

Circle of Support

National Alliance on Mental Illness, Boulder County, Colorado

Issue No. 206

- For all those touched by mental illness -

March 2011

Tragedy transforms mother into mental health advocate

At the recent Beyond Blue Breakfast, Mental Health Partners presented its "John Truhlar Champion of Mental Health" award to NAMI Boulder County member Susan Marine for her commitment to mental health advocacy. Many found Susan's remarks to be inspiring, so we are reprinting them here.

Some of you already know why I am so passionate in my commitment to mental health. Eight years ago today, our son died of suicide. He had made a serious suicide attempt when he was 24. Kevin was a lawyer, he loved sports, and had a great sense of humor. Although he was under treatment, he lost his battle with his bi-polar condition when he was 34. Four years later – almost to the day – our daughter, Alice, died in the same way, using the same means, at the age of 25. She was a beautiful, compassionate young woman, and a world traveler. One is never prepared for the death of a child.

These losses have brought unbelievable tragedy to our lives. Whereas most marriages would



Susan Marine, Ph D.

have been destroyed, I am thankful that my relationship with my husband not only survived, but has been strengthened – thanks to a wonderful counselor.

My ability to emotionally grasp these suicides was helped by the fact that I had, at times in my own life - beginning in early adolescence - experienced the hopelessness of deep depression – even to the point of thinking that I could not – or should not – go on living.

Faced with these realities, I felt I had a choice: to be defeated, or to find some way to transform these losses into something meaningful. The two major ways I have found to do this are, first, to advocate on behalf of mental health issues, and

second, to educate the community about mental illness.

Advocacy and education often go hand in hand. Advocacy can involve educating legislators about the importance of mental health services and why funding should not be cut further when the budget is tight, and why it makes more sense to fund mental health services than prison beds. Advocacy can mean working to ensure that mental health is included in the package of services that will be provided with health care reform.

There are important changes taking place in community mental health. Clients are now being looked at in a wholistic way – body, mind and spirit. Mental health services are being integrated with physical health services. We know that depression is a biologically based disease, much like diabetes, and that it is caused by a chemical imbalance in the brain. Instead of labeling a client with a permanent diagnosis, the focus is shifting to wellness and recovery. These changes create HOPE, not despair.

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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
Volunteer coordinator: Laura Collins

Newsletter editor: Joanne Kelly
Contributing writers for March:
Anne Weiher, Alan Johnson,
Susan Marine, Reg Saner,
Joanne Kelly, Phoebe Norton,
Laura Collins

Upcoming events

April 13 - NAMI Boulder County Board Meeting, 7:00 p.m. at the San Lazaro clubhouse, Valmont and 55th, Boulder

May 11-14 - INMI Conference "Spirituality and Mental Illness" -- see details on page 5.

May 13 - Beautiful Art for Beautiful Minds -- see details on page 8.

May 21- NAMI Walk -- see details at right and on page 4.

President's Corner

It's been a busy time for NAMI since the holidays. We are holding another Family-to-Family class, working hard on legislative issues, and reaching out to the community. In January, I had the opportunity to speak at Interface, a community forum of professionals interested in the overlap between spirituality and psychological issues of all kinds. I also spoke to a church in Longmont about stigma and how NAMI is trying to eliminate it.

In early February, we partnered with Mental Health Partners (formerly the Mental Health Center of Boulder/Broomfield Counties), and the Hope Coalition for the Beyond Blue breakfast. We had a great turn-out of both volunteers and participants. It was great to see new faces as well as some special ones from our past, and it was a wonderful opportunity to reach out to the Longmont community and environs. The showing of the film, *Depression: A Misunderstood Epidemic*, was also well attended. The audience was very knowledgeable about mental illness and challenged the panel with their provocative and intelligent questions. I think we would still be there had time not run out!

As we look to the future, we will be involved in the Channel 9 Health Fair in April again. These fairs are a great way to reach out to the community and help dispel the stigma around mental illness. If you have never volunteered, please consider doing so. We cannot pull it off without your help.

Our WALK this year will be May 21, Armed Services Day, as before. It will be held at Stapleton Central Park in Denver. We need individuals to be on the affiliate committee for the WALK as well as individuals to recruit teams and sponsors for the WALK. If you know of someone who might be a sponsor for the WALK, let me know and I will get you the sponsorship information. We are also looking for walkers! It does not cost anything to walk, but we do encourage folks to get sponsors for their own walk. Almost everyone has been touched by mental illness in some way or another. Reaching out to those in your circle and telling your story may not only raise money for the Boulder/Broomfield affiliate and the state, but will go a long way to reducing the stigma surrounding mental illness.

Before we know it, June will be here. June brings our annual meeting, election of new officers, and new board members. I know many of you have very busy lives, but the fulfillment you can get by being involved in NAMI at any level is priceless. There are many volunteer opportunities available. We need your help and thank all of those who have so generously given of their time and talents in the past.

Anne W. Weiher

NAMI fighting state budget cuts for mental health services



By Phoebe Norton, NAMI Boulder County and NAMI Colorado board member

The Public Policy Committee of NAMI Colorado has been working diligently. We have met with many members of the Colorado Legislature's Joint Budget Committee urging them not to cut mental health services any more. Our primary point is that cutting mental health services only results in cost shifting to more expensive services in our jails, prisons, emergency departments and child welfare system. In fact, the director of the Colorado Department of

Corrections has stated that he saw an immediate increase in people with mental illness coming in the prisons when Colorado began cutting community mental health services about ten years ago.

We urge all NAMI members to contact your state senator and representative and ask them not to cut community mental health services since it will only result in cost shifting to more expensive and often unnecessary institutionalization in the youth and adult prisons.

The Public Policy Committee is also reviewing all proposed laws that may affect people with mental illness. We are meeting twice a month to discuss the proposed laws and decide what, if any, lobbying position NAMI Colorado should take on each bill. Our recommenda-

tions are then given to the NAMI Colorado Board of Directors to vote on official positions. Our NAMI Colorado director, Lacey Berumen, is a very effective lobbyist and so is our part-time paid lobbyist. NAMI members also testify before legislative committees on important legislative issues.

Additionally, we increase our power by joining with other mental health organizations to make joint statements about key positions. I would like to thank Carol Eve Moon of Boulder for serving on the NAMI Colorado Public Policy Committee and contributing her great expertise. If you would like to serve on the NAMI Colorado Public Policy Committee, please e-mail or call me and I will tell you more about it.

2011 Contact Information for Colorado Legislators for Boulder/Broomfield

Senator Jeanne Nicholson, D-District 16 (includes western Boulder County)
303-866-4873; jeanne.nicholson.senate@state.co.us

Senator Brandon Shaffer, D-District 17 (Louisville, Lafayette and Longmont)
303-866-5291; brandon@brandonshaffer.com

Senator Rollie Heath, D-District 18 (Boulder)
303-866-4872; rollie.heath.senate@state.co.us

Senator Shawn Mitchell, R-District 23 (Broomfield)
303-866-4876; shawnmitchell@aol.com

Representative Dickey Lee Hullinghorst, D-District 10 (east and south Boulder)
303-866-2915; dl.hullinghorst.house@state.co.us

Representative Deb Gardner, D-District 11 (includes north Boulder and part of Longmont) 303-866-2780; deb.gardner.house@state.co.us

Representative Matt Jones, D-District 12 (Louisville, Lafayette, part of Longmont)
303-866-2920. rep mattjones@gmail.com

Representative Claire Levy, D-District 13 (western Boulder County and other areas)
303-866-2578; claire.levy.house@state.co.us

Representative Don Beezley, R-District 33 (includes Superior, Erie and part of Broomfield) 303-866-4667; don.beezley.house@state.co.us

Tragedy transforms mother *continued from page 1*

The success of these changes depends on how well the community is educated about mental illness and treatment; that community includes families, schools, faith communities, and places of work. Providing good information helps to counteract stigma. And education about the signs and symptoms of depression can lead to earlier and more effective treatment and, in some cases, to the prevention of suicide.

Educating the community is not something that Mental Health Partners can do alone.

Increasingly, they must reach out to work in partnership with others. Let me briefly describe just three of these partnering groups.

- The HOPE Coalition grew out of concerns about teen suicide. HOPE works to educate the community about the signs and symptoms of depression and the high-risk signs of suicide.
- The Interfaith Network on Mental Illness works to mobilize faith communities by providing information about mental illness and helping them understand how they can support those with mental illness and their families.
- NAMI sponsors a wide array of educational programs and support groups for patients and families.

One goal of education is to help people get the services they need. It

is estimated that only 1 in 3 Coloradans who need mental health services in any year actually get needed services. Some of this is due to the stigma around mental illness.

Many people – when faced with mental illness – are simply at a loss about where to turn. They need information about the kinds of help available, which include: psychiatrists, social workers, peer counselors, support groups, medication and others. They need to know they are not alone.

The message I hope you will take home today, is that the human spirit is resilient, and that recovery from depression is probable. There is HOPE.



SAVE THE DATE

NAMIWALKS FOR THE MINDS OF AMERICA

MAY 21, 2011 • STAPLETON CENTRAL PARK
Sign in: 8:00am • Walk: 9:30am

Google: [namiwalks](#) and click on Colorado or contact us at 303.321.3104.

WE'D LIKE TO THANK THE CONTINUING SUPPORT OF OUR MAJOR SPONSORS:
Anshutz Family Foundation • Community First Foundation • JG Duncan Foundation
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 **NAMI** Colorado
National Alliance on Mental Illness

May event to focus on “Spirituality and Mental Illness”

Once a homeless, abused, drug addict, Jana Drakka found her calling as a Zen Buddhist monk 16 years ago. Instead of carrying on a quiet life in a monastery, she returned to the streets to reach out to others.

The Rev. Jana Drakka will be the featured speaker at a four-day “Spirituality and Mental Illness” conference in Boulder in May. The event, sponsored by the Interfaith Network on Mental Illness (INMI) in collaboration with a number of other groups in Boulder, is part of INMI’s Mental Health Month celebration.

All sessions are free and open to everyone, except for the panel for clinicians on the morning of May 12. The fee for that session is \$20 in advance or \$25 at the door. No one will be turned away for lack of funds. Donations will be gratefully received to continue INMI’s work.

This program is sponsored by INMI and has been planned by representatives of INMI, Windhorse Community Services, Shambala Center, Carriage House/Community Table, Buddhist Coalition for Bodhisattva Activity, and Mental Health Partners. For further information, contact Alan Johnson at revalan2004@comcast.net or Susan Marine at swdkm321@comcast.net.

Conference schedule

Wednesday, May 11

1 - 3 p.m. **“We are all beginners: Meditation Practice”**

Location: First Congregational Church, Chapel, 1128 Pine St., Boulder

7 - 9 p.m. **“Spirituality as a Resource in Overcoming Addiction/Substance Abuse and PTSD”**

Location: Shambala Center, 1345 Spruce St., Boulder

Thursday, May 12

8 - 11:15 a.m. **“Skills for Clinicians and Professionals Working with Most Challenging Clients: Shelter From the Storm”**

Location: Har HaShem, South Bldg., 3950 Baseline Rd., Boulder

11:30 a.m. - 1 **“How Spiritual Communities Address Mental Health Issues – Using Community Resources.”**

In collaboration with Restoring the Soul and KGNU.

Location: Har HaShem, South Bldg., 3950 Baseline Rd., Boulder

7 - 9 p.m. **“Out of the Shadows: Total Acceptance”**

Jana will talk about the need to accept those with mental illness and also those in the GLBTQ community

Location: Community United Church of Christ, 2650 Table Mesa Dr.

Friday, May 13

7 - 9 p.m. **“An Informal Evening with Jana: Comments and Questions on Spirituality and Mental Health.”**

Location: First United Methodist Church, 15th and Spruce St., Boulder

Saturday, May 14

10 a.m. - 12 noon **“Finding Balance in our Daily Life”**

Location: First Congregational Church, 1128 Pine St., Boulder



Interfaith Network on Mental Illness (INMI) Granted Nonprofit Status

On February 22, 2011, the Internal Revenue Service approved INMI’s application for tax exempt status. The seeds for the organization were planted when NAMI Boulder County held its first interfaith conference in October 2007. NAMI Boulder County has provided financial support for the INMI team’s efforts over the last four years, including funding for numerous, conferences, workshops and other events. NAMI also funded the creation of INMI’s Resource Guide for Faith Communities and for building a website for the Caring Clergy Project, which will launch soon. Learn more about it in the next issue of this newsletter.

Volunteer Corner



This winter I had the opportunity to speak with many members on the phone as I called to

remind members whose NAMI membership dues had lapsed. Many people were sincerely thankful for the reminder and it was beneficial to make contact and identify volunteer interest. Thank you to those who renewed your membership and continue to share yourself by volunteering with NAMI Boulder. As a grass-root, nonprofit organization operating primarily through volunteers and members, your support through dues and volunteering is essential to the continued creation and vitality of NAMI Boulder County.

In celebration of who we are and what we do, NAMI Boulder has created a Facebook page! We are working to make this social media tool, which has become a useful business tool for all sorts of organizations, a useful way for people to be informed about what NAMI is up to, share their NAMI related experiences and discover ways to get involved. Please join us on Facebook to help us grow! Remember Margaret Mead's famous quote: "Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed it is the only thing that ever has."

Thank you to the members who volunteered at the "Beyond Blue" Breakfast on February 4 at The Plaza in Longmont. In the words of Kristen Tucker, event coordinator with Mental Health Partners: "All the volunteers were fabulous! They were great and we could not have done it without them." This is one of the many annual volunteer opportunities NAMI members participate in and I hear that the volunteers benefit just as much as the community. Thank you!

We are now recruiting volunteers for the upcoming 9Health fairs in Boulder and Broomfield Counties where NAMI has had a successful and continued presence for several years. This is an excellent opportunity for you to get involved whether you are a new or long term member. We ask volunteers to commit to three hour shifts to provide basic information about what NAMI does and the services NAMI offers. Healthy refreshments are typically provided at each site! Participation in this event is a great way to get the word out about NAMI services. If you are interested in helping please e-mail me at namivolunteer-coordinator@hotmail.com or call (720) 218-1953. The days we are asking for assistance: Saturday, April 9 in Broomfield and Nederland; Wednesday, April 13 in Boulder; Friday, April 15 in Louisville; Saturday, April 16 in Niwot, Broomfield and Boulder. If you have volunteered with NAMI before, feel free to bring a friend

and the two of you can take one of the 3-hour shifts. Otherwise, a new volunteer is paired up with someone who has more experience to ensure that new volunteers feel supported and are comfortable with their task.

Last but not least, a small committee is finishing up a redesign of the NAMI Boulder brochure for local distribution and community outreach and education. If you are a part of, or know of an organization or relevant professional whose audience may be in need of NAMI services, feel free to e-mail me and we can provide brochures to spread the word. This is a simple yet meaningful way to use what you already do and who you already know to help out and have a positive community effect.

NAMI Family Support Group

For family members of people with mental illness

First and third Monday evenings

7:00-8:30

Boulder Mental Health Center

(1333 Iris Ave, Boulder)

Call Anne Weiher at 303-442-9209 or 720-839-4139 for details.

Book review:

Just Like Someone Without Mental Illness Only More So

by Alan Johnson, cofounder of the Interfaith Network on Mental Illness (INMI)

“The difference between me and crazy people who have not done well is not much.” So says Mark Vonnegut in his book *“Just Like Someone Without Mental Illness Only More So: A Memoir.”* In that same light, he writes, “There are no people anywhere who don’t have some mental illness,” and “none of us are entirely well and none of us are irrevocably sick.” That gives a wide berth for each of us.

Vonnegut’s book blesses the mess that is.

This quirky memoir is laced throughout with quips, one liners, zingers and snappy insights, and it is woven with many themes. You can follow one strand of the story line about mental illness, in particular his hearing voices and diagnoses of schizophrenia, bipolar disorder, and schizoaffective disorder; another strand is about Marks’ relationship with his famous father, Kurt; another his substance abuse, in particular, alcohol; his medical school experience, his practice as a pediatrician and his rant about the increasing costs and restricting access to medical care; yet another, his engagement and arguments with religion and Christianity. He presents a series of snapshots that give texture to particular encounters without much analysis of the stories they depict.

Three themes spoke to me. First is Vonnegut’s tenacious hold on the truth about mental illness. He writes, “I thought the fact that people could get well from serious mental illness was good news and

worth writing about. It was good news that it was more about biochemistry and neurotransmitters. There should be no shame or blame. They were illnesses like other illnesses.” Like a quote

“A human without a disease is like a ship without a rudder.”

straight from NAMI’s resources, I thought. He proclaims, “A world without prejudice, stigma, and discrimination against those who have or who are thought to have mental illness would be a better world for everyone.” There is a whole page of such affirmations, again, acknowledging the “normalcy” of mental illness among the panoply of illnesses. He flippantly remarks, “A human without a disease is like a ship without a rudder.”

Second, Vonnegut’s coming to grips with his addiction to alcohol. It was just a little drink a day and became worse. If you have been there or your loved ones have, you know that there are different outcomes/attitudes that could come from that experience. Vonnegut took a mean-

dering path to decide to keep on getting up while being broken down and then going on again. “Somehow having my awesome willpower come up short against alcohol got rid of the three-inch-thick Plexiglas separating me from the rest of the world.” One chapter closes, “My generation should be given credit for proving beyond all shadow of a doubt that drugs are bad for you.” His experience of coming up against his own mental illness and substance abuse did lead him to a way to live with a fullness and even a whimsical or inquisitive attitude that seems to shape the way he lives.

The third theme is about his relationship with his famous father, Kurt. Laced throughout the book are references to the connection and more likely the lack of connection with his father. Like so many of the other threads in this book, most things are not developed. They are just noted as in a notebook, jottings in a journal. But this sentence spoke worlds: “He (my father) took responsibility for hospitalizing me and I took responsibility for letting him go.”

As the book ends, he writes, “I love finding out what happens yet.” It would be intriguing if Vonnegut could plumb more of the depths of the issues of mental illness, his own argument with faith, and medical care, along with the other threads. The flippant comments, the snippets, the quips and the retorts are intriguing, but do not make a whole meal.

Gun Fire and False Dawns

by Reg Saner, Former Board Member



The Tucson shootings on January 8, 2011, in which nineteen people were shot, six fatally,

produced one of those false dawns sadly familiar to longtime NAMI members.

Within hours, national babble about the shooter, Jared Lee Loughner, included the sound of barn doors being closed after the horse was long gone. That's because the entire country was reading or hearing about the urgent need to recognize and treat as early as possible the symptoms of mental illnesses. While we in NAMI listened to the talking heads of TV on that topic, I'm sure many of us impulsively thought, "Finally! An awakening!"

Then the moment passed. Oh, a smidgen of improved awareness remains, but instead of restored funding within the mental health system, the "awakening" faded to Congressmen beating their chests about the urgency of "tough decisions" and "hard choices."

And the old timers in NAMI murmured to themselves, "We've seen this movie before."

We have also experienced the false dawns of miracle medications said to be just over the horizon and coming toward our afflicted family member or friend. Experience has

led us to react with a hopeful skepticism at such reports.

The cruelest of false dawns, however, are those occurring within our intimate selves when it seems that our afflicted son or daughter or spouse is really and truly better. We then exhale and enjoy the moment. "Finally," we tell ourselves, "the treatment is yielding results." It can feel as if the dark winter of heart-break were at last yielding to spring. Then, as often happens, there's a relapse, and our loved one sinks back into serious paranoia or a similarly alarming state.

What that particular false dawn may be like for others, I've only the vaguest idea. For me, it's like helplessly watching abductors lay hands on my son, taking him away from himself.

The fact that he has repeatedly returned from such abductions is reason enough for hoping the

relapse only temporary, but it isn't the solace you'd think it would be. In my case at least, it's comforting only days later, as hope and patience find strength enough to begin again. Diagnosing my own lapses into despair I find they're a form of cowardice, and that's something of a surprise. I hadn't seen clearly enough the relationship between courage and hope. Once recognized, it's plain as day.

As a male, I don't like admitting I need the courage of a mother, but that's how it is, so I say to myself, "Face it, scaredy cat."

As to the likelihood of the Tucson shootings bringing about more adequate funding for mental health, I'd say that's a longshot. Yet unless we're content to admit we're cowardly custards, we mustn't yield to despairing in the *status quo*. Instead, we need to summon courage enough to hope, and act, as if it isn't destined to always be so.

Beautiful Art for Beautiful Minds

May 13, 2011

5:30- 8:00 p.m.

at MACY'S Twenty Ninth Street store, South Entrance

The 8th Annual Beautiful Art for Beautiful Minds gala will feature an art show and silent auction, music by Holly and the Husbands, and wine and food galore! This is a unique and fun opportunity to purchase quality, affordable art donated by local artists to benefit Chinook Clubhouse, a program of Mental Health Partners, which promotes social and vocational recovery for adults with mental illness.

Tickets are \$50. For tickets or more information contact Kristen Tucker, events coordinator, ktucker@mhpcolorado.org or 303-413-6287.

Education and Support Groups

Details on many of the listings below are available at www.namibouldercounty.org

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.

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

- ▶ **Depression and Bipolar Support Alliance (DBSA) Boulder**, weekly peer-only meetings and one friends-and-family meeting per month. Contact Lauren at 303-641-6333 or email boulderdbsa@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.
- ▶ **Supporting Together**, Thursdays 6:00-8:00 p.m. Longmont, for consumers and family members. Diane and Candy Dworkin-Wagner 303 682-2911, supportingtogether@hotmail.com
- ▶ **Longs Peak DBSA**, Mondays, 2:30-4:30 p.m. 303-833-4036, longspeakbipolarsupport@q.com.

SUICIDE SURVIVORS

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

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.

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

Call 303 413-6233, for details.

1. Mondays, 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.

FAITH-BASED SUPPORT GROUPS

- ▶ **Spiritual Support Group** for consumers and family members, 2nd and 4th Monday, 7-8:30 p.m. at First Congregational Church, 1128 Pine St., Boulder. Call 720-304-6918. All are welcome.
- ▶ **“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 website at www.nami.org
Visit the NAMI Colorado website at www.namicolorado.org

Many of these support groups/classes/resources are sponsored by groups other than NAMI Boulder County. Please use your own best judgement as to whether they are suitable for you.

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**
