

A WEALTH OF KNOWLEDGE

VOLUME 12, NO 3

MARCH 26, 2010

THE NEWSLETTER OF

NAMI-Greater Monmouth



The National Alliance on Mental Illness (NAMI)-Greater Monmouth • POBox 31 • Holmdel NJ 07733 • 732-4NAMI-4U
www.namimonmouth.org • "Monmouth County's Voice on Mental Illness" • An affiliate of NAMI NEW JERSEY



Hearts and Minds Presentation Coming Up Quickly! On Wednesday, April 7, we will conduct our spring speaker program at Colts Neck Community Church, 25 Merchants Way.

- 6:30-7:30 Healthy Potluck Supper (we trust your judgment!)
- 7:30-9 Presentation. NAMI NEW JERSEY *Hearts and Minds* Coordinator Salvina Cappello will show a video and speak on ways in which people with mental illness can improve their physical health, as well as how family members and friends can support healthy initiatives. This will be a very different presentation than any Hearts & Minds that you have seen before 2010. Additional detail on the program is online at www.nami.org/template.cfm?section=Hearts_and_Minds



NAMIWalks On Saturday, May 22, NAMI Mercer NJ will host New Jersey's 2010 NAMIWalk at Washington Crossing State Park in Titusville. NAMI-Greater Monmouth member Evelyn Mars has organized a NAMI-Greater Monmouth team for this walk. You can walk! You can sponsor Evelyn and other members of the NAMI-Greater Monmouth team. You can seek donations from friends, family members, and more (time to collect on the 6500 boxes of Girl Scout cookies you bought from co-workers). Walking is a great way to show support for the NAMI cause. Seeking sponsorships is a great way of opening the conversation about mental health disorders and recovery with friends, family, and colleagues. We hope that every one of our readers will join our team or sponsor us by going to www.nami.org/namiwalks10/MER/eclancymars.

Annual Meeting Scheduled On Wednesday, June 9, at 6:45pm, we will conduct our annual meeting (immediately preceding our board meeting) at Colts Neck Community Church. If you would like to vote for or discuss issues around our ballot of officers and trustees and some proposed bylaws changes, please come out. Helenej333@comcast.net.

Statewide Conference Registration Open Go to www.naminj.org to register for *Hope for a Better Future: Early Intervention and Community Support*. NAMI NEW JERSEY's Annual Conference will take place on Saturday, June 12, at the Crowne Plaza in Monroe Township. **Early Bird Registration ends on Monday, May 10**

Lots More on Calendar In addition to the NAMI events listed above, there are quite a few additional items in our calendar section (we hope you like the new look). Highlights include:

- Dual Recovery Retreat, 4/7
- Columbia Schizophrenia Conference, 4/25
- NAMI BASICS to start 4/30 in North Brunswick
- Personal Wellness through Self-care, 4/30
- Consumer Provider Association annual meeting, 5/22

Volunteer Coordinator Steps Forward NAMI-Greater Monmouth member Sally Pari has agreed to take on the role of Volunteer Coordinator. She will help coordinate and mentor members into the many roles which we need filled. Whether you are interested in

- staffing a NAMI table at a fair,
- putting up our Facebook page,
- coordinating and offering rides to meeting and events, or
- being a linkage with our local colleges, or with veterans and their families

or dozens of other roles, Sally has the job for you. She is also able to help NAMI members who want to get more involved bringing the NAMI point of view to boards in county Government or provider agencies. Contact sallypari@yahoo.com.

Clothing Donations Sought NAMI-Greater Monmouth is continuing our efforts to seek donations of clothing and shoes to help out people pursuing psychiatric recoveries. We are especially looking for spring-summer weight clothes and shoes in large sizes (for men and women). Helenej333@comcast.net.

Online Community for Young Adults Launched NAMI has launched StrengthofUs.org, an online community for young adults living with a mental health condition and family members and friends who are young adults. See the website for more information.

Support Group Schedule Solidified With two minor changes (the Red Bank family support group is no longer operating, and the opening talks in Colts Neck cannot resume due to space problems), we are now going strong with 10-11 support groups every month. See the schedule on page 3. We hope you will try them, refer someone to them, and/or put the schedule up somewhere where people can learn about them. *To obtain a supply of 8½ x 5½ “mini posters” you can put up to help market NAMI, please e-mail namigreatermonmouth@gmail.com.*

State Budget Issues Swirl As of the time this newsletter is going to press, Governor Christie has announced his proposed 2010-2011 budget, and mental health will be seeing some impact. While the budget will go through 2 more months of negotiation between the executive and legislative branches of Government, the current proposal includes:

- New co pays for adult medical day care (but not for mental health partial hospital or partial care (PH/PC))
- Cost savings by increasing maximum group sizes for PH/PC
- Closing of Hagedorn Psychiatric Hospital by June, 2011

Various other cuts and impacts - not yet detailed, but possibly involving up to \$41 million in losses. The best way to stay atop the changes coming down, and ways you can help advocate for the least impact on recovery-oriented services, is by being a regular reader of the NAMI NEW JERSEY Advocacy e-mail alerts. If you would like to receive these, contact advocacy@naminj.org or 732-940-0991.

Legislation to Reform Asset Limits in Supplemental Security Income Program Introduced Representatives Niki Tsongas (D-MA) and Tom Petri (D-WI) have introduced H.R.4937 - SSI Savers Act of 2010. If passed, this legislation would allow people on SSI to save money in IRAs and college savings accounts, as well as to keep higher amounts in regular savings accounts. This would be a great benefit for people living on SSI, who find themselves blocked from savings, and given a powerful dis-incentive to earn incomes. www.opencongress.org/bill/111-h4937/show.

Volunteers Sought for Facilitator Roles During the late spring and summer, NAMI NEWJERSEY will be scheduling trainings for volunteers to take on the roles of:

- Family-to-Family Education Instructor (2 day, 2 night training)
- Family-to-Family Support Group Facilitator (4-5 hour training)
- NAMI Connection Support Group Facilitator (3 Saturdays in a row)

The 2 Family-to-Family training opportunities are open only to people who have completed the Family-to-Family course. The NAMI Connection training opportunity is for people living with a mental illness. 732-531-7624. jjudof@hotmail.com.

Brookdale Promoting Human Services Programs Brookdale Community College offers human services Associates' Degree programs in Human Services Generalist, Addiction Studies, and Corrections, as well as a Social Services Certificate. Several other non-credit options are also available. dstout@brookdalecc.edu.

Services Expand for Monmouth County Residents with Mental Illness Convicted of Crimes Federal stimulus funds have created both a small team to provide aftercare case management for people with mental illness being discharged from the Monmouth County Correctional Institution and a small team of mental-health specific parole officers. To get involved in the NAMI-Greater Monmouth Law Enforcement Education and liaison programs, contact Helenej333@comcast.net.

Swarbrick Receives National Award The United States Psychiatric Rehabilitation Association (www.uspra.org) has announced that its 2010 Carol T. Mowbray Early Career Research Award is being given to Peggy Swarbrick, Ph.D., OTR, CPRP. Peggy, a Monmouth County resident and NAMI-Greater Monmouth member, works in dual roles as director of Collaborative Support Programs-New Jersey's Institute for Wellness and Recovery Initiatives and as an Assistant Professor in the UMDNJ Department of Psychiatric Rehabilitation. Congratulations, Peggy!

Publications Honored At the annual NAMI/Intensive Family Support Services (IFSS) luncheon in December, NAMI NEW JERSEY honored our organization for “best affiliate newsletter.” The award was presented to honor both

- this “programs newsletter,” in its twelfth year of publication, and now published quarterly to inform members of news and upcoming events, as well as
- our annual highlights newsletter, now published each summer both to inform our members and to help all of us spread the word about NAMI-Greater Monmouth.

NAMI-Greater Monmouth

Provides Peer-Led Support Groups
 For People Living With Mental Illness in Themselves or a Family Member

Day and Time	Location	Kind of Group	Notes
Every Thursday, 5:30-7pm	Freehold Self-Help Center, 17 Bannard St., <i>Freehold</i>	NAMI Connection Support, for people living with a mental illness	Limited transportation offered. Call 732-625-9485.
First Monday of every month, 7-8:30pm	Health Awareness Center, Rooms 1 and 2, CentraState Medical Center, <i>Freehold</i>	Family-to-Family Support, for family members/caregivers of someone with a mental illness	
First and Third Tuesday of every month, 7-8:30pm	Colts Neck Community Church, 25 Merchants Way, <i>Colts Neck</i>	Two separate groups at once: ➤ Family-to-Family Support, for family members/caregivers of someone with a mental illness ➤ NAMI Connection Support, for people living with a mental illness	
First Tuesday of every month, 7-8:30pm	History House, Girl Scouts of the Jersey Shore, 242 Adelpia Road, <i>Farmingdale</i>	SAMHAJ (South Asian Mental Health Awareness In Jersey) Family Support - specifically for people of South Asian origin who have a family member with a mental illness	RSVP Required for this meeting only. Contact: Shrabanee at 732-533-7632

All groups are open to members and non-members, and there is no charge to attend!

NAMI-Greater Monmouth Also Offers:

- **Scheduled speaker meetings and recreational events**
- **Educational courses for family members**
- **Community speaker programs about mental health recovery and community resources**
- **Specific training programs for law enforcement and K-12 school personnel**
- **Volunteer opportunities**

NAMI-Greater Monmouth
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Psychotherapist

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 1 Bethany Rd., Suite 6
 Hazlet NJ 07730

732-264-2611

President’s Address

Extracted from remarks delivered by our president, Helene Kalkay, at our March Board of Trustees Meeting

I am now three months away from handing over the leadership of this affiliate. For these reasons, I have decided to open this meeting with a "State of the NAMI" address. I think it will help all of us remember where NAMI has been, where NAMI is going, and what we can accomplish as a team. Hopefully this tradition will continue with our new president.

As an opening thought, we need to think about what NAMI is, and remember why we put in the time and energy we do. NAMI has been good for us, and I know I am among several in this room who would say that their involvement in NAMI has helped them grow and learn. Jay, for instance, says that NAMI has been the gateway to his second career. I have learned to accept and cope with mental illness in my family, and I constantly remind myself there is so much more we can do. NAMI is the means to accomplish what we set out to do, as stated in our mission statement "To improve the lives of people living with mental illness and their families through education, support and advocacy."

Every day we do many things which help meet that mission. We have offered Family-to-Family 26 times, and expect to continue. We have run NAMI Basics for families of kids twice. We have run the NAMI Peer-to-Peer education course twice, but not for several

years. We run 7 or 8 NAMI Connection Peer Support groups and 3 family support groups every month. Those groups are all going strong. Together we can increase attendance and expand the number of support groups even further. We can train more caregivers and peers to be facilitators. We can definitely work to get NAMI Basics more visible and sustainable, and to get Peer-to-Peer back on the menu for the thousands of county residents who would benefit from it.

We can also work together to get other related programs going, support groups for families of youngsters, peer and family support in Spanish, peer and family support for veterans, and more. We can work together to get speaker programs better attended, making them another resource for our recovery community. There is a lot of opportunity for us to expand with NAMI’s standard programs and even sensible variations of them.

Our contact function remains strong, buttressed by a comprehensive phone system and expanded website. I really hope that we can move into more new media, using Facebook and Twitter, so that we can reach young peers and families. Our Hospital Outreach is now visiting 4 of 5 units in the county, and is complemented by our "What’s Out There" booklets and updated pamphlets. We are starting to look at reaching families of people who are in the hospital units, and I really hope we can make this happen.


Our publications, "What’s Out There," "Highlights" magazine, "A Wealth of Knowledge," and creative

**Mental Health Association
of Monmouth County**
An Affiliate of

 MENTAL HEALTH AMERICA

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**The New Jersey Psychiatric
 Rehabilitation Association**
proudly supports
NAMI-Greater Monmouth

We invite you to learn more about the science of psychiatric rehabilitation, and how psychiatric rehabilitation practitioners partners with people and families to support empowered

pamphlets, are well respected inside and outside of this county, as was recognized and awarded last December by NAMI NEW JERSEY. We have started a booklet and literature distribution program, and need to make that program stronger. We have started to move into direct support of mental health peers with our scholarships to COMHCO and the CSP Wellness Conference, our collaboration on clothing and toiletry drives, and our Bundles of Love program. We can and will expand the range of ways we provide concrete assistance to people pursuing psychiatric recoveries.

We are reaching the community in many ways other than the ones I have already mentioned. We have people working on community and press relations, and have had some great press in the past 2 years. We work well with NAMI New Jersey's outreach programs: *In Our Own Voice*, *Law Enforcement Education*, and *Educating the Educators*. We attend various town days and the Monmouth County Fair and get out and speak with the *Documenting Our Presence* video. All of these are activities we need to build on and strengthen. These are all areas where we can become even stronger and more effective. We have strong relationships with local colleges, and need to unify these relationships under the leadership of a point person to make them stronger. We have started to offer programs aimed at families of kids with emotional disorders and build relationships with schools and the kids' system. This is another area where the appointment of a point person could make even stronger.

Our development team has started to build both a solid involvement in the Monmouth county community and a base of funding, and we have high hopes that this will serve as a continued base for our operations and expansion. Our partnership to offer SAMHAJ family support is the beginning of a wide range of multicultural programs we can develop and strengthen. We have started to look at the fellowship side of what we do, and this is another area where we have huge growth opportunities to bring people and families dealing with mental illness and emotional disorders together.

We have an advocacy presence in the county, with involvement in the Mental Health Board, its Professional Advisory Committee, MICA Task Force, and Adult Systems Review Committees. We can and will expand on the range of advocacy roles NAMI Greater Monmouth members take on. We will be introducing our new Volunteer Coordinator this evening, and this is one of the many areas where we will begin helping to mentor volunteers into valued roles.

While membership has remained flat over the past several years, our community development efforts and some cost cutting measures have left us in decent financial shape. We have a reasonable budget process, and hope that our 501c3 status will be solidified within months.

All in all, the eight years I have served as president have been good for me, and good for NAMI-Greater Monmouth. I must remind all you that we have created an impressive organization. I believe that this group has what it takes to become larger, stronger and remain an effective voice for people and families dealing with mental illness. I hope and pray that everyone can work together to make this happen and to begin an awesome decade.

Helene

NAMI Angel Continues Her Mission
by Susan Reese

Valentine's Day came early for the residents of the Golden Age Rest Home in East Freehold. NAMI-Greater Monmouth board member Angelina Wall accompanied by President Helene Kalkay, and fellow board member Susan Reese brought bundles of love from NAMI.



These bundles include personal hygiene items such as shampoo, deodorant, toothbrush, toothpaste, and a wash cloth.

After the bundles were distributed, Angie set up a craft project and invited those interested to make valentines with stickers, hearts, and glitter.

"I love craft projects," said Angie, "and I want to share my interests with others." The two women who cook, clean, do laundry, and run the house said that the facility would welcome donations of towels, washcloths, pillow cases and single bed sheets.

A DONATION OF \$4 will help Angie continue her mission. Angie feels that the interaction, as well as the bundles, is of great value. Call to join her next time. 732-4NAMI-4U (732-462-6448) namigreatermonmouth@gmail.com

April, 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<p>1 NAMI Connection, 5:30-7, Freehold</p> <p>MHA Speaker Series, Susan Simmons-Alling on Bipolar Disorder, 7:30-9, Eatontown</p>	<p>2</p>	<p>3 NAMI Family-to-Family Alumni Potluck Breakfast, 10-12, Freehold</p> <p>Peer Employment Support, 2-3, Freehold</p>
<p>4 NAMI NJ En Español 1:30-3pm, New Brunswick</p>	<p>5 NAMI Family-to-Family Support, 7-8:30, Freehold</p> <p>“Personality Disorders: What are they,” 7pm, Piscataway.</p>	<p>6 NAMI Family-to-Family Support, and NAMI Connection, 7-8:30, Freehold</p> <p>SAMHAJ South Asian Family Support, 7-8:30, Farmingdale</p>	<p>7 NAMI Hearts & Minds (6:30 Potluck, 7:30 presentation), Colts Neck</p> <p>Dual Recovery Retreat, Elberon</p>	<p>8 NAMI Connection, 5:30-7, Freehold</p> <p>CAMHOP Chinese American Group, Edison</p>	<p>9</p>	<p>10 Healthy Minds Across America, Columbia University</p>
<p>11</p>	<p>12</p>	<p>13 Smart Shopping, 10am, Eatontown</p>	<p>14 NAMI Board Meeting, 7-9, Colts Neck</p>	<p>15 NAMI Connection, 5:30-7, Freehold</p> <p>AACTNOW, 6:30-8, Somerset</p>	<p>16</p>	<p>17 Peer Employment Support, 2-3, Freehold</p>
<p>18</p>	<p>19</p>	<p>20 NAMI Family-to-Family Support, and NAMI Connection, 7-8:30, Freehold</p> <p>Financial Services Orientation, 11am, Eatontown</p>	<p>21 “Challenges faced by people with a mental illness and their families in dealing with the legal/justice system,” 6:30pm, Flemington.</p>	<p>22 NAMI Connection, 5:30-7, Freehold</p>	<p>23</p>	<p>24 Healthy Minds Across America, NYU</p>
<p>25 25th Annual Schizophrenia Conference, Columbia Pres.</p>	<p>26 NAMI Connection, 6-7:30, Keansburg</p>	<p>27</p>	<p>28</p>	<p>29 NAMI Connection, 5:30-7, Freehold</p>	<p>30 Personal Wellness through Self-care, Eatontown</p> <p>First night of NAMI BASICS, North Brunswick</p>	
				<p>DBSA Annual Conference, Itasca, IL</p>		

May, 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<p>1 NAMI Family-to-Family Alumni Potluck Breakfast, 10-12, Freehold</p> <p>Peer Employment Supp., 2-3, Freehold</p> <p>Healthy Minds X America, Mt. Sinai & Zucker-Hillside</p>
<p>2 NAMI NJ En Español 1:30-3pm, New Brunswick</p>	<p>3 NAMI Family-to-Family Support, 7-8:30, Freehold</p> <p>“Alternatives to Day Programs,” 7pm, Piscataway.</p>	<p>4 NAMI Family-to-Family Support, and NAMI Connection, 7-8:30, Freehold</p> <p>SAMHAJ South Asian Family Support, 7-8:30, Farmingdale</p>	<p>5</p>	<p>6 NAMI Connection, 5:30-7, Freehold</p> <p>CAMHOP Chinese American Group, Edison</p> <p>MHA Speaker Series, Peer Support in Mental Health, 7:30-9, Eatontown</p> <p>Social Cognitive Career Theory, Scotch Plains</p> <p>Shining Lights: Outstanding Leaders for a Brighter Future for Hispanics, West Orange</p>	<p>7</p>	<p>8 DBSA-NJ Annual Conference, New Brunswick</p>
<p>9</p>	<p>10</p>	<p>11 Smart Shopping, 10am, Eatontown</p>	<p>12 NAMI Board Meeting, 7-9, Colts Neck</p>	<p>13 NAMI Connection, 5:30-7, Freehold</p>	<p>1</p> <p>4</p>	<p>15 Peer Employment Support, 2-3, Freehold</p>
<p>16</p>	<p>17</p>	<p>18 NAMI Family-to-Family Support, and NAMI Connection, 7-8:30, Freehold</p> <p>Financial Services Orientation, 11am, Eatontown</p>	<p>19</p>	<p>20 NAMI Connection, 5:30-7, Freehold</p> <p>AACTNOW, 6:30-8, Somerset</p>	<p>2</p> <p>1</p>	<p>22 NAMI Walk, Titusville</p> <p>CPANJ Annual Conference, New Brunswick</p>
<p>23</p>	<p>24 NAMI Connection, 6-7:30, Keansburg</p>	<p>25</p>	<p>26</p>	<p>27 NAMI Connection, 5:30-7, Freehold</p>	<p>2</p> <p>8</p>	<p>29</p>
<p>30</p>	<p>31 Memorial Day</p>					

June, 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p>1 NAMI Family-to-Family Support, and NAMI Connection, 7-8:30, Freehold</p> <p>SAMHAJ South Asian Family Support, 7-8:30, Farmingdale</p>	<p>2</p>	<p>3 NAMI Connection, 5:30-7, Freehold</p> <p>CAMHOP Chinese American Family Education, Edison</p> <p>MHA Speaker Series, Susan Mark Sullivan on MICA Dual Diagnosis, 7:30-9, Eatontown</p>	<p>4</p>	<p>5 NAMI Family-to-Family alumni Potluck Breakfast, 10-12, Freehold</p> <p>Peer Employment Support, 2-3, Freehold</p>
<p>6 NAMI NJ En Español 1:30-3pm, New Brunswick</p>	<p>7 NAMI Family-to-Family Support, 7-8:30, Freehold</p>	<p>8 Smart Shopping, 10am, Eatontown</p>	<p>9 NAMI Annual Meeting, 6:45pm, then NAMI Board Meeting, 7-9, Colts Neck</p>	<p>10 NAMI Connection, 5:30-7, Freehold</p>	<p>11</p>	<p>12 NAMI NEW JERSEY Annual Conference, Monroe</p>
<p>13</p>	<p>14</p>	<p>15 NAMI Family-to-Family Support, and NAMI Connection, 7-8:30, Freehold</p> <p>Financial Services Orientation, 11am, Eatontown</p>	<p>16</p>	<p>17 NAMI Connection, 5:30-7, Freehold</p> <p>AACTNOW, 6:30-8, Somerset</p>	<p>18</p>	<p>19 Peer Employment Support, 2-3, Freehold</p>
<p>USPRA Annual Conference - Boise, Idaho</p>						
<p>20</p>	<p>21</p>	<p>22</p>	<p>23</p>	<p>24 NAMI Connection, 5:30-7, Freehold</p> <p>Engagement Strategies for Undergraduate Psych Rehab Web-Averse Students, .Scotch Plains</p>	<p>25</p>	<p>26</p>
<p>27</p>	<p>28 NAMI Connection, 6-7:30, Keansburg</p>	<p>29</p>	<p>30</p>	<p>NAMI Annual Convention, Washington, DC</p>		
<p>Points of Light Conference on Volunteering and Public Service, New York City</p>						

Calendar detail

NAMI-Greater Monmouth (all programs listed are **FREE** - no registration required unless noted)

On Wednesday, April 7, ***NAMI-Greater Monmouth*** will conduct a speaker program at Colts Neck Community Church, 25 Merchants' Way.

- 6:30-7:30 Healthy Potluck Supper
- 7:30-9 Presentation. NAMI NEW JERSEY ***Hearts and Minds*** Coordinator Salvina Cappello will show a video and speak on ways in which people with mental illness can improve their physical health, as well as ways in which family members and friends can support healthy initiatives. Additional detail on the program is online at www.nami.org/template.cfm?section=Hearts_and_Minds

Every Thursday from 5:30-7PM, ***NAMI-Greater Monmouth*** conducts a ***NAMI Connection*** peer support group at Freehold self-Help Center, 17 Bannard St. Call 732-625 9485 to ask about limited local transportation.

On the first Saturday of each month, ***NAMI-Greater Monmouth*** conducts a ***Family-to-Family Alumni Potluck Breakfast*** from 10am-noon at CentraState Medical Center, Freehold. This group is open only to people who have taken our Family-to-Family education course. 609-259-7139. pradeepshah@att.net. PLEASE CALL BEFORE ATTENDING.

On the first Monday of every month, from 7-8:30PM, ***NAMI-Greater Monmouth*** a ***Family-to-Family support group*** for people who care about someone with a mental illness: Health Awareness Center, Rooms 1 and 2, CentraState Medical Center, Freehold

On the first Tuesday of every month, at 7pm, ***NAMI NEW JERSEY*** and ***NAMI-Greater Monmouth*** conduct our monthly ***South Asian Mental Health Awareness in Jersey (SAMHAJ) support group*** for people of South Asian Origin dealing with mental illness in a family member. Girl Scouts of the Jersey Shore, 242 Adelphia Road, Farmingdale. 609-

259-7139. pradeepshah@att.net. PLEASE CALL BEFORE ATTENDING.

On the first and third Tuesdays of each month, ***NAMI-Greater Monmouth*** runs our peer and family support groups, featuring:

- 6:45-7pm - Library Hours for anyone to browse and members to borrow from our "Klitzman-Harris Memorial Library."
- 7-8:30pm - separate support groups, each led by trained volunteer NAMI members
 - ***NAMI Connection Peer Support***
 - ***NAMI Family-to-Family Support***

Colts Neck Community Church, 25 Merchants' Way.

On the second Wednesday of each month, ***NAMI-Greater Monmouth*** conducts our ***board meeting*** from 7-9pm at Colts Neck Community Church, 25 Merchants Way. Open to all members.

On the fourth Monday of each month, from 6-7:30PM, ***NAMI-Greater Monmouth*** conducts a ***NAMI Connection*** peer support group at McGrath Towers, 25 Hancock St., Keansburg.

On Wednesday, June 9, at 6:45, The ***NAMI-Greater Monmouth annual meeting*** will take place before our regular ***board meeting***. All ***NAMI-Greater Monmouth*** members present will have the opportunity to vote on the slate of officers and trustees and proposed bylaws changes. bpauwels@optonline.net.

NAMI NEW JERSEY, NAMI National, and other NAMI groups

On the first Sunday of each month ***NAMI NJ En Español*** conducts a ***support group*** from 1:30-3:00 pm at Iglesia Nuestra Señora del Carmen, 75 Morris St. (basement), New Brunswick, NJ 08901. Please call to confirm meeting: 1-888-803-3413

On the first Monday of each month, from 7-9PM, ***NAMI Middlesex*** conducts a **FREE** speaker presentation at University Behavioral Healthcare, Room D-201, 671 Hoes Lane, Piscataway.

- April 5 - ***Personality Disorders: What are they?*** by Priyanka Upadhyaya, Psy. D.
- May 3 - ***"Alternatives to Day Programs"***

On the second Thursday of each month, from 7-820pm, **NAMI NEW JERSEY** conducts its **FREE** monthly **Chinese American Mental Health Outreach Program (CAMHOP) group** at UBHC, 100 Metroplex Drive, Suite 200, Edison. Contact Maggie at 732-940-0991. mluo@naminj.org.

On the third Thursday of each month, from 6:30-8pm, **NAMI NEW JERSEY's AACTNOW (African American Community Takes New Outreach Worldwide) group** meets in Somerset. First Baptist Church of Lincoln Gardens 771 Somerset St. Contact: Cynthia at 732-940-0991

On Wednesday, April 21 from 6:30 - 8:30 pm, **NAMI Hunterdon** will host a **FREE** presentation by Ann Renaud, Esquire, on the **challenges faced by people with a mental illness and their families in dealing with the legal/justice system in NJ**. Location: Hunterdon Medical Center auditorium, Flemington. 908-284-0500.

Friday April 30 will be the first night of **NAMI BASICS**, a free 6-session course for family caregivers of a youngster with a mental/ illness/emotional disorder. Offered by **NAMI NEW JERSEY** at our North Brunswick office. 908-892-4299, aliciastevenson@comcast.net

On Saturday, May 22, **NAMI Mercer New Jersey** will sponsor **NAMI Walks for the Mind of America** in Washington's Crossing State Park, Titusville. **NAMI-Greater Monmouth** will have a team in this walk, which we invite you to join or sponsor. eclancymars@gmail.com

On Saturday, June 12, **NAMI NEW JERSEY** will conduct our **annual conference** at the Crowne Plaza Hotel, Monroe Township. www.naminj.org

From June 30-July 3, **NAMI** will conduct its annual convention at the Hilton Hotel, Washington, DC. www.nami.org.

Other Organizations

On the first and third Saturdays of every month, from 2-3pm, **Freehold Self-Help Center**, 17 Bannard St. conducts a **FREE Peer Employment Support Group**. This

group follows a university-developed model to help people pursuing psychiatric recoveries consider issues around returning to work, dealing with mental health issues at work, choosing and using professional supports and services for vocational rehabilitation, keeping benefits while working, etc. 732-625-9485.

On the first Thursday of select months, The **Mental Health Association of Monmouth County's** Intensive Family Support

Services program hosts a series of **FREE** educational programs open to members of the community. Programs take place from 7:30-9pm, at the Eatontown Library, 33 Broad St. Contact Julie at 732-542-6422. Julie_mha@yahoo.com.

- 4/1 - Susan Simmons-Alling, APRN, BC will present on **Bipolar Disorder**.
- 5/6 - Jay Yudof, MS, CPRP will lead a presentation and panel discussion on **Peer Support in Mental Health**.
- 6/3 - Mark Sullivan, LCSW will present on **Mental Illness/Chemical Abuse Dual Diagnosis**.

Financial Services staff at **Collaborative Support Programs-NJ** will conduct a **FREE** one hour training on **Smart Shopping** at 10am on the 2nd Tuesday of every month, and a one hour **Financial Services Orientation** at 11am on the 3rd Tuesday of each month, at the CSPNJ offices in

Remember: NAMI-Greater Monmouth Depends on You:

Please consider:

- Joining or renewing your membership (application on page 11)
- Placing a business card ad in this newsletter (send card with \$35 check to our PO Box)
- Making a donation of cash, or a book to our library, or items to our clothing/toiletry/linens drive
- Sending a contribution to NAMI-Greater Monmouth in memory or honor of someone
- Attending our meetings
- Getting someone else (friend, relative, client) to try our meetings
- Offering a ride to someone who wants and needs one in order to get to our meetings
- Scheduling a presentation about NAMI, or a presentation of In Our Own Voice
- Taking on a volunteer role

Eatontown. 732-780-1175 Ext. 12.
zreyes@cspnj.org.

Collaborative Support Programs-NJ will conduct a **FREE** training about Diabetes and the Metabolic Syndrome entitled **Personal Wellness through Self-care**, led by Betty Sue Redman, LPN. It will take place on Friday, April 30, from 10am-2pm, at the agency's Eatontown offices. wec@cspnj.org.

NARSAD has scheduled **Healthy Minds Across America**, a series of **FREE** educational forums to highlight recent research in brain mental health research. Sessions in New York City will take place

- April 10, Columbia University
- April 24, New York University
- May 1, Mount Sinai Medical Center
- May 1, Zucker Hillside Hospital

www.narsad.org.

On Wednesday, April 7, from 9:30am-2:30pm, The Monmouth County Mental Illness/Chemical Abuse (MICA) Co-occurring Recovery Task Force will conduct a **dual**

recovery retreat at San Alfonso Retreat Center, Elberon. \$10 per participant. 732-531-7624. jyudof@hotmail.com.

On Wednesday, April 21-Thursday, April 22, the **New Jersey Association of Mental Health Agencies** (NJAMHA) will host its annual conference at the Pines Manor, Edison. www.njamha.org.

On Sunday, April 25, **Columbia University** will present the **25th Annual Schizophrenia Conference: A Vision for Science and Recovery** in Schizophrenia for Professionals. While the title is about professionals, the university always welcomes peers and family members to this conference, and makes that clear by setting the registration price for us to only \$10 for the full day conference. <http://columbiacme.org/>

From April 29-May 2, the **Depression and Bipolar Support Alliance** will host its annual conference in Itasca, IL. www.dbsalliance.org.

Membership Application

Please complete both columns and return with your check (payable to NAMI-Greater Monmouth) to:

NAMI-Greater Monmouth
POBox 31 • Holmdel NJ 07733

NAME(s) _____
 ADDRESS _____
 CITY _____
 STATE _____ ZIP _____
 PHONE (_____) _____
 E-MAIL _____@_____
 Amount Enclosed \$ _____

Would you like your newsletters
 ___e-mailed or ___mailed

Annual dues are \$35 per household. If you cannot afford regular dues, you may pay any amount you wish from \$3-\$35.

By becoming a member, you:

- ▶ automatically become a member of our local, state, and national organizations.
- ▶ will receive regular newsletters from all of these groups
- ▶ are invited to our conferences, conventions, and other important events.
- ▶ identify yourself with thousands of other NJ residents, and over 250,000 members nationwide, as caring about mental illness and those who deal with it

Our membership and other information is never shared with anyone outside NAMI

Have you taken the NAMI Family-to-Family Course? YES NO

Would you be interested in taking this course? YES NO

Have you taken the NAMI BASICS Course? YES NO

Would you be interested in taking this course? YES NO

In what ways would you be interested in helping to support Mon-mouth County people and families dealing with mental illness? - check all that apply/please tell us about your other passions and talents!

- ___ Write article or book review for NAMI newsletter
- ___ Organize or participate in clothing/toiletry drives
- ___ Deliver literature to hospitals, doctors, libraries, churches, etc.
- ___ Work the NAMI booth at county or town fairs and other events
- ___ NAMI Outreach to inform physicians, clergy and other sources of support
- ___ Housing advocacy
- ___ Educate the Educators
- ___ General volunteer for miscellaneous activities as needed

(Specialized training is provided for the following volunteer roles)

- ___ Family Support Group facilitator
- ___ NAMI Connection Group Facilitator
- ___ Co-Teacher for Family-to-Family Education Course
- ___ Co-Teacher for De Familia a Familia Course in Spanish
- ___ Co-Teacher for NAMI BASICS
- ___ "In Our Own Voice" Presenter
- ___ Law Enforcement Educator

The UMDNJ Department of Psychiatric Rehabilitation presents a series of colloquia by faculty members which are FREE and open to the public. Each session will take place at 1776 Raritan Rd., Scotch Plains (room 333). The following sessions are scheduled:

- May 6, 6-8 pm, Melissa Roberts, PhD, *Social Cognitive Career Theory*
- June 24, 6-8 pm, Annette Backs, MSW & Peter Basto, MS, *Engagement Strategies for Undergraduate Psychiatric Rehabilitation Web-Averse Students*

On Thursday, May 6, The 7th Annual *Shining Lights: Outstanding Leaders for a Brighter Future for Hispanics* awards gala will take place in West Orange. www.nrchmh.org.

On Saturday, May 8, the *Depression and Bipolar Support Alliance of New Jersey (DBSA-NJ)* will host its annual mini-conference at Robert Wood Johnson Hospital, New Brunswick. dmizenko@gmail.com

On Saturday, May 22, The *Consumer Provider Association in NJ (CPANJ)* will host its

annual conference at Rutgers Cook College Center, New Brunswick. CPANJ provides valuable resources for current and future peer providers and for agencies seeking to increase their peer provider workforce. www.cpanj.org.

On Wednesday, June 2, *UMDNJ University Behavioral Healthcare (UBHC)* will host New Jersey's first *Mental Health Quality Improvement Fair*. FREE
<http://ubhc.umdnj.edu/events/piFair/MarketingFlyerQIFair2010.doc>

From June 13-June 17, The *United States Psychiatric Rehabilitation Association (USPRA)* has scheduled its annual conference in Boise, Idaho. www.uspra.org.

From June 28-June 30, The Points of Light Institute and the Corporation for National and Community Service will conduct the *National Conference on Volunteering and Service* in New York City. www.volunteeringandservice.org.

From September 29-October 3, *Alternatives 2010*, the only national mental health conference organized by and for people diagnosed with mental illnesses. will take place at the Hyatt in Anaheim/Orange, California.

From November 17-19, The *Sixth World Conference on the Promotion of Mental Health and Prevention of Mental and Behavioral Disorders* will take place in Washington, DC. <http://wmhconf2010.hhd.org>



The Nation's Voice on Mental Illness

NAMI-Greater Monmouth
POBox 31
Holmdel NJ 07733
www.namimonmouth.org
732-4NAMI-4U

Come to our April 7 Potluck Supper And



Presentation