



NAMI News

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

October 2006

Volume 28, Issue 9

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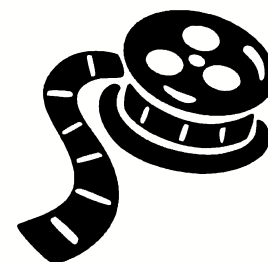
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There will be no education meeting in October because we are so busy! We hope you will join us for these events in October:

**Mental Illness Awareness Week (Oct 1-7)
Golf Tournament (Oct 9)
Heroes Award Dinner (Oct 18)**

**Upcoming education meeting November 9th:
Mental Illness in the Workplace**

Mental Illness Awareness Week October 1 – 7, 2006 FREE FILM FESTIVAL!!



Movie Screenings:

Prozac Nation – 9:45am on Tuesday Oct. 3rd

Starring Christina Ricci

Montgomery College Health Science Center
7977 Georgia Ave Silver Spring, MD 20910

Parking available at the County parking garage at Bonifant and Dixon Streets with Montgomery College shuttle buses to the Health Science Center

Discussion following the film facilitated by Alison Malmon, Founder and Executive Director, Active Minds

Dirty Filthy Love – 7:00pm on Wed. Oct. 4th

Starring Michael Sheen

Montgomery College Health Science Center
7977 Georgia Ave Silver Spring, MD 20910

Parking available at the County parking garage at Bonifant and Dixon Streets with Montgomery College shuttle buses to the Health Science Center

Discussion following the film facilitated by Dr. Robert Dupont, author of "The Anxiety Cure" and co-founder of the Anxiety Disorders Association of America (ADAA)

Shine – 7:00pm on Friday Oct. 6th

Starring Geoffrey Rush

Montgomery College Rockville Campus Theatre
51 Mannakee Street Rockville, MD 20850

Discussion following the film facilitated by Dr. David Pickar of Gabriel Pharma

Hosted by NAMI Montgomery County &

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

Diane Lynne

In memory of Shirley S. Lynne and in honor of Shirley becoming the first recipient of the NAMI MC Lifetime Achievement Award to be presented at the Heroes dinner on October 18, 2006.

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 p.m., Unitarian Universalist Church, 100 Welsh Park Drive (off Mannakee St), Rockville. Contact: Ursula 301-384-8208



4th Tuesday of each month, 7:30 p.m., NAMI office. Contact: Bill Taylor 301-365-1528.

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

Group meets one Friday each month, 6:30 p.m., NAMI Office. Contact: Wei at 301-827-1793.

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.

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

The Child and Adolescent Family Support group is currently on hiatus.

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

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 has a drop-in center, 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.

Bethesda chapter of DRADA is a peer support group for people with a primary diagnosis of depression or bipolar disorder. Group meets from 7-9 p.m. on alternate Wednesdays at Christ Lutheran Church, 8011 Old Georgetown Road, Bethesda. For more information, contact Richard Lewis at (240) 401-2764.

- Tenleytown Group, contact Kristin at 202-885-5653.
- Georgetown University Group, contact Barbara at 301-926-6913.
- George Washington University Group, contact Alvin at 301-975-3169.

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 Reedy 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)

All Disorders:

Family Support—1st and 3rd Thursday of each month, 7:30 p.m., Bauer Drive Rec. Center. Contact Susan at 301-738-2448 to confirm that group is meeting.

Borderline Personality Disorder

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—October 2006

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 Peer to Peer class 8 of 10, 6:45—9 p.m., Silver Spring Drop-In Center	3 MIAW Movie: Prozac Nation, 9:45 am Board Meeting, 7:15 pm, Law Offices of Stein Sperling.	4 MIAW Movie: Dirty Filthy Love, 7 pm	5 NAMI C.A.R.E. 6:30—8 p.m., St. Mark Presbyterian Church, 10701 Old Georgetown Rd., Rockville, Rm 109	6 MIAW Movie: Shine, 7 pm	7
8	9 Golf Tournament, Cattail Creek Country Club, 10 am Peer to Peer class 9 of 10, 6:45—9 p.m., Silver Spring Drop-In Center	10 Family Support-Mood Disorders, Holy Cross Hospital, 7 pm	11	12	13	14 Family Support, 9:30 am, Mont. General Hospital NAMI C.A.R.E., 3—4:30 pm, Silver Spring Drop-in Center, 7961 Eastern Ave., Silver Spring, 1st floor
15	16 Peer to Peer class 10 of 10, 6:45—9 p.m., Silver Spring Drop-In Center	17	18 Heroes Dinner 6:15 pm, Atrium Court Hotel in Rockville (NEW LOCATION!)	19 NAMI C.A.R.E. 6:30—8 p.m., St. Mark Presbyterian Church, 10701 Old Georgetown Rd., Rockville, Rm 109	20 Spouse Support, 6:30 pm, NAMI Office	21
22	23	24 Family Support, 7:30 pm, NAMI Office	25	26	27	28 -NAMI C.A.R.E., 3—4:30 pm, Silver Spring Drop-in Center, 7961 Eastern Ave., Silver Spring, 1st floor
29	30	31				

Oct 4—Maryland’s 18th Annual Suicide Prevention Conference, Baltimore’s Martin’s West. For further information contact: Henry Westray Jr., LCSW 410-402-8494, westrayh@dhhm.state.md.us

Oct 11— Criminal Justice/Mental Health Forum at the MC Correctional Facility, 22880 Whelan Lane, Boyds, MD 20841, 9:30 –11:30 am. After the forum a tour of the jail is available. RSVP by Oct 5 to 240-773-9752

Oct 14—DRADA Symposium on Adolescent Depression and Bipolar Illness. Marriott Conference Center at Georgetown University. Registration fee \$45. For more information and to register, www.drada.org or call 703-610-1271.

Oct 17—Borderline Personality Disorder Support and Education Group. Speaker will discuss Arlington County Mental Health programs. Vienna Presbyterian Church. For more information call Diane at 301-469-6101.

Beatnik Dinner Club

Oct 11 : Dr. Adam Hiday speaking on all aspects of holistic psychiatry—diet, nutrition, supplements, allergies, hormones and exercise.

Oct 25: Larry Abramson from the St. Lukes Back to Work program and Gail Paulson from Jobs Unlimited will discuss getting back into the workforce. 6:30 pm, Alfio’s Restaurant, 4515 Willard Ave, Friendship Heights. For more info call Pete Warner at 301-279-2578.

2006 NAMI Maryland Conference
NAMI Maryland:
System Reform Moving Forward
A program for families, consumers and mental health professionals

Thursday, Oct 26
 Conference Center at Sheppard Pratt
 6501 N. Charles St. Baltimore, MD 21285
 8:30 am—Registration.
 9:00—Conference Starts

Keynote: Pete Earley, Reporter and Author of *CRAZY: A Father’s Search Through America’s Mental Health Madness (2006)*

Panel Discussion on Mental Illness and the Maryland Criminal Justice System
 4:30 — Conference ends

\$45 Registration Fee
 \$10 for people receiving public entitlements
 For more information, call NAMI Maryland at 800-467-0075

Elections: Your Vote, Your Voice

With so many political contests NAMI members have an opportunity to make sure that mental health issues are discussed during the campaign by attending a candidate forum.

Montgomery County Executive

Presented by the League of Women Voters of Montgomery County.

Candidates:

Ike Legget
Chuck Floyd
Robin Ficker

Thursday, October 12, 2006 7:00pm,
Theater Arts Building, Montgomery
College, Rockville campus
Moderator: Ken Muir of Montgomery
Community Television

*For further information and directions,
contact the League of Women Voters at
301-984-9585 or lwwmc@erols.com*

Maryland Governor

Presented by the Maryland Mental Health Coalition.

Candidates:

Gov. Robert Ehrlich
Mayor Martin O'Malley

The candidates will discuss mental health issues and other concerns

Wednesday, October 11, 2006
9 am—12 pm
Martins West, Woodlawn, MD

*For more information, contact Deana
Krizan at 1-800-572-6426.*

Healthy Bodies, Healthy Minds

Our September education meeting featured a local nutritionist and a NAMI video called "Hearts and Minds." The Hearts and Minds program focuses on keeping our bodies healthy with diet and exercise to avoid many of the weight related diseases such as heart disease and diabetes. People who take psychiatric medications may be at higher risk for such diseases. Below is an excerpt from NAMI National's Hearts and Minds booklet.

Many people think that "diet" is a four letter word, but it doesn't have to be. A good diet can and should include foods you enjoy. Often, the trick is eating the right amounts of those foods and learning to prepare or cook them in a healthier manner. Sometimes a few simple changes can mean vast improvements in your physical and emotional health. For people with mental illness, proper nutrition is especially important to overall health. However, when you are facing the many challenges involved in living with a mental illness, it is easy to become overwhelmed with meal planning and resort to what is quick and easy. Unfortunately, quick and easy isn't always healthy. Most "junk" or fast foods are packed with "empty" calories that quickly add pounds but pro-

vide little nutritional value. Facing mental illness can also be isolating, and many people seek refuge in food. That can create a vicious cycle in which you lose self-esteem as you gain weight, leading to further isolation.

The foods you select have a direct impact on how you feel. A well-balanced eating plan can help you feel energized and alert and keep your weight under control. A poor diet can leave you feeling lethargic, unattractive and at risk for heart disease, high blood pressure, certain cancers, stroke and other diseases. Being overweight can cause shortness of breath and affect mobility, limiting how much you can participate in and enjoy life. It also increases your risk of diabetes, which can place extra stress on the arteries and cause damage to the cardiovascular system. Certain foods have direct interactions with medications commonly prescribed to treat mental illness that can cause serious health problems, such as high blood pressure.

Ask your pharmacist about which foods could interact harmfully with your medications. Some medications may affect your body's metabolism, making you more prone to weight gain or loss. However, these changes can be managed through a well-balanced diet and exercise program.

Take Charge of Your Eating, Take Charge of Your Health

Just like everything else, the secret to eating smart is balance. No foods are "bad." What matters is eating each food in the proper amount. To help you develop a balanced eating plan that meets all your nutritional needs, the Mayo Clinic's food pyramid can serve as a good guideline. Your family doctor or primary-care physician can also help you create a nutritional program.

Scheduling regular, healthy meals and snacks is a good way to stay on track. It will help you avoid unplanned, between meal or late-night eating, which is when many people pile on the calories. Another tool that helps many people is a food diary. Often we eat without thinking about it. A cookie here and a burger there can add up to a lot of fat and calories. Jot down what you eat each day and you can begin to see patterns of when you eat and how much you really do eat. That will help you figure out what changes you can make. You might realize that you nibble on chips through the day or that you overindulge when you are feeling sad or bored. Perhaps you'll find that you eat more than you should when you are with a certain friend. With that knowledge, you can decide

(Continued on page 6)

NAMI Montgomery County
 Seventh Annual
Heroes Award Banquet
 “Let’s Raise our Voices”

Keynote Speaker:

Pete Earley

Washington Post Journalist, Author of “Crazy: A Father’s Search Through America’s Mental Health Madness”

Wednesday, October 18, 2006

Reception and Silent Auction ~ 6:15 p.m.,
Dinner ~ 7:00 p.m.

The Atrium Court Hotel

3 Research Court, Rockville, MD 20850
301-840-0200



Please call the NAMI of-

office at 301-949-5852 if you would like a ride to the dinner.

Please tear off and return this portion to NAMI MC, 10730 Connecticut Ave., Kensington, MD 20895. You may also register by contacting the NAMI office at **301-949-5852** or **namioffice@namimc.org**

NAMI MC Seventh Annual Heroes Dinner – RSVP by October 6, 2006

Name _____

Address _____

Phone _____ E-mail _____

Names of Attendees:

Attendees:

_____	@ \$60 / person (Member).....	\$ _____
_____	@ \$70 / person (Non-member).....	\$ _____
_____	@ \$100 / person (“Helping Hand”).....	\$ _____
_____	@ \$25 / person (“Need a Hand”).....	\$ _____
_____	\$750 – Event Sponsor.....	\$ _____
_____	(includes table for 10 and acknowledgement in program)	

Total: \$ _____

Please accept my tax-deductible donation in lieu of attendance: \$ _____

Number of Entrees of Each: Chicken _____ Vegetarian _____

___ Check Payable to NAMI MC ___ Visa ___ MasterCard

Credit Card # _____ Expiration Date: _____

Healthy Bodies, Healthy Minds, continued

to substitute something healthier, such as carrot or celery sticks, for the chips; plan an activity you enjoy to avoid the fridge; or engage your friend as a partner in healthier eating.

How you prepare food is almost as important as the food itself. Frying adds a lot of unnecessary fat and calories. Salt is another culprit, contributing to bloating, water retention, and, for some people, high blood pressure. Other spices can add flavor without the negative effects of salt. Instead of pouring gravy, sauces or salad dressings on your food, put a small amount on the side of the plate and dip your food into it. Sometimes food serves as a way to cope with emotional issues. Before you pop that donut in your mouth, ask yourself if you are really hungry, or if something else is going on. Are you sad? Afraid? Under stress? Being able to identify the reason for eating can help you take more control of your weight, your health and your life.

Hitting the Supermarket

A trip to the supermarket can tempt even the most dedicated, healthy eaters. **One trick to staying on track is to develop a shopping list and stick to it.** Avoiding impulse purchases can help you follow your eating program and save money. It sometimes helps to take someone with you when you shop. Not only can you help one another stick to your lists, but doing chores with someone else is more fun.

The fruit and veggie aisle is the place to start. Most of the items here are low in fat and calories, which will help you control your weight, manage your cholesterol and reduce your risk factors for diabetes and heart disease. They are also packed with vitamins that can give you more energy and are essential to good health. Although there are numerous and delicious ways to prepare these foods, often the easiest and healthiest way to eat them is raw. If your community has a farmers' market or co-op, you can save money and often get fresher produce. Although at first it might seem that fast food or a big bag of chips is a bargain, most people end up eating more and thus spending more. They are loaded with fat and sodium, which contribute to weight gain, high cholesterol and other health risks. Junk foods also have no nutritional value, so you are not getting the vitamins you need to stay healthy when you eat them. Factor in the long-term health-care costs of those empty calories and the "super-size" seems like less of a bargain. Food labels on the sides of packages provide information on calories, fat, sodium, carbohydrates, vitamins and recommended portion sizes. Comparing these labels can help you choose foods that have maximum nutrition and minimum fat and calories.

NAMI MC has a copy of the booklet and the video "Hearts and Minds" which discuss maintaining good health when you have a mental illness. Members may check these materials out of our library.

EDUCATION PROGRAM ANNOUNCEMENTS

Future Planning Workshop Getting Your Financial Affairs in Order

Date: Saturday, November 4

Time: 9:45 a.m.— 4 p.m.

Speakers: **Stephanie Grogan**, attorney specializing in supplemental needs trusts, **Phil Fish**, Certified Financial Planner, Sandy Spring Bank, **Bernard Raisch**, Executive Director of PLAN of Maryland-DC.

Location: Montgomery General Hospital, 18101 Prince Philip Drive, Olney, MD 20832 in the Community Learning Center, Rooms A and B. Free parking in the garage.

Fee: \$10.00 to cover lunch and materials.

To register call the NAMI Office at 301-949-5852.

Peer-to-Peer: Learning to live well with what we've got:

Peer-to-Peer, a 10-week recovery education course, sponsored by NAMI Montgomery County, is accepting registrations for the next course, which is scheduled for January of 2007. This FREE 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 interview (typically 30 - 40 minutes) with either Maggie or Miriam, the Peer-to-Peer coordinators. Contact info: (301) 949-5852 (extension 5 after hours) or email p2p@namimc.org

Family-to-Family Education Program News

Our Fall classes are well underway in Gaithersburg, Olney, and Burtonsville. We're now enrolling for Winter/Spring 2007 classes to begin in January in the Silver Spring, Bethesda, and Rockville/Twinbrook 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. 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. 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

Thank you to all who contributed during the August 2006.
(Please note that contributors in memory of Dr. Wayne Fenton will be listed in our November issue)

Contributors (\$100 to \$249)

Roger and Carolyn Knight
Gwenn Hibbs
Stuart, Cynthia and Lisa Sherman, *in memory of Mary Stephenson*

Friends (up to \$99)

Molly Bickel
Peggy and Robert Dennis
Keith Ecker
Barbara and Karl Gertel
Jane Karakashian
Gary and Margy Lawrence

In memory of Steven Gardner:

Judith About
Gloria and Jerome Bauman
Ruth Boorstein
Eleanor Fishbein
Barbara and Sandy Gold
Ruth Laubgross
Phyllis Kayson
Ellen Mills
Michael Myles
Robert and Evelyn Silberg
Kenneth Trupp

Welcome New Members:

Sultana Begum
Harold and Sylvia Eidlin
Linda Hall
Ryan Rankin
Elizabeth Ridore
Lisa Rovin
Arnold Rubin
Franz Schorosch
Henri and Monique
Theodore



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 #8116

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

Online Donations

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

www.namimc.org

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 Albanese, CTRS, CLP, CPRP, with over 30 years of experience working with people with mental illness.

Compeer

Compeer is an award-winning, model program that trains and matches volunteers in one-to-one friendship relationships with people recovering from mental illness. The program has been proven to reduce hospitalizations, increase self-esteem and promote independence for people with mental illness.

We are recruiting volunteers for Compeer of Montgomery County.

Are you ready to make a difference in someone's life? We're ready to give you the training, guidance and support to facilitate your unique and rewarding volunteer experience. The life you change may be your own.. Contact Beth Duffin at (301) 754-1102 ext. 15 or bduffin@thresholdservices.org. To learn more, visit <http://www.thresholdservices.org/programs/compeer.php>.



Mental Illness in the Workplace

NAMI MC is planning an education meeting about mental illness in the workplace. We will be exploring issues of disclosure, accommodation and stigma in the workplace. We are looking for individuals with mental illness who have stories about their employment, current or past, positive or negative. If you have a story to tell, please call the NAMI office at 301-949-5852 or send an e-mail to namioffice@namimc.org.

VOLUNTEER NEEDED

Volunteer needed to list Thrift Store items on e-bay and process transactions. Please call Margy in the NAMI Office.



NAMI Montgomery County

The County's Voice on Mental Illness

10730 Connecticut Avenue

Kensington, MD 20895

Phone: 301-949-5852

Fax: 301-949-5853

Email: namioffice@namimc.org

Web: www.namimc.org

Thrift Shop: 301-949-5731

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United Way
Campaign Participant

#8116

ADDRESS SERVICE REQUESTED

NAMI Thrift Store's Spooktacular Halloween Sale



50% off entire store (some exceptions)
Extra 10% off for seniors

Tuesday, October 31
10 am to 7:30 pm

Come meet the ghosts
in our closets!

NAMI Montgomery County Board of Directors

Joanne Milobsky *President*
Margy Lawrence *Vice President*
Jennifer Hirsch *Secretary*
Alan Kerxton *Treasurer*

Amy Goldberg
Pat Harvey
Diane Kupelian
Joan Logan
Alison Malmon
Anne Rosshiem
Patricia Sollock
Cynthia Turner-Graham
Dudley Warner
Celia Young

Staff

Esther Kaleko-Kravitz *Executive Director*
Dagmar Lemich *Family-to-Family Program Coordinator*
Brenda McArthur *In Our Own Voice Program Coordinator*
Maggie Scheie-Lurie *Consumer Programs Co-Coordinator*
Miriam Yarmolinsky *Consumer Programs Co-Coordinator*
Irene Gonzales *Latino Outreach Coordinator*
Leah Nichaman *Outreach & Communications Coordinator*
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 _____

Address _____

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