



Circle of Support

National Alliance on Mental Illness, Boulder County, Colorado

Issue No. 202

- For all those touched by mental illness -

March 2010

Ethan's Awakening

By Ethan Meyer

Until November 14, 2004, I was just another person with undiagnosed bi-polar disorder. I lived with and loathed all the depression I experienced, but found great solace in the mania. I loved the adrenaline rushes from the actions I took while manic. I was a typical bi-polar individual. I thought that was just the way life was. I was either excessively happy or depressed for months. I thought it was like this for every one. I would think about suicide for months when in a depressive state. I medicated my self with alcohol and cocaine. For years, this was my life.

On November 14, 2004, I got into an altercation after a day-long drinking binge. One thing led to another, and it spiraled out of control. I don't even remember what led up to the last few minutes of that day, but I do remember at the end I had a gun in my hand, it was pointed at my head and the police were yelling at me to drop it. That was the last thing I remember until I awoke in the hospital, seven weeks later. The conclusion of that stand off was me shooting myself in the head and the police shooting me four more times.

However, this is not a story of my shooting but of my awakening. You see, while I was in Craig Rehabilitation Hospital, I was finally properly diagnosed. After all my wounds and infections cleared up, the doctors started me on intensive therapy regime and a cocktail of drugs to combat the depression and stabilize my mood swings. Once the drugs had taken effect, my past and future came into focus. I was able to clearly see that my decisions during these months would determine the path the rest of my life would take. I could deny the medical treatment for my illness and go back to the miserable life I led before -- the path my older brother had taken, or I could embrace this disease, learn about it, manage it, and do my part to erase the stigma that surrounds all mental illness.

Now I had a double duty. The shooting had left me in bad physical shape. I have some paralysis on the left side of my body. I not only have a mental illness but a traumatic brain injury as well. All of this impacts my future -- my greatly revamped future. You see, I chose the second option -- to live the life that had been so miraculously spared in a whole new way. I started going

to A.A. meetings, knowing that for a person with bi-polar disorder, alcohol can do terrible damage -- and I have not had a drink since the day of my event. I wanted to learn about my disorder, so my fiancé and I took classes at the University of Colorado's Sutherland Center. I found others with the same affliction at the D.B.S.A. (Depression and Bi-polar Support Alliance) support groups that meet every other week. I found people at my church that started a mental health ministry to support those in our spiritual community. I did my homework.

Today I stay on my medication, I attend therapy, I go to support groups, and I surround myself with people that care about me. And I am grateful for the chance to begin anew. I know this is the only way I have survived and that I will continue to thrive. The best news is that my life is no longer just about surviving. Even with trials and tribulations during the past five and a half years, I have remained peaceful and joyful. These have truly been the best years of my life. It has not been an easy journey but it has been worth every moment.

NAMI BOULDER COUNTY

1333 Iris Avenue, Boulder
303-443-4591
www.namibouldercounty.org

~

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~

Friends of NAMI

We are most thankful for your past and continuing friendship, but our list has grown too large for this small space. Please know how much you mean to NAMI Boulder County.

~

Office Manager: Sharon Bowyer
Outreach Coordinator: Barbara Connors

Newsletter: Joanne Kelly
Contributing writers for March:
Nancy Coleman, Phoebe Norton,
Alan Johnson, Reg Saner,
Ethan Meyer, Barbara Connors
Beth Lonergan

Upcoming events

March 10 - NAMI Boulder County Board Meeting, 6:30 p.m. at the San Lazaro clubhouse, Valmont and 55th, Boulder

March 19 - NAMI Walks Kickoff Luncheon See box on page 5.

April 6 - Colorado Visions class starts. See next page.

April 14 - NAMI Boulder County Board Meeting, 6:30 p.m. at the San Lazaro clubhouse, Valmont and 55th

May 15 - NAMI Walks 2010

President's Corner

The NAMI Walk is a cause you can support, and in a small way "pay it forward" for the benefits NAMI has provided you.

NAMI gives my family comfort, information, understanding and hope. Each family story is as different as the individuals involved, but many stories have similar painful themes that reflect sadness, loss, fear and anger. We are all living the stories of coping and sometimes struggling with the challenges of mental illness. NAMI members and programs reach out to us, giving us the means to change our stories, to fight the stigma associated with mental illness, to come together to demand respect and recognition.

Please give a few minutes of thought to how you might help in a small way with the upcoming NAMI Walk to raise funds for NAMI programs and more importantly raise awareness about mental illness. Many volunteers came together last year and raised \$128,000. Over 600 walkers proudly demonstrated their determination to fight stigma and make a difference. This year our goal is to raise \$150,000 and have 1,000 walkers!

How can you help?

Form a team. Contact Alan Kelly, our Walk Team Chair. Tell him you want to form a team or join a team. Ask your family and people at school, church, work, social and civic groups to join your team. Alan will provide you with details. You can email Alan at handymankelly@comcast.net.

Help us find sponsors. Contact Greg Coleman with the name of a possible sponsor. Sponsors are found from contacts at work, your local bank, insurance agency, civic groups, church, employers and foundations. Greg and his committee will reach out to your contact and gently request their support. Contact Greg at 303-409-6045 or email gcoleman@denvercommercial.com.

Volunteer to help on walk day. Contact Vicki Hook to volunteer. Her committee is in charge of volunteers and logistics to help with registration, food, posters, signs, tents, banners, trash disposal, barricades and entertainment. Do you know someone who might help with any of these activities? Vicki can be reached at 303-741-2750 or email vehook@hotmail.com.

Help with publicity. Contact Tammy Snow for publicity. Do you have a connection to radio, news or TV personalities? Help her make contact with them by calling 303-321-3104 or email tsnow@nami.org.

Most importantly, mark May 15 on your calendar and WALK with us at Sloan's Lake!

Nancy Coleman

NAMI Colorado Public Policy Committee Update



By Phoebe Norton, president of NAMI Colorado's board of directors

The NAMI Colorado Public Policy Committee (PPC) is meeting twice a month now to monitor proposed bills in Colorado's 2010 Legislative Session. Our NAMI Colorado Executive Director, Lacey Berumen, does a wonderful job of performing a preliminary screening of all of the proposed bills to see which ones may pertain to mental health services.

The chair of the Public Policy Committee, Bob McDonald, then assigns two or three bills to each member of the PPC to review. During our PPC meetings, we discuss all of the pertinent bills and decide whether to support, oppose,

monitor or take no action on each bill. The recommendations of the PPC are then reviewed by the NAMI Colorado Board of Directors for final approval or amendments to the recommendations. Following approval by the board, our executive director and our part-time lobbyist, Tracy Kraft-Thorp, talk with the relevant legislators about our positions.

An example of a bill that we decided to strongly oppose is House Bill 1163. This proposed bill would allow consumers to buy insurance products outside of Colorado. Since some other states do not require insurance companies to cover mental health treatment, this bill would undo the "parity" law in Colorado. Lacey has testified on this bill in committee along with representatives from a number of other organizations that are opposing it. At this point, it appears that it will be killed in committee. We will keep watching this and let you know if

we need NAMI members to call legislators.

So far this legislative session, we have not needed action from our NAMI members, but it is good to know that we have three Boulder/Broomfield NAMI members who are poised to call legislators about a specific bill if we need them to do so. The three volunteers for the "One-on-One Legislative Advocacy" initiative are James McGuire, Catherine DeRolf and Ruth Newell. We are also fortunate to have another Boulder NAMI member, Carol Eve Moon, serving on the PPC.

It is also possible that we will have a general "call to action" of our statewide membership when we need everyone to call their legislators. We will let you know if that happens. If you would like to be added to our email list for legislative alerts, please email your contact information to Barbara Connors at

Colorado Visions Class

A free, 5-week class for parents and caregivers of children and adolescents who struggle with school and social situations because of brain disorders (mental illnesses).

The class offers the knowledge and skills you need as your children grow up.

**Next class April 6 - May 4, 2010
in Boulder**

Call Cathy to register, 720-255-4536

Learn more about this class at www.namibouldercounty.org/classes.html

Successes and continuing challenges: A clinician's response

A letter from Beth Lonergan, clinical operations director for The Mental Health Center Serving Boulder and Broomfield Counties

I always enjoy reading the NAMI newsletter, and am often struck by how many stories reflect both success and continued challenges in the very same situation.

I read a mother's letter in the last NAMI newsletter with mixed emotions. She talked about her son's recent hospitalization. While the need for emergency hospitalization is something we all want to avoid, it was at the same time very rewarding to hear how CIT training helped the officers respond in a way that minimized possible traumatic effects. Kudos to Boulder County law enforcement, which has universally embraced this training and committed significant resources and time to it. As clinical operations director for The Mental Health Center Serving Boulder and Broomfield Counties (MHCBBC), I have had the privilege of being closely involved in CIT since its inception here in Boulder County.

This client's story also included a transfer in the not-too-distant past from treatment at MHCBBC to Kaiser. As MHCBBC continues to assess how to best and most effectively serve the community, we will continue to experience changes in practice, some of which will challenge us in our thinking about our work together. We are eager to bring the dialogue

about what it means to create a Recovery-oriented system of care with our clients to our partners and to the community we serve.

For the past eight or more years, as our resources have shrunk and we have experienced budget reductions, we have remained committed to serving as many of those in need of services as possible. Many Centers throughout the state have been forced to severely limit access. Because of strong local support, we have been able to continue to serve those who do not have other alternatives for treatment, although it becomes increasingly difficult to keep up with growing requests for services and concern about the human costs of inability to respond.

This past year, we chose to discontinue our Kaiser contract. Since private insurance has not paid its own way, we were in a position where resources were being used to support services for people who benefited from the continuum of services that the center provides, but who had other options. At the same time, we were reaching a point that was no longer sustainable, when we would have to turn people away who had no insurance and no other option for receiving care. This is why we chose to transition care to Kaiser; to preserve capacity for people who had no other option available. This was certainly a difficult transition for some clients and for staff as well. It feels important to acknowledge

the conscientious and thoughtful way in which staff (both at Kaiser and at MHCBBC) tried to help clients manage the transition to a new treatment team. Clients were instructed (and helped if necessary) to contact Kaiser for an initial appointment with approximately a month overlap for transitioning care. This meant that the client scheduled quickly with the new care provider, but was offered up to a month or more continued meetings with the treatment team at MHCBBC. In addition, clinicians coordinated with a point person at Kaiser regarding all transfers in order to avoid the potential of someone not making a successful connection. In most cases clients did not even utilize the full transition time, but rather felt ready to make the change in fewer sessions.

Losing what are in some cases long-term relationships, and change in general, tends to be very stressful for any of us, and clients transitioning continued to use the 24-hour crisis team who remained available for support. Our hope is that by providing the right level of support, and by believing in Recovery principles, all of us will be experiencing successes that we may never have thought possible. At the same time, opportunities can present some level of risk as well. While it can be frightening to face these risks, we are confident that in partnership we will successfully navigate those challenges.

Volunteer Corner



*Barbara
Connors, NAMI
Boulder County
Outreach
Coordinator*

Last fall, NAMI Boulder County recruited volunteers for the One-on-One Legislative Initiative under the direction of Board Member Phoebe Norton. Volunteers Catherine De

Rolf, Ruth Newell, and Jim Maguire contacted and met with local legislators Rollie Heath, Claire Levy, Jack Pommer, Brandon Shaffer, and Paul Weissman to advocate for NAMI's legislative positions in the realm of services for people with mental illnesses. They will continue their contact through the legislative session. Many thanks to Catherine, Ruth,

and Jim for furthering NAMI's mission of advocacy in this way.

In April we will continue our presence at the 9Health Fairs in Boulder and Broomfield Counties. We will have tables at several sites where people attending the fairs can come to us for information and assistance. In the years we have been participating in this event, we have reached out to hundreds of people who are confronting mental illness in their families and have not known about the resources NAMI could provide for them. It is a very important part of our community outreach. We ask volunteers to take 2-hour shifts staffing the table, handing out printed material, and answering questions when they can. We try to put a board member or experienced volunteer at every table with a newcomer. If you have never staffed an information table before, it would be wonderful for you to try it this year. Of course, we always welcome back volunteers who have staffed these tables before.

If you want to volunteer for the Health Fair or if you have any questions about it, please contact me at 303-710-0701 or blconnors@comcast.net. On a somewhat trying personal note, my hard-drive crashed, and I lost all of the history of NAMI volunteers for the last three years. If you have volunteered for a NAMI event in the past three years and would like to volunteer in the future, please email me at blconnors@comcast.net so I can rebuild my volunteer list. Many thanks.



You're invited to the

NAMIWalks 2010 Kickoff Luncheon

March 19, 2010

11:30 a.m. - 1:00 p.m.

Denver PPA Events Center

2105 Decatur St., Denver

If you were involved in last year's NAMI Colorado Walk, you know what a big success it was and how much fun it was. Don't miss the action this year! Join us for a free luncheon where you'll learn more about the Walk, planned for May 15, and get materials and instructions for building your team!

Please RSVP by March 5

For more information and to RSVP,
call 303-321-3104 or e-mail tsnow@nami.org

Bring a friend!

*Thank you to our luncheon sponsor:
Saltzman, Hanna, Nelson, and Massaro, LLP*

Two NAMI Boulder County board members honored

Late last year, two NAMI Boulder County board members, Sharon Bowyer and Laura Hadaway, received a Boulder County Sheriff's Office "Sheriff's Commendation" Citizen Award. They received their commendations at a large awards ceremony (300+ people) where sheriff's deputies and citizens were honored for their contributions to their communities.



Sharon Bowyer



Laura Hadaway

Sharon was recognized for being a core stakeholder in the development and continued efforts to provide Boulder County law enforcement officers with Crisis Intervention Team (CIT) Training. CIT is a 40-hour program where officers learn how to recognize and communicate with individuals

who have mental disorders and the resources available to them. Sharon has volunteered for the past 5 years in this program. She coordinates different activities during the training and makes sure NAMI's voice is heard.

Laura was recognized for her work with the Sheriff's Department on

the National Night Out (NNO) program. This national program is co-sponsored by the Sheriff's Department and the National Association of Town Watch. The goal of NNO is to reduce crime in our neighborhoods. Laura is the manager of San Lázaro Mobile Home Park. She participated in the pre-planning, volunteer recruitment, flyer distribution and served as an

"extra hand" for the event. Laura has applied all her talents to running the park: lawyer, NAMI member, and previous CIT participant.

These are two examples of how NAMI is making a difference in our communities!!

News briefs...

Therapists who charge sliding-scale fees listed online

A group of former therapists from Access Counseling continues to offer services on a sliding-scale basis. Check out the list at <http://www.accessboulder.org/slidingyscale.html>

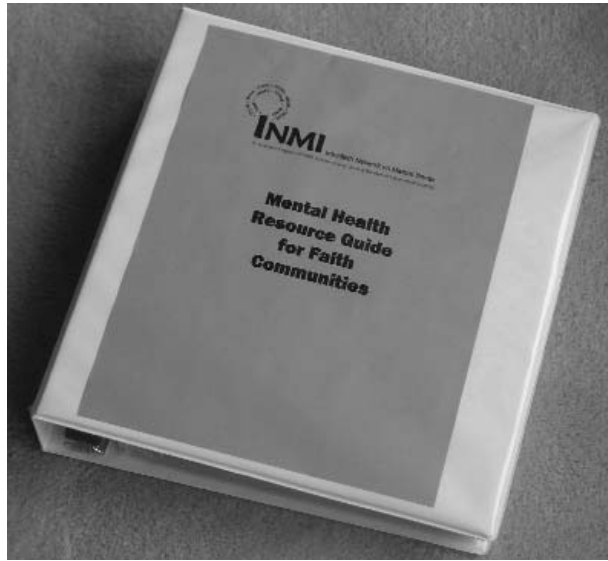
Real Men Get Depressed: Tools Anyone Can Use to Reduce the Risk of Suicide, a half-day conference sponsored by the HOPE Coalition of Boulder County, will be held March 3 from 8:00 a.m. to noon at the National Institute for Trial Advocacy, 363 Centennial Parkway, Louisville. For details, go to www.hopecoalitionboulder.org

Bridging the Divide, the Third Annual Suicide Awareness and Prevention Summit will be held at CSU in Fort Collins on May 21 (pre-conference on May 20). This year's theme will be suicide prevention over the lifespan. Suicide affects everyone, and we have a shared responsibility to prevent it. This conference brings together the best minds and most passionate advocates for suicide prevention. For more information, please visit <http://psy.psych.colostate.edu/circ/SPsummit2010.asp>

NAMI Colorado will be conducting a Family-to-Family teacher training on the weekend of April 23-25 (Friday 9 a.m.-Sunday 3 p.m.). There is no fee for the training but participants must meet NAMI requirements. Contact Sharon Bowyer to learn more: sbowyer@att.net

INMI Creates Mental Health Resource Guide for Faith Communities

The Interfaith Network on Mental Illness (INMI) has compiled a notebook of resources to help people cope with mental health issues. Faith communities can purchase copies of the guide and make it available to members of their congregations. The introduction includes one mother's perspective about what information she would have found helpful when she confronted her son's mental illness. The guide contains information about all major mental illnesses (also called brain disorders) – mostly from the National Institute of Mental Health (NIMH) and the National Alliance on Mental Illness (NAMI). It also contains a listing of local services that



can be helpful when you are faced with an emerging mental health disorder or a crisis. In addition, it provides information that can help clergy dealing with mental illness. Finally, it includes ideas about how you can help your congregation

become more responsive to the needs of mentally ill individuals and their families. The cost of this resource guide is \$25. It is recommended that this guide be placed in a spot where it is visible and can be easily accessed by members of your congregation. We ask that one person volunteers to take responsibility for updating the guide when new information is sent out by INMI. If you are interested in obtaining one

of these resource guides for your faith community, contact Susan Marine at swdkm321@comcast.net, Barbara Gould at b.gould@harhashem.org or Wendy Falconer at falc80304@yahoo.com

INMI Plans Interfaith Conference for May 22-24

The Interfaith Network on Mental Illness (INMI) will present a conference Saturday, May 22 through Monday, May 24 to highlight Mental Health Awareness Month. The tentative title is "Resilience and Hope: Resources for Living a Full Life."

A session on Saturday evening for individuals affected by brain disorders/mental illnesses and their family and friends is entitled, "Blessed Routines: Spiritual practices that make us resilient to stress and help us live life more fully." A Sunday afternoon session for the community will address issues and concerns around brain disorders/mental ill-

nesses. This session is entitled "Finding hope in the midst of suffering: Exploring life-giving ways of understanding and responding to suffering." A Monday morning session for clergy, therapists, and mental health professionals is entitled, "A relational-ethical approach to spiritual care: Respecting the unique ways in which people find hope and develop resilience."

The speaker for the weekend is Dr. Carrie Doehring, associate professor of Pastoral Care and Counseling at Iliff School of Theology in Denver. Dr. Doehring has published several books on issues related to pastoral counseling.

Dr. Doehring is ordained in the Presbyterian Church, U.S.A., is a Diplomat in the American Association of Pastoral Counselors and is a licensed psychologist in Massachusetts and Colorado.

The conference is sponsored by NAMI Boulder County, the Mental Health Center Serving Boulder and Broomfield Counties and the Mental Health Ministry of the First Congregational Church, Boulder.

If you want to know more about this program or if you would like to join the energetic, action oriented team planning this weekend, please email Alan Johnson at revalan2004@comcast.net.



Among those for whom the stamina of youth is a distant mem-

ory, the cost of caring, both in dollars and emotional stress, can feel ominous – especially if we grieve for a family member so much it hurts . . . and never stops hurting. So we develop coping strategies.

Within these pages I've admitted that my own best strategy in that regard takes me outdoors walking the hills, spending time on local trails. Yet I've sometimes wondered if I weren't just kidding myself. "Is my sort of 'coping' really just self-indulgence? And the benefits of poking around in a forest – are they merely imaginary?"

Those doubts, plus my delight in the life styles of marmots, voles, deer, mountain lions, coyotes, falcons, magpies, canyons, desert rivers, and talking mammals, led me to seek out a recent study in social psychology: *Can Nature Make Us More Caring? Effects of Immersion in Nature on Intrinsic Aspirations and Generosity*. At first blush such a title seems to promise something more like New Age silliness than science.

The Green World and Well-Being

by Reg Saner, Former Board Member

Yet the article wasn't written by people sitting cross-legged and barefoot amid the scent of burning sage . . . people more keen to know your astrological sign than your name.

On the contrary, professors Netta Weinstein, Andrew Przybylski, and Richard Ryan, are social psychologists at the University of Rochester. Their carefully designed research project has elicited test responses from many groups of statistically representative volunteers.

Moreover, in the course of their investigation they consulted no fewer than fifty-three scientific publications.

"Okay," you may be thinking, "they're serious. So what's the answer to that question posed by their title?" In a word, the answer is yes.

The study's results support the view that immersion in nature does indeed have a positive effect on our caring, generosity, and on the quality of our aspirations, just as man-made environments which exclude the natural world exert a negative influence on those same aspects. If we live and work in settings cut off from nature, our aspirations will tend toward extrinsic goals such as wealth, prestige, even fame.

Natural environments, on the other hand, induce us to value community, generous behavior, and to pursue self-defined aspirations which are intrinsically rewarding.

What's more, other roughly similar studies have even linked exposure to the natural world with lower crime, lessened violence, quicker recovery from illnesses, and healthily enhanced mental states. In short, what the study calls "immersion in nature" humanizes us, always a good thing.

After working through the article's highly technical language, I'm now less inclined to wonder if my outings aren't mere self-indulgence. With scientific warrant for considering them really and seriously therapeutic, I even find it easier to stir my shanks in cold weather and get outside for an hour's walk among pines, winter grasses, and red-rock boulders. And am less inclined to undervalue the benefits simply because they're free.

Education and Support Groups

Details on many of the listings below are available at www.namibouldercounty.org. Many of these support groups/classes/resources are sponsored by groups other than NAMI Boulder County. Please use your own judgement as to whether they are suitable for you.

NAMI CLASSES IN BOULDER COUNTY

Ongoing free education and support classes offering information on brain disorders, how to cope, and how to advocate. We keep an ongoing list for these classes. For information or to reserve a place, call us at 303-443-4591.

- ▶ **Family-to-Family Class** – A free 12-week program for family members, friends or caregivers who have a loved one with a brain disorder.
- ▶ **Colorado Visions** (formerly Visions for Tomorrow) – A free 5-week program consisting of workshops for caregivers of children and adolescents with brain disorders. See page 3.

NAMI SUPPORT GROUPS

- ▶ **Support group for family members of people with mental illness** - 1st and 3rd Monday nights, 7-8:30 at the Boulder Mental Health Center (1333 Iris, Boulder). Call Anne Weiher at 720 839-4139.
- ▶ **NAMI Connection peer support group**, Broomfield, Tuesdays 7-8:30 p.m., United Methodist Church, 545 W. 10th Ave, Room 203. Email mbgwells@aol.com or savarstevie@aim.com

DEPRESSION AND BIPOLAR DISORDER

- ▶ **Twin Peaks Depression and Bipolar Support Alliance (DBSA) Longmont**, Mondays, 7:00-9:00 p.m., contact Marc at twinpeaksdbsa@hotmail.com
- ▶ **Depression and Bipolar Support Alliance (DBSA) Boulder**, 2 peer-only meetings and one friends-and-family meeting per month. Contact Lauren at 303-641-6333 or email boulderdbsa@gmail.com.
- ▶ **CareTogether Support Group** for spouses/partners of people with bipolar disorder and depression, 2nd and 4th Wednesdays, Lafayette library, caretogether@gmail.com
- ▶ **The Robert D. Sutherland Center for the Evaluation and Treatment of Bipolar Disorder** Visit rdsfoundation.org or call 303-492-5680 for information about the Sutherland Seminar Series on bipolar disorder, which is offered twice yearly.
- ▶ **Defeat Depression**, an online group. www.meetup.com/DefeatDepression
- ▶ **Supporting Together**, Thursdays 6:00-8:00 p.m. Longmont, Diane and Candy Dworkin-Wagner 303 682-2911, supportingtogether@hotmail.com
- ▶ **Longs Peak DBSA**, Fridays, 3:00 p.m. Longmont library, 4th and Emery, call 303 772-3559

CHILDREN AND ADOLESCENTS

Parents Experiencing Challenging Kids Support Group (PECK) - Meets monthly at a local restaurant in Louisville. For time and place, contact Harriet Austin at 303-284-9863 or austinhb@hotmail.com.

OBSESSIVE COMPULSIVE DISORDER

Support group for people with OCD, their families and friends. First and 3rd Wednesdays, 7:00-9:00 p.m. Mental Health Center, 1333 Iris Avenue, Boulder. Call Brent, 303-422-9704 or Ilene, 303-938-1360.

OBSESSIVE COMPULSIVE ANONYMOUS

(www.ocdcolorado.com) and **SOCIAL PHOBICS ANONYMOUS** (www.healsocialanxiety.com)

SCHIZOPHRENIA & Related Disorders Support

Groups (also for people with other mental illness diagnoses) Call 303 413-6233 for details.

1. Tuesdays, 7:00-8:00 p.m. sharp, Mental Health Center, 1333 Iris Ave, Norton Room, entrance on southeast.
2. Fridays, 10:30-11:15 a.m., Maslin House, 1036 University Ave.

DUAL RECOVERY ANONYMOUS

A 12-step organization for people with a dual diagnosis of addiction/alcoholism with a psychiatric illness. Tuesdays, 11:00 a.m., Longmont. Call Shochet, 303-245-4449.

SUICIDE SURVIVORS

Free support group for family and friends of someone who has died from suicide. Longmont United Hospital, 1st and 3rd Wednesdays, 5:30-7 p.m. Call 303-532-7904 to confirm.

FAITH-BASED SUPPORT GROUPS

- ▶ **Nondenominational Spiritual Support Group** for consumers and family members, 2nd & 4th Monday, 6:30-8 p.m. First Congregational Church, Boulder. 720-304-6918.
- ▶ **"Shift" groups** every Friday night at Flatirons Community Church. Learn more at www.flatironschurch.com/shift
- ▶ **First Presbyterian Mental Illness Support Group** (for family members and friends) 3rd Sunday of every month at First Presbyterian Church, Boulder. Call 303-442-1925

"SOFT VOICES" DROP-IN CENTER, LONGMONT

Resource and friendship center for adults with mental illness. Tuesdays, 10:00-noon; Thursdays and Fridays, 1:00-3:00. 5th & Kimbark. Contact Gil at 303-776-0410.

INTERNET RESOURCES

Visit the NAMI (national) Web site at www.nami.org

Visit the NAMI Boulder County Web site at www.namibouldercounty.org

Join the National Alliance on Mental Illness (NAMI)

Your dues include membership in NAMI National, NAMI Colorado and NAMI Boulder County. You will get the newsletters published by NAMI National and NAMI Boulder County. If it is more convenient for you, you can join online at www.nami.org using a credit card.

- \$35 per year individual/family membership
- \$3 per year for people with a limited income
- I want to support NAMI Boulder County with a tax-deductible gift of \$ _____

Your membership dues and gifts will help provide support, education and advocacy for Boulder County individuals and families who are coping with serious mental illness.

Does your employer have a matching gifts program?

I am interested in:

- Learning about volunteer opportunities, either ongoing or one-time only
- Arranging for speaker or presentations on mental illness for my club, church, work or other group
- Helping with advocacy efforts by writing letters/making phone calls to my elected representatives

Name _____ Email address _____

Address _____ City _____ State ____ Zip _____

Home phone _____ Alternate phone _____

**Mail this form with your check to: NAMI Boulder County
1333 Iris Avenue, Boulder, CO 80304**
