

Letter from the President

Friends,

Have you ever thought you've been put in a certain place, at a certain time for a reason? Put there because there was some need to be filled and you just maybe had the time at that moment and the need just happened to fit your skillset? Maybe you didn't really have a burning desire to help or your schedule was a little busier than what you'd like but, there you were; looking at the need, knowing you should help, but...

This has happened to me countless times in my life and I'm sure yours also. Sometimes we don't act on those opportunities but many times, even if it doesn't really fit in with our to-do list, we say yes anyway. Why? Because we know we should.

But you know the really interesting thing about these unanticipated opportunities? I have been placed in these circumstances so many times, not just because someone or some other group really had a need that I could fill, but it was because there was something there for me. Something I had to learn, something I needed or some gap in my life that needed to be filled.

Often you don't realize that when you take on a opportunity. But later, and sometimes much later, you realize what that lesson was and why you were there at that moment. It wasn't just for that person or that group, it was for you. It was for your benefit.

For me, NAMI was one of those unplanned opportunities, I attended family to family with a wonderful group of people who, just like me were really hurting and were there because they wanted to understand what the heck was going

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on with their family member and what they could do to help.

Since I became a part of NAMI Frederick I have received so much comfort and learned so much from all of you. Your own stories have had a significant impact on me and shown me not only am I not alone in this mental illness journey, but how you have coped, what you have learned, how you have comforted and helped your families, your ill family member, and yourselves. It is you that were there for my benefit, for my education and to fill those gaps I didn't realize I had. Thank you for being there for me.

Perhaps NAMI Frederick could be one of those unplanned opportunities for you. We have several new NAMI members who have taken on opportunities with NAMI walks, helping NAMI Maryland with Advocacy, starting a new Connection Support Group and also helping with organizing some of the events we participate in so that we may let others know that they too are not alone and what it is that NAMI can do for them.

Currently, we are seeing a real need for Family to Family teachers, Family Support Group leaders, and NAMI Frederick Board members. So, this is one of those opportunities for you. Please, volunteer to help our NAMI Frederick family. I guarantee, there is more in this for you than you know.

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Annual NAMI Walk: May 20, 2017

The annual NAMI Walk will be held on Saturday May 20 at the West Shore Park Inner Harbor in Baltimore. The goal of the Walk is to raise awareness of mental illness and the work NAMI does as well as raise funds for the organization.

WALK WITH US! Our Frederick NAMI affiliate is walking under the team name of Namigos! This team name was originated a number of years ago by Fred and Fran Wenner. The name Namigos captures the spirit of friendship and support that we find at NAMI Frederick. We are proud to be using the name again this year and hope many of you will walk with us! To donate or register as a walker, go to www.namiwalks.org/maryland. To sign up for the Namigos team from the website:

Click on Register Now

Choose Participant Type

Choose Walker on a Team (to join the Namigos team and walk), or

Choose Virtual Walker (to join the Namigos team, but not walk),

Click on Join a Team

Scroll Down and choose Namigos

And, just follow next prompts!

By the way, all participants who raise \$100 or more will receive a NAMI t-shirt at the Walk event.

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

SPONSOR! Would your business, church, or organization be willing to sponsor? If so, contact Ken and Janet Craigie at jcraigie99@yahoo.com to get more information. Ken and Janet Craigie are Frederick County's co-captains this year. Thank you, Ken and Janet!

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

DETAILS! The walk is a do-able and pleasant two miles!

Walk Day: Saturday May 20

Time: Check in at 9:00 Walk starts at 10:00

Location: West Shore Park Inner Harbor Baltimore

Distance: Two miles

Parking is available in nearby Inner Harbor covered (paying) parking lots. Parking Information is available on the website: www.namiwalks.org/maryland.

Have more questions about the walk? If so, contact Janet and Ken Craigie at jcraigie99@yahoo.com, or Carol Wander at wandercarol@gmail.com.

Two Reflections on Coping Skills

OUT

By "Loi" Jemenez

Today is not my mood

to go out

But I don't go out that much

When I don't go out,

nothing is news

As a significance of

when I go out,

my news is that

'I have a fun time at the mall'

I go out is kept me busy

to do

Such like go to

work,

grocery

doctor appointment,

etc.

If I stay at

Home

and do

nothing

This can lead me

to depress

And it is not a good thing

So my habit is needed

to change

and keep me a busy

to do.

Anonymous Consumer on Dealing with Anxiety

There are times when I experience great anxiety. It sounds like Demons harassing me but it is in my mind. I hear racing thoughts that are scary. It happens in the late afternoon or at night or when I experience stress from being in crowds. It is only my mind. It will go away when I take my medication. My coping skills are lying down on my bed and mediating. There is light at the end of darkness. It can be a chemical imbalance. I get a lot of support from people in the community and I am not alone. I do not like crowded places or when I go out in the evening. I do trust in God for guidance. I am not alone in experiencing it.

Spring NAMI Frederick Education Lectures

On March 29, Suzanne Borg, the Director of Community Support Services at the Mental Health Association of Frederick County shared information related to suicide.

Through statistics, Ms Borg graphically portrayed the magnitude of the risk of suicide among all ages of people. The Mental Health Association receives a call from someone contemplating suicide at the rate of one call every five hours. Suicidal thoughts affect 5% of the population. It is the tenth leading cause of death among all age groups and is the second cause among young adults.

Ms Borg gave participants some tips on what to do if someone appears to be considering suicide. Ms. Borg recommended directly asking, "Do you want to kill yourself." Next, determine if the person has a plan by asking how and when questions. Listen carefully to understand the pain the individual is experiencing. Try to ascertain positive reasons for living such as family, friends or future plans. Never dare the person to follow through, don't leave the person alone, and don't be sworn to secrecy. Offer hope based on what is important to them.

To get help, you can call the 211. Through the 211 number, information, referrals and crisis support are available. The Mental Health Association also has free walk-in Behavioral Health Services at their Frederick office at 226 South Jefferson St.

NAMI Frederick thanks Suzanne Borg for sharing information about suicide and providing us with valuable local resources to use during a mental health crisis.

UPCOMING LECTURES

Policing and Mental Illness in Frederick Wednesday April 26, 2017 7-8:30 pm **YMCA Community Room**

Officer Stephen Radtke of the Frederick City Police will talk about policing as it relates to mental illness in Frederick. He will cover the training that is received by the Frederick police both in their police academy classes as well as the in-service training received by active duty police. He will share what to expect if you call 911 during a crisis affecting a friend or family member and also suggest ways you can assist the police officers.

Brain Research and Mental Illness, Part 3 Tuesday, May 2, 2017 7-8:30 pm **YMCA Community Room**

Dr. Rahul Bharadwaj and Dr. Joel Kleinman, brain researchers from the Lieber Institute for Brain Development at Johns Hopkins School of Medicine will speak about their research regarding the brain and mental illness. Dr. Bharadwaj and Dr. Kleinman have previously spoken to NAMI Frederick audiences about how genes and the environment alter brain molecules and how altered molecules and circuits lead to behavioral symptoms. For the upcoming May 2 lecture, they have asked for input from our NAMI Frederick members. What aspect of brain research are you most curious about? What topics would you like for them to address? When you sign up for this lecture, you will have the opportunity to make your preferences known.

To register for any of these lectures, go to namifrederick.org or call 301-71-0148

“Don't walk behind me; I may not lead. Don't walk in front of me; I may not follow. Just walk beside me and be my friend.”

Albert Camus

Family Support Groups

We offer two Family Support Groups each month for the family and friends of those with mental illness. These support groups are in a very relaxed, caring, and understanding environment. You can share your story, or just listen to others knowing that all discussions are confidential. The information discussed is ever so valuable.

These monthly support groups are offered on two evenings at the following locations:

(1) *Good Shepherd Church*

1415 West 7th St. (just past the 7th St. Frederick shopping center)

First Thursdays – 7:00 to 8:30 pm

(2) *All Saints Episcopal Church*

106 West Church St. (please check website for parking & entrance)

Third Wednesdays – 6:30 to 8:00 pm

These meetings are for the family and friends of those with mental illness. We welcome those 18 and older, noting that we follow NAMI guidelines which restrict younger participants as well as those with mental illness.

A Family to Family Class will be forming. Dates are not yet determined. For more information contact:

For more information please visit our website supportgroups@namifcmd.org or call 240-379-6186.

Become a NAMI member for \$35 per year.

Member benefits include:

- Membership at a NAMI Maryland, a NAMI Affiliate and the NAMI national organization
- Advance notice and information about our free educational and support programs
- Reduced fees for attending NAMI Maryland special events
- A subscription to *The Advocate*, NAMI Nation's quarterly magazine
- A subscription to *NAMI Maryland Connections*, the newsletter of NAMI Maryland and our local affiliates
- Eligibility to vote in all NAMI elections

Access to exclusive members-only material on www.nami.org

Join Online at www.nami.org or send a \$35 check to NAMI Frederick 4 East Church St. Frederick MD 21701



CALENDAR REMINDERS:

Support Groups

- **First Thursdays at Good Shepherd Lutheran Church 7-8:30 pm**
- **Third Wednesdays at All Saints Episcopal Church 6:30 – 8:00**

**NAMI of Frederick County
4 East Church St.
Frederick MD 21701**