Program, reputed to be one of the best private insurers, and a list of dozens of preferred providers in her new county, of the dozen or so calls I made, only a third actually answered their phones and only one agreed to see her. Among the remaining two-thirds I found disconnected telephone numbers, wrong numbers, and fax numbers. As frustrated as I was in undertaking this search, my daughter could never have persevered if she had to do this on her own as many consumers have to do.

NAMI will be looking into recent California legislation that requires states to prevent this "phantom system" to see if Maryland and the Federal Government will undertake similar legislation. If you are interested in working on this project, please contact the NAMI office.

SELECTED FINDINGS:

1. The PMHS is both in financial collapse and fragmented, structurally unable to provide services to many individuals with mental illness or to ensure service for its clients.
2. The large number of outpatient providers registered to provide services in the PMHS is only a "phantom network"; in reality, only a small fraction of these providers is able and willing to accept new PMHS clients.
3. The consequence of the inability to serve individuals in the PMHS is that their care is shifted to other systems such as jails, homeless shelters, and emergency rooms, some of which are not designed to target their mental health needs. The ultimate consequence is premature death by suicide and other unnatural causes.

SELECTED RECOMMENDATIONS:

1. Urge the State to adequately fund the public mental health system.
2. Request changes in the structure of the State's fee for service approach to managed care.
3. Request a waiver from the State's fee for services system.
4. Plan and implement an integrated system for the delivery of mental health services.

URGENT ACTION ALERT: SAVE LIVES

Homelessness, jail, ruined lives and suicide. These are the consequences of not being able to get timely treatment. In Montgomery County 54% of the homeless have mental illness, 21% in the county jail have mental illness, and more people die from suicide than traffic accidents. However, this is a statewide crisis, partly the result of the current restrictive law for involuntary hospital treatment. NAMI MD has written legislation to help prevent these tragedies. Some individuals with schizophrenia or bipolar disorder at times lack awareness of their need for treatment because of an illness related neurological deficit, called anosognosia. If they refuse needed hospitalization, the only way to access treatment is involuntary evaluation and admis-



sion. NAMI MD's treatment bills will enable timely effective treatment for these individuals when they are extremely ill, before they meet the current legal standard of dangerousness to themselves or others. Waiting until a person is dangerous is often too late to prevent suicide, violence, homelessness, or incarceration for behavior caused by the mental illness.

NAMI's legislation: **Mental Hygiene-Involuntary Admission, Emergency Evaluation, and Clinical Review Standards (SB645/HB923)** was introduced in the Maryland House of Delegates by Mont. County Delegate Tod David Sher, (Democrat, District 14A) and in the Maryland Senate by Prince George's County Sen. Leo Green (Democrat, District 23). The complete bill can be viewed on line at <http://mlis.state.md.us/2002rs/billfile/sb0645.htm>.

How NAMI's Treatment Law Would Help: Enabling Timely Treatment

- *Timely petition for physician evaluation: The words "clear and imminent" are removed from the danger criteria and replaced with a standard of reasonable expectation of danger in the foreseeable future.*
- *"Gravely Disabled" is an added criteria for involuntary evaluation petition, admission, and treatment. This standard applies to those with mental illness who need inpatient treatment, but are so ill as to not be able to make an informed decision and whose deterioration puts them in danger of serious bodily harm or psychiatric deterioration.*
- *Significant damage to substantial property is added as another possible criteria for the involuntary procedures for someone with a mental illness who requires inpatient treatment. This is to avoid criminal charges against someone whose behavior is caused by mental illness. In all cases the individual could be admitted for involuntary hospitalization only if they have a mental disorder and there is no available, less restrictive form of intervention that is consistent with the welfare and safety of the individual.*
- *Preservation of Civil Rights: All guarantees of civil liberties, so well developed in Maryland's current law, remain in place, including legal representation and judicial hearings. Timely treatment can restore reason and the ability to effectively exercise one's civil rights*

CALL MARYLAND LEGISLATORS TO SUPPORT NAMI MARYLAND TREATMENT BILL SB645/HB923

Call or write the legislators indicated below.

1. Ask Delegates to support House Bill (HB) 923 and Senators to support Senate Bill (SB) 645.
2. Say why this bill is important to you. (Provide timely treatment, reduce suicide, violence, homelessness, criminalization.)
3. If you have a personal story to share on this issue, include it in a written communication.
4. Include your name and address in all communications.

If your District's senator or legislator is on a committee reviewing our bill, contact him/her. Otherwise contact the committee chair and subcommittee chairs. If you do not know your district number you can call 240-777-8500 or find it on the web at http://archive2.mdarchives.state.md.us/msa/who_reps/html/lookup.html.

Senate Education, Health and Environmental Affairs Committee:
Brian E. Frosh Democrat, District 16
Montgomery Co.(301) 858-3124 Miller Senate Office Building, Room 446, 11 Bladen St., Annapolis, MD 21401-1991

Clarence W. Blount, Chair 301-858-3697 Miller Senate Office Building, 2 West Wing, 11 Bladen St., Annapolis, MD 21401-1991 fax: (410) 841-3850

Paula C. Hollinger, Vice-Chair 301-858-3131 Miller Senate Office Building, 2 West Wing, 11 Bladen St., Annapolis, MD 21401-1991 e-mail: paula_colodny_hollinger@senate.state.md.us fax: (410) 841-1143

House Environmental Matters Committee:

Joan F. Stern Democrat, District 39, Montgomery County. 301-858-3037, fax: 301-858-3003, Lowe House Office Building, Room 225, 84 College Ave., Annapolis, MD 21401-1991 e-mail: joan_stern@house.state.md.us

John Adams Hurson, COMMITTEE CHAIR and District 18, Montgomery County. Democrat 301- 858-3534, fax: 301-858-3850 Lowe House Office Building, Room 161, 84 College Ave., Annapolis, MD 21401-1991, e-mail: john_hurson@house.state.md.us

Michael H. Weir, Vice-Chair, Democrat, 301-858-3384, fax: 410-841-3850, Lowe House Office Building, Room 303, 84 College Ave., Annapolis, MD 21401-1991

In addition if you are in the district of one of the following Montgomery County legislators who has already agreed to sponsor or co-sponsor of SB 645/HB 923 please call to thank them for their support.

Del.Tod D. Sher (our LEAD Sponsor in the House): (D), District 14A, 301-858-3052

Del. Leon G. Billings, (D), District 18. 301- 858-3028

Del. Sharon M. Grosfeld, (D), District 18, 301-858-3028

Del. Marilyn R. Goldwater, (D), District 16, 301-858-3019

Del. William Bronrott, (D) District 16, 301-858-3019

Del. Barbara A. Frush, (D), District 21, 301-858-3114

Del. Jean B. Cryor, (R), District 15, 301-858-3090

Sen. Christopher Van Hollen, Jr. (D), District 18, 301-858-3137

Sen. Jennie Forehand (D) District 17, 301-858-3134

The NAMI Mont. Co. office would appreciate a copy of any letter you send. Also if you are interested in testifying, helping us lobby, or attending the hearing (Mar. 12 + one unscheduled) to show your support, call the NAMI office at 301-949-5852.

Support the Maryland Mental Health Crisis Response System Bill

HB483 - Mental Hygiene Maryland Mental Health Crisis Response System is a bill drafted by the Mental Health Association, On Our Own, and the Maryland Disability Law Center (MDLC). The bill establishes a framework of crisis services for the entire state including 24 hour mobile crisis teams and mobile treatment teams, such as the ACT team in Montgomery County. MDLC has proposed an amendment specifying that all services require the consent of the individual, his/her parent or guardian. NAMI strongly supports the bill as submitted, but is opposed to the amendment. We believe the amendment to be unnecessary and may make it harder for a crisis response team to evaluate a person in order to prepare an emergency petition for a person who does not acknowledge his/her illness.

ACTION REQUIRED:

If your delegate is a member of the House Environmental Matters committee (listed below) call and ask that he/she support HB483 WITHOUT THE AMENDMENT PROPOSED BY MDLC. If your delegate is not on the committee, please call the committee chair, Delegate Hurson with the same message.

- Del. John Hurson, (D) Committee Chair and Dist. 18, 301- 858-3534;
- Del.Tod D. Sher: (D), District 14A, 301- 858-3052;
- Del. Leon G. Billings, (D), District 18. 301- 858-3028 ;
- Del. Barbara A. Frush, (D), District 21, 301-858-3114;
- Del. Joan Stern: (D), District 39, 301-858-3037

Clinic News

Montgomery County Executive Douglas M. Duncan and the State Mental Hygiene Administration announced plans to jointly spend \$1,000,000 over 17 months to aid mental health clinics. NAMI applauds Mr. Duncan for committing to assure that “no one with mental illness in Montgomery County goes unserved”. His decision to use county funds to address the current crisis is to be commended.

However, more funding will be needed, even over the next 5 months to prevent clinic closures and assure access to care. Only \$400,000 of the aid is allocated for this fiscal year, while the clinics expect a total deficit of \$774,000. This assumes previous cuts in service remain in place, which at many clinics include emphasizing

group therapy over individual therapy, and turning away new Medicare or Grey Zone clients, or clients that cannot afford their co-pays.

NAMI also has concerns that other mental health programs will be affected. No commitment was made for new funds to cover the \$1,000,000 in aid. The state is using “unspent” mental health funds and the county hopes to use Department savings from unspecified areas.

The Affiliated Sante Group announced that on March 1, 2002 it is merging its Silver Spring and Wheaton clinics to maximize use of space resources. Almost all of the 652 Silver Spring clients will be transferred to the Wheaton clinic for services.

(continued page 6)

Family to Family

Family to Family is a free 12-week course for family members of persons with schizophrenia and schizoaffective disorder, bipolar disorder (also known as manic depression), major depression, panic disorder and obsessive compulsive disorder (OCD), borderline personality disorder, and co-occurring brain disorder with addictive disorder. The class is taught by trained volunteer family members and provides a wealth of information about these disorders as well as coping strategies and support.

Call to put your name on the list for classes starting March 20th (Wednesdays) and April (dates to be determined).

For more information or to register, call Nicole Nadeau at 301-949-5852.



NAMI Thrift Store

We'll be bringing out the spring and summer items in March.

Watch for great sales on winter clearance items!

Specials:

TUES – Senior Citizens

WED – Furniture/Household

THURS – Kid's Clothing/Toys

FRI – Adult Clothing

SAT—Electronics

50% off

Donations gratefully received every day except

Sunday and Monday

Phone: 301-949-5731

Clinic News (continued from page 5)

The lease on the current Psychiatric Rehabilitation Program facility will not be renewed and those clients will receive PRP and clinic services in the location of the former Silver Spring clinic.

Contrary to some inaccurate press reports, Threshold Services Inc. has clarified that they have made no decision to close any clinics. They say the organization is currently finan-

cially sound, because they, like other clinics, have been forced by the financial structure of the system to make cuts in services and access to care. They now offer more group therapy instead of individual therapy which has inadequate reimbursement, and have stopped accepting new Medicare clients. (Existing Medicare clients are still being served.) They will make further plans April 8, after the state

legislature adjourns and the level of State funding should be clear.

Overall the state's fee-for-service system is a failure with extremely high administrative costs. The Blue Ribbon Task force recommended a different system, but in the short term more funding from both the state and county is needed to prevent clinic closings and to ensure access to care for all.

Acknowledgements

Welcome New Members:

Djibril Aw

Rabbi Jacob Blumenthal of *Shaare Torah Congregation*

Harold and Debra Diamond

Max and Sylvia Rhinewine

Evelyn Saile

Thank you to

- Liz Maxwell of the National Institutes of Mental Health for donating Surviving Schizophrenia, 4th Edition, by E. Fuller Torrey, M.D.

- a NAMI member for donating A Beautiful Mind, by Sylvia Nasar.

NAMI Montgomery County gratefully acknowledges gifts from the following:

Friends (up to \$99)

William M. Butler

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Jeanne North

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Victor & Janice Rosenberg

David & Terry Pogue

Children and Adolescents

Visions for Tomorrow Education Course

The spring offering of the Visions for Tomorrow education course for caregivers of children with brain disorders is scheduled for March 12 through May 7, on Tuesday evenings from 7 to 9:30pm, at Oakmont School in Gaithersburg. There still may be openings if you wish to register for this series. Please call the office to inquire or to indicate your interest in registering for the fall course, time and location of which will be announced later.



M.S.W. on Saturday, April 13, 2002, from 8:30am to 4:30pm, at the University of Maryland Shady Grove Center. The Wrights are creators of the www.Wrightslaw.com website and online newsletter and are authors of the best-selling special education law book entitled, "Wrightslaw: Special Education Law" and a parents' tool called "From Emotion to Advocacy." The workshop admission fee is \$45 and includes copies of "Wrightslaw: Special Education Law" and "The Maryland Code of Law for Special Education", as well as a box lunch. To request a brochure, send e-mail, fax or call: ldamc@ldamc.org, 301-654-6874 (fax) 301-933-1076 (phone)

practices model/pre-referral, referral process/screening, required evaluation components, exclusionary factors, role of the psychologist prior to the evaluation IEP team meeting, evaluation IEP team meeting. The appendices include pertinent forms: emotional disturbance-student screening profile worksheet, common terms-emotional disturbance student screening profile sheet, emotional disturbance-parent questionnaire supplement, techniques employed, emotional disturbance evaluation report-multidisciplinary evaluation form, characteristics of emotional disturbance - sample behaviors, report of the psychologist. Call: Dr. Jasper's secretary at 301-279-3793 for a copy.

Helping Children with Special Needs: From Law to Action!

An all day workshop will be presented by the Learning Disabilities Association of Montgomery County and will feature Peter Wright, Esq. and Pamela Darr Wright, M.A.,

DID YOU KNOW?

Parents can request from the Special Education Office of Montgomery County Public Schools a copy of "Guidelines for Confirming Emotional Disturbance and Mental Retardation." This details assessment procedures, including definition, best

Also available is a copy of the MCPS Regulation regarding procedures for referring an MCPS student to community mental health services. Request "Mental Health Referrals" from the Special Education office as well.

Announcements



STUDY OF LAMOTRIGINE USE IN BIPOLAR DISORDER

If you or someone you know has been diagnosed with Bipolar Disorder and meet the following criteria: are over age 18, are currently depressed, have not taken lamotrigine previously, you may wish to join a study of lamotrigine use in bipolar disorder. Contact Barbara Wolff, Georgetown University Dept. of Psychiatry at 202-687-8804.

CONFERENCE ON WOMEN AND SCHIZOPHRENIA will be held on April 15, 2002 at the Turf Valley Resort and Conf. Center, Elli-

cott City. This one day conference will focus on issues related to women and schizophrenia including gender differences in illness course and presentation, reproductive issues and the use of anti-psychotic medications, sexual and physical victimization and genetic counseling. For more information call 1-800-949-1003 x1195.

NAMI MC member Lawrence Friedman is attempting to work his way off disability through work for direct pay. He has poetry and short stories to write from ideas submitted and/or his own freelance work available for commission. If you are interested in purchasing a poem and/or short story, please call him at (301) 528-4989. You can write to

him at 13505 Niagara Falls Court, Germantown, MD 20874.

Housing Unlimited will purchase two new Rockville townhomes to provide supporting independent housing to six individuals with mental illness. They are now accepting applications for HUI housing. The current waiting period is roughly 12-18 months. Call Abe Schuchman at 301-230-2825 for more information.

**NAMI MC extends
condolences to the family and
friends of
William A. Clements
who passed away in**



NAMI Montgomery County
The County's Voice on Mental Illness

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 Fax: 301-040-5853
 Email: namioffice@namimc.org

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**Our mission is to
 improve the quality of
 life for persons with
 serious brain disorders
 and their families.**

Join Us!

NAMI Montgomery County
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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 & 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 via e-mail, please provide your e-mail address: _____

Membership Dues New Member Renewal

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

Lifetime \$1000 Open Door (Limited Income) \$3
 (NAMI newsletter included in membership categories above)

NAMI MC newsletter only \$15.00

Additional contribution \$ _____

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

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

- Please Check: Parent of Adult Child of Mentally Ill Parent Sibling
 Consumer Parent of Child under 21 Spouse
 Friend Mental Health Professional Other