

Circle of Support

National Alliance on Mental Illness, Boulder County, Colorado

Issue No. 204

- For all those touched by mental illness -

September 2010

An Open Letter to the Mother of the Boy Who Eats Bugs

By Joy Eckstine, executive director of Carriage House Community Table

Every once in a while, a boy, your son, comes into the shelter where I work and eats a very tiny lunch. Once, I convinced him to change his clothes. On another occasion, a skilled mental health worker engaged him in conversation and found out that part of the reason that he is so emaciated is because his mental illness takes the form of him eating bugs. Bees, wasps and beetles, specifically. I know which business's roof he sleeps on and which skateboard park he likes to hang out at. What I don't know is the way to reach him on a more profound level.

Another thing I don't know is where you are and if you are staring at the ceiling of your bedroom at night, with slow tears forming, your heart constricted with the ever-present worry of having a mentally ill child. I use the words "boy" and "child" on purpose – yes, he is in his 20's, the age that schizophrenia usually strikes, but I also know that for mothers, their child is their child their whole life through.

We all know the reasons that mentally ill people are not receiving

treatment — budget cuts to every level of mental health treatment, de-institutionalization, laws which protect their civil rights from forced treatment, the unpleasant side-effects of many psychiatric

“Know that we will watch over your child and we will ... feed him and clothe him every chance we get. And we will love him.”

medications. We have also all watched as the jails and prisons of our country become the primary providers of psychiatric treatment.

But those facts do little to assuage your pain, I am sure. If you are like most parents of mentally ill people that I have known, you have spent your life seeking help and asking questions, only to be met with a bewildering morass of

treatment modalities, unresponsive systems, lovely but overwhelmed mental health professionals and a lifetime of self-questioning and, at times, self-blame.

This letter is to let you know that, while our hands are similarly tied, we have seen your child. Seen him for who he is — a lost and suffering soul. There has been little that we have been able to do ease his suffering, but we offer him food, give him clean socks and keep asking him to consider mental health treatment. We are not unique; this country has thousands of nonprofits that often struggle financially in order to be present for your son and every mother's son and daughter that comes along. The sector is imperfect and full of imperfect people — frequently overwhelmed, too busy, impatient and struggling with our own legacies that have drawn us to this work in the first place. But when next that fear is gripping your heart, know that we will watch over your child and we will take that opportunity to feed him and clothe him every chance we get. And we will love him.

This letter was originally published on www.change.org

NAMI BOULDER COUNTY

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

~

Board of Directors

President, Anne Weiher
Treasurer, Susan Gallagher
Secretary, Anne Wiechec,
Sharon Bowyer,
Bob and Laura Hadaway,
Mary Kay Irving,
Phoebe Norton,
Ann Taylor

~

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 September:
Anne Weiher, Alan Johnson,
Reg Saner,
Joy Eckstine, Joanne Kelly,
Gayle Cox, Laura Collins

President's Corner

This new "board year" has gotten off to an amazing and busy start (and I thought we took the summer off! Silly me!). We lost some valuable board members due to term limits, Joanne and Alan Kelly, and I want to thank them for all their support. Greg Coleman also stepped down from our local board so he could devote his time and energy to serving on the NAMI Colorado board. We are fortunate to have continuing board members to provide the continuity we need as well as two enthusiastic new board members: Anne Wiechec and Ann Taylor. Anne Wiechec agreed to fill the position of secretary. Susan Gallagher will continue as treasurer. I am truly grateful for the passion and commitment of our board members.

Mary Kay Irving, Anne Wiechec and I screened candidates to replace Barbara Connors as our volunteer coordinator and selected Laura Collins. You can read more about her on the next page. Barbara set a great example and did much leg work to make things happen. We will surely miss her, but I can assure you that Laura has the enthusiasm to help us expand our membership and volunteer base.

I am truly thankful that Joanne will continue to edit and lay out the newsletter as well as participate in the INMI task force. INMI continues to provide new venues and outreach to the community,

A huge thanks go out to Laura and Bob Hadaway for coordinating and working at the Farmer's Market this summer. We still have slots in the fall, so please consider helping out.

Mary Kay, Phoebe Norton and I worked this summer to draft proposed revisions to the by-laws. You will find details on page 6. We will have a special meeting, September 15 to discuss and vote on them. I hope to see many of our members there. If you can't make it to the meeting, please fill out and mail the ballot/proxy included in this newsletter (page 7) to cast your vote.

I look forward to the year ahead and am truly grateful for the support I have already received. I know that together we can make a difference in the lives of those touched by mental illness, be they consumers, family members or friends. I hope we can truly lessen the stigma surrounding mental illness, so that all who are affected find the support and hope they need to gain the respect we all desire.

Anne W. Weiher

Upcoming events

Sept. 15 - Special Membership Meeting, 7:00 p.m. at the San Lazaro clubhouse, Valmont and 55th, Boulder

Sept. 16 - HOPE vigil for people of all faiths, 6:30 p.m. at the Boulder bandshell (Broadway and Canyon)

Sept. 24 - **NAMI Colorado Annual Meeting**, 7:00 p.m. at the Community College of Aurora

Oct. 7, In Our Own Voice, 7:00 p.m. at First Congregational Church, Boulder

Oct. 13 - NAMI Boulder County Board Meeting, 6:30 p.m. at the San Lazaro clubhouse, Valmont and 55th

Two new members elected to NAMI Boulder County board



Ann Taylor has been involved with NAMI since 2004, a couple years after her son was diagnosed with bipolar disorder. After taking the Family-to-Family class she became a facilitator and she has facilitated multiple classes. In 2008, she trained as a Colorado

Visions facilitator and she has been facilitating classes ever since. She also has shared her family's story with CIT officers. Her interests include gardening, quilting, reading, home decorating, riding her Harley Softail Deluxe, Bible study and teaching Sunday School.

"After taking the F2F class, I wanted to share with others the information that helped me understand my son. Information is power and the more you understand an illness, the better you can deal with your situation," said Ann.



Anne Wiechec has been working and advocating in the field of mental health since 2003 and has been involved with local NAMI chapters in Florida, Michigan and now Colorado. Anne has recognized the lack of services and support states have provided for

individuals struggling with mental illness, however she is encouraged and inspired by the efforts of organizations like NAMI and their ability to provide resources so desperately needed in local communities. Anne recently moved from Florida in January to take a position at Centennial Peaks Hospital, a behavioral health facility located in Louisville, Colorado and became a board member and secretary of NAMI Boulder/Broomfield Counties in June. Anne is excited to bring her passion for mental health and enthusiasm to this chapter.

NAMI Boulder County hires new volunteer coordinator



*Laura Collins,
NAMI Boulder
County volunteer
coordinator*

I am delighted to have been chosen as NAMI Boulder County's new

volunteer coordinator. Living in such a beautifully diverse and fast-paced culture with incredible resources and creativity, I find it an interesting challenge to be asked to assist in organizing resources (such as volunteers) to increase the outreach of your organization.

I look forward to talking with and meeting all of you. Here's a little bit about me: I received a master's of

science in public health with an emphasis in community health education from the University of Illinois Champaign. I have worked in the field since 1993 developing community-based, policy-focused programs to prevent and treat tobacco use. Most notably, I worked as a health educator on a four-person team with BREATH – The California Smoke-Free Bar Program. We provided statewide leadership to pass and completely implement the first statewide smoke-free bar and restaurant law. Now half the country is smoke-free and more than a dozen other countries have enacted similar legislation.

After receiving my certification to teach Integral Yoga in 2003, I began

to introduce yoga and breathing exercises in the high schools and Saturday diversion classes for teens that were court ordered to attend a tobacco education class. Teens consistently said that the breathing was the best part of the day (other than pizza!) and I could notably see them relax and be more at ease. My work has taught me that we can accomplish anything if we share a common goal, work together and have the best interests of everyone at heart. I look forward to recruiting and coordinating volunteers as well as conducting community outreach activities for NAMI Boulder. People are our best and most powerful resource!

“I rediscovered how to laugh”

When I look back to the day when my loved one had her first psychotic break, it's rather strange the details that I remember. I can recall that it was on a Wednesday. That comes so clearly to my mind because the Boulder NAMI support group met the following Monday. Just knowing that I had a place to go on Monday and talk with others who had already walked in my shoes gave me strength to get through the weekend. I didn't know it at the time, but the NAMI support group would become an important part of my life for the next two years.

Each month I looked forward to attending the support group. At first it was so that I could just make it through to the next meeting, but soon I was looking forward to hearing how each of the others were doing as well. I was able to share the struggles I was going through with “the system” as my loved one and I were at their mercy. It was comforting to

know I wasn't the only one who couldn't get information even though I had a right to it. I was just amazed. This was a place where there was no stigma attached to me because now I had someone in my family that had a “mental illness.” We were all alike. People weren't judging me and secretly thinking it was my fault.

Support group became an event I anticipated each month. I shared, of course, the many ups and downs that I was going through, but I think what helped me survive those first two years was listening to the other people share. The emotional bond that forms between people as they struggle through the most frightful event of their life just can't be put into words.

I found myself arriving early--just in case anyone else showed up and wanted to sit around and chat. We started taking advantage of

leftover snacks from the meeting before us--somehow that became part of the adventure (or the distraction from the pain we all faced each moment of every day). Then one day I realized I was laughing again. I started telling stories of my complicated life, and the stories were just so “crazy.” They even sounded funny to me. My life had just become so hysterical. The very best part was I got to see some of these folks who had become like family laugh too. My heart began to heal.

I also got a lot of information along the way. I learned about the Family-to-Family class and signed up for that. Each person brought his or her own experiences and expertise to the group.

The Boulder NAMI support group has been a great healing tool for me, and I hope others will take advantage of this wonderful meeting too. If this group doesn't meet your needs, I would advise you to keep searching until you find one you can connect with.

I have been involved with the Family-to-Family class this summer, but am looking forward to getting involved with the support group again starting September 20. See you there!

Gayle Cox

NAMI Family Support Group

For family members of people with mental illness

First and third Monday evenings (resuming Sept. 20)

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.

Use Boulder Change to donate to the needy

Boulder Change, a project of The Carriage House Community Table, provides individuals, service organizations, businesses and faith communities a way to give generously to those in need without the concern that their funds may be used to support self-destructive behaviors.

Boulder Change is a voucher program, consisting of scrip in \$1.00 denominations that can be given to people instead of cash. The vouchers cannot be redeemed for tobacco or alcohol products, and cash change is not returned to the user.

The Carriage House Community Table also uses Boulder Change in its day-to-day operations to support the homeless and working poor of our community; Boulder Change is distributed to clients who do chores at Carriage House or at evening dinners and to the working poor who need assistance with gas money to get to and from work.

You may purchase Boulder Change by placing an order online at www.bouldercarriagehouse.org. Boulder Change can also be purchased at the Downtown Boulder, Inc. kiosk on Pearl Street Mall.

The vouchers can be redeemed at several local businesses, including King Soopers, RTD, certain Conoco Gas Stations, the Boulder Rec centers and several restaurants to purchase food, transportation, gas, showers and personal items.

Hope Lights the Night: Remembering Those Lost to Us by Suicide

A vigil for people of all faiths

Thursday, September 16 at 6:30 p.m.

At the bandshell in downtown Boulder
(Corner of Broadway and Canyon)

The program includes music, responsive readings, an inspirational address, and a symbolic lighting of candles.

Candles will be provided

Participants may bring a picture of the person they have lost to suicide to post on a bulletin board.

- **Honor those who have lost their lives to suicide**
- **Support family members, friends and others who are survivors**
- **Bring public attention to this public health problem**
- **Counteract the stigma associated with suicide by bringing it into the open**

Vigil sponsors include:

*HOPE Coalition and Colie's Closet
Interfaith Network on Mental Illness
NAMI Boulder County
Mental Health Center Serving Boulder and
Broomfield Counties
Boulder County Aging Services
Second Wind of Boulder
and more...*

Consider bringing a flashlight to help you get back to your car in the dark.

For more information, contact:
Susan Marine

swdkm321@comcast.net, (303)444-6970

Why change the NAMI Boulder County bylaws?

By Anne Weiher, President
NAMI Boulder County

As we were reviewing the by-laws in preparation for the annual meeting in June, we discovered that in some cases we were not following the by-laws, and that in other cases, our processes evolved with changing times and technologies but our bylaws remained static. Three of us, Phoebe Norton, Mary Kay Irving and I, volunteered to review the bylaws in depth and propose changes and updates.

Many of the proposed changes are minor, some are good business practices, a couple may be controversial and many reflect the changing times and new methods of communication.

I will outline the major points here, but I encourage you to look at the proposed changes by going to our Web site (www.NAMIBouldercounty.org) and downloading a marked-up copy of the bylaws. If this is a problem for you, please contact me (anne.weiher@gmail.com or 720-839-4139) and I will send you a copy. We urge all members to consider these changes.

Please contact me for clarification on any of these proposed changes.

Proposed changes:

- The question most likely to be controversial is whether we should eliminate the requirement for board member term limits. Now board members may serve for three 2-year terms before they must step down. After a year off, they can be re-elected to the board. If the proposed change is approved, board members may serve for as long as they desire/as long as they are re-elected. NAMI National recommends keeping term limits because they help keep boards refreshed and encourage outreach to new and emerging leadership. Some board members think we should eliminate term limits because of past difficulty recruiting new board members.
- We propose changing the requirements for quorum at annual meetings so it consists of the number of members present or voting by proxy.
- In 2009, the NAMI Boulder County board voted to expand our services to include Broomfield County, and NAMI Colorado approved the extended coverage area, so NAMI Boulder County now serves Boulder and Broomfield Counties. We are proposing changing the wording in the bylaws to reflect our extended coverage area. This affects wording in several places.
- We propose tweaking the mission statement to state that we provide emotional support as well as the other functions for persons living with mental illness, their families and friends. We propose omitting the last line of the previous mission statement because it is redundant.
- To stay in alignment with with NAMI National requirements, we propose changing the dues section to say that dues can be discounted but not waived.

We also propose the following minor changes:

- Change annual meeting to June rather than May because of the NAMI Colorado Walk, which is held annually in May.
- In addition to notifying members by mail, email may also be used.
- Require only two officers to take action without a meeting.
- Require two signatures for checks written for more than \$1,000 (one signature an officer and the other a member of NAMI-BC).
- Make the treasurer responsible for seeing that IRS and state reporting forms are completed when due.
- Eliminate the requirement for a formal nominating committee and allow nominations for board members to be made at the annual meeting.
- In order to remove someone from the board “a reasonable cause” must be given.
- Add an expanded non-discrimination statement. This change was made to the by-laws at the national level and affiliates were asked to include it.

Use the ballot/proxy below to cast your vote

NAMI BOULDER COUNTY ABSENTEE BALLOT/PROXY for BY-LAWS CHANGES

CHOOSE ONE OF THE FOLLOWING OPTIONS, SIGN BELOW AND RETURN TO NAMI-BC

- I choose to vote by absentee ballot:
- I approve the changes of the by-laws as presented.
 - I approve of all the changes to the by-laws with the exception of:
 - elimination of term limits for board members
 - change in number of members needed for quorum at annual meeting
 - I do not approve the changes to the by-laws as presented.
- I wish to designate the following individual named below to act as my proxy on issues concerning the proposed changes in the by-laws at the special meeting, September 15, 2010.

(please print) first name

last name

Signature and name of member returning ballot or proxy:

Signature

date

printed name

Mail to: NAMI-BC, 1333 Iris Ave., Boulder CO 80304

Must be received no later than September 13, 2010

Mental Illness Awareness Week:

INMI to host *In Our Own Voice* presentation

Learn what it is like to have a mental illness and work toward recovery. The *In Our Own Voice* program, sponsored by the Interfaith Network on Mental Illness (INMI) to highlight Mental Illness Awareness Week, will be offered on **Thursday, October 7 at 7:00 p.m.** at the First Congregational Church, Boulder.

In Our Own Voice (IOOV) is an innovative public education presentation that offers insight into the hope and recovery possible for people living with mental illness. Trained individuals living with mental illness lead a brief, yet comprehensive and interactive, presentation about mental illness. Following the presentation, those

who are interested are invited to stay for a dialogue with local faith leaders on the role of faith in recovery.

The main mission of the IOOV program is to break the stigma surrounding mental illness. The program started in 1996 in San Diego as a way for individuals living with a diagnosis of schizophrenia to talk about their experiences with the illness. In 2000, the program was expanded to include other mental illnesses as well.

Colorado held its first training for IOOV presenters in August 2009, and for many participants, this was their first opportunity to tell their story and have their voices heard.

The structured program consists of six sections. Two presenters tell their own stories and use a DVD of vignettes that provide different perspectives for each of the sections.

After introductions, presenters talk about their darkest days and how they felt when their illnesses were most challenging. They may also tell how stigma impacted their dark days. Next, each presenter talks for 3 minutes about acceptance and what it means to them. The final parts of the presentation include treatment, coping skills and hopes and dreams. After each segment, the presenters ask for questions and feedback from attendees.

Please join us for the NAMI Colorado Affiliate Leadership Day

Saturday, September 25, 2010

8:30 a.m. – 4:30 p.m.

Community College of Aurora, 16000 E. Centre Tech Parkway, Aurora

You are invited to join NAMI Colorado for a targeted training in affiliate development, volunteer recruitment and building organizational capacity through the NAMI Standards of Excellence. The event will also give affiliate leaders the opportunity to network and share ideas.

Facilitated by Liz Smith, director, NAMI Center for Excellence

Please RSVP by September 15

by emailing Anne Weiher at anne.weiher@gmail.com or calling her at 720-839-4139

Theater group explores concept of “beauty”

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

In the story *The Beauty and the Beast*, I bet you never got the depth of the phrases of “people talk about me,” “I don’t fit in,” “I am odd,” or “there is loneliness in being different.” Well, when these words are uttered in the PHAMALY production of that story, it is not only compelling but riveting. PHAMALY is a nationally recognized theatre group based in Denver that provides individuals with disabilities the opportunity to perform. Each actor is physically, emotionally or cognitively challenged: some are blind, others hearing-impaired and several are in wheel chairs. This is the only performing arts organization in the country producing year round theatre that only casts people with disabilities.

This is the fifth show I have seen performed by PHAMALY in Denver. Each time my breath is taken away and I am moved to deep laughter and real tears both by the professional quality of the show itself and also for the realization of the unique gifts and challenges that each actor brings to her or her role. There was an imaginative prologue to *The Beauty and the Beast* that the Disney production did not have when I saw it before. It reflected on the theme of “imperfection,” which gave a depth and quality to the story that led me to consider again the power of love to see the world differently, to make a home wherever you are, and no matter

what—become who you are. Even at the end when the Beast becomes a human who is blind, he can now see more clearly than before. The eyes of the heart can see beauty inside.

Taken into the hands of a creative director and staged by professionals adding glorious costumes, what is not to love about it? The ensemble pieces were magical and musical. The songs by Belle, Garston, Lefou, the Beast, Cogsworth, and Lumiere were especially moving and/or funny. Following the show, more than 10 of the actors/actresses sat down and talked with those in the audience who stayed. One of the particular insights was that each of the performers had to be assessed

individually to determine what his or her particular special needs were, what they required to do their work. Those who were blind had a special partner. Those who had a brain injury and were forgetful would have an assistant to remind them of their entrances/exits. Those who were hearing-impaired had special ear pieces that would pick up the music, and the music would even adjust to get on pitch. It is amazing the individualization that allowed the show to go on. And it did go on superbly.

For information on upcoming PHAMALY productions, visit the group’s Web site at PHAMALY.org

Attend the NAMI Colorado Annual Meeting

September 24, 2010

7:00 p.m.

at the

***Community College of Aurora
16000 E. Centre Tech Parkway, Aurora
Fine Arts Building, Room F100***

***If you are a NAMI member and did not receive a ballot/proxy
for the NAMI Colorado annual meeting,
please call 303-394-4553***

So Where's the Hollywood Ending?

by Reg Saner, Former Board Member



All who ever met Carol quickly realized she wasn't just another person. She was a personage.

Acute, compassionate, often merry, often contentious, she had a robust sense of her own worth and little patience with red-neck cops or incompetent mental health workers.

Our acquaintance began with her on stage, and me sitting in the audience of a play improbably titled, *Come Back to the Five and Dime Jimmy Dean, Jimmy Dean*. Though clearly the best member of its amateur cast, she never acted again. Her schizophrenia made it too hard to handle. So that was that.

But it wasn't. A coincidental encounter at a NAMI gathering revealed we shared a keen interest in the suicidal poet Sylvia Plath. Carol had even written a play about her. Not only that. She had also written a memoir based on her many hospitalizations, 36 and counting. A memoir? Ordinarily, I dodge anyone with a fat manuscript, but Carol's high intelligence made me curious.

Her thick stack of typescript pages in my lap, I soon discovered that they were as beautifully and lucidly readable as any I've ever come across. Page after page conveyed exemplarily well what it feels like to fall victim to a serious mental illness, experience the onset of hallucinations, be manhandled and pinned by a four-point hold, deal with incompetent therapists, live in a ward with delusional others, struggle to regain reality after losing it, and find a medication level that works.

So why hadn't her manuscript become a book?

First, it was much too long. Second, to publishers mental illness is bad news, and absolutely won't sell without a feel-good ending. Still, the manuscript could be cut, so together we worked on that . . . but the Hollywood ending? For Carol, as for heartbreakingly many victims of schizophrenia, there has been no rainbow after the storm. Her physical ills alone would have wrung sympathy from a pillar of basalt. In fact, her closest friend once said to me, "She's in such terrible pain it's incredible."

Knowing I wouldn't lie to her, Carol actually phoned me to say she was considering suicide, and wanted to know what I thought.

"Well, suicide is one solution. But I'm not the best person to ask about that." She knew what I meant.

A few weeks later she was in an upward phase, and we NAMI members were holding a garage sale to help cover her expenses in moving to a new life thousands of miles away. We exchanged a message or two, then our friendship fell silent.

Just days ago, however, a long letter arrived in my mail box. The mother she'd argued with for decades had sickened and died. Ironically, Carol had been her sole caretaker. Now socially isolated, her own health ominously worsened, she says she has absolutely no one. Although the memoir has finally found a publisher, even that bit of good news came at a sad cost. "They offered me a contract the day Mom died."

So where's the Hollywood ending? Reality, alas, is not a feel-good story. Yet the very real courage and excellence of Carol's forthcoming memoir very much is.

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) Boulder**, 2 peer-only meetings and one friends-and-family meeting per month. Contact Lauren at 303-641-6333 or email boulderdbsa@gmail.com.
- ▶ **Twin Peaks DBSA has moved to Fort Collins**. Contact twinpeaksdbsa@hotmail.com for details.
- ▶ **CareTogether Support Group** for spouses/partners of people with bipolar disorder and depression, 2nd and 4th Wednesdays, 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. Tuesdays, 11:00 a.m., Longmont. Call Shochet, 303-245-4474.

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.
- ▶ **“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**
