



# Families Together

Volume 12, Issue 1

The State's Voice on Mental Illness

Spring 2002

## State Funds For Mental Health



Governor James E. McGreevey recently outlined his plan to plug a \$2.9 billion budget hole with a combination of program cuts, fund diversions and surplus spending. In his first public policy speech since taking office Jan. 15, the Governor froze \$435 million in spending and tapped over \$500 million in unused fund balances. He already outlined over \$1 billion in savings, through 5 percent spending cuts in all departments and more than \$400 million in reductions made by his predecessor, acting Republican Gov. Donald DiFrancesco.

Plans to build a new hospital at Greystone Park Psychiatric Hospital in Parsippany and move some patients into an improved community health network in New Jersey have been set back by a \$10 million cut in a \$17 million "bridge fund" approved last year to create new community mental health beds and hire more social workers. The implementation of the Children's System of Care, the plan to restructure the way the state delivers children's mental health services has

*(Continued on page 13)*

## NAMI NJ wins NAMI Multicultural Outreach Award

NAMI NJ's education and outreach program SAMHAJ, which targets South Asians in New Jersey, has been selected to receive the National NAMI award for Multicultural Outreach. This award was established last year to honor outstanding efforts to make ethnic and other minorities a strong and vital part of the NAMI family. The NAMI Board of Directors believes that SAMHAJ can serve as a model for such programs across the nation. The award will be presented during the 2002 NAMI

*(Continued on page 13)*

Index	Page		Page
President's Message ....	2	NAMI NJ 2002	
Notes from the Executive Director .....	3	Conference Agenda .....	7
Family Monitoring in State Hospitals .....	4	Trustee Election Ballot	11
Insurance Continuation for a Dependent Child ...	4	NAMI NJ Survey .....	12
Advocacy News .....	5	Research Update .....	14
Expressive Arts Network Update .....	6	NAMI NJ Initiates 2 Programs.....	15
In Our Own Voice .....	6	NAMI NJ Need for Treatment Forums....	15
A Beautiful Mind comes to Princeton .....	6	Elaine Goodman Receives Award .....	15
Luncheon for NAMI NJ Family Educators .....	6	SSI & SSDI Benefits Planning .....	15
		Family Connections .....	16

## Playing at a theater near you....

Caring For Someone With A Mental Illness?

To Find Family Support Services Near You  
Call Toll Free: 1-866-NAMI-IFSS

For Information About Mental Illness  
NAMI NEW JERSEY: 732-940-0991

Playing at a select group of theaters is an advertisement that publicizes

*(Continued on page 16)*

## NAMI NEW JERSEY Board of Trustees

Mark Perrin, M.D.

### President

Kathleen Considine

### 1st Vice President

Walter E. Zalenski

### 2nd Vice President

William Dice

### Treasurer

Joyce McKee

### Secretary

### Northern Region

Gerald T. Caprio

April Naturale

Joyce McKee

Mark Perrin, M.D.

Walter E. Zalenski

### Central Region

Bevinn F. King

William Dice

Kathleen Considine

John N. Fellin

John J. Monahan, LCSW

Jack J. Spector, Ph.D.

### Southern Region

Kenneth R. Eshelman

Donald L. Saull

Theresa Yates

### Executive Director

Sylvia Axelrod

### *Families Together*

*is a publication of*

*NAMI NEW JERSEY,*

*1562 Route 130*

*North Brunswick,*

*New Jersey 08902*

*Phone: (732) 940-0991*

*Fax: (732) 940-0355*

*Email: [naminj@optonline.net](mailto:naminj@optonline.net)*

*Website: [www.naminj.org](http://www.naminj.org)*

Articles, reports, letters, poetry, etc. are welcome for publication. NAMI NJ reserves the right to edit all materials and assumes no responsibility for errors, omissions, or opinions expressed or implied by contributors.

**Editors:** Sylvia Axelrod

Aruna Rao

## "President's Message"



### Changes - for better and for worse

From all indications Governor McGreevey is living up to his promises to establish fiscal accountability, provide security, improve education and to bring about change in how the State of NJ goes about conducting the business of governing. Change is always difficult and a cause for uncertainty. When this is combined with a multi-billion dollar deficit uncertainty escalates to an apprehension that significant reductions in human services will be the solution for balancing the budget.

Certainly 9/11 and the "war" on "the evil axis" will further increase unexpected Federal debt. Does placing national security as primary engender a mind set that generalizes human values to be secondary? At this point, many of us are anxious that the political resolve to provide adequate mental health services is lacking. Now we must become more effective advocates.

The appointment of Gwendolyn L. Harris as Commissioner of the Department of Human Services is one change that should inspire confidence. She founded Newark Emergency Services for Families and has worked with Division of Youth and Family Services. Her innate abilities combined with her experience have given her a real understanding of the needs of families. She is dedicated to meeting these needs and changing the system to deliver better and more effective services - she is definitely a family advocate.

Chief of Staff Kevin Ryan is another advocate who is committed to moving the Commissioner's agenda forward. He brings a long history of working for homeless adolescents and others who fall between the cracks when in transition from the children's to the adult system. Both NAMI NEW JERSEY and the New Jersey Parents' Caucus have identified the lack of appropriate supports for older adolescents and young adults as one that has long been neglected. We look forward to working together in a spirit of collaboration to improve planning and programs for this vulnerable population that is not well served.

The times are changing, but one change should be reassuring. Our new Commissioner Gwendolyn Harris is **personally inspecting** all the State Hospitals. Indeed, this may be a first. I believe our shared values and commitment make Commissioner Harris our friend. This new friendship may help sustain us through these difficult times by validating our aspirations and renewing our hope.

*Mark Perrin, M.D.*

*President*

# Notes From The Executive Director



## “Best Practices and Common Sense”

**We don’t know** when our government will need to face a new disaster or suddenly find that they have gone from a budget surplus one year to a drastic deficit the next year. **Unfortunately, one thing we do know** is that services for individuals suffering from serious mental illness will continue to go from crises to crisis if they are not adequately funded.

New Jersey’s Mental Health System aspires to fund the development of programs that are **“exemplary”** and demonstrate **“standards of best practices.”** I would also ask that we provide funding that demonstrates **“standards of common sense.”**

### Common sense tells us that:

Housing six or more mentally ill patients in one hospital room without the provision of adequate treatment is **not a “best practice.”**

Eliminating psychiatric hospital beds when we are already unable to adequately handle the number of patients in our hospitals is **not a “best practice.”**

Sending individuals to overcrowded state hospitals because adequate community supportive services are not available is **not a “best practice.”**

Having mentally ill individuals incarcerated because they are not able to access the mental health treatment they need is **not a “best practice.”**

Not listening to families when they want to provide information that would help their loved ones receive appropriate care is **not a “best practice.”**

Requiring individuals unable to help themselves to first commit a violent act before they can access protective care and treatment is **not a “best practice.”**

Lack of treatment for both mental illness and chemical abuse for individuals that have both disorders is **not a “best practice.”**

Keeping individuals from receiving the most effective medications available because less effective medications are cheaper is **not a “best practice.”**

Delaying access to appropriate treatment and early intervention for children, adolescents or adults that begin to show symptoms of mental illness is **not a “best practice.”**

*Sylvia Axelrod*  
Executive Director

## NAMI NEW JERSEY Affiliates

- Atlantic County**  
\* NAMI Atlantic County
- Bergen County**  
\* NAMI of Bergen County, Inc.  
\* NAMI Family Org. Bergen
- Burlington County**  
\* NAMI FACE Burlington
- Camden County**  
\* NAMI Camden County
- Cape May County**  
\* NAMI Cape May County
- Cumberland County**  
\* NAMI Cumberland County
- Essex County**  
\* NAMI Essex NJ, Inc.
- Gloucester County**  
\* NAMI Gloucester County
- Hudson County**  
\* NAMI Hudson County
- Hunterdon County**  
\* NAMI Hunterdon County
- Mercer County**  
\* NAMI Mercer NJ
- Middlesex County**  
\* NAMI Middlesex
- Monmouth County**  
\* NAMI Greater Monmouth  
\* NAMI Monmouth Fam. & Friends
- Morris County**  
\* Concerned Families of Greystone  
\* NAMI Morris County
- Ocean County**  
\* NAMI Ocean County, NJ
- Passaic County**  
\* NAMI Upper Passaic County  
\* NAMI Families In Quest-Passaic
- Salem County**  
\* NAMI Salem County
- Somerset County**  
\* NAMI Somerset NJ, Inc.
- Sussex County**  
\* NAMI Sussex, Inc.
- Union County**  
\* NAMI Union County
- \* El Grupo de Alianza Para Los Familiares De Personas Con Enfermedades Mentales
- Warren County**  
\* NAMI Warren County

*For the local Affiliate contact person please contact the NAMI NJ office at 732-940-0991, [naminj@optonline.net](mailto:naminj@optonline.net) or visit [www.naminj.org](http://www.naminj.org).*

## Family Monitoring in State Hospitals

Families have a unique perspective on the need to incorporate empathy and compassion into the delivery of treatment and care to loved ones afflicted with severe and persistent mental illness. Nowhere is this need more obvious than the treatment and care environment of our state hospital system. The development of family based hospital monitoring programs at our hospitals is underway to enable state agencies to benefit from these perspectives.

Family-monitoring program concepts have evolved from the desire on the part of families to have their ideas and viewpoints heard and incorporated in hospital programs. While state hospitals are governed by a myriad of rules, codes and laws, and are regularly inspected and reviewed for compliance, these inspections usually fail to capture the personalized aspects that are so important to families. A family based monitoring program serves to augment government based regulatory monitoring.

Family programs usually involve assessing the environment and mechanisms surrounding the delivery of medical treatment and care; not the medical treatment itself. The evaluation of quality of life issues and their contribution to the development of strategies that address needed changes lie at the heart of an effective family monitoring program. In order to improve the lives of hospitalized patients with mental illness, families, hospital administrators, hospital staff and responsible state agency management must view these programs as partnerships.



In addition to contributing to the improvement of treatment environments, family programs also provide a deeper understanding of the complexities to be found within the operation of our hospitals. The recognition of impediments that hinder immediate introduction of improvements can and usually are powerful factors in leading monitors to become advocates for their hospitals. Monitoring also fosters an appreciation of the day-to-day dedication that many hospital staff and administrators demonstrate while going

about their duties.

Currently, family monitoring programs are in place at two of our state hospitals, Ancora and Trenton Psychiatric Hospitals. Similar programs are under development for the other two adult hospitals, Greystone Park and Hagedorn. These programs have generic features that include developing operational procedures, identifying a hospital coordinator and a family group leader that work together to organize an orientation and training program for volunteers. Hospital unit visits by monitoring members usually take place in teams of two with a staff escort, and are arranged through the hospital coordinator.

*(Continued on page 13)*

## Insurance continuation for a dependant child



It is not widely known that a group or individual health insurance policy issued in New Jersey must provide continued coverage beyond a policy's normal age limit for an unmarried child with a mental, physical or developmental disability, so long as the policy holder or group member keeps the policy in force, providing the following conditions are met:

- ◆ The child must have been insured as a dependent before he/she reached the policy's normal age limit;
- ◆ The dependent child must remain unmarried;
- ◆ The child must be unable to support himself or herself;

Clients must provide written proof that the child is handicapped or disabled and dependent upon the parent for most of his/her support and maintenance.

The child's condition must have started before the child reached the policy's normal age limit; and The child must remain dependent upon the parent for his/her support and maintenance.

It is important to note that clients have only 31 days from the date the child reaches a policy's age limit (normally age 19 or age 23 if a full-time student) to notify the insurance company and include the proofs.

The insurance company can periodically ask for proof that the child remains handicapped or disabled and dependent for most of his/her support and maintenance. After two years, the company may not request proof more than once a year.

The following additional regulations apply:



## Advocacy News

### Proposed Regulations for PACT

Proposed regulations for PACT, the Program in Assertive Community Treatment have been published by the NJ Division of Mental Health Services for public comment. The full text of the rules may be viewed in the February 19, 2002 edition of the New Jersey Register, which is available in many public libraries or by download at <http://www.state.nj.us/humanservices/dmhs/pact%20notice.html>. The Division of Mental Health Services must receive comments by April 19, 2002.



### NAMI NJ Advocacy E-News

NAMI NJ is pleased to announce a new electronic newsletter, the **NAMI NJ Advocacy E-News**, which will provide updates on topical legislative and public policy issues of interest to mental health advocates in New Jersey. By subscribing you can have all of the latest advocacy updates delivered to your email account. If you would like to add your name to the NAMI NJ Advocacy E-News listing, send an e-mail to [plubitz@optonline.net](mailto:plubitz@optonline.net) and in the body of the email, place the following: subscribe advocacy e-news, YOUR NAME, ADDRESS, and PHONE NUMBER.

## Lien Law Moves Forward in New Session

Twenty-five legislators have prioritized the NAMI NEW JERSEY initiated "Lien Law" for action in the new state legislative session. This law would reform the archaic practice in New Jersey of placing automatic liens on the patients of state and county psychiatric hospitals and certain members of their families. After narrowly missing passage in the previous session due to delays caused by 9/11 and the state election, the "Lien Law" has been re-introduced in the Senate as S202 and in the Assembly as A303.

NAMI NEW JERSEY advocacy on the Lien Law has been augmented recently by additional mental health organizations that have joined our effort. Together this coalition has been working with the bills' prime sponsors Senator Allen and Assemblyman Gusciora to strengthen the provisions of the Bills. Language is being drafted that would:

- ⇒ End the practice of placing automatic liens.
- ⇒ Charge patients on their ability to pay using the Charity Care sliding fee scale, the same as any other illness.
- ⇒ Exempt the parents of adult children from any financial obligation.
- ⇒ Provide for maximum annual and lifetime limits on charges resulting from a hospitalization in a state or county psychiatric hospital.
- ⇒ Protect the assets the spouse of an individual hospitalized in a state or county psychiatric hospital.
- ⇒ Provide a provision for retroactively removing past liens.

Advocacy on the renewed Lien Law is going forward as we move into Spring. For additional information or to join in NAMI NEW JERSEY advocacy contact Phil Lubitz at [plubitz@optonline.net](mailto:plubitz@optonline.net) or (732) 940-0991.

## New House Parity Legislation Planned

The longtime champions of mental illness parity in the House, Representatives Marge Roukema (R-NJ) and Patrick Kennedy (D-RI) are planning to introduce a new bill that will be based on the measure (S 543) that was reported by the Senate Health, Education, Labor and Pensions (HELP) Committee on August 1, 2001 and unanimously passed by the full Senate October 30, 2001 as an amendment to the FY 2002 Labor-HHS-Education Appropriations bill. This measure was later rejected by key House



leaders.

All NAMI advocates are urged to contact their House members and encourage them to cosponsor this new Roukema-Kennedy bill to end discrimination against people with mental illness and their families.

people with mental illness and their families.

**All members of Congress can be reached by calling the Capitol Switchboard at 202-224-3121 or by visiting <http://www.congress.org/congressorg/mail/compose/>.**



## Expressive Arts Network Update

◆ Look at an Expressive Arts Network membership application and consider signing up (or urging a friend or loved one to sign up). We are trying to identify people in all areas of the arts, from graphics and poetry through music and dance. We are also seeking people in each county affiliate to serve as network leadership/affiliate liaisons. You do not need to be a NAMI member (or a person with mental illness or family member) to be involved with the Expressive Arts Network.

The Expressive Arts Network will present a workshop (built around *The Eyes of Schizophrenia*) at the NJ Coalition of Mental Health Consumer Organization (COMHCO) Annual Convention, April 19-21.

This is the time to consider your outreach efforts at county fairs. *A Child's Garden of Hope and Good Wishes* and *Chain Reaction* have been used successfully as the centerpiece of booths at fairs and expos. Some county fairs attract over 100,000 visitors.

The NAMI NJ Expressive Arts Network uses the arts to reach out to members of the mental health community, and to build its own participation and leadership. If you have not had the opportunity to participate in EAN activities, check with your affiliate president, contact the NAMI NJ office or stop by the Expressive Arts Network room at the NAMI NJ spring conference

- ◆ Get one of our postcards, **People With Mental Illness Enrich Our Lives**. We can provide supplies of these for chapter business and advocacy activities.
- ◆ See the video **The Eyes of Schizophrenia** by Trey Forbes. We can make arrangements for viewing and discussions of the Expressive Arts Network at self-help centers and partial-care programs.

## In our Own Voice



NAMI has developed an informational outreach program on recovery presented by trained consumers to other consumers, families, students, professionals, and all people wanting to learn about mental illness.

The program is designed to offer insight into how people with serious mental illnesses cope with the realities of their disorders while recovering and reclaiming productive lives with meaning and dignity. It presents an opportunity for consumers to gain self-confidence, self-esteem, and income while serving as role models for the community. And provide living proof that mental illness is nothing to be ashamed of and that recovery is an ongoing reality.

NAMI NEW JERSEY has initiated the process of bringing *In Our Own Voice* to New Jersey. We are seeking consumers interested in being trained to present this program. For more information, call the NAMI NJ office at (732) 940-0991, or e-mail [naminj@optonline.net](mailto:naminj@optonline.net).

## A Beautiful Mind Comes to Princeton



**Nobel Laureate John Nash with his wife Alicia Nash holding the Distinguished Contribution Award presented by NAMI Mercer for his contribution in helping to battle the stigma of mental illness.**

## Luncheon for NAMI NJ Family Educators

NAMI NJ recognized the contributions of 27 NAMI NJ Family Educators at a Luncheon in January. Family Educator volunteers received certificates and praise for completing the intensive weekend training program and teaching the 12 week Family-to-Family Education Course.

The next weekend training for Family Educators will be conducted by Marilyn Goldstein and Gail Dembin from July 12-14. For more information on becoming a Family Educator contact the NAMI NJ office.



*The State's Voice on Mental Illness*

# **NAMI NEW JERSEY 2002 ANNUAL CONFERENCE**



*Realities of Mental Illness:  
Science, Art & Spirituality*

**Saturday, May 11, 2002  
Somerset Marriott, Somerset, NJ**

NAMI NEW JERSEY  
ANNUAL CONFERENCE AND MEETING  
**Realities of Mental Illness: Science, Art & Spirituality**  
Saturday May 11, 2002

## Program Agenda

8:30-9:30 REGISTRATION AND COFFEE

9:30 WELCOME – Mark Perrin, M.D., NAMI NJ President

INTRODUCTORY REMARKS – Sylvia Axelrod, Executive Director

Gwendolyn Long Harris, Acting Commissioner N.J. Dept of Human Services

10:15 KEYNOTE PRESENTATION - Trey Forbes, Consumer Musician  
“The Reality of Schizophrenia - A Personal Journey in Words & Music”



11:30 MORNING WORKSHOPS

1. Spirituality and Coping With Psychiatric Illness

Nadine Revheim, Research Psychologist, The Nathan S. Kline Institute for Psychiatric Research

2. Science of Schizophrenia

Humberto Marin, M.D., Fellow in Psychopharmacology, Robert Wood Johnson University Hospital

3. Realities of Mental Health Advocacy

Phillip Lubitz, Family Support & Advocacy Coordinator, NAMI NJ

4. "Breaking the Silence"– Education on Mental Illness for Our Schools

Janet Susin, Project Director, Breaking the Silence

5. The State of Our State Hospitals and Family Based Hospital Monitoring

Greg Roberts, CEO, Greystone Park Psychiatric Hospital

John Strozyk & Georgia Strozyk, Trenton Psychiatric Hospital Family Partnership Program

Eileen Griffith, Greystone Park Psychiatric Hospital Family Monitor

6. Response to Mental Illness After 9/11

April Naturale, L.C.S.W., New York Statewide Director, Project Liberty

John Monahan, L.C.S.W., CEO, Greater Trenton Community Mental Health Center

7. Living with Mental Illness - “In Our Own Voice”

Robin Cunningham, Consumer & Author

Sara Yankelunas, NAMI, Program Assistant, “In Our Own Voice”

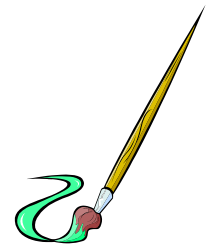
-----  
*EXPRESSIVE ARTS DISPLAY AND SALES ROOM WILL BE OPEN 11:30-5:00 pm*

1:00 pm LUNCH

2:00 pm ANNUAL MEETING

Presentation of Recognition Awards

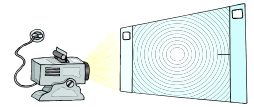
Featured Speaker – Jim McNulty, President, NAMI



**VIDEO ROOM- AN OPPORTUNITY TO VIEW VIDEOS ON MENTAL ILLNESS**

**3:30-4:40 pm**

**3:30 pm AFTERNOON WORKSHOPS**



- 8. Mental Illness Treatment and Research -Ask the Doctor**  
Robert Stern, M.D., Medical Director, UBHC-Extended Treatment Services
- 9. Eyes of Schizophrenia: Dimensions of Reality in Words & Music**  
Trey Forbes, Consumer Musician
- 10. Developing a Need for Treatment Standard**  
Jean Ross, Esq.  
John Monahan, LCSW, NAMI NJ Need for Treatment Taskforce
- 11. Employment Opportunities for Person With Mental Illness**  
Faith McCalla, Director, Career Connection Employment Resource Institute  
Melissa Roberts, Director, UMDNJ Integrated Employment Institute
- 12. Hope for Children with Mental Illness**  
Mark Perrin, M.D., President, NAMI NJ & NJ Parents Caucus  
Loretta Geis, Executive Director, NJ Parents Caucus.
- 13. The Impact of Culture on Mental Illness**  
Henry Acosta, Project Director, Changing Minds, Advancing Mental Health for Hispanics;  
Humberto Marin, M.D., Robert Wood Johnson University Hospital  
Aruna Rao, Education Program Coordinator, NAMI NJ
- 14. Realities of Planning for the Future and Advanced Directives**  
Harry Gallagher, Ph.D., President, PLAN/NJ  
Valerie Powers, Senior Staff Attorney & MHCCAP Coordinator, NJ P&A  
Louan Lukens, M.S.W., Senior Staff Advocate

**4:40 Adjournment**

**Detach and mail registration with check by April 30 (Early Registration by April 15; \$10 will be added to on-site registration) to NAMI NJ, 1562 Route 130, North Brunswick, NJ 08902.**

**Contact NAMI NJ at (732-940-0991) or [naminj@optonline.net](mailto:naminj@optonline.net) if you have any questions.**

Name \_\_\_\_\_ Phone \_\_\_\_\_ e-mail \_\_\_\_\_

Address \_\_\_\_\_

Affiliation \_\_\_\_\_

**Indicate the number of the workshop you would like to attend:** Morning  Afternoon

**Lunch Choice:** Chicken  Vegetarian

**Early Registration fees (by April 15):** Includes Continental Breakfast & Luncheon.

Member \$45  Non-member \$65  Limited Income Member \$25

**Pre-Registration Fees (by April 30):** Includes Continental Breakfast & Luncheon.

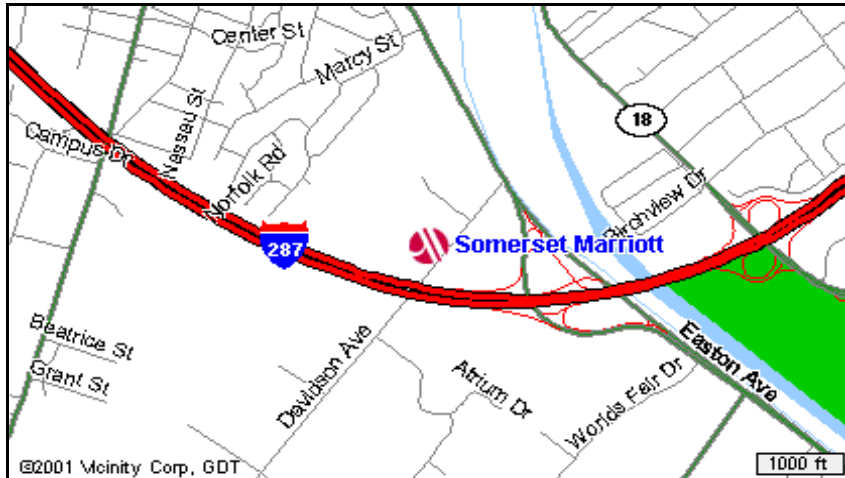
Member \$55  Non-member \$75  Limited Income Member \$30

**Join NAMI NJ today and take advantage of the "member" conference registration rate. You may use the membership application on reverse side.**

Enclosed is a donation to help sponsor consumer scholarships. \$ \_\_\_\_\_

**Total Enclosed \$ \_\_\_\_\_**

**Somerset Marriott**, 110 Davidson Avenue, Somerset, NJ 08873  
1-732-560-0500



**From the NJ Turnpike:** Take Exit 10 and follow signs to Route 287 North to Exit 10. Follow signs towards Bound Brook and make a left at first light (Davidson Avenue). Hotel is 2<sup>nd</sup> building on the left, 2<sup>nd</sup> driveway entrance.

**From Newark Airport:** Take NJ Turnpike South to Exit 10 to Route 287 North. Follow same directions as above.

**From the GSP South:** Take Exit 129. Follow signs to Interstate 287 North. Follow same directions as above.

**From the GSP North:** Take Exit 127. Follow signs to Interstate 287 North. Follow same directions as above.

**From 287 South:** From Morristown take Exit 10 (527 New Brunswick). Bear left and follow signs to Bound Brook. At first light make a left onto Davidson Avenue.

**From Route 202-206:** Traveling north or south take Route 22 East to Route 287 South. Follow directions traveling south on 287.

**From Route 1:** Traveling north or south take Route 18 north to Easton Ave. Take Easton Ave traveling north towards Bound Brook to Davidson Ave. make a left, Hotel is 2<sup>nd</sup> building on the left, 2<sup>nd</sup> driveway entrance.

## **NAMI NEW JERSEY Associate Membership & Contributions**

**NAMI NEW JERSEY** is a private non-profit organization dedicated to improving the quality of life for individuals and families affected by mental illness. When you support **NAMI NEW JERSEY** you are helping build a strong statewide family with a powerful voice. Associate members receive the national and state newsletters and discounts to conferences and special events. Donations are gratefully appreciated.

Name \_\_\_\_\_ Telephone \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Affiliation \_\_\_\_\_

Enclosed is my tax deductible donation: \$ \_\_\_\_\_

This gift is In Memory/In Honor of: \_\_\_\_\_

Send acknowledgment to \_\_\_\_\_

My company has a matching gift program \_\_\_\_\_

Total Amount Enclosed \$ \_\_\_\_\_

### **Associate Membership:**

Individual/Family \$25 \_\_\_

Professional \$35 \_\_\_

Agency/Business \$60 \_\_\_

Limited Income \$3 (and what you can afford) \$ \_\_\_

*Make your check payable to:*

**NAMI NJ, 1562 Rte. 130  
North Brunswick, NJ 08902**

# NAMI NEW JERSEY

## 2002 OFFICIAL TRUSTEE ELECTION BALLOT

*Ballot must be mailed to NAMI NJ, 1562 Rte. 130, North Brunswick, NJ 08902 by April 25, 2002*

**TRUSTEE ELECTION VOTING PROCEDURE:** Individual/Family Members of a NAMI NEW JERSEY Affiliate group in good standing are eligible to vote for NAMI NJ Trustees in their respective region. Following is the slate of candidates nominated in each region to Board Trustees positions. You may vote only for candidates in your region. Indicate your selection by circling your region and placing a check mark next to the name(s) of the candidate(s) running in that region. Results of the election will be announced at the NAMI NJ Annual Meeting on May 11, 2002 at the Somerset Marriott.

### **NORTHERN REGION (Bergen, Essex, Hudson, Morris, Passaic, Sussex, Warren)**

\_\_\_ **Walter Zalenski** - Incumbent, was appointed in 1998 and elected to a three year term in 1999. Walter is the 2nd Vice-President and the Legislative Committee Chairman. He is an active member of NAMI Upper Passaic County. He has served on the NAMI NJ Housing Task Force, the By-laws committee, the Family Support Group and Advisory Board of SERV, Passaic. He is a family member. His daughter suffers from a serious mental illness. Walter is retired. He worked as the Eastern District Sales Manager for Watson Standard Co. Walter has a B.A. degree.

\_\_\_ **Edward Von Lindern, Jr.** - Nominee, is a former NAMI NJ Board Member and Chair of the NAMI NJ Legislative Committee. Ed was a strong advocate in working for the passage of Parity. He served two terms on the Bergen County Mental Health Board. He is an active member of the NAMI Family Organization Bergen. Ed has been the NAMI NJ Consumer Council Rep since 2000 and has been instrumental in organizing a Bergen Consumer Activities Group. Ed is both a family member and consumer. He is retired from a career in industrial engineering.

### **CENTRAL REGION (Hunterdon, Mercer, Middlesex, Monmouth, Ocean, Somerset, Union)**

\_\_\_ **Kathleen Considine** - Incumbent, was elected to the Board of Trustees in 1999. Kathleen is the NAMI NJ 1st Vice-President, and the Affiliate/IFSS Liaison. Kathleen was formerly Chair of the NAMI NJ Public Policy Committee. She is an active member of NAMI Greater Monmouth, a Family-to-Family Educator, and a NAMI Greater Monmouth Support Group Facilitator. She is a member of Trenton Psychiatric Hospital's Family Monitoring Program. Kathleen is a family member. Her daughter suffers from a serious mental illness. She holds a Master of Social Work degree.

### **SOUTHERN REGION (Atlantic, Burlington, Camden, Cape May, Cumberland, Gloucester, Salem)**

\_\_\_ **Kenneth E. Eshelman** - Incumbent, was elected to the Board of Trustees in 1999. Ken is an active member of NAMI FACE of Burlington County. Ken chaired the Southern NJ Regional Conference in 1998 and helped coordinate the Southern Regional Conference in 2001. He has participated in Family-to-Family training. Ken was a member of the Consumer Advisory Committee of IFSS Burlington County. He is a family member. His daughter suffers from mental illness. He is a former manager of Real Estate for Texaco Inc. and affiliates and is a partner in Nationwide Petroleum Realty Inc. Ken holds a Bachelor's Degree in Business Administration.

\_\_\_ **Eileen Santoro** - Nominee, has been a President of NAMI Camden County for the past six years, served on the Mental Health Board for the past 10. She has attended several NAMI National Conventions, NAMI NJ Conferences, and is an active participant of the IFSS Program for the Southern Region. Eileen has made presentations on the Rutgers University in Camden, Helen Fuld Nursing School, high schools in the local area, and other provider agencies. Eileen is a family member with a son who suffers from mental illness. She has worked for over 21 years at the cherry Hill Board of Education. Eileen was awarded the NAMI NJ Family Volunteer Award in 1998.

**Ballots must be signed below and include the name of the Affiliate Group.**

**Signature:** \_\_\_\_\_ **Affiliate Group:** \_\_\_\_\_



## Family Monitoring in State Hospitals

(Continued from page 4)

dinator. In general these programs derive guidance from checklists that assist the monitors as they conduct their tours, and these may be used as written reports of their findings. These written reports are completed after every unit tour and are given to the hospital coordinator for review and submission to management personnel for corrective action and response as necessary. Copies are also provided to the family group leader. Periodically the family group meets with the hospital administrators to review and discuss the findings by the monitors, prioritize the findings, and to seek ways to address issues.

Monitoring programs incorporate processes that can lead to improvements and the optimization of hospital treatment environments if the participants are tenacious in the pursuit of their goals. These programs require open, honest information exchanges with hospital personnel entrusted with the responsibility of providing ap-

propriate treatment and care for our loved ones. In doing so, families are empowered to recommend change and are encouraged to embrace the pursuit of ideas for improvements to higher-level state agencies.

Family monitoring programs can be very fulfilling. **Volunteers for our programs are always needed and welcomed.** Those interested in learning more about becoming a Family Monitor can contact Georgia Stroyk (732-222-9455) for the **Trenton Psychiatric Hospital Program**; Sabiha Sadiq (609-567-7339) for the **Ancora Program**; Eileen Griffith (908-879-5687) for the **Greystone Program**, and Marilyn Goldstein (908-806-3475) for the **Hagedorn Program**.

You can also call the NAMI NJ office for additional information or visit the Family Monitoring Information Table and Workshop at the NAMI NJ annual conference on May 11.

## State Funds For Mental Health at Risk

(Continued from page 1)

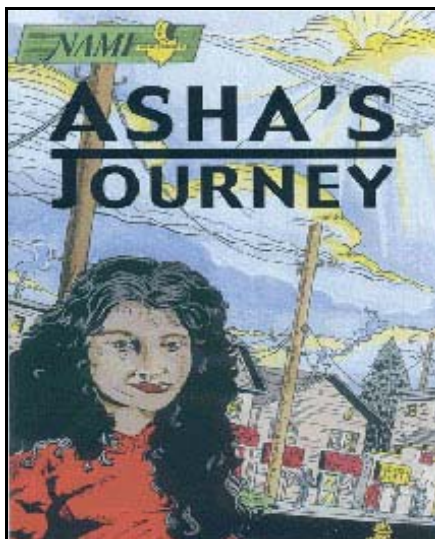
been halted for the third time in a year.

Governor McGreevey has warned that the fiscal struggle is just beginning, because a \$6 billion shortfall is projected for the next fiscal year, which begins July 1.

NAMI NEW JERSEY is deeply concerned that the long promised reforms to the State's mental health system will fall victim to budget politics. The expectation of a significant shortfall in State revenues has placed the expansion of mental health services promised by Redirection II and the Children's Initiative in severe jeopardy. At risk for Redirection II alone is the loss of \$23 million in program improvements in the next year. Implementing these long awaited systems enhancements cannot be allowed to be put off into the future.

**NAMI NJ is urging the Governor and the Legislature to prioritize support to address the critical needs of our state psychiatric hospitals and fully fund the services promised in Redirection II and the Children's Initiative. There are certain functions of the state that should not be discretionary - providing adequate programs for persons with a mental illness is among them.**

## NAMI NJ Wins Multicultural Award



A comic book produced by NAMI NJ to outreach South Asians in NJ. "Asha" means "hope" in Hindi.

Convention in Cincinnati at a session titled **Underserved Populations: Culture, Race and Ethnicity - A Look at Disparities of Care** on Friday, June 28th from 8:45 am to 10 am.

Since 2001, **SAMHAJ** has initiated a number of projects to provide education and support to South Asians in NJ, the most recent of which has been the publication of **Asha's Journey**, a comic book account of a young Indian-American woman's struggle with bipolar disorder. Pages from the comic book

(Continued on page 14)



**Building  
Communities of  
Hope**

**NAMI 2002 Annual Convention  
June 26-30, 2002  
Cincinnati, Ohio**

**Detailed information is available at:  
[www.nami.org/convention02/index.html](http://www.nami.org/convention02/index.html)**

## Scans Link 2 Key Pieces of Schizophrenia Puzzle

Using functional brain imaging, NIMH scientists for the first time have linked two key, but until now unconnected, brain abnormalities in schizophrenia. They have shown that the less patients' frontal lobes activate during a working memory task, the more the chemical messenger dopamine, thought to underlie the delusions and hallucinations of schizophrenia, rises abnormally in the striatum, a relay station deep in the brain. Together with other evidence, this suggests that the excess dopamine activity that antipsychotic drugs quell may be driven by a defect in the prefrontal cortex, the brain's executive control center.

Andreas Meyer-Lindenberg, M.D., Karen Berman, M.D., and colleagues report on their PET



**While patients performed a working memory task, the less the prefrontal cortex (upper left) activated, the more dopamine increased in the striatum (right).**

(positron emission tomography) study, published online January 28, 2002, in *Nature Neuroscience*.

The researchers used two different types of radioactive tracers in the same scanning sessions with 6 patients and 6 healthy controls to simultaneously monitor two different types of brain activity. The scans were taken while subjects performed an abstract reasoning / working memory task that activates the prefrontal cortex. As in previous studies, the patients showed reduced prefrontal activation and performed poorly on the task,

suggesting disturbed functioning of that part of the brain. Also consistent with previous findings, patients' striatal dopamine activity

was abnormally elevated. In patients, but not in controls, the researchers observed a tight coupling and highly significant inverse correlation between these two abnormalities, suggesting that they share a "common pathophysiological mechanism."

The striking linkage is likely traceable to a primary dysfunction of the prefrontal cortex, argue the investigators, who cite basic science findings that dopamine activity in the striatum is under the control of the prefrontal area. Stimulating or inhibiting this area affects firing of striatal neurons and dopamine release. "These results provide a long-sought insight into the roots of dopamine dysregulation in schizophrenia," said Berman. "They suggest a possible treatment strategy that targets prefrontal cortex dysfunction, not just excess dopamine."

## Volunteers Needed for NIMH Genetic Study

The NIMH Clinical Brain Disorders Branch needs adults diagnosed with schizophrenia, or with schizoaffective disorder/depressed type to participate in genetic research. This promising study is designed to identify the genetic and environmental factors that increase the risk of developing schizophrenia. All participating family members are compensated for the tests completed. Travel and lodging assistance is also available. **For more details and eligibility requirements, call NIMH, toll free, at 1-888-674-6464 and/ or e-mail Mary Weirich, MSW at [weirichm@intra.nimh.nih.gov](mailto:weirichm@intra.nimh.nih.gov).**



A 6 month **inpatient Schizophrenia Research Program at NIMH** in Bethesda is accepting volunteers. This program has established a tradition of combining excellent treatment, compassionate care, and comprehensive evaluations for research volunteers enrolled in studies. Volunteers must be diagnosed with schizophrenia or schizoaffective disorder, be 18-55 years old, medically healthy, and free of significant substance abuse.

**Call: 1-888-674-6464**

e-mail: [schizophrenia@intra.nimh.nih.gov](mailto:schizophrenia@intra.nimh.nih.gov) or [anne.riley@nih.gov](mailto:anne.riley@nih.gov) or call 301-594-0874

Website: <http://cbdb.nimh.nih.gov/inpatient>

## NAMI NJ Wins Multicultural Award

*(Continued from page 13)*

can be viewed at [www.naminj.org](http://www.naminj.org). NAMI NJ will facilitate two new self-help groups, one for consumers of South Asian origin, and one for South Asian family members. Plans are also underway to outreach ethnic media outlets with news about SAMHAJ goals and activities during this year.

News about SAMHAJ events is also being sent to the members of the mental health community in New Jersey. Agencies or organizations who wish to arrange seminars or training sessions for cultural competency can contact Aruna Rao at the NAMI NJ office for more information.

## NAMI NJ Initiates Two Programs

NAMI NJ is currently developing a one-day **Training Program for Mental Health Professionals and Agency Staff** to help them better understand the impact of mental illness on the family and the clinical importance of the family's involvement in treatment decisions. The training is aimed at improving the service system response to families and influencing mental health agency policies and procedures to better reflect best practices in family support. NAMI NJ will coordinate this project effort centrally from the state office and will initially target one agency in each of the three state regions to participate in the pilot training.

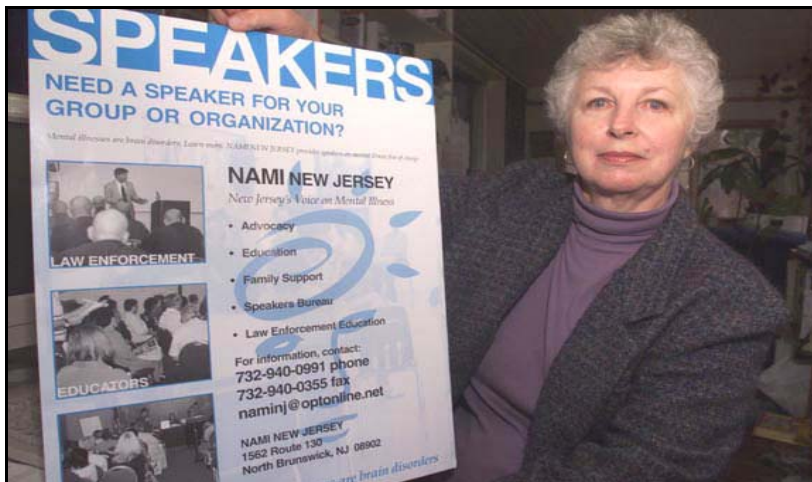
A second program, initially to be conducted in Burlington County, is for an **Extended Family Support Program (EFSP)**, which grew out of reports by Family-to-Family classes, support groups, and distressed callers to affiliates and the state office that the disastrous ad-

vent of mental illness in the family often resulted in formerly close, extended family members moving away emotionally from the immediate family in crisis. It also responds to concerns expressed by both IFSS program staff and support group leaders that there is a need to reach under-served, culturally diverse populations, as well as our often-forgotten siblings.



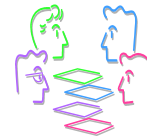
The goals for the EFSP include stimulating new practices in family support by targeting the involvement of extended family members, friends, and faith networks in supporting the immediate family that's in crisis; and enhancing family support/reducing burden, particularly for African-American and Latino families. The program will embrace the needs of siblings and improve public awareness of supports available to families affected by mental illness in New Jersey.

## Elaine Goodman Receives Award



**Elaine Goodman, Coordinator, NAMI NJ Law Enforcement Education Program & NAMI NJ Trustee** received an award from the Gloucester County Human Relations Commission in recognition of her outstanding achievements in advocating for all persons with brain disorders.

## NAMI NJ Need for Treatment



The NAMI NJ Need for Treatment Task Force presented a second round of Need for Treatment Forums hosted by local Affiliates. The first round of forums provided an opportunity to obtain input from our membership on the general subject of need for treatment. Based on the feedback received the Task Force developed proposals to address the concerns identified.

The second round of forums provided an opportunity for our members to give their reactions to the proposals developed by the Need for Treatment Task Force. For information on the work of the Task force contact the NAMI NJ office.

## SSI & SSDI benefits planning



Are you aware that many of the barriers that force people to choose between health care coverage and

work have been removed by recent legislation?

**NJ WINS (New Jersey Work Incentive Network Support)** is designed to provide information to enable SSI beneficiaries with disabilities to make informed choices about work, and assist them in exploring work incentives that are available. For more information on individualized benefits planning or to schedule a group presentation or workshop, please call **(877) NJWINS2** or e-mail [njwins@cpofnj.org](mailto:njwins@cpofnj.org).

## NAMI NJ 2002 ANNUAL CONFERENCE AND MEETING



### Realities of Mental Illness: *Science, Art & Spirituality*

Saturday, May 11, 2002

Somerset Marriott, Somerset, NJ

See detailed agenda and registration  
in centerfold of this newsletter.

**Intensive Family Support Services (IFSS) of Middlesex County**  
in collaboration with  
**NAMI NEW JERSEY** and **NAMI Middlesex** (formerly CCCPA-NAMI)  
Present



### Family Connections: Siblings, Offspring And Spouses of the Mentally Ill

*A conference for family members and mental health professionals*

**Saturday, April 13, 2002, 8:30am – 3:30pm**

**UMDNJ Robert Wood Johnson Medical School**

**Piscataway, New Jersey**

**\$20 family members, \$30 mental health professionals**

**For more information call (732) 235-9282**

## Playing at a theater near you *(Continued from page 1)*

the NAMI NJ/IFSS Family Support Services toll free number and NAMI NJ number for information on mental illness. **The ad will run before each film in the seven theaters listed below until May 3.** The ad previously ran in four other theaters for one month. To see the advertisement go to a theater listed below by May 3.



### **Bergen County**

Paramus Route 4, 260 East Route 4,  
Paramus, NJ

### **Camden County**

Atco Multiplex Cinemas 35 Whitehorse Place, Atco, NJ

### **Essex County**

Newark Metroplex, 360-394  
Springfield Ave, Newark, NJ

### **Hudson County**

Meadowlands Six, 800 Plaza Drive,  
Secaucus, NJ

### **Monmouth County**

Monmouth Mall, Route 35 & 36, Eatontown, NJ

### **Ocean County**

Brick Plaza 10, 1600 Route 70,  
Brick, NJ

### **Passaic County**

Wayne, 67 Willowbrook Blvd,  
Wayne, NJ



1562 Route 130  
North Brunswick, NJ 08902

NON-PROFIT  
ORG.  
U.S. POSTAGE  
PAID  
TITUSVILLE, N.J.  
PERMIT NO. 26