

## *Circle of Support*

National Alliance on Mental Illness, Boulder County, Colorado

Issue No. 195

- For all those touched by mental illness -

June 2008

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## Telling our stories: A journey through psychosis

*By a 21-year old woman who wishes to remain anonymous*

I knew something was wrong with me from the time I was thirteen. True, I had always been "different"—shy, eccentric, with strange fears and phobias—but my parents and teachers chalked it up to my “sensitivity.”

But the summer after 7th grade, the summer the fog came, deepening into black, the summer that car rides and nighttime filled me with terror, the summer I was afraid to keep scissors in my room, the summer I got in touch with the voices—I stopped pretending.

I, who lived on books, could no longer read. At the same time, I was afflicted with hypergraphia—the compulsion to write, which is a symptom of mania. Only I wasn't writing poems and stories. I was following the voices' orders, writing down everything they said for posterity.

Somehow, I kept everything a secret from my parents. Telling them would make the nightmare real. Gradually, the darkness light-

ened. The voices let up. But the fog and the inability to read remained. Worst of all, I felt no emotions. I would later learn that all of these problems were symptoms of schizophrenia.

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*“With the help of help of writing, friends, family and treatment, I have learned to find pleasure in the present and have hope for the future.”*

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The next four years were a prelude to my first complete breakdown. I tried to act like everything was normal. But I felt like all of my brain cells were insulated with cotton. I was constantly late, constantly forgetting things. My grades slipped from A's to B's and the occasional C.

Finally, when I was 17, I was prescribed stimulants because of my inability to concentrate. Five days later, I became psychotic. Ordinary sounds were deafening. I had delusions and hallucinations. I did rituals all day, trying to ward off the terror of my collapsing world.

My parents, with my consent, hospitalized me. I was there for six weeks, diagnosed with OCD and unspecified psychosis. Doctors gave me medication, and a few months later, diagnosed me with schizoaffective disorder.

The five years since then have included many ups and downs, many joys and difficulties. With the help of Metformin and diet, I have lost 50 pounds of the 120 I gained on medication. I still struggle with depression, paranoia, OCD, and other issues, but I have almost completed my Associate's Degree, am in the market for a job, and with the help of help of writing, friends, family and treatment, I have learned to find pleasure in the present and have hope for the future.

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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  
Outreach Coordinator: Barbara Connors

NARSAD Cards: Cathy Stiers  
Newsletter: Joanne Kelly, Reg Saner  
Contributing writers for June:  
Alan Johnson, Alan Kelly,  
Phoebe Norton, Barbara Connors

**President's Corner**

Today, as I drove across town to meet with a client about a bathroom remodel, I listened to NPR on my truck's radio. A commentator suggested that the last acceptable place for discrimination in our society is in the treatment of women. He obviously didn't consider the discrimination faced by people with mental illnesses every day. This supposedly well-educated man was so unconscious of the plight of those with mental illness that it didn't even hit his radar. And I know that there are many more like him out there.

Even with this stark reminder of the ignorance that abounds in our society, I believe we are making progress. If you read our list of accomplishments in the article on page 1, you'll notice that NAMI Boulder County is working together with other organizations, and other organizations are reaching out to enlist our help in the fight to erase the stigma and discrimination that surrounds people with brain disorders. And believe me, there is plenty of work to go around.

This year, we have worked in partnership with the Mental Health Center Serving Boulder and Broomfield Counties, The Chinook Clubhouse, the HOPE Coalition, First Congregational Church, a variety of Boulder County law enforcement agencies, Foothills Behavior Health, Boulder Valley School District, Boulder Public Library, and the 9Health Fair -- to name a few. The result is that all of these organizations have done more for those suffering with mental illness and their families by working together than they/we could have done alone. As the old maxim says, the whole is greater than the sum of its parts.

I see collaboration as a great strategy for making the most of our resources, both our volunteer resources and our financial resources. So in the coming board year, I plan to work on forging more and stronger alliances with like-minded groups.

I look forward to the day when the NPR radio commentators talk about how we have eliminated all discrimination in our country, not because they don't know it exists, but because it is truly eradicated. In the meantime, we will continue working and collaborating to make it happen. Together, we can make difference.

**Upcoming events**

**June 2 and 16 - Support Group -**  
See page 11 for details.

**June 24 - NAMI Boulder County  
Planning Meeting and New Board  
Member Orientation 5:30 p.m.**  
for new board members, 6:00 for  
everyone else. At San Lazaro  
Clubhouse.

**September 7 - NAMI Walk -** Watch  
your mail for details.

## NAMI Boulder County Accomplishments for 2007/2008

At the NAMI Boulder County annual meeting on May 20, we reviewed our accomplishments for the 2007/2008 year. We thought it would be good to share those accomplishments with you, our members, so you can see how your donations and the local portion of your membership dues are used.

We got permission from the state board to serve Broomfield County. We are still NAMI Boulder County, but we added a tagline, Serving Boulder and Broomfield Counties, to our name.

With the help of some partners, we planned and executed our first Interfaith Conference on October 18 at Christ the Servant Lutheran Church in Louisville. The theme was *Sharing the Promise of Hope and Healing: Mental Health and Faith Communities*. Rev. Susan Gregg-Schroeder was the speaker and it was attended by 45 local church leaders. The effort has spawned a number of Mental Health Ministry teams in area churches and synagogues. We also co-sponsored a second faith outreach conference planned and executed by the HOPE Coalition and First Congregational Church – they did a half-day mini conference on May 20. The theme was *Depression and the Role of the Faith Community*. We staffed a resource table at the conference.

In partnership with NAMI Colorado, we sponsored the first Parents and Teachers as Allies training in Colorado in April. We now have several teams prepared

to present 2-hour in-service education to local school district employees. We also held a train-the-trainer session and now have six trainers in Colorado. We are currently working with Boulder Valley School District to make arrangements to present the in-service training to teachers and staff members.

We taught our Family-to-Family class to more than 60 people this year. This class provides extensive education to families with loved ones with brain disorders. Thanks to Greg and Nancy Coleman, Joanne Kelly and Alan Johnson, and Alan Kelly and Laura Hadaway for teaching these classes. The Visions Class, teaching parents of children about mental illness, was taught twice by Ann Taylor and Cathy Howe.

We have three NAMI Boulder County board members on the NAMI Colorado board, including Joanne Kelly, the new state presi-

dent! Phoebe Norton serves on the state's Public Policy Committee and Anne Weiher is the Colorado representative to the NAMI National Consumer Council.

We helped train more than 100 police officers through our participation in the CIT training sponsored by the local police departments. Thanks to Sharon Bowyer and Laura Hadaway for their efforts and to the volunteers who shared their families' stories.

We raised awareness of mental illness and NAMI through booths at the Farmers' Market in Boulder and by holiday gift-wrapping at Borders book store. We provided information at the 9Health Fair at five locations in Boulder County. Thank you to Nancy Coleman, Cathy Stiers and Barbara Connors for leading these efforts and to all who volunteered at the events.

We raised more money in the NAMI Colorado Walk last September than any other affiliate

*continued on page 7*

### Save the date -- NAMI Walk

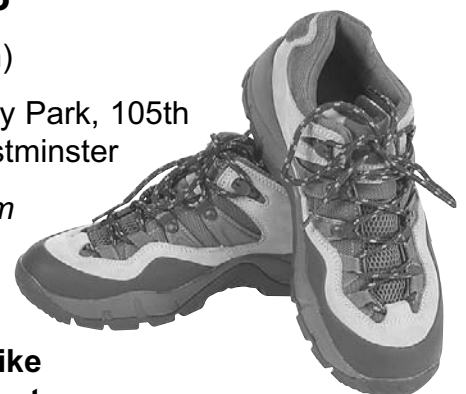
**September 7, 2008**

Time: TBD (late afternoon)

Location: Westminster City Park, 105th and Sheridan Blvd in Westminster

*Less than 20 minutes from Boulder!*

**Call Alan Kelly  
(303-641-4505) if you'd like  
to help organize this event**



## Volunteer Corner



*Barbara Connor,  
NAMI Boulder  
County Outreach  
Coordinator*

I spent the first three months of the year working on expanding NAMI Boulder County's membership by calling former participants in Family-to-Family and Visions classes and asking them to join. Over half of the people I reached indicated that they would join NAMI Boulder County, and of that group, 88% have joined as of mid-May. NAMI Colorado funded this membership drive through a grant to NAMI Boulder County.

In April NAMI Boulder County was out in the community disseminating information and answering questions. From April 12 to April 19, board members and volunteers staffed information tables at 9Health Fair locations in Niwot, Gunbarrel, Broomfield, and Boulder. The event was organized by board member Nancy Coleman. Many thanks to board members Greg Coleman, Laura Hadaway, Alan and Joanne Kelly, Phoebe Norton, Reg Saner, Christine Vigorita, and Anne Weiher for taking the lead at these information tables. They were joined by volunteers Steph Brearton, Bob Dodge, Bill Hedrick, Steph Horne, Alan Johnson, Colleen Murray, Samantha Otterness, Beverly

Seeds, Susan Siegel, and Chelsea Vigorita, to whom NAMI Boulder County is very grateful. Special thanks go to volunteer Sandy Hughes who took two shifts! The reports from the fair were most positive: volunteers and board members found the public appreciative and thankful for NAMI's help.

On April 26 and 27, Faith Community Lutheran Church invited NAMI Boulder County to have an information table at its outreach fair. Thanks to board member Sharon Bowyer and volunteers Christine Armstrong, Patty Austin, and Arlene Franz for representing NAMI Boulder County at this event.

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## Public Policy Update: Highlights of the the legislative session

*by Phoebe Norton*

The good news from this legislative session was that the bill for "Small Group Limited Health Benefit Plans" that NAMI Colorado opposed was postponed indefinitely. This bill would have circumvented the requirement that all health insurance companies offer mental health benefits. Although we were successful this year in maintaining this requirement, we will have to continue to be vigilant in future years for any potential proposals to limit mental health benefits in health insurance.

The bad news is that there was

no legislation to create a mental health commission composed of representation from the legislature, the administration, consumer groups, family advocacy groups, and providers. Before legislation could be proposed as recommended by the 1050 Legislative Task Force, the Governor appointed a "mental health cabinet" made up of directors of relevant State departments. We are glad that the governor is giving this kind of attention to mental health but disappointed that his "mental health cabinet" does not include representatives from consumer, family advocacy, and provider groups. Nevertheless

we hope that his "mental health cabinet" will pursue many of the progressive goals passed by the 1050 Legislative Task Force on mental health.

Another piece of bad news is that HB1385 to increase health insurance transparency was killed. This bill would have required disclosures of any "kick backs" or other benefits providers receive from prescribing treatment or medication that were in the primary interest of the insurance company and not necessarily the patient. NAMI Colorado strongly supported this bill and we were dismayed when it was killed.

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## The Second Interfaith Conference on Mental Health: “Depression Over the Life Cycle and the Role of Faith Communities”

*By Alan Johnson*

The second Interfaith Conference on mental illness was held on May 20 at the First Congregational Church, UCC, in Boulder. The topic was “Depression Over the Life Cycle and the Role of Faith Communities.” The conference goals were to reduce the stigma about depression and mental illness, increase awareness, provide education and resources, network with faith communities, and encourage the positive role of faith communities in supporting those living with depression and their families.

120 people from 46 faith communities heard a keynote presentation by Amy Robertson, Suicide Prevention Program coordinator at C.U. Amy reminded us that if we are concerned about someone, it is not hurtful -- it is actually helpful -- to ask “Are you suicidal?” Amy underscored that mental illness is biologically based. She maintains that faith communities can be a resource for raising awareness about mental illness

A panel discussion followed Amy’s presentation. Panel members included Jan Hittelman, Rhonda Racicot, and me, Alan Johnson, along with Amy. Addressing the three highest risk groups, the threads in their responses were to talk about it, and to realize that mental illness is not a moral lapse, a character flaw, or a lack of faith. Each person said that isolation and or rejection can

be a consequence of depression. Jan, referring to adolescence, said the teen age years are filled with tension and this may not be indicative of depression. However, anger may cover up underlying feelings of depression. Jan pointed out that in households with guns present, suicide attempts are five times more likely, and that the abuse of alcohol and drugs contribute to depression.

Amy, speaking from the context of college-age people, reinforced the importance of dialog with students experiencing depression. Finding alternative paths is crucial. A survey of college students indicated that 50% of them were depressed.

Rhonda stressed that overall elderly people are content and do not have any more depression than any other age group. However, factors that hinder a more complete sense of well being include health issues such as a stroke and hearing loss. Both tend to precipitate depression. The highest risk group for suicide is white men over age 80.

In my remarks, I focused on what faith communities are doing and need to do to address mental health issues. With one out of five congregants dealing with mental illness in themselves or in their family, it is crucial that faith leaders acknowledge this reality and act on it. People need to know their faith community is a “safe” place for them to voice their painful truths. It means having a “safe place” and a “safe person”

with whom to talk. I pointed out that studies over the past two decades have proven spirituality and religion decreased levels of depression. One participant said, “faith communities are to be one of the most compassionate places for everyone, but they are ignorant about mental illness.”

“Push the frontiers” was one of the comments from a participant in one of the 12 small groups that met after the keynote presentation and panel discussion. I believe this conference, building on the first Interfaith Conference, pushed the frontiers of understanding and action for help and healing.

It was amazing and wonderful working with the Design Team, representatives from the agencies that sponsored the conference. They are: Amy Robertson, Kathy Valentine, Paula Nelson, Betsy Fox, Bonnee Shafner, Keith Matney, Sherry Leach, Sharon Bower and Susan Marine. The sponsors were: HOPE Coalition, The Mental Health Center Serving Boulder and Broomfield Counties, Boulder Aging Services, NAMI-Boulder County (National Alliance on Mental Illness) and the Task Force on Mental Health of the First Congregational Church. For a summary of the conference from the 12 small groups and/or to be added to the e-mail list or address list of faith communities/organizations in order to network, e-mail me, Alan Johnson, at [revalan2004@comcast.net](mailto:revalan2004@comcast.net) or call me at 720-304-6918.

## **Spotlight: Access Counseling Provides Affordable Counseling Services In Two Boulder County Locations**

*by Rosalind Bard, Psy.D., LPC  
Interim Executive Director and  
Director, Individual Counseling  
Program, Access Counseling*

Margo has spent the last two years experiencing the roller coaster ride of bipolar illness. Finally, with the unflinching help of her (expensive) psychiatrist, she is on the combination of medications that work for her. Feeling more stable, she is taking stock of her life over those years. She would like to talk with someone to sort things out so that she can start living well again. But with years of unemployment, no health insurance and few supportive people in her life, she doesn't know how to do this. Counseling at almost any price seems out of the question. Where can she turn?

Jake has also experienced bipolar illness. He has been stabilized on medication but knows that stressful events can get him unbalanced. His job doesn't pay much and he would like to find someone who can help him deal with life stressors before they become overwhelming.

Adele and Roger Jones are approaching retirement age and don't have much savings as they have been financially supporting their grown schizophrenic son Eddie who doesn't take his medication and often ends up in trouble with the law.

Eddie now wants to come and live with them. Adele feels that she must take care of her son. Roger is fed up, doesn't want Eddie to live with them, and is worried about

his own health. The couple is arguing a lot and the marriage feels rocky. They can't afford private counseling.

Mira suffers from depression and anxiety. She doesn't want to take medication. And in fact, Mira's depression and anxiety are connected to the sexual abuse she experienced as a child. Is there any place she can get help with past trauma that she can afford?

Doug has recurrent depressive disorder. When he experiences this, he might stay in bed all day, or become irritable and yell at the kids. He can't work. He stares at the TV. Sometimes he self-medicates by drinking too much. When he is like this, his wife Doris finds herself becoming depressed as well – feeling helpless. The kids are beginning to act out in school. The family is in trouble.

All of these people can get the help they need at Access Counseling. While Access does not provide actual treatment for major mental illness (we do not provide medication or psychiatric evaluation), nor do we treat major drug and alcohol addiction, we provide counseling support for people regardless of ability to pay. We operate on a sliding-fee scale based family income, how many it supports, and it is negotiable. Although the bottom end of our fee scale is \$10, we have clients who pay nothing .

Access Counseling has been serving the Boulder community for almost 35 years. You might know us by our former names – The

Family Resource Center and The Counseling Center. We are a private, non-profit agency that is financially and physically accessible to all who use our services. We see individual adults, families, couples, teens, and children. We work with most life issues. And if we can't help, we'll refer on.

How can we afford to do this? We are also a training site for unpaid Master's level student interns and post-Master's volunteers who are getting hours for licensure. All are supervised by professional, licensed counselors. Our interns and volunteers, who undergo a rigorous selection process, are trained in a wide variety of therapeutic modalities.

We do an initial telephone screening with prospective clients and if we feel we can help, we will match them with the counselor who can best meet their needs. We offer counseling by appointment days, evenings, and weekends. Our mission is to help people cope with stressful life situations before they become totally unmanageable. We help people explore their strengths and look at what is working in their lives. We believe in treating everyone with dignity and respect.

Access has a Boulder site: 303 449-7898 – and a Longmont site: 303 776-8211.

Sometimes we have a bit of a waiting list since there is a lack of affordable counseling services. But we do our best to help most everyone who reaches out to us.

## Accomplishments/Annual Meeting

*continued from page 3*

-- which also helped raise awareness and reduce stigma. Many thanks to Greg Coleman, who played a big role in that success.

We also worked with the Mental Health Center Serving Boulder and Broomfield Counties (MHCBBC) with the continuing series "Let's Talk". Sharon Bowyer and Keith Matney from the MHCBBC were instrumental in making this happen. Sharon also helped us stay connected to the MHCBBC and the community through the Consumer and Family Advisory Board and the Recovery Advisory Forum.

We provided support to family members through our Help Line. Thank you to Joan Wolfer, Christine Vigorita, and Ann Goldstein for responding to Help Line calls throughout the year. We kept members and others in the community informed through our newsletter and Web site. Thank you to Joanne Kelly and Michael and Christine Vigorita and everyone who contributed articles, photos and poems.

Our Outreach Coordinator, a.k.a. Volunteer Coordinator, a.k.a. Barbara Connors, has been with us for nearly 2 years, and recently received a raise, finally, for all the good work she does for us.

Thank you to all of you who work to make the world a better place for people with mental illnesses. We appreciate your actions and your support. Together, we can make a difference!



*Joy Ekstine, left, executive director of Carriage House, and Diane Ferguson from the Mental Health Center Serving Boulder and Broomfield Counties spoke at the 2008 annual meeting about mental illness and the homeless population.*



*New board members elected at the annual meeting, from left: Bob Moore, Diana Moore, Linda Davis and Keith Matney. Diana has agreed to serve as treasurer for the coming year and Linda has agreed to serve as secretary..*



For me, the word “Pueblo” can have an ominous sound.

Its bad vibes don’t arise from any dislike of Native Americans living within adobe walls, nor from a southern Colorado town’s steel mill. It’s just that many of our state’s most troubled victims of mental illness, including those declared to be criminally insane, get sent to the Colorado Mental Health Institute at Pueblo.

So that unhappy association clung to the word “Pueblo” till just lately.

Invited by Stan Boucher to join him as a luncheon guest of Korean War veterans who meet monthly in Denver, I agreed – less from a yen for old-soldier camaraderie than idle curiosity. We’d both served in Korea, but neither of us had ever joined a vets organization; nor sought out the company of others who served there. We simply wondered what such a luncheon would be like, so we went.

The vets, some 20 or so and their wives, turned out to be a hospitable bunch, the men grey haired and paunchy, but colorful in their American Legion style hats and special vests, each bedizened with badges and military insignia. Hospitable, yes, but their conversation was uninspiring at best.

On the drive back, Stan agreed.

## My Free Lunch and History Lesson

by Reg Saner, Board Member

“Don’t think I’ll be joining up as a member.”

“Me neither,” sez I, and began quizzing him on his earlier years as a psychiatric social worker for the State of Colorado.

“Well, for one thing,” he began, “I’ll never forget my first visit to Pueblo, back in ‘57. The moment we got out of the car I told myself, Hey, I know that smell.” It had reminded him of the densely populated prison camp on Koje-do Island in Korea, where the U.S. Army sent thousands of captured Chinese Reds and North Koreans.

The malodorous whiff given off there in Pueblo by The Colorado State Hospital, as it then was, had triggered a memory warp. On the spot, therefore, Stan resolved to help end the deplorable overcrowding which produced such a smell. I gasped when he explained that in 1957 the place housed 6,000 patients!

“To serve that number,” said Stan, “there were just two psychiatrists – who, by the way, didn’t know much – plus three psychiatric nurses and one aging lady, the social worker. Her main function was writing letters for the patients. So that was the professional staff.”

One psychiatric nurse per 2,000 patients? One psychiatrist per 3,000? The “hospital” had clearly become custodial only, with nothing like real treatment possible. Small wonder that Stan’s arrival met with conditions literally stinking to high heaven.

Yet it hadn’t always been so.

Founded to serve all Colorado in 1879, it had housed 14 patients. Furthermore, if the scrupulously humane rules and procedures adopted in 1899 by the “Board of Lunacy Commissioners” are a valid basis for inference, its supervisors were far from benighted.

How then had the hospital come to smell like an Asian prison camp? How had it and similar facilities across the U.S. become over-crowded, under-staffed, and under-funded? The answer lies well beyond the scope of this newsletter. For now it must suffice to point out that the inevitable reaction – as so often happens – went to the opposite extreme, downsizing thousands of beds to far too few.

Last February a young schizophrenic in crisis begged to be admitted at Boulder Community Hospital. With no beds available, the hospital called Ft. Collins, Ft. Logan, Colorado Springs, Pueblo, even Grand Junction . . . and found none available anywhere.

### **NAMI Support Group**

*For all those touched by mental illness (consumers and family members)*

**First and third Monday evenings, 7:00-8:30**

**Boulder Community Hospital  
(Alpine and Broadway)**

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

## Education and Support Groups

### 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. Next class starts in September. Call now to reserve a seat.
- ▶ **Colorado Visions** (formerly Visions for Tomorrow) – A free multi-week program consisting of workshops for caregivers of children and adolescents with brain disorders.

### NAMI FAMILY SUPPORT

- ▶ **Support group for anyone touched by mental illness** (family members and consumers) - First and third Monday nights, 7-8:30 at Boulder Community Hospital on Broadway. Call Anne Weiher at 303-442-9209 for details.

### DEPRESSION AND BIPOLAR DISORDER

- ▶ **Depression and Bipolar Support Alliance (DBSA) Longmont**  
Mondays, 7:00-9:00 p.m., at Longmont United Hospital, Gaugin Room, 1950 Mountain View, Longmont. Contact Diane Dworkin-Wagner at 303-682-2911 Email: twinpeaksdbsa@hotmail.com
- ▶ **Depression and Bipolar Support Alliance (DBSA) Boulder**  
Two peer-only meetings a month and one friends and family meeting per month. Contact Lauren at (303) 641-6333 or email (preferred) boulderdbsa@gmail.com.
- ▶ **CareTogether Support Group** for spouses and partners of people with bipolar disorder and depression, second Mondays, 7-8:30, Baha'i Center in Lafayette. 303-507-8533, caretogether@gmail.com
- ▶ **The Robert D. Sutherland Center for the Evaluation and Treatment of Bipolar Disorder**  
Visit rdsfoundation.org or call Dr. Brosse (303/492-5680) for information about the Sutherland Seminar Series. The 12-week educational series on bipolar disorder is offered twice yearly on Thursday evenings. Attend just 1 session or all 12. No pre-registration required.

### CHILDREN AND ADOLESCENTS

**Parents Experiencing Challenging Kids Support Group (PECK)** - Meets second Sunday of each month at the Huckleberry in Louisville, 9:00 a.m. 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 third Wednesdays, 7:00-9:00 p.m. Mental Health Center, Norton Room, 1333 Iris Avenue, Boulder. Contact Brent, 303-422-9704, Arlene, 303-670-9691, or Ilene, 303-938-1360.

### OBSESSIVE COMPULSIVE ANONYMOUS

(www.ocdcolorado.com) and **SOCIAL PHOBICS ANONYMOUS** (www.healsocialanxiety.com). For further information on both groups, call John at 303-325-3143

### CHINOOK CLUBHOUSE, BOULDER

Chinook Clubhouse is dedicated to enhancing the recovery of men and women with mental illnesses. It provides opportunities for members to live, work, learn, and socialize while contributing their talents in a community of mutual support. The Chinook Clubhouse offers transitional employment opportunities. Call 303-440-4842 for information (www.chinookclubhouse.org).

### "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, downstairs. Art sessions led by Mimi Farrelly meets on Fridays, 1:00-3:00 p.m. For more information, contact Gil at 303-776-0410.

*Everyone is welcome to participate!*

### INTERNET RESOURCES

Visit the NAMI (national) Web site at [www.nami.org](http://www.nami.org)  
Visit the NAMI Boulder County Web site at [www.namibouldercounty.org](http://www.namibouldercounty.org)

If you need help finding information online, contact the sources below. Service is confidential and available for free.

#### Consumer Health Resource Library

Located at Longmont Hospital, 1950 West Mountain View Avenue, Main Entrance. Call 303-651-5112 for hours.

#### Grillo Health Care Information Center

Located at Boulder Public Library, 11th and Arapahoe, Main Branch, 2nd floor. Call 303-441-4174 for hours.

*Many of the above 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.*

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## 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.

- \$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**

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