



NAMI News

Frederick County, Maryland

National Alliance on Mental Illness

ISSUE 34
P.O. BOX 1853
FREDERICK, MD 21702

MARCH/APRIL
2009

SEE CENTERFOLD
(pp 4-5)

**NAMI
Maryland
Walks
For the Mind
Of America**

SEE CENTERFOLD
(pp 4-5)

Education Meetings: March & April—Nancy Gieser

MARCH: “In Our Own Voice”

NAMI of Frederick County will present “In Our Own Voice” on Tues., March 10, 7–9 p.m., at the Way Station, 230 W. Patrick St., Frederick. “In Our Own Voice” is a special training program that shares insight into personal experiences with mental illness and recovery. Our trainers will describe different phases of their mental illness including the dark days of their illness, their personal journey, ac-

ceptance of the illness and treatment, and coping skills that work for them. This excellent program with a message that recovery is possible is intended for all audiences, including caregivers, providers, members of law enforcement, family and consumers. The program is free, and refreshments will be served. For more information, please call National Alliance on Mental Illness (NAMI’s) virtual office 240-379-6186.

APRIL: Mental Health Services in Frederick County

Join us to meet and hear from a panel of providers of mental health services in Frederick County on Tuesday April 14, 7-9 p.m. at the Way Station, 230 W. Patrick St., Frederick. Panelists include local service providers who will describe key services that are available in Frederick County to assist those with mental illness. Among the programs

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NAMI Basics — A New Education Program

NAMI Frederick proudly announces a new class: NAMI Basics Education Program, a FREE 8-week series of classes, specifically for parents and other caregivers of children and adolescents with mental illness. The class will begin the week of April 13, 2009. Two trained volunteers,

who as parents have lived through similar experiences with their own children, will teach the course. The new NAMI Basics Program offers education and support, providing learning and practical insights for families.

Course topics include:

- ◆ The trauma of mental illness for the child and the family
- ◆ The biology of mental illness and getting an accurate diagnosis
- ◆ The latest research on the medical aspects of the illness and advances

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New Members / Renewals / Donations

WE WELCOME new members: Galen Clagett, Amy Denham, Cheryl King, William King, Jill Lieberman, Paul Smaldone, Janice Travers, Mary Troy, David Weiss, Donna Wheate.

Thank you to those who have renewed their membership: Debbie Andersen, Joan Bernhard, Shannon Dennison, Carol Fennington, Nancy and Ben Gieser, Vince and Jenn Gieser, Linda Harmel, Jim Hyatt, June and Sung Lee, Gena LePage, Nancy

Lewis, Christopher Martin, Cathy McAvoy, Ann Meilleur, Amy Norman, Tracy Orzechowski, John and Sharon Wenner, Lloyd Wood, Geraldine Youngberg.

We are very grateful for donations from the following: Debbie Andersen, Joan Bernhard, Mary Lou Blessing, Boscov's, Burger King, Jim and Carol Howe, Jim Hyatt, Kathryn Prescott, Helene Sauriol, Carol Slemmer, Taco Bell, Dottie Toms.

...Seeking Primary Consumers

The Frederick County Mental Health Advisory Committee is seeking Primary Consumers to serve on the committee. This committee meets on the 3rd Monday of each month at 4 pm in Winchester

Hall. Volunteers must live in Frederick County. For further information, contact Mrs. Joycs Grossnickle at 301-600-1102 or email to: fcgboards@fredco-md.net

Health is a state of complete physical, mental and social well-being, and not merely the absence of disease or infirmity.
—Author unknown

They Wanted the Perfect Child

Claudia McClaine writes in *Damaged Goods*: "We wanted the perfect child...God gave us a schizophrenic child." *Damaged Goods* is derived from journals McClaine kept from 1984 to 1993.

We learn through the course of the book that

McClaine, who is now a member of NAMI in Vero Beach, Florida, for years thought she was "merely" dealing with an unruly and substance abusing "ungovernable" child. In 1989, however, came his first break with reality. This

revealed that she and her husband were actually coping with a child with schizophrenia.

NAMI and faith helped McClaine survive those years. She prays "that this book will offer some encouragement to any of those individuals ...who may be facing similar struggles."

Education Meetings, Cont'd from P. 1

are: Way Station's Mobile Crisis Program and Assertive Community Treatment Program (also known as Mobile Treatment); MEDBANK of Maryland (helps low income individuals access medications); Keystone Services of MD (provides targeted case management); On Our Own; and NAMI of Frederick County. This education meeting is free, and refreshments are served. For more information, please call the National Alliance on Mental Illness (NAMI's) virtual office 240-379-6186.

Damaged Goods is available from the publisher at: www.xulonpress.com or through Amazon.com, Borders, Barnes and Noble, or Target.

NAMI Basics, Cont'd from P. 1

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| <p>in treatment</p> <ul style="list-style-type: none"> ◆ An overview of treatment options— treatment works! ◆ The impact of a child's mental illness on the rest of the family-- caregivers and siblings ◆ An overview of the mental health and | <p>school systems involved in caring for children and teens</p> <ul style="list-style-type: none"> ◆ Coping skills such as handling crisis and relapse ◆ Listening and communication techniques ◆ Problem solving skills ◆ The importance of self- | <p>care and emotional support</p> <p>We invite you to join us and spread the word about this upcoming new NAMI Basics course, starting the week of April 13, to your family, friends, and other contacts. You will gain invaluable tools that will empower you</p> | <p>to do the best for yourself and your family. To register, or obtain more information, please call Georgie Van Brocklin at (301) 620-2143 or DeDe Pucino at (301) 831-3764. We look forward to hearing from you and starting this journey together!</p> |
|--|--|--|---|



NAMI of Frederick Board of Directors

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fran.wenner@namifcmd.org**

**NAMI of Frederick County
 P.O. Box 1853
 Frederick, MD 21702
 Phone: 240-379-6186 or 301-663-9414**



2009 MARYLAND WALK—What You Need to Know!

- ◆ DATE: Saturday, May 2, 2009 LOCATION: University of Maryland—College Park
- ◆ WALKER CHECK-IN TIME: 10:00 AM // OFFICIAL WALK START TIME: 11:00 AM
- ◆ DISTANCE: 1.0 / 2.0 Miles
- ◆ The NAMIWALKS for the Mind of America is a nationwide fundraising and mental health awareness program that is being held in more than 70 communities around the country in 2009, including right here in Maryland. It is expected that these walks will raise approximately 8 million dollars in 2009 for NAMI and the mental health services it provides to thousands of families across the country.
- ◆ There is no walker registration fee for the Walk. All participants are encouraged to collect donations from family members, friends, co-workers and business associates in support of their participation in the Walk.
- ◆ All the funds collected by walkers will be used to fund NAMI's programs here in Maryland. These programs include support, education, research and advocacy involving schizophrenia, bipolar disorder (manic depression), major depression, obsessive-compulsive disorder and severe anxiety disorders.
- ◆ All walkers raising \$100 or more will receive a NAMIWALKS for the Mind of America event T-shirt.
- ◆ Companies, organizations and families are encouraged to organize teams of walkers made up of employees, organization members, relatives and friends to take part in the Walk.
- ◆ Teambuilding and fundraising materials will be given out to team captains at a special kickoff event that will be held approximately 8 weeks before the Walk.
- ◆ Register online NOW at <http://www.nami.org/namiwalks/MD>
- ◆ NAMIWALKS for the Mind of America is a rain or shine event.
- ◆ There is a wide range of corporate sponsorship opportunities available to local companies and businesses relating to the Walk. Anyone interested in information on how his or her company or organization can sponsor the Walk should contact Chrissy Thornton, WALK Manager at the NAMI office at 410-863-0470 or cth Thornton@nami.org.

If you want to join a **Frederick County** team for the walk, please register online to join the "**Frederick NAMIGOS**" which appears in the list of teams registered to walk.

Special Invitation from Chrissy Thornton

Calling all past Team Captains and potential Team Captains!

The 2009 Maryland NAMI WALK is expected to be bigger and better than ever! You are cordially invited to attend our Pre-Walk Kick-Off Luncheon on March 19, 2009 at the Great Room at the Historic Savage Mill.

Join us to obtain your Walk materials for the 2009 Walk on May 2, 2009 at University of Maryland College Park. We will also have giveaways, live music, and a raffle for an 8-day, 7-night vacation! This event is Free and rsvps will be accepted on a first come, first served basis. Register your Walk team today at:

<http://www.nami.org/namiwalks/MD>

Make a difference in the lives of people with mental illness! Hope to see you there!

Chrissy M. Thornton

Fundraising and Special Events Coordinator
NAMI, Maryland

*“Solvitur ambulando,”
St. Jerome was fond of saying.
“To solve a problem, walk around.”
~Gregory McNamee*

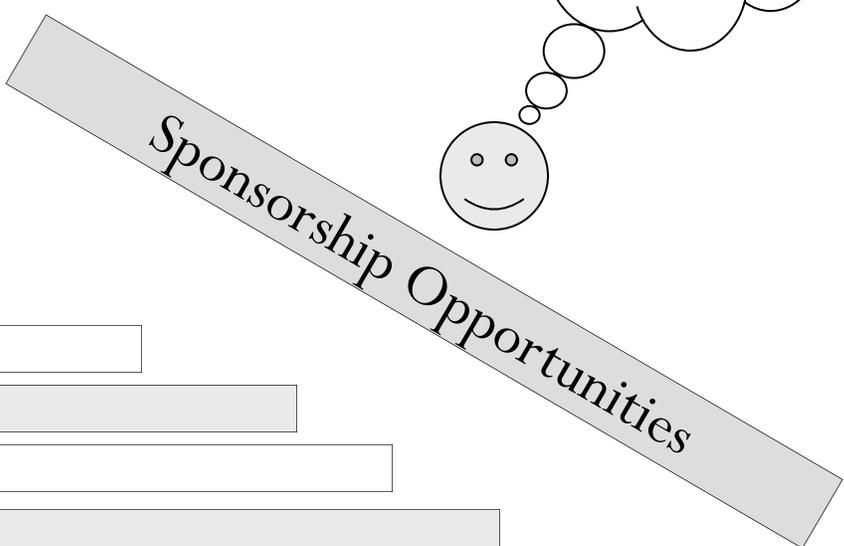
Calling All Organizations: Be a WALK Sponsor

As a **WALK Sponsor**, your organization will receive extensive recognition for your support: recognition that will show your employees and everyone in the community that you are committed to backing the effort to improve the lives of people with mental illness.

2008 WALK STATS
Walkers: 3000
Registered Teams: 124
Total Funds Raised: \$200,849.43



- \$10,000 "Presenting"
- \$7,500 "Major"
- \$5,000 "Gold"
- \$3,500 "Kick-off Luncheon"
- \$2,500 "Silver"
- \$1,500 "Start/Finish Line"
- \$1,000 "Bronze"
- \$500 "Supporter"
- \$250 "Kilometer"



People With Schizophrenia Say Bias Is Part of Their Lives

From washingtonpost.com and *HealthDay News*:

PEOPLE WITH SCHIZOPHRENIA often expect to be discriminated against, and are, in various aspects of their lives, new research finds.

The study, which included 732 people with schizophrenia in the United States and 26 other countries, found that 47 percent reported discrimination in making or keeping friends, 43 percent from family members, and 27 percent in intimate or sexual relationships. Also, 29 percent of the participants said they experienced discrimination while trying to find or keep a job.

What the study referred to as positive discrimination was reported by less than 5 percent of the participants.

The researchers also found that 64 percent of the participants didn't bother applying for work, training or education because they expected to fail or to face discrimination, and 55 percent anticipated discrimination when seeking a close relationship. However, more than a third of participants who expected these types of discrimination did not actually experience it.



Bias/Ignorance in the Workplace—Vincent Gieser

There is no such "condition" as "schizophrenia," but the label is a social fact and the social fact a political event.—R. D. Laing

I HAVE BEEN the recipient of discrimination in the workplace. I have a mental illness as well as a criminal record because of a past incident that was clearly illness related. It has haunted me my entire working career. I don't know how many jobs I have not had the opportunity to obtain because of my record. I have always had to fear what the employer would find on my background check. I try to be honest with employers and tell the truth, but I have often been shot down right on the spot when I explain my past. I was in one interview at a local community college for a cafeteria position, and I explained my illness and record, and then the employer said, "You are not

going to hit me, are you?" This was down right humiliating to me.

I once had a position at a local non-profit that serves the developmentally disabled, and I revealed my illness to my manager in my interview. After several months of proving myself to be a reliable and hard worker, my manager called my future wife into her office and told her that she should stay away from me because I had schizophrenia and that I was dangerous. I say, you represent people with disabilities and you actually display this kind of ignorance?

I have also had under-

standing employers, which has been great. I once had a job during which I was hospitalized due to my illness, and I was out of work for two weeks. I called my boss and told him what had happened and he said, "Vince you still have your job here; we will treat this just as if you had broken your leg." That really gave me hope and inspiration. It inspired me to work really hard for this particular employer.

Mental illness discrimination may be prevalent, but I have hope that we can dispel ignorance in the workplace.

Vincent volunteers with NAMI as a Peer To Peer Mentor and IOOV Presenter (see event 3/10/09).

March 2009

- ⇒ March 3 – NAMI Frederick **Board of Directors meeting**, 7:00 p.m., Office.
- ⇒ March 5 – NAMI **Support Group** for family members of those with mental illness, 7:00-8:30 p.m., at Good Shepherd Lutheran Church, 1415 W. 7th St., Frederick. For information call Fran Wenner at 301-663-9414.

- ⇒ March 5 – NAMI **Peer To Peer weekly education** group for those with mental illness continues through April 9



- ⇒ March 10—**IOOV Education Meeting** at Way Station 7-9p.m.
- ⇒ March 15 – NAMI **Support Group** for family members of those with mental illness, 2:00-3:30 p.m. in the Community Room at 4 East Church Street, Frederick. For information call DeDe Pucino 301-831-3764.

- ⇒ March 24—**Way Station Family Support Group**—6:30-8:00pm.

- ⇒ April 2 – NAMI **Support Group** for family members of those with mental illness at Good Shepherd Lutheran Church, 7:00-8:30 p.m. at 1415 W. 7th St., Frederick.

- ⇒ April 4 – NAMI Frederick **Board of Directors Retreat**.

- ⇒ April 14—**Mental Health Services Education Meeting** at Way Station, 7-9 p.m.

- ⇒ April 19 – NAMI **Support Group** for family members of those with mental illness, 2:00-3:30 p.m., Community Room, 4 East Church St., Frederick.

- ⇒ April 28—**Way Station Family Support Group**—6:30-8:00pm.

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3 Board Mtg.	4	5 Peer 2 Peer Family Support Family2Family	6	7
8	9	10 IOOV @Way Station	11	12 Peer 2 Peer Family2Family	13	14
15 Family Support	16	17 ST. PAT-RICK'S DAY	18	19 Peer 2 Peer Family2Family	20 1st DAY of SPRING	21
22	23	24 Family Support	25	26 Peer 2 Peer Family2Family	27	28
29	30	31				

April 2009

MON	TUE	WED	THU	FRI	SAT
		1 APRIL FOOL'S DAY	2 Peer 2 Peer Family Support Family2Family	3	4 BOD Retreat
5	6	7	8 PASSOVER BEGINS	9 Peer 2 Peer	10
12 EASTER	13 Basics starts soon!	14 Mental Hlth Svcs	15	16	17
19 Family Support	20	21	22	23	24
26	27	28 Family Support Group	29	30	

NAMI Basics is starting the week of April 13. See Page 1 for article.

NAMI of Frederick County, Inc.

Annual Membership Application

New Renewal

Name(s) _____

Address _____ City _____ State _____ Zip _____

Phone _____ E-mail _____

Dues:

- Individual or Family \$35.00
 Limited Income \$3.00
 Institution or Business \$35.00

Donations:

\$500 _____ \$100 _____ \$50 _____ Other _____

Please return this panel & check to:

NAMI of Frederick County
P.O. Box 1853
Frederick MD 21702

Optional:

Self-identified race/ethnicity: (Circle one)

Caucasian African American Hispanic/Latin
Asian/Pacific Islander Bi-Racial

To help us plan programs, please indicate your
experience with mental illness:

- as an individual
 as a parent (age of child _____)
 as a mental health professional

For more information call: 240-379-6186

NAMI of Frederick County

P.O. Box 1853
Frederick, MD 21702
Phone: 240-379-6186

NAMI websites: <http://nami.org>
www.namifcmd.org

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Look at your label
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