



NAMI News

Frederick County, Maryland

National Alliance on Mental Illness

ISSUE 35
P.O. BOX 1853
FREDERICK, MD 21702

MAY/JUNE
2009

NAMI Frederick Annual Meeting Set for June 2

THE Annual meeting of all NAMI Frederick members will be held on June 2, at 7:00 p.m. in the Community Room at 4 East Church Street, in downtown Frederick.

The major business will

include election of members of the Board of Directors and voting on revisions to the by-laws recommended by the Board of Directors. (The proposed bylaws changes will be mailed out to all members

three weeks prior to the meeting.)

Please mark your calendars so you can join us for this annual meeting. Refreshments will be provided.

NAMI May Education Meeting:

7 – 9 p.m., Tuesday, May 12; Way Station, 230 W. Patrick St., Frederick.

Ms. Mary Anne Williams of The ARC of Frederick County will talk about Wills, Special Needs Trusts and Estate Planning for families of persons with serious mental illness. This education meeting is free and refreshments are served. For more information, please call National Alliance on Mental Illness (NAMI's) virtual office 240 379-6186.

Basics starts May 4

*Connection starts
May 7*

*Two Upcoming
Restaurant Events:
May 17 at
Beef O'Brady's
June 1 at
Mexicali Cantina's*

*See Pages 6 and
7 for Details!*

Inside this issue:

<i>Criminal Justice : Be In the Know</i>	2
<i>Gene Research and Schizophrenia</i>	2
<i>New Members & Renewals</i>	3
<i>Board Info</i>	3
<i>Annual Picnic!</i>	5
<i>Calendar</i>	7
<i>To Renew</i>	8

The Frederick Four Meet Maslow

ABRAHAM MASLOW and his Hierarchy of Needs resonate with me. Originally intended for business applications, the hierarchy makes sense in the context of mental health. Maslow said that for folks to get from basic life needs to self-actualization—to reach their own unique potential—they need to be encouraged,

enabled, and provided with support in order to climb to that potential. (See diagram.) I say that when your mental health is already an issue, you especially need that support.

A personal application of Maslow's hierarchy follows. The support offered in this example assisted me and some friends in a challenge: arriving

at NAMI Connection training in a questioning and unsure state, and yet learning and mastering a support model to assist others who need help. Since we all have serious mental illness (SMI), it is no mean feat for any of us to have made it to this point where we were ready to give back.

Continued on Page 4

Criminal Justice Resource on Amazon.com

NAMI Metropolitan Baltimore is excited to announce that our recent publication *Beyond Punishment: Helping Individuals with Mental Illness in Maryland's Criminal Justice System* now can be purchased for \$19.95 as a trade paperback on Amazon.com. (For a limited time, *Beyond Punishment* can be purchased on Amazon.com for

...provides critical resources for family members....

only \$14.99 before the standard price becomes effective).

We have received an overwhelmingly positive response to *Beyond Punishment* since releasing it in December, 2008, with many individuals and organizations indicating an interest in being able to purchase a high quality, professionally bound version of the book. The Amazon version is particularly appropriate for libraries, use in professional trainings, and as a resource guide for organizations.

Beyond Punishment continues to be available free of charge at the Criminal Justice Resources section of our website, www.nami.org/sites/namimetrobaltimore.

Beyond Punishment is a practical guide to assisting individuals with mental illness who interact with Maryland's criminal justice system. It provides information and critical resources to family members and others concerned about people who are involved with the criminal justice system, whether in jail awaiting trial, in prison serving a sentence or on probation or parole. It also discusses ways to help prevent a mental health crisis from leading to an arrest and subsequent involvement in the criminal justice system, as well as how to get mental health crisis services, including voluntary and involuntary evaluations. *Beyond Punishment* deals with the mental health and criminal justice systems of Maryland with a focus on Baltimore

...can be used as a template for other jurisdictions....

City and Baltimore County. With permission from NAMI Metropolitan Baltimore, it can also be used as a template for other jurisdictions.

Please contact NAMI Metropolitan Baltimore at 410-435-2600 if you have any questions or would like further information.



There is only one deprivation ..., and that is not to be able to give one's gifts to those one loves most.
—May Sarton

Gene Research and Schizophrenia—You Can Help!

THE National Institute of Mental Health (Bethesda, MD) is seeking adults with schizophrenia, and their families, to participate in a groundbreaking study researching the genetic factors which may make family members more susceptible to schizophrenia. Only 1 or 2 outpatient visits are required and no medications are involved. Compensation is provided and travel assistance is avail-

able. To participate call 1-866-444-8806 (TTY# 1-866-411-1010).

Why is this research important? In 2003 Science Magazine ranked research on decoding genes and mental illness as the second most important breakthrough of the year. Among the significant research findings noted is the discovery of the link between the COMT gene and the prefrontal cortex of the

brain. This part of the brain helps us perform cognitive tasks, such as perception, thinking and learning--skills that become impaired by schizophrenia. This is among the significant research accomplishments of the Clinical Brain Disorders Branch of NIMH. Family volunteers can help researchers find better methods of understanding and treating schizophrenia by participating in this study.



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Send articles to Fran Wenner
fran.wenner@namifcmd.org

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

*The things that one
most wants to do
are the things that
are probably most
worth doing.
—Winifred Holtby*

New Members and Renewals

WE WELCOME new members:
Grady O’Rear, Mary Troy, Wil-
liam King, Jennifer Aud, and
Susan Thompson.

THANK YOU to those who have
renewed their membership:
Shannon Dennison, Carol Fen-
nington, Nancy Lewis, Donald
Reeve, Debbie Anderson, Tracy
Orzechowski, Susan Holt, Daryl
Bruner and Lee Royer, DeDe

and Frank Pucino, Ann
DeArmon, Emma and Dave
Pendleton, Delores Shuff,
Sharon McDougall, Sylvia
Creamer, Craig and Julie
Bennett, Antonio and Bar-
bara Bowens, Jerry and Al-
ison Flanagan, Denise Bro-
hawn, LaVern and LeRoy
Burall, Kathleen Kusel,
Georgie Van Brocklin, Ste-
ven Giannas, Sandra Johns
and Kelly Pranger.

Save the Date

NAMI Maryland Annual meeting

Thursday, June 4, 2009

4:00 – 7:00 pm in Howard County

Hors d’oeuvres will be served

Location to be announced

**The Theme of the Meeting will be Grading
the States – Maryland’s B Grade – *What
does it mean and how can we use this re-
port to ensure quality services in our
communities?***

The Frederick Four Meet Maslow cont'd from P. 1

I arrived at the Columbia Hilton on a Friday morning, guided in my travels by my GPS. If not a basic life need, my trusty GPS at least felt essential to me. I found my truly basic life needs met at the hotel, starting with shelter and (non-alcoholic) drink. Eventually, food was supplied, too—after a snafu in the management process was resolved.

When the training began, I felt a sense of safety as order and structure were established in our instruction. Also, limits and boundaries were set in our routines. But then, early on, we were asked to give our diagnoses, out loud, in front of everyone. That didn't feel very safe (Chalk it up to stigma). I resolved it, though, in my mind with the consolation that everyone, even the trainers, had SMI. This sense of all being part of a group led to the next phase.

We developed belongingness in relationships as work groups and practice sessions progressed. This especially transpired for the four of us from Frederick. "The Frederick Four" became our moniker, and I had a chance to hang out with each of the others at some point in the three days we were together. Vince, Bernie and Amy were all kind of cool and fun. Also, we'd all been through some similar experiences as far as our SMIs were concerned. I personally benefited from getting to know them.

We next established esteem through achievement and a sense of responsibility as we progressed, following the NAMI Connection model. It wasn't easy to learn the model—for me, anyway. I decided to stop comparing myself to others and just enjoy the progress of the group. That calmed me and enabled me to take in a more intuitive understanding of our process. Esteem and pride buoyed me as I relaxed and "floated downstream."

By Sunday evening the training was over, and each of us left Columbia for Frederick (and others for their locations) with a sense of personal growth and fulfillment, ready to make our mark on the world. We have started doing this. By communicating via email and also person to person, we set our first meeting together in Frederick. There we planned for some practice of the NAMI Connection model as well as for the time and place to begin the Frederick NAMI Connection support group meeting. Now that generated a sense of accomplishment.

I'd like to thank the Frederick NAMI affiliate and Maryland State NAMI for encouraging, enabling, and providing support for the training. Abraham Maslow would have approved of the structure and also the results. I feel at least I, if not all Four of us, or all who attended the training, are the better for it.

(See Page 5 for an example of Maslow's diagram.)

Others may be the better for it, we hope, as we start Frederick's first NAMI Connection support group for folks who have SMI (as do we leaders). We begin Thursday, May 7, at Way Station, 230 W. Patrick Street, Frederick. Catch us from then on, Thursdays from 6pm to 7:30pm. No registration is necessary. You can also call Susan Holt at 301-694-3510 for more information, or email her at susan.holt@namifcmd.org.

The aim of life is self-development. To realize one's nature perfectly—that is what each of us is here for.
—Oscar Wilde

EveryNAMI Loves the Annual NAMI Picnic

- ◆ Mark your calendars for **July 11, 2009**
- ◆ The NAMI picnic will take place at **Gathland State Park**
- ◆ **12 noon to 3 pm**. Don't miss it!
- ◆ Further information will appear in the July/August NAMI News



Still Time—The Maryland NAMI Walk

Donations for the May 2 NAMI Walk in College Park are still being accepted!

Checks will be accepted for **ONE MONTH** after the Walk.

Follow these steps:

1. Make check out to NAMI Maryland
2. Write "Frederick County Walkers" on the memo line.
3. Send your donation to:

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

Hierarchy of Needs Abraham Maslow

This rendering of Maslow's hierarchy (R) exhibits the original five-level version with slightly simplified text. No matter the variables, anyone in his or her life can aspire to a higher level in the hierarchy in any given situation. In the opposite article (L), a dozen or so persons with SMI improve their minds and sensitivities so that they can help others.



In Our Own Voice



A presentation at the Unitarian Universalist Congregation of Frederick (UUCF)

Mental Illness: Living Through It

Come one, come all—the Social Action committee of the UUCF welcomes Congregation members and friends and any interested persons from around and about town. Details follow:

Where: UUCF, 4880 Elmer Derr Road, Room 113/115

When: 12:30 pm to 2:00 pm on Sunday May 17, 2009

Presentation includes showing of NAMI DVD regarding living with serious mental illness

Accounts by Vincent Gieser and Susan TenDyke Holt.

An informal luncheon will be available

Hear firsthand what it is like to successfully progress through serious mental illness.

*Dreams come true.
Without that
possibility, nature
would not incite us
to have them.
—John Updike*

Special NAMI Days at Two Local Restaurants

Two special events have been coordinated by Terri Wenner to benefit NAMI of Frederick County.

Sunday, May 17, beginning at 12:00 noon and continuing until 10:00 p.m., *Beef O’Brady’s* will donate a percentage of their proceeds for the day to NAMI Frederick. Stop in, have a good meal and mention “NAMI” and a percentage of your check will go to support NAMI Frederick. Beef O’Brady’s is located on the corner of Crestwood Blvd. and New Design Road.

Monday, June 1, from 5pm-9pm, *Mexicali Cantina*, at 467 West Patrick Street, Frederick, will donate a percentage of proceeds to NAMI Frederick.

We are hoping for a good turnout! Spread the word and put it on your calendar! If anyone is able to help hand out information as people come in to Beef O’Brady’s (and to remind them to mention “NAMI”) email Terri Wenner at teranwen@yahoo.com.

The Basics of NAMI Basics



NAMI Basics is for parents and other caregivers of children and adolescents with mental illness. Eight-week series of classes starts May 4. See the Schedule of Events (P. 7) for resources.

Some of the course includes information on:

- ◆ 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 in treatment
- ◆ The impact of a child’s mental illness on the rest of the family—caregivers and siblings
- ◆ Coping skills such as handling crisis and relapse
- ◆ Listening and communication techniques; Problem solving skills
- ◆ The importance of self-care and emotional support

Schedule of Events

- ⇒ May 4 — NAMI **Basics, 8 Mondays weekly**. Call Georgie Van Brocklin at (301) 620-2143 or DeDe Pucino at (301) 831-3764 or see Page 6 for more info.
- ⇒ May 5 – NAMI Frederick **Board of Directors meeting**, 7:00 p.m., Office.
- ⇒ May 7 — 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.
- ⇒ May 7 — NAMI **Connection Support Group** for adults with mental illness 6pm-7:30pm at Way Station, 230 West Patrick Street, Frederick, **continuing weekly**.
- ⇒ May 12 — NAMI **May Education Meeting**, 7pm-9pm at Way Station, 230 West Patrick Street, Frederick, for details see P. 1.
- ⇒ May 17 — NAMI **In Our Own Voice** Presentation, 12:30pm-2pm, UUCF, 4880 Elmer Derr Road, Frederick. See facing page.
- ⇒ May 17 — 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.
- ⇒ May 17 — **Special Event** at Beef O’Brady’s —see facing page.
- ⇒ June 1 — **Special Event** at Mexicali Cantina —see facing page.
- ⇒ June 2 — NAMI Frederick **Annual Meeting** at 7pm.
- ⇒ June 4 — NAMI **MD Annual Meeting** See Page 3 for further information.
- ⇒ June 4 — 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
- ⇒ June 21 — 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.

May 2009

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4 Basics	5 Frederick BOD Meeting	6	7 Connection Support	8	9
10	11 Basics	12 Education Meeting	13	14 Connection	15	16
17 IOOV Support Sp. Event	18 Basics	19	20	21 Connection	22	23
24	25 Basics 31	26	27	28 Connection	29	30

June 2009

SUN	MON	TUE	WED	THU	FRI	SAT
	1 Basics; Sp. Event	2 Frederick BOD Annual Mtg.	3	4 Connection Support NAMI MD Annual Mtg.	5	6
7	8 Basics	9	10	11 Connection	12	13
14	15 Basics	16	17	18 Connection	19	20
21 Support	22 Basics	23	24	25 Connection	26	27
28	29	30				

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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