



Circle of Support

National Alliance on Mental Illness, Boulder County, Colorado

Issue No. 203

- For all those touched by mental illness -

June 2010

Family learns to live with schizophrenia, son pens tale of journey

By Ginger Hedrick

Bill and I have three sons, of whom we are so proud. But today I want to brag on our youngest son, Mike. Four years ago Mike was a 20-year old award-winning journalism student at the University of Colorado. He started having some problems at school, was smoking a lot of marijuana (self-medicating, we later found out), and complained about delusions and paranoia (which we thought were a result of the marijuana smoking). Then one day he disappeared. Days passed with no word of any kind from Mike. We filed a missing person report with the Boulder sheriff and were sick with worry.

A week later we got a call early one morning from Mike, asking us to pick him up at the train station in Denver. As soon as we saw him, we knew something was terribly wrong. He told us that he had been instructed by voices from the TV, his iPod and other things to go on a mission to the UN to promote world peace. He believed that he had been chosen by God to peacefully lead the people of the world.

After wandering around downtown Manhattan, sleeping on the street

for a few days, he headed north by bus, then resorted to walking and hitchhiking. Eventually he ran out of money, and was saved by a caring stranger who found him wandering in the woods of rural Massachusetts. She took him back to her home, fed him, gave him a bed to sleep in and paid for his train ticket back to Denver. When Bill and I picked Mike up in Denver that morning, he spoke of aliens and described the unimaginable delusions he was living in. We immediately took him to the emergency room, and he was admitted to Boulder Community Hospital's mental health unit in lock down with a diagnosis of paranoid schizophrenia. After a week of in-patient treatment, Mike was returned to us. But from that point our lives were changed forever.

Having no experience with mental illness and no relatives with the illness that we knew of, we were totally unprepared and ignorant about the prospects of Mike's future with schizophrenia and its implications on our family. We learned very quickly that if one member of the family is ill, the entire family is affected in some way. Bill and I wondered how we would be able to

best help Mike, how we would be able to support him emotionally and financially. I went to the local bookstores and on-line, and purchased every single book I could find on schizophrenia and living with this disorder. I checked our church library for books on the subject. Weekly family appointments with Mike's psychiatrist were so educational and helped us all begin the process of learning to live with schizophrenia.

Then Bill and I heard about NAMI's Family-to-Family class after a recommendation from a friend. We waited 6 months for the next class to start in Boulder, and were so relieved when we got word that the class would finally begin. Desperate for information, we found the Family-to-Family class to be invaluable in helping us to understand mental illness, how to talk and interact with Mike, how to help him set goals, and learn about the different medications available. We learned how to handle crisis situations, we talked about suicide and suicide prevention, how to cope, how to advocate for our son. I struggled to control my emotions and felt exhausted after every class

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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
Newsletter editor: Joanne Kelly
Contributing writers for June:
Nancy Coleman, Phoebe Norton,
Alan Johnson, Reg Saner,
Ginger Hedrick, Joy Eckstine,
Joanne Kelly, Sharon Bowyer

President's Corner

NAMI people are amazing! As I looked out over the huge crowd of hundreds of people gathered at Sloan's Lake for the NAMI Walk on May 15, I became tearful and overwhelmed with gratitude for the many compassionate, hard working, dedicated people that come together to make NAMI such a unique organization.

NAMI endures and thrives in spite of the tremendous loss of funding for mental health services, treatment and research, and in spite of our many differences as individuals. NAMI unites us with a mutual purpose and respect to improve the lives of those affected by mental illness. NAMI unites us with a deep, mutual understanding of what it means to have a mental illness or to love someone with a mental illness.

NAMI's strength is in its members, their involvement and commitment to sharing our programs with others, working with united purpose and united voice to advocate for each other, and our loved ones, reaching out to other families and individuals that need our assistance. I humbly and gratefully appreciate our tireless volunteers who take time from their hobbies, weekends, evening hours and lunches providing peoplepower to run our exceptional programs and projects. Few organizations are able to provide classes and services free of cost to people in the community regardless of membership or affiliation.

Serving as president of the board of NAMI Boulder County serving Boulder and Broomfield counties has been an honor and privilege. My year has flown. I give a heartfelt "thank you" to the members of our board of directors who give their precious time organizing projects and programs, attending monthly meetings and implementing policies and procedures. It's truly a working board.

I thank each and every one of you for your support, efforts, time and dedication to NAMI!

Nancy Coleman

NAMI Boulder County**Annual Meeting and Potluck**

**June 9, 2010
6:00 p.m.**

San Lazaro clubhouse,
Valmont and 55th, Boulder

Bring a dish to share

Guest speaker:
Michael MacDonald, peer support specialist for the Mental Health Center Serving Boulder and Broomfield Counties

Successes and setbacks in 2010 legislative session



By Phoebe Norton, president of NAMI Colorado's board

Generally it was a bleak year for Colorado,

with many budget cuts for education at all levels and further cuts for human services of all kinds. The cuts for community mental health services were not as terrible as they were for some other services but two rate cuts during the past year have hurt community mental health centers that were already crippled by previous cuts.

We were also hurt by the closing last fall of more than 60 psychiatric treatment beds at Fort Logan for adolescents and the elderly. With the Citizens for Fort Logan, we have strongly urged the Colorado Department of Human Services to monitor how people who need these beds are being served at other treatment facilities or in their communities since their rationale for cutting these beds was that there are ample resources in other facilities or in the community where these adolescents and elderly people can be served. We want to make sure that the psychiatric beds for adults at Fort Logan remain in place. We will continue to monitor this situation through the coming year.

The NAMI Colorado Public Policy Committee followed all of the proposed laws pertinent to mental health and also advocated for no further budget cuts for mental health. We were successful in getting a bill killed that would have effectively eliminated "parity" in insurance payments for mental health treatment. Most of the other bills that we actively supported or opposed were passed or denied as we hoped.

We were successful in getting the Joint Budget Committee (JBC) of the legislature to set aside \$1,300,000 in the Department of Corrections for converting an administrative segregation unit of 23-hours-a-day isolation cells into a mental health treatment unit for prison inmates with mental illness. However, it was a major loss that the JBC approved over \$9,000,000 to begin operation of more administration segregation units.

Inmates with mental illness have increased dramatically in the past eight years. According to the Director of the Department of Corrections this increase is directly correlated with the cutting of psychiatric hospital beds and community mental health services. Inmates with mental illness are more difficult to manage without

treatment and so have been over-represented in the isolation prison cells even though there is no evidence that they are more dangerous than those in the general population of the state's prisons.

It is a shame of our nation that there are now more people with mental illness in prisons in the US than there are in psychiatric hospital beds. NAMI at all levels needs to crusade against the criminalization of mental illness. For that reason, we have started a new NAMI Colorado task force on the decriminalization of mental illness. Laura Hadaway, Carol Eve Moon, and I from NAMI Boulder/Broomfield serve on this task force. Our primary goals are to initiate and sustain programs such as CIT that prevent people from entering the criminal justice system and diversion programs such as Mental Health Courts and PACE that divert people from jail to community based treatment. This will be one of our primary topics at our NAMI Colorado Annual Meeting in September.

Family learns to live with schizophrenia

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listening to other families' stories, but it was comforting to know other people were experiencing the same struggles. Taking the Family-to-Family class was so helpful to Bill and me; we are so thankful to NAMI for offering this course. It opened our eyes to brain disorders and how best to help our son.

Now 4 years later, the crisis has passed. Thanks to a lot of hard work on Mike's part and outstanding psychiatric care, Mike is doing

well, takes his meds faithfully and is working towards his life goals. He lives independently in Niwot, and spends his days writing. We are so grateful for his slow yet steady and continuing improvement.

Mike has written a compelling book entitled *Connections* based on his experiences during the week of his psychotic break.. Dark and gut-wrenching, yet ultimately hopeful and uplifting, this book won an award at the 2007 Pike's Peak

Writer's Conference. This amazing book gives an honest look into a desperately delusional mind and ultimate redemption by a stranger.

You can show your support for Mike by purchasing his book. You can get it for \$16 online at <http://www.connectionsthebook.com> or from Amazon.com -- just search for Mike Hedrick at the Amazon home page.

Thank you for supporting Mike.

Volunteer Corner



*Barbara Connors,
NAMI Boulder
County Outreach
Coordinator*

Once again, our 9 Health Fair information

tables in April were successful at reaching dozens of people who wanted information about mental health and mental illness. We had tables in Broomfield, Boulder, Gunbarrel, Louisville, Nederland, and Niwot. Board President Nancy Coleman coordinated the arrangements with each site. Many thanks to board members Sharon Bowyer, Greg and Nancy Coleman, Laura Hadaway, Alan Kelly, and Anne Weiher for reaching out to the community at each site. Former board members Bill and Elizabeth Kauffmann, Diana Moore, Reg Saner, and Joan and Allen Wolfer also gave their expertise to this effort. Liz Black, Gail Bowden,

Minerva Canavan, Gayle Cox, Arlene Franz, Rosemary Girard, Ida Halasz, Diana Hoguet, Carrie Keyes, Pamela Leonhardt, Judy Parke, Vicki Quarles, Sharon Soltis, and Paula Zuppas gave NAMI a presence at each location. We made many contacts at these fairs and disseminated crucial information. The willingness of NAMI members and friends to help with these projects is extraordinary.

This summer and fall we will once again have information tables at the Boulder Farmers' Market. We need volunteers for 2-hour shifts from 4 to 8 p.m. for three Wednesday evenings in July, August, and September. We also need help on several Saturdays in the summer and early fall from 8 a.m. to 2 p.m. If you can take a 2-hour shift at any of these times, please contact me at 303-665-2190 or blconnors@com-cast.net. The Farmers' Markets, like the health fairs, give us further

opportunities to provide crucial information and to promote respect and understanding for those who live with these diseases.

As some of you know, I was hired at Front Range Community College last fall to teach English Composition. Now I have been asked to teach more than one section, and that means that I will not have time to do justice to my NAMI Boulder County commitment. I will continue to work for NAMI through June, so I will be calling people about NAMI information tables at the Boulder Farmers' Markets. Also, if anyone would like to volunteer to do a piece of what I have done—recruiting volunteers for events—please feel free to call me at 303-665-2190 so I can tell you more about it. It has been an honor to work with such dedicated and willing volunteers. Thank you for all of your assistance.

Police officer treats mentally ill clients with respect

By Joy Eckstine, executive director of The Carriage House Community Table

When I saw the police officer beckoning to me from across the busy crowded lunchtime room at The Carriage House Community Table, my heart sank. It is rarely good news when the police drop by, and I was immediately catastrophizing. However, she quickly assured me that all was well. To my surprise, when we reached her patrol car, she pulled out a baby gift and handed it to me to give to a homeless woman who had recently given birth. “Every mother deserves recognition” said Florence Day, Boulder Police patrol officer, “I see her on the street and I see how hard she is working to stay sober. I just want her to know that I am thinking of her.”

My eyes filled with tears because against all odds, this young homeless woman is staying sober—despite all the years of trauma and abuse and the depths of her suffering from alcoholism, she recently got a job and is waiting for housing, faithfully visiting her son each week. I looked at Flo with new eyes that day, as I realized that she grasps the resilience that I see every day in my work at The Carriage House Community Table.

I interviewed her about her experience working with homeless mentally ill people in Boulder as I feel that she exemplifies the qualities of gentle thoughtfulness that we all wish our family members to be treated with.

You seem to treat mentally ill people with gentleness...How did you learn that?

I made the choice to stay human. I did not want my heart to change. Humans are humans... treating human beings with dignity is a strength not a weakness. It can be hard to balance—you need to address the action that a person has taken, but to see it as an action, not as an indictment of the whole person as a bad person. Balance comes from knowing who you are, and you have to be faithful to yourself even if there is no-one to witness it.

How has your police training helped you?

I took a class in Canada called community-oriented policing, which I still use. I worked in a area with a lot of high-needs individuals and saw many people lost in the system. I worked with my network of human service providers to get them services. It was more work up front but had good results. I still help people find and build their networks. In Boulder both the institutions and the homeless people need to work on things—the institutions need to get more involved and the homeless people need to show their motivation and involvement.

Tell us about an interaction with a homeless mentally ill person that was significant to you.

I ran across a young man who was in the women’s bathroom at Starbuck’s, taking a shower and

talking to himself. He became extremely paranoid about the police being there and kept on accusing us of looking at him. Of course, we were not looking at him. But because we treated him with respect, we were able to calm him down and figure out that he had stopped taking his medications. It’s a good example of how we were able to defuse a situation.

What would you like to share with family members of mentally ill people about how to most effectively interact with the police?

Sometimes no matter what we do, we are not able to de-escalate a situation with a mentally ill person. We really want to find solutions, but sometimes it is beyond the scope of what we can do as police officers. However, we can often talk to the DA when we know that the crime was committed due to someone’s mental illness. And even if someone does have to go to jail, we can alert the mental health workers there—mental health treatment is available at the jail.

I wish our society valued people who are mentally ill and that it valued providing treatment. In Canada, the police and social service providers meet together to discuss situations with mentally ill people to try to find good solutions and to overcome barriers and obstacles.

We can never forget the dignity of each human being – mental illness does not make someone less of a person or take away their rights.

NAMI Walk 2010



NAMI Walk 2010

NAMI Boulder County was well represented at the NAMI Walk 2010, held May 15 at Sloan's Lake in Denver. NAMI Boulder County board members Nancy and Greg Coleman, Bob and Laura Hadaway, Anne Weiher and Alan Kelly served on the planning team for the event. Many other Boulder NAMI members served as team captains, volunteers and walkers.

See more photos of the walk at www.namcolorado.org



INMI conference focuses on resilience

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

Dr. Carrie Doehring, associate professor of pastoral care and counseling at Iliff School of Theology in Denver, was the featured speaker at a weekend conference that highlighted May as Mental Health Month. Dr. Doehring engaged about 30 people at each the four events at which she spoke.

On Saturday, May 22, Dr. Doehring shared a framework of various “blessed routines,” or spiritual practices, that makes us resilient to stress. Physical, spiritual, emotional, relational, work and financial factors can contribute to well being or stress in our lives. There are both life-giving and life-limiting routines in each of these areas. She asked participants to share their favorite life-giving routines. “It helps to talk with my close friend,” said one man. “Staying aware of the simple gifts, the simple blessings,” was sufficient to relieve the stresses for one participant. For some, a faith community can bolster a person’s resilience during a crisis. During a crisis in her own family, Dr. Doehring found that music, especially a particular lullaby, quelled her stress and provided calmness that allowed her to sleep in peace.

During the Adult Education Program on Sunday morning, Dr. Doehring shared a fresh understanding of everyone’s “religious home, which is ‘furnished’ with various beliefs and practices from one’s spiritual journey.” In response to crisis, people usually go to their own conventional (childhood) “reli-



Dr. Carrie Doehring

gious home.” However, as people grow, they have more questions, and searching continues “in the quest for meaning in our lives,” she said. “We can roam freely, engaging God with radical questions.”

The Sunday afternoon session delineated five ways of understanding suffering, theologically. This exhilarating and engaging mini seminary class -- including videos clips from movies -- was applicable to anyone who has taken the time to reflect about his/her own religious perspective and its effects on how he/she deals with suffering. “What is God’s presence in our suffering, including mental illnesses and addictions?” Dr. Doehring indicated that small acts of compassion a person received during a crisis reveal the reality of hope.

In a talk aimed at clergy and mental health professionals on Monday morning Dr. Doehring explored

definitions of spirituality and spiritual care. Quoting Pargament, she read, “By bringing the spiritual dimension more fully into the helping process, psychotherapists could tap more fully into this reservoir of hope and source of solutions in life’s more profound problems.” Then she discussed the need to build bridges between pastoral/spiritual care and mental health counseling. These “worlds” can work collaboratively. Dr. Doehring said that one’s own spirituality can be understood as “inner work” for “an outward purpose.” She suggested asking “What are the practices that work for you? What keeps you calm? What are your ultimate values? What makes you feel empowered?” Dr. Doehring said that the most prevalent mode of spiritual practice is prayer. We can learn by hearing how the person feels after they pray. She encouraged us to look at “ways we have learned to talk about our faith and to listen for that in others.” Looking back after a crisis, most of us can find “moments of hope” in the midst of the suffering.

The conference was sponsored by NAMI Boulder County, the Mental Health Center Serving Boulder and Broomfield, and the Mental Health Ministry of the First Congregational Church. If you are not yet on the INMI email list for upcoming events, or would like copies of the handouts from the conference, please email Alan Johnson at revalan2004@comcast.net.

Lessons from a flowering crabapple

Joanne Kelly, NAMI Boulder County board member

From a distance, the flowering crabapple tree in our front yard looks like a giant cone of raspberry sherbet. Up close, it's more like a street walker, tarted up with fuschia rouge, magenta lipstick and pink flamingo nail polish. If it had two trunks with jointed knees, I'm sure it would be strutting.

Last spring, a late freeze caught our tree just as the buds were ready to burst open, and it ruined the annual display of exuberance. I grieved for weeks.

This year, fearing a repeat, I kept a close watch on the progress of the buds and studied the weather forecasts assiduously. One afternoon, a few days before the buds were ready, the day's steady drizzle turned to slush, then snow. I bundled up and ran around under the tree, waving my arms and shouting encouragement to the branches and buds. Fortunately, my neighbors were not home.

I frantically evaluated my options, I didn't have a blanket or tarp even close to big enough to cover the tree, and even if I did, I had no way to drape it over the high branches. I considered getting a broom to knock the snow from the few branches I could reach, but I was worried I'd do more harm than good to the delicate blossoms. And besides, the snow was falling too fast for me to keep up. My little electric heater and a long extension cord crossed my mind, but I knew it was too small to do the job.

Wet and shivering, I gave up, mourning in advance the loss that was sure to come.

The snow was gone a couple hours later and the buds looked none the worse for the experience.

Two days later, it snowed again. This time, I went through all the options from the warmth of my office and had just as much luck coming up with an effective solution. And the buds survived again.

By the third snow, I'd let go. I just said an affirmation acknowledging the tree's resilience and poured myself another cup of tea.

I decided that my experience trying to "save" the tree's blossoms from Mother Nature's ill-timed squalls was much like my experience trying to save my son from his flare-ups of psychosis, his delusions and paranoia. I can keep a close watch on his behavior. I

can tire myself out running around waving my arms. I can shout or scream or whisper encouragement all I want. But there is little I can do to control his illness.

I can – and do – encourage him to take his meds. I can – and do – call his case manager when he is showing signs that concern me. I can – and do – bring him food when I suspect he is too ill to shop and cook. But I cannot control his illness. I can only learn to handle my own reactions to it.

I celebrate the times when my son is healthy and content. I still grieve during the setbacks, but I do it with the certainty that this, too, shall pass.

And I celebrate the seasons when our crabapple tree survives spring's rollercoaster weather with its nail polish intact.

See the movie

“Canvas”

June 20, 2010, 7 p.m.

**Boulder Valley Christian Church,
7100 S. Boulder Road, Boulder**

Canvas (2007) is a faithful portrayal of mental illness highlighted by terrific performances of a mother diagnosed with schizophrenia, a father and son learning how to cope.

After the movie, a panel will respond to your questions.

FREE ADMISSION

Sponsored by the Interfaith Network on Mental Illness



An old gent with a penchant for whimsy once gave me a piece of wood the

shape and size of a half dollar.

Printed in brown ink on both sides was a non-word: “Tu-it.” With a sly smile he explained, “That’s for things you’ve been going to do when you get a round Tu-it.”

Surely it’s because I lost or mislaid his wooden token that I’ve sworn to do some clearing out in our garage, closets, and house . . . for some twenty years now. Just last week, while rummaging in our densely overstocked basement, I blew years of dust off a blue cardboard bearing the trade-name of a photographic paper, Varigam. Above that word, a black felt-tip had written two names: “Josh & Ben.”

Within the box, I expected to find a welter of loose snapshots by the score, relegated to the basement till their mother or I got around to them.

But no. Instead of black-and-white photos the size of a postcard or smaller, it was crammed with 8x10s; by actual count, 148 black-and-white prints of our two sons.

I’d taken, developed, then enlarged them decades ago, thanks to the

darkroom I’d built in our previous house. Clearly I’d meant one day to assemble a super-album and present it to our boys’ mother. Long hours of darkroom work and pungent chemical smells, long since forgotten – perhaps on purpose.

Their chronological sequence breaks off around the time our oldest boy, Josh, began showing disquieting signs. Yet “mental illness” was a thought neither Anne nor I could think. Absolutely could not. Instead we kept guessing. Was Josh’s erratic behavior just that of any hormone-addled adolescent? Was it our parenting? Had he maybe gotten a bad batch of LSD or some other mind-altering stuff? Oh, we guessed at everything but what it was: schizophrenia.

Yet why had I shelved photos I’d spent hours and hours to produce? The answer, I think, was simple as pain.

From babyhood onward, Josh had been a boy of such striking good looks that his unsuspecting inno-

cence in those shots had become too anguishing to face. Every NAMI member knows only too well how, in a photo album of happy occasions, the pre-onset smile of a child fated to endure a mental illness evokes the pathos of “what might have been.”

That instantaneous grief, there in our murky basement, moved me to put the fat stack of photos back in the box and re-shelve it . . . to gather more dust. For some reason, however, I hesitated.

Instead of evading reality, it now seemed better to face it. The very next day I bought the biggest, nicest three-ring binder I could find, and a hefty swatch of transparent sleeves for those 8x10s. Inevitably, when Josh’s mother or I leaf through that super-album, it’s bound to hurt. But we’ve had plenty of practice at that, whereas those same photos can also inspire. In refreshing our memory of the price Josh has paid, they re-energize the patience and love we all need in caring for a dear, stricken son or daughter.

Sutherland Series on Bipolar Disorder

Weekly seminars on topics related to bipolar disorders. Attend only one session or come each week; no commitment or pre-registration is required. \$10 suggested donation per session.

June 7- August 30, 2010

Mondays, 6:00-7:30 p.m.

Learn more at rdsfoundation.org

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 multi-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) Longmont**, Mondays, 7:00-9:00 p.m., contact Marc at 970-482-2605, 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 Mondays, Lafayette library, 303-507-8533 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, 2:30-4:30 p.m. 303 772-3559, longspeakbipolarsupport@q.com.

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. 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. Mondays, 2:30 p.m., Longmont. Call Shochet, 303-245-4449.

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 for location.

FAITH-BASED SUPPORT GROUPS

- ▶ **Nondenominational 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. *Not meeting in July.*
- ▶ **“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 Web site at www.nami.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**
