



# NAMI News

**National Alliance on Mental Illness**  
**Frederick County, Maryland**

P.O. Box 1853, Frederick, MD 21702

Issue 32

November/December 2008

## **NAMI's November Education Meeting on OCD and Autism Spectrum Disorders**

Dr. Paul Grant, M.D. and Lorraine Lougee, LCSW-C, of the National Institutes of Mental Health (NIMH), will talk about NIMH research on Autism Spectrum Disorder (ASD) and Obsessive Compulsive Disorder (OCD) on **Wednesday, November 12<sup>th</sup> at 7 p.m. at the Way Station**. The Autism Spectrum Disorder includes autism, Asperger Disorder and Pervasive Developmental Disorder. Dr. Grant and Ms. Lougee will explain:

- How to tell if a person has OCD, or ASD, or both.
- Current thinking on clinical dilemmas such as differentiating compulsions from repetitive movements, obsessions from fixations, and the overlap of symptoms in OCD and ASD.
- Medications for OCD and ASD: an update.
- Overview of current OCD and ASD research at the National Institute of Mental Health.

The public is welcome, refreshments will be served, and admission is free. The Way Station is located at 230 West Patrick St., Frederick. For more information, please call NAMI's Helpline at 240-379-6186.

## **Mental Health Parity At Last**

Persons living with mental illness will finally receive equal coverage of both physical and mental illnesses thanks to the passing of the landmark Mental Health Parity Law.

NAMI has fought for health insurance parity laws for over twenty years. The new law will require group health insurance plans to cover mental illnesses such as major depression, bipolar disorder, schizophrenia, and substance abuse disorders the same as any other illness.

NAMI is grateful to the bipartisan leadership on this important issue and thanks Representatives Patrick Kennedy (D-RI) and Jim Ramstad (R-MN), as well as Senators Pete Domenici (R-NM), Ted Kennedy (D-MA), and Mike Enzi (R-WY), for sponsoring this legislation. The new law is projected to be effective for most health plans as of January 1, 2010.

## **NAMI Frederick County has new website: [www.namifcmd.org](http://www.namifcmd.org)**

Please check out our new NAMI website: [www.namifcmd.org](http://www.namifcmd.org). Daryl Bruner has worked hard to set this up and he will continue to keep it updated as new activities are scheduled. The website can also be reached through [nami.org](http://nami.org).

## Sharing Stories through “Parents and Teachers as Allies”

We have a unique opportunity for NAMI in Frederick County. As part of a wonderful chance to inform our community about the needs of young children with mental illness and their families, we are gathering a group of people together who are willing to share their stories with local educators and community organizations that service dependent children. The program is called *Parents and Teachers as Allies*.

Training will be provided, but what you really need is a willingness to share the wisdom and compassion you have gained by learning to live with mental illness as part of your lives. In this way, we can improve the support, understanding and empathy received by young people with mental illness and their families, right here in Frederick County.

We need educators, parents, NAMI members and persons with mental illness who were diagnosed with and/or experienced mental illness as children. The presenting team consists of one representative from each of these 4 groups. We envision having 2 to 4 teams, so that we can meet the needs of the community while not over-taxing any of our already busy schedules.

If you would like more information, please contact DeDe Pucino at 301-831-3764 or email her at [DeDe.Pucino@namifcmd.org](mailto:DeDe.Pucino@namifcmd.org). We will have an informal gathering to introduce the program and answer any questions on Sunday, November 14, 2008 from 4:00-5:00 p.m. at the NAMI office, 4 East Church Street in Frederick, MD. Please consider joining us in this exciting new opportunity to advocate for the children in our community.

- DeDe Pucino

Editor’s note – We welcome DeDe to the NAMI Frederick Board of Directors and appreciate her involvement in NAMI.

## Telephone Helpline Training Set for November 19th

The Frederick County NAMI Helpline is looking for volunteers to take calls from persons using our helpline number (240-379-6186).

Volunteers should have some experience and understanding of mental illness and be willing to take the training before joining other Helpline volunteers. Currently volunteers are signed up for one day a week and may handle two or three calls during their time period.

Training will be held Wednesday, November 19<sup>th</sup> from 7:00-8:15 p.m. in the Community Room at 4 E. Church Street, Frederick.

Please call Fran Wenner (301-663-9414) or email [fran.wenner@namifcmd.org](mailto:fran.wenner@namifcmd.org) to register for the training.

## NAMI of Frederick Board of Directors

Fran Wenner, President	LaVern Burall
Nancy Gieser, V. President	LeRoy Burall
Daryl Bruner, Secretary	Remo Molino
Dick Kopp, Treasurer	Carol Officer
Ann DeArmon	DeDe Pucino

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

**Phone: 240-379-6186 or 301-663-9414**

## **NAMI Walk: *Help Wanted***

The NAMI Walk 2009 will be held at the University of Maryland campus in College Park, on Saturday, May 2<sup>nd</sup>. We need a few volunteers to coordinate this event for Frederick County. Please contact Fran Wenner (301-663-9414) if you can help.

## **NAMI Notes....**

- If you wish to get reminders and updates on NAMI activities, give us your email address. If you have not received any email from us, we don't have your address. Please send your email address to [daryl.bruner@namifcmd.org](mailto:daryl.bruner@namifcmd.org)

- Way Station is sponsoring their annual Turkey Trot on Thanksgiving Day, November 27<sup>th</sup> at the Bandshell in Baker Park. The 1K Fun Run/Walk begins at 8:00 a.m. and the 5K Run begins at 8:30 a.m. For more information call Vicki Bate at 301-662-0099, ext. 1756, or email [thanksgivingday5k@yahoo.com](mailto:thanksgivingday5k@yahoo.com).

- Don't forget NAMI when doing your Christmas shopping online at Amazon.com. NAMI receives a percentage of the sales if you go through [nami.org](http://nami.org) and then click on "Nami Store."

- And if you are planning a winter getaway, you can help NAMI by using their travel website. Go to [www.nami.org](http://www.nami.org) and click on "Nami Travel" in the left margin. You can make your travel arrangements as you usually do and Nami will receive a percentage of the cost of your trip.

- Please check the mailing label on this newsletter. Your membership ends on the date listed. If there is no date then you need to join NAMI of Frederick County in order to continue receiving this newsletter. We hope you will use the form on the back page of this newsletter to join NAMI or to renew your membership. NAMI counts on donations and membership dues to sustain its mission in Frederick County.

## **Membership News**

We welcome new members Dottie Toms, Sylvia Bellefleur, Paula and Tony Paolini, Debbie Gray, Audrey Stant, Rick and Margie Van Dyk, Terri Brierly, David and Daria Kaas, Dave and Chardra McCall, Nancy Gilleo, and Carol Slemmer.

We thank the following for renewing their membership for another year: Francy and Randy Williams, Carol Van Gosen, Sharon and Marshall Botkin, Crystal Griffin, Lydia Heeres, Way Station, Julie Clark and Joe Adkins, Beverly Clark, Linda and Harold Powell, James Jeffery Jr., Judy Gilson, J.J. and Virginia Hemley, Bernadette Lancaster, Robert and Anne Hobba, Barbara Lowry, Joan Connelly, Gary Summers, Linda and Dennis Coyle, Philip Anderson, and Susan Holt.

We are grateful for the donations from the following: James Jeffery Jr., J.J. and Virginia Hemley, Nancy Gilleo, and the memorial donation from Norb and Carole Keller in memory of David Van Gosen.

We are also very thankful for the donations we receive from the citizens of Maryland who have made donations through Community Health Charities, Maryland Charity Campaign, and America's Charities.

## **Thank you...**

We want to thank all those who helped with activities relating to Mental Illness Awareness Week. Board members Carol Officer and Ann DeArmon coordinated the Candlelight Vigil along with Francy Williams and members from Way Station. Nancy Gieser was responsible for the NAMI Education meeting and Dick Kopp sent out information about mental illness to local churches.

A special thank you to all the member agencies of the Provider's Council and Hood College for the showing of "Canvas," and to Pat Hanberry and the members of the panel for discussion of schizophrenia following the showing of the movie.

## **Legislative Breakfast to Feature Author Pete Earley**

The Mental Health Association's 23<sup>rd</sup> Annual Legislative Breakfast will be held Friday, November 21<sup>st</sup> from 7:30-9:00 a.m. in the Cougar Café at Frederick Community College.

Pete Earley, author of "Crazy: A Father's Search Through America's Mental Health Madness" will be the keynote speaker. He will discuss his struggles in navigating Michael, his son, through the systems of care after he was diagnosed with bipolar disorder.

The cost, \$20 per person, includes a hearty breakfast, and the registration deadline is November 13<sup>th</sup>. For more information, call Cheryl Evans at 301-663-0011, extension 137.

## **NAMI Calendar**

November 4 – NAMI Board of Directors

November 6 – (Thursday) NAMI Family Support Group at Good Shepherd Lutheran Church, 1415 W. 7<sup>th</sup> Street, Frederick, 7:00-8:30 p.m.

November 12 – (Wednesday) NAMI Education meeting at Way Station, 7:00 p.m.

November 16 – (Sunday) NAMI Family Support Group, Community Room, 4 East Church St, Frederick, 2:00-3:30 p.m.

November 25 – Way Station Support Group, 6:30-8:00 p.m. at Way Station

December 2 – NAMI Board of Directors

December 4 – NAMI Family Support Group, 7:00-8:30 p.m., good Shepherd Lutheran Church, 1415 W. 7<sup>th</sup> St., Frederick

December 21 – NAMI Family Support Group 4 E. Church St., Frederick, 2:00-3:30 p.m.

## **Books of interest.....**

"Spark: The Revolutionary New Science of Exercise and the Brain," by John J. Ratey, M.D.

"Criminalization of Mental Illness Crisis and Opportunity for the Justice System," by Risdon Slate and W. Wesley Johnson

"Health Reference Series: Depression Sourcebook," edited by Sandra J. Judd

"The Childhood Bipolar Disorder Answer Book: Practical Answers to the Top 275 Questions Parents Ask," by Tracy Anglada and Sheryl M. Hakala, M.D.

"What Works for Bipolar Kids: Help and Hope for Parents," by Mani Pavuluri, M.D., Ph.D.

"Is Your Child Bipolar? The Definitive Resource on How to Identify, Treat, and Thrive with a Bipolar Child," by Mary Ann McDonnell, A.P.R.N., B.C., and Janet Wozniak, M.D.

You can access reviews of these books at [nami.org](http://nami.org).

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## **Outreach to Faith Communities through FaithNet NAMI**

FaithNet NAMI is a network composed of members and friends of NAMI. It is not a religious network but an outreach to all religious organizations.

FaithNet NAMI respects all religious beliefs and recognizes the role spirituality plays in the lives of those with mental illness.

For more information check the website: [www.faithnet.nami.org](http://www.faithnet.nami.org)

*You are invited to attend the*

**Frederick County**

**NAMI Education  
Meeting**

**Wednesday, November 12, 2008**

**7:00 p.m. at Way Station (230 W. Patrick St.)**

**Topic: National Institute of Mental Health  
Research on Obsessive Compulsive Disorder  
and Autism Spectrum Disorders**

**Speakers: Dr. Paul Grant, M.D. and  
Lorraine Lougee, LCSW-C**

# ***NAMI of Frederick County***

## Annual Membership Application

\_\_\_ New \_\_\_ Renewal

Name(s) \_\_\_\_\_

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

Phone \_\_\_\_\_ E-mail \_\_\_\_\_

How did you hear about NAMI? \_\_\_\_\_

### **Dues:**

\_\_\_ Individual or Family \$35.00  
\_\_\_ Open Door (Limited Income) \$3.00  
\_\_\_ Institution or Business \$35.00

### **Optional:**

Self-identified race/ethnicity: (Circle one)  
Caucasian African American Hispanic/Latin  
Asian/Pacific Islander Bi-Racial

### **Donations:**

\$500 \_\_\_ \$100 \_\_\_ \$50 \_\_\_ Other \_\_\_

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

\_\_\_ as an individual  
\_\_\_ as a parent (age of child \_\_\_)  
\_\_\_ as a family member  
\_\_\_ as a friend  
\_\_\_ as a mental health professional

Please return this form & checks to:

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

All dues and donations support NAMI activities  
and are tax deductible. Thank you for your  
generosity!

**For more information call: 240-379-6186**  
**Website: [www.namifcmd.org](http://www.namifcmd.org)**

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**Frederick, MD 21702**

**Phone: 240-379-6186**

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

DATED MATERIAL

Look at your label  
for your membership  
renewal date!