



NAMI

Frederick County

National Alliance on Mental Illness

Newsletter of NAMI Frederick County MD

Spring 2019

Calling Dr. Freud: New Production to Spread Awareness and Hope for All

By Kevin Coyle

When one hears the word “mental illness,” or “homeless,” the image of a theatre may not come readily to mind, but MaryLynn Hinde found a connection and a vision. Hinde, first pitched an idea to the Maryland Ensemble Theatre. With the help of others in the community, they came together to create: “Life Without the Ruby Slippers” in 2016. It called attention to the personal challenges and problems that come with homelessness. The production she says, was successful because “it had a huge impact on helping people understand the fact from fiction and created a more compassionate and empathetic relationship between the audience and the people in the play, several who were homeless.” This experience opened her eyes to the challenges facing this population, that goes beyond finding the next meal, especially, mental illnesses. And it is this last life challenge that will be the subject for her new production planned for May 17-18 at New Spire Stages: “Calling Dr. Freud.”

Gathering people with lived experience with mental illnesses and partnering with the Mental Health Association of Frederick as well as psychiatrists and psychologists, along with other organizations, Hinde aims to “raise awareness of the issue of mental illness, lift the veil of secrecy and shame and work to erase the stigma that has haunted many of us for years.” The production will be guided by Christine

Mosere, whom Hinde describes as an “extremely talented and enthusiastic director” with experience in acting and making similar plays. As Hinde explains, Mosere “will [take] all the ingredients from those of us who are contributing to this recipe and from those ingredients will take us all with her as she creates the final production that will become Calling Dr. Freud.”

In this way, Hinde seeks to “create a connection” between the actors and the audience, opening the minds of the audience to their lived experiences. According to Hinde, Calling Dr. Freud “will be a creative and non-threatening platform with which to capture the audience's attention and connect them unwittingly to the stories, voices, and expressions of the actors.”

She picked Frederick as the place for it because this town holds a special place in her heart: “I have lived and worked in Frederick for 15 years. This is my home, my community and I believe that those of us that live here have a deep love for Frederick and are willing to take risks and have them embraced and acknowledged as tools to improve our lives and create positive impact.” Elaborating on the advantages and benefits of her chosen medium, she says: “Theatre and the arts open doors in people's mind and hearts in ways that other educational platforms do not. The gift to the actors who are

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2019 NAMI WALK SAVE THE DATE SATURDAY JUNE 1

The annual NAMI Walk will be held on Saturday June 1 at the Rash Field Inner Harbor in Baltimore. The goal of the Walk is to raise awareness of mental illness and the work NAMI does as well as raise funds for the organization.

WALK WITH US! DONATE! Our Frederick NAMI affiliate is walking under the team name of NAMIGOS! The name Namigos captures the spirit of friendship and support that we find at NAMI Frederick. To donate or register as a walker, go to www.namiwalks.org/maryland and search for the teams for NAMIGOS.

FORM YOUR OWN TEAM! You can form your own team! Maybe you have an organization that would like to walk together or maybe you want to form a team to honor a friend coping with mental illness. If so, you can start a team of your own at the same website. www.namiwalks.org/maryland

SPONSOR! Would your business, church, or organization be willing to sponsor? If so, contact Linda Coyle at linda.coyle@namifcmd.org to get more information.

VOLUNTEER! We will also need help on Walk day even if you do not want to walk. You can help set up, man our Frederick County table, and hand out water or clean up. It is a fun day with lots of other groups and organizations to see.

Walk Day: Saturday June 1, 2019 Time: Check in at 9:00

Walk starts at 10:00 Location: Rash Field Inner Harbor Baltimore. Distance: 5 K

sharing their stories is also profound and significant to their own healing and acceptance of who they are.”

Hinde herself is no stranger to dealing with mental health challenges. As she confesses: “For as long as I can recall as a teenager and into my adulthood, my mental health has been a constant issue, and with a number of diagnosis and lots of therapy, I still work hard at remaining stable and not frozen in shame and secrecy.” Being open has given her life a renewed sense of purpose: “I decided to be open about my struggles and began to talk more about my illness and allowed myself to not have to hide anymore. Not that it always works, however, it is my new vision for my life.”

Though she is hopeful about her new production, she realizes that busting the myths about mental illnesses is no easy feat. Even in everyday culture she notes, many find it difficult to talk about “topics like mental illness, homelessness, poverty, politics, #metoo, and other sensitive areas of everyday life.” One problem is that people distance themselves from the issues rather than personalizing it and relating: “It can be easier to hold fast to our limited knowledge than to be looking past our own versions of how those issues manifest in one’s life. It requires significant amounts of empathy, compassion, and vulnerability to be able to walk in someone else’s shoes, right?”

Not only is it difficult for people who do not have mental illnesses, but also for those with lived experiences: “The other part of this conversation is that those of us who live with mental illness, or have experienced it, don’t know quite how to talk about it and learn to hide behind the false faces that we take with us into our lives.” This is something that she has experienced herself: “I recall thinking I was so glad that people could not see what was in my head, and never wanted them to look beyond my exterior. That kept me safe, but honestly I was miserable not living as my full self. How long can we keep that up, and how exhausting that is for us.”

Yet, her experiences and education on her passions are not just personal. As one of the co-founders of the Student Homelessness Initiative Partnership of Frederick County, she has worked with “homeless and underserved people” for the past 6 years. Now she works in SHIP’s New Horizons Program which seeks to aide homeless high school students on graduating on time through a variety of social, economic, housing, and academic supports. She notes that 69% of this population she serves “are dealing with or have dealt with mental illness.”

As the production moves from script to stage Hinde says there are many ways people can help: “There are a number of ways people can get involved, including sponsorships to help underwrite the hard costs of the play, people from all walks of life can consider contributing in any form of art or storytelling that resonates with them. We need technical support and volunteers to help with certain aspects of the production.” When the performance dates arrive, your mind just may be opened.

What: Calling Dr. Freud Play

When : Friday May 17th and Saturday May 18

Where: New Spire Stages. 15 West Patrick Street.

For Tickets go to www.NewSpireArts.org.

NAMI Connections: Connecting for Hope and Healing

Do you feel that no one understands what you are going through? Do you feel alone in your daily battle with mental illness? Take heart, now there is a consumer led support group that can offer support, hope, and healing for all. On **the Third Tuesday of every month, consumers meet in the Evangelical Lutheran Church in the Rupp House from 7 to 8:30 pm.** There they can share ideas and stories offering mutual support from people who have “been there.” With respect, confidentiality, and a little good humor members lighten each other’s burden. Stop on by and you may come away with an insight or words of wisdom to help you through.

Two Poems by Barry Churchill, Fellow Consumer

Mockingjay and I

Mockingjay against the red sky
Animal form to freely fly
Born by the higher power
Born, yet again, who am I?

He swooped to others unknown
His presence, a power grown
Mockingjay, who are you?
Beingness, through and through

My own flight in dreams
It's strange the animal seems
When I ask myself Who am I?
These freedoms can be no lie
Flight in human form
Can be no lie

Dreams

Give me something I can do
Something I can really use
A model to build by day
A project to make my way

I had a writer to teach me to write
My words eventually came into sight
Sentences to paint pictures by rhymes
Captured forever in the sands of time

Dreams are emissions of the mind
I write, stand, and hold my sign
Join in, join in, one for all
Writers unite, heed the call

Every artist needs a mentor
Move beyond the day which is a bore
We worship our predecessors
Hemingway, Poe, and Thomas More

Bring us writers we can trust
Carry on the tradition, we must
Dreaming words Americans can live by
Men and women, all you can do is try

Top Three Musicals about Mental Health

Alisa Hurwitz | Dec. 27, 2017

Used with permission from www.Nami.org

At any given time, more than 1 in 5 adults is experiencing a mental illness. While treatment is effective and vital to recovery, art can also help. Theater is an art form I find particularly powerful. It can educate, empathize and make us feel understood. The lyrics and music resonate with our emotions and internal struggles as we cling to characters we see ourselves in. The following three musicals about mental illness just may help you better understand yourself and others. So, be sure to check them out if you can.

Dear Evan Hansen

This musical is about an anxious teenager who lies to a mourning family out of fear, convenience and a desire to feel like he belongs. When Evan is misidentified as a friend of a recently deceased classmate, he doesn't deny it—not even to the person's grieving parents, who grow close to Evan as they try to understand the son they just lost.

Throughout the musical, psychotherapy, medication, depression, anxiety and suicide are all directly confronted. The first song “Anybody Have a Map” dramatizes the rift between parents and teenagers experiencing mental illness:

“Does anybody have a map?

Anybody maybe happen to know how the hell to do this?

I don't know if you can tell, but this is me just pretending to know.

So, where's the map?

I need a clue cause the scary truth is I'm flying blind,

and I'm making this up as I go.”

What parent of an adolescent would not relate to those words—desperate to know how to connect and communicate?

Next To Normal

Diana Goodman is experiencing serious mental health problems as she copes with the trauma of losing her son in this intimate family drama about mental illness. At one point, she stops taking her medication, which is expertly dramatized in the song “I Miss the Mountains.” Diana describes a desire to return to her manic symptoms:

“But I miss the mountains,

I miss the dizzy heights.

All the manic magic days,
and the dark depressing nights.”

This is a common complaint from patients with bipolar disorder and can lead to individuals halting their medication—against medical advice—in order to experience their manic episodes again. The musical also examines the impact mental health conditions can have on families.

We Have Apples

This play follows Jane, whose depression is an actual character in the show aptly named Depression. Depression is distinctive

enough from Jane to warrant her own songs, such as “Your Protection,” in which she argues that she is only doing what's best for Jane.

“The world is full of danger—

I prepare you to fight or flee.

No one cares as much as me.

I'm not the enemy;

I'm your protection.”

During the story, Jane's mood dips so low that she requires an inpatient stay in a hospital. Inadequate care at the hospital leads to a preventable tragedy that bonds a group of patients into action. This play bravely and unabashedly explores issues of treatment, negative self-talk, psychiatry and stigma.

Musicals might be the perfect art form for exploring mental health, because theater allows audiences into characters' lives through dialogue and song. When words alone are insufficient, a song begins. And the combination of words and music allow for a deeper understanding of the people inhabiting the world on stage, and thus a greater understanding of ourselves.

Frederick NAMI Education Lecture

Tuesday, May 7, 2019 7:00 - 8:30 pm

Mental Health Challenges and Supports in the Frederick LGBTQ Community

Presented by Peter Brehm The Frederick Center

YMCA 1000 N. Market St. Frederick MD

Let us know you're coming! - go to www.namifcmd.org

Family to Family

The Family to Family course is ramping up again. This course is offered by NAMI over a twelve week period and deals with experiences and the impact that mental illness has on the family and friends of those suffering with mental illness. Our teachers are trained and certified by national and state trainers and are family members (parents, siblings, adult children, spouses or partners) of a person with mental illness. You do not need to be a NAMI member to attend this course but by becoming a member you help support the work that NAMI does — like this very valuable course. Check www.namifrederick.org for the next scheduled class.

Help support NAMI by shopping on-line

The following are sites that will donate a percentage of the purchases you make through their shopping links.

- Amazon: <http://amzn.to/2jFCOKE>. This customized link will automatically donate up to 8% of your purchase to NAMI Maryland without adding any cost to you.
- Giving Assistant: <http://bit.ly/2f8QyZI>. This site allows you to shop at 3000 stores and will give a percentage of your purchase to NAMI Maryland.
- eScrip: <http://shopping.escrip.com>. Pick NAMI Maryland as your designated beneficiary. This site also provides special deals like free shipping and discounts by using their links.
- iGive: www.igive.com. Pick NAMI Maryland as your designated beneficiary and shop at over 1700 stores. They will donate a percentage of your purchase to NAMI Maryland.

NAMI Membership & Support

Please make sure that your membership is up-to-date. Go to <https://www.nami.org/Get-Involved/Join> to check.

() Basic Membership \$40 — () Household Membership \$60 — () Student/Limited Income Membership \$5

Either go to the website above or you may send a check payable to NAMI Frederick **along with your Name, Address email and phone Number to:**

**NAMI Frederick County
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NAMI is a non-profit 501(c) organization. Contributions are tax deductible to the extent allowable by law. copy of our current financial statement is available upon request. Documents and information submitted to the State of Maryland are available from the Secretary of State.

We need your help

You can also help support NAMI by making a tax deductible contribution and/or volunteering. While all of the programs we offer like the Family to Family course, Support Groups, Brochures and our Lectures are available to all free of charge, we have to pay for all of the materials and brochures needed to support these programs. All of our steering committee and staff are completely volunteer so any money your contribute goes directly to supporting all of our programs. So please consider making a donation or offering to volunteer to help support not just NAMI, but all of those in the Frederick area that are coping with mental illness.

Monthly Support Group Meetings

Family Support Groups

1st Thursday — 7:00pm to 8:30pm
Good Shepherd Lutheran Church, 1415 West 7th St.

3rd Wednesday — 6:30pm to 8:00pm
All Saints Episcopal Church, 106 West Church St.

Connection Peer Support Group

3rd Tuesday — 7:00pm to 8:30pm
Evangelical Lutheran Church, Rupp House
35 East Church St

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