NATIONAL ALLIANCE ON MENTAL ILLNESS OF NEW YORK CITY



NOVEMBER 2013 NEWSLETTER

505 Eighth Avenue, Suite 1103 New York, NY 10018 T - 212.684.3365 / Helpline - 212.684.3264 www.naminycmetro.org



Follow us on twitter





ISSUE:		
How You Can Help the "I Will Listen" Campaign	2	
Sample Social Media Posts for "I Will Listen"	3	
"I Will Listen" Receives \$50,000 Grant	3	
The Kennedy Forum: Reflections by Michael Thompson	4	
NAMI Basics November 2013 Course Schedule	6	
Media and Advo- cacy Group (MAG) Meeting	6	
NEW! Caregiver- to-Caregiver Course	6	
NAMI-NYC Metro is Hiring!	7	
'Ask Robin': Diabetes 101	8	
Mental Health Care 101 Public Education Event	9	

NEW! PREGÚN-TALE AL PSIQUIATRA

('Ask the Doctor' in Spanish)

Nov. Weekends

10



NAMI-NYC Metro is full speed ahead with the launch of its exciting anti-stigma campaign, "I Will Listen." Thanks to all who have participated thus far! You are turning this into more than a campaign—you're contributing to a movement! November's newsletter will feature updates on "I Will Listen" and ways that people are getting involved to keep the momentum going! Together we can reduce the stigma associated with mental illness with just three simple words...I WILL LISTEN.

Deutsche Bank USA Hosts "I Will Listen" Day

We'd like to thank Deutsche Bank USA for holding an #IWillListen Day in their lobby on October Along with information on #IWillListen, they also provided DB employees with information on their health benefits and mental health awareness. An excellent example of a workplace mental health initiative! Below are some of the many photos taken at Deutsche Bank USA!

If you are interested in hosting an "I Will Listen" Day at your workplace, please contact Colleen Kane at ckane@naminyc.org.







Page 2 November 2013 Newsletter

HOW YOU CAN HELP THE 'I WILL LISTEN' CAMPAIGN

If you have not done so already, please send the below sample email to your networks to support the "I Will Listen" campaign!

Friend,	
My name is and	#IWillI isten



Mental illness is one of most prevalent issues facing our society today, impacting 1 in 4 Americans. Whether we know it or not, all of us have friends, family and associates who have struggled or will struggle with their mental health. Yet silence and fear often prevent us from dealing with it in an informed and effective manner.

The stigma of mental illness is one of the key barriers to people both seeking help and ultimately recovering from their illness.

When mental illness strikes ourselves or our loved ones, few of us are prepared to deal with it and going it alone is, in fact, the worst course of action. Yet only 13% feel it's okay to discuss with their co-workers and only 43% feel it's okay to tell friends. On average, it takes over two years to a proper diagnosis and only 35% get proper treatment.

Today that changes. Today, the National Alliance on Mental Illness of New York City (NAMI-NYC Metro) is launching the "I Will Listen" campaign, which will give each of us the chance to actively show our support for those in our communities who are impacted directly or indirectly by mental illness.

Here's how you can help:

- 1. **Make a promise to listen** by creating a video on your phone or webcam, composing a tweet, writing a Facebook post, or taking an Instagram photo. Share what you create on your social media channels with the hashtag #IWillListen. Your message can be personal or can simply say "My name is _____ and #IWillListen." If you use the hashtag #IWillListen in your post, your story will automatically become part of this campaign.
- 2. **"Tag your support" on www.IWillListen.org**which is the web address for our Facebook page. Once you're there, *like the page* and this will automatically "tag your support" and allow everyone else in your social network to know "you will listen" when they visit the page. You will be letting them know that they can turn to you for an open ear, an open mind and an open heart if ever they need your support.
- 3. Activate your social network and get them to join the campaign as well. This can be done by simply encouraging them to participate just like you did (see steps #1 and #2 above), or you can take it to the next level by getting your class, team, campus, religious group, or coworkers to participate as a group.
- 4. **Let your friends, family and colleagues know** about IWillListen.org and NAMI so that if they ever need help, they will know where to start.
- 5. **Donate** to continue the effort to create a community of support and eradicate stigma. The more this is done, the more NAMI-NYC can continue to advocate for and provide best in class support to those who need it.

Collectively, we can make a difference in millions of lives, including the ones that are closest to us, with the three simple words: "I Will Listen."

You can count on me, and I hope we can count on you for your help and support.

Your Name Here

SAMPLE TWEETS AND FACEBOOK POSTS FOR "I WILL LISTEN"

Facebook Post:

1 in 4 of us are affected by mental illness in some way. Let's make mental health a priority. My name is _____ and #IWILLLISTEN

Tweet:

1 in 4 of us are affected by mental illness in some way. Let's make mental health a priority. My name is _____ and #IWILLLISTEN

#IWILLISTEN

'I WILL LISTEN' CAMPAIGN RECEIVES \$50,000 GRANT FROM THE LIFE IS PRICELESS FOUNDATION

NAMI-NYC Metro is proud to announce a partnership with the Life is Priceless Foundation for its "I Will Listen" Campaign.

The Life is Priceless Foundation was founded in October of 2011 after Tim Price lost his brother David to suicide. Tim knew that more could be done to prevent suicide and help individuals with mental illness.

This past Saturday, October 26, NAMI-NYC Metro joined 400+ supporters of the Life is Priceless Foundation at its annual gala. It was an honor for our Board President, Barbara Ricci, to receive the Life is Priceless Foundation's first grant on behalf of NAMI-NYC Metro, supporting the "I Will Listen" Campaign, in the amount of \$50,000!



Photo of NAMI-NYC Metro President Barbara Ricci receiving the award from Tim Price, founder of LIPF

h

Page 4 November 2013 Newsletter

THE KENNEDY FORUM—REFLECTIONS BY MICHAEL THOMPSON

On October 24, NAMI-NYC Metro President Barbara Ricci and Michael Thompson, past NAMI-NYC President, participated in former Congressman Patrick J. Kennedy's Mental Health Forum. The event united the mental health community, honoring the 50 years of mental health progress from JFK's 1963 Mental Health Act to the present day. Those who gathered at this crucial event hoped to chart a course for future policy breakthroughs for those who suffer from mental illness, addictions, and intellectual disabilities.

Reflections by Michael Thompson following the Kennedy Forum: What Workplaces Can Do to Advance Employee Mental Health

Why is stigma the most significant issue impacting mental health in the workplace?

First, stigma is pervasive. Only 61 percent of Americans think it appropriate to tell family members about a mental illness diagnosis...Just 43 percent approve of telling friends about a diagnosis, and just 13 percent of telling co-workers. And for good reason... people are afraid to work with people with mental illness, afraid to talk about mental illness and generally prefer a "don't ask, don't tell" environment. But silence is not the answer, it is the problem. It is why mental illness often goes unidentified and untreated. It is why recovery and acceptance is so difficult for those impacted. It is why too many families "go it alone" when dealing with the most serious crisis they have ever faced. It is why good, sometimes great resources (e.g. EAPs) and significant benefits are under-utilized. The programs, the benefits, the science is there, but the moral fabric of our communities and our organizations has not caught up.

How are some businesses conducting "anti-stigma" campaigns?

This is a fledgling development but one that holds extraordinary promise. Companies are starting to conduct campaigns to "break the silence" by engaging employees in a conversation about mental health. Deutsche Bank recently conducted an "I Will Listen" Day at its headquarters in New York (leveraging a new anti-stigma campaign by NAMI) where employees were educated on the issues about mental illness and invited to made videos culminating with a personal pledge to listen to those impacted by mental illness. Unlike other anti-stigma campaigns, "I Will Listen" is focused not on people with mental illness but rather all of us (a "Man in the Mirror" campaign). The results were incredible as people broke the silence, internal blogs spread, and employees from around the company and even around the globe engaged in a dialogue about mental health. The company took a risk but the good will and employee feedback has been incredible. But that is just an example. There are other campaigns. DuPont may have been the first with its "ICU" (Identify, Connect, Understand) video and campaign which has been shown to hundreds of thousands of its employees globally and is now available in the public domain for other companies to use. Value Options has also rolled out its "Stamp Out Stigma" campaign that has been rolled out to multiple companies with similar success.

How do you get this started in an organization?

There needs to be a Mental Health Champion - someone who is in a position where they can influence and impact the organization and who is willing to climb mountains to do so. Invariably these Mental Health Champions have been impacted by mental illness in their life, typically themselves or their families. They are not a rare breed, you just need to find them, educate them and unleash their passion.

And how should they engage organizational leadership?

Mental Health cannot be a "new agenda" for the organization. Instead, we need to find the links between the DNA of the organization (mission, values, people strategy, sustainability) and then step into the existing conversation of the CEO. Incredibly, it is not that hard because most leading organizations are rooted in a strong moral compass and understand that their success is invariably linked to a high performing, highly engaged workforce.

(continued on next page...)

REFLECTIONS CONTINUED...

What are some of the barriers?

Surprisingly, some of the key protections around mental health are also potential barriers. For example, the Americans with Disabilities Act requires that employers make reasonable accommodations to those with disabilities and the Family Medical Leave Act requires that employers provide leaves to individuals impacted. Employers are being advised that any disclosure to a "champion" (who may not even be educated in these requirements) would likely be construed as notice to the employer and thus trigger the employer's obligations under the laws and raise liability risk. Others believe that organizations that "do the right think" might actually mitigate liability exposure with employees and others. This is a complex issue.

Why should business care?

Based on a study conducted last year by PwC for One Mind for Research, the annual cost of brain disease in the United States alone approaches one trillion dollars. That includes the medical costs of treatment, the incremental costs of other conditions for people with brain disease, costs of long term care and the indirect costs associated with lost productivity of both people affected by mental illness and their caregivers. Businesses are paying a major portion of those costs. As importantly, businesses are at significant risk if people in positions of responsibility and influence are not "at their best" and potentially suffer in silence rather than addressing their personal issues head on.



Looking at employee benefit plans, has mental health parity helped? Is there more to be done?

Absolutely. Leveling the playing field of benefits for physical health and mental health has made a difference. Eliminating limits on mental health visits and hospital stays has certainly improved access to care. But there are still problems. There is a growing movement toward "high deductible plans" in order slow the growth in healthcare costs in general. However, there is a concern that these plans will cause those with chronic conditions (like mental illness) to become less compliant with their medications. And while employers do have the option to offer "preventive medications" as a first dollar benefit, few do. Another issue is access. In some parts of the country, there is a shortage of mental health providers that participate in networks. Because benefits out-of-network are much less, that can create economic barriers to individuals getting the care they need. And finally, there is an emerging consensus that the "coordinated care model" is one of the most promising approaches to improve performance and value in the delivery of care (the "coordinated care model" involves the teaming of primary care and mental health professionals). However, typical payer reimbursement practices are an obstacle to the proliferation of this model outside of a few closed networks.

What are the implications for policy makers?

Some of the policy issues are complex but they could be improved on the margin whether they are related to benefits, delivery or liability issues. But changing the hearts and minds of people requires leadership, education and guidance -starting with "the man in the mirror".

What could we do today?

Go to **www.iwilllisten.org** and "promise to listen" or tweet **#IWillListen.** It can't hurt and it could make a difference in a person's life.



Page 6 November 2013 Newsletter

NAMI BASICS—NOVEMBER 2013 COURSE SCHEDULE

NAMI Basics is a no-cost, six-week education program for parents and other caregivers of children and adolescents with behavioral issues, undiagnosed emotional issues, attention deficit disorder (ADHD), or other diagnoses such as major depression, bipolar disorder, conduct disorder, oppositional defiant disorder (ODD), anxiety disorders, obsessive compulsive disorder (OCD), childhood schizophrenia and substance abuse disorders. NAMI Basics is taught by trained parents or other primary caregivers who have lived similar experiences with their own children. A recent study has shown that after taking NAMI Basics, parents and caregivers know more about the illnesses and the treatment strategies available to them, and are better able to advocate for their children within the mental health, school, and other systems involved in their child's care.

LOCATION	DATE/TIME	COORDINATOR
NAMI-NYC Metro 505 Eighth Avenue, Suite 1103 New York, NY 10018	Tuesdays from 6:00 - 8:30 p.m. November 5- December 10, 2013 Spanish Language Class: Cancelled	Deniece Chi David 212-684-3365 ext. 219 parent@naminyc.org

NAMI-NYC METRO MEDIA AND ADVOCACY GROUP AND NEW GROUP STARTING AT NAMI-NYC

Media and Advocacy Group

"Learn, share, advocate and act"
Monday, November 4 at 6:00 p.m.

NAMI-NYC Metro Office 505 Eighth Ave - Suite 1103

WHAT IS REALLY BEHIND THE HEARING VOICES MOVEMENT?

A Hearing Voices Network established in several countries is now coming to the US! This new approach seeks to understand the meaning behind the voices and to engage those hearing voices as "experts of their own experience." Patricia Maher-Brisen, facilitator of NAMI Connections, will share with the group how this new approach is brining benefits to many.

Questions? Contact jcarrington1@nyc.rr.com
Next Meeting Date:
Monday, December 2nd

Caregiving is stressful, but providing care when you are managing a mental illness is even more stressful. You are not alone in this challenge.

NAMI-NYC is offering peer support and strategies for coping with its new Caregiver-to-Caregiver course starting this January!

Join other parents coping with mental illness for a threepart, peer-led support and educational program to help you manage better.

Part 1: A twelve week peer-led course to help you manage your mental health and wellness

<u>Part 2</u>: A two session workshop about your legal rights <u>Part 3</u> (optional): A six-week peer-led course for any parent/caregiver managing children's challenging behaviors and mental health

NAMI-NYC Metro and the Urban Justice Center are partnering to provide this no-cost program at NAMI's centrally located office near Penn Station in Manhattan.

Call the NAMI Helpline at 212-684-3264 for more information and to register.

NAMI-NYC IS HIRING A NEW SERVICES DIRECTOR

The National Alliance on Mental Illness of New York City (NAMI-NYC Metro), a nonprofit organization in midtown that provides support, education, and advocacy for individuals and their families impacted by mental illness, is seeking an individual for the position of Services Director.

This position requires a personal appreciation of and commitment to the value of family and peer support in mental health recovery. It offers the opportunity to coordinate and expand the offering of NAMI signature peer support and educational programs across New York City and to be creative in developing new approaches to this work. The person in this position will find tremendous gratification in seeing the growth of individuals impacted by mental illness as they participate in these programs and then witness some of those same participants become ready to train to offer this support to others.

Responsibilities will include, but are not limited to the following:

Oversight of two contracts with NYC Department of Health and Mental Hygiene:

- Family Support contract, through which NAMI-NYC Metro serves as the Family Support Liaison Center, and provides support, education, and advocacy for family members of children, adolescents and youth with behavioral issues and/or mental illness as well as youth (18-24) with mental illness.
- Advocacy contract, which provides support, education, and advocacy programs and services for adults with mental illness and family members of adults with mental illness.
- Additional contract responsibilities include preparation of monthly Levels of Service and program audit materials.

Family Support Liaison Center (FSLC) responsibilities (the FSLC provides support to family resource centers around the city — as well as support and educational services to parents-as defined by Family Support contract with NYC DOHMH):

- Oversee FSLC family programs and FSLC Leadership Institute (the Leadership Institute offers programs to develop family advocacy and leadership skills);
- Oversee initiatives to provide family support services to family members, youth, and child serving agencies, including the Administration for Children's Services (ACS);
- Supervise FSLC staff;
- Establish and maintain relationships with the Family Support Network and attend meetings as required;
- Attend contract related meetings.

Helpline:

- Ensure that all Helpline hours are covered by trained Helpline volunteers, with appropriate staff backup;
- Provide for ongoing education and development of Helpline volunteers in the form of one-to-one meetings, group training sessions and in-service with outside mental health professionals;
- Manage the development of Helpline resources and materials, and keep Helpline volunteers up-to-date on current information;
- Provide crisis intervention when necessary;

For a full job description and requirements, please visit NAMI-NYC homepage at www.naminycmetro.org

If you believe that you are a good fit for this position, please send a resume and cover letter to <u>volunteer@naminyc.org</u> with the subject line: Services Director Application. Salary commensurate with experience. No phone calls please.

Page 8 November 2013 Newsletter

'ASK ROBIN' NOVEMBER HEALTH AND WELLNESS COLUMN: DIABETES 101

November is American Diabetes Month. Diabetes is a serious disease that can lead to potential life-threatening complications. In the past twenty-five years the number of people with diabetes has tripled. There are now 25.8 million Americans who have diabetes and 7 million don't even know they have it. An additional 79 million have pre-diabetes, a condition that comes before type 2 diabetes, (the most prevalent type of diabetes). In the past 20 years, the number of adults in New York City who have diabetes has increased by 150 percent. 10.5 percent of New York City adults, (close to 650,000), have been diagnosed with diabetes. That's well above the national rate of 9.2 percent. According to the American Diabetes Association, if the national trend continues, one out of every three Americans could have diabetes by 2050.

So how can we break the trend? Let's first take a good look at what exactly diabetes is and why it is such a serious and life-threatening disease. Then we will explore ways it can be prevented.

WHAT IS DIABETES?

Diabetes can be defined as a group of metabolic disorders characterized by inappropriate hyperglycemia (high blood sugar) which result from defects in:

Insulin secretion
Insulin action

Or both

WHO IS AT RISK FOR DEVELOPING TYPE 2 DIABETES?

Your risk for developing Type 2 Diabetes increases:

As you get older

If you are overweight or obese

If you are not physically active

Other risk factors for developing Type 2 Diabetes include:

Having high blood pressure (above 120/80)

Having a family history of diabetes

Having diabetes during pregnancy or having a baby weighing more than 9 pounds at birth.

You can take a quick and easy test from the American Diabetes Association to see if you are at risk for developing diabetes at: http://www.diabetes.org/risktest

WHAT ARE THE SYMPTOMS OF DIABETES?

Fatigue

Increased hunger and thirst

Frequent urination

Numbness and tingling of feet

Unexplained weight loss

Blurred vision

Sexual dysfunction

YOU CAN HAVE HIGH BLOOD SUGAR WITHOUT EXPERIENCING ANY SYMPTOMS (This is why so many people have diabetes and don't know it)****

Diabetes can cause many serious complications, such as eye disease and kidney disease. To learn more, please call the American Diabetes Association at 1-800-DIABETES (342-2383). *(continued on next page...)*



DIABETES 101 CONTINUED...

HOW CAN YOU PREVENT TYPE 2 DIABETES?

Eat a healthy diet:

Eat a variety of foods from all the food groups

Choose foods high in fiber and low in cholesterol and fat (especially saturated fat)

Eat plenty of fruits and vegetables (at least half your plate should be made up of these foods)

Choose lean meats

Choose whole grains over processed foods

Consume foods in as close to their natural state as possible

Eat in moderation and exercise portion control

Stay active! Exercise:

Lowers blood sugar: 1 minute of exercise can lower your blood glucose level by 1 to 1.5 points

Lowers blood pressure and cholesterol

Helps improve weight management

Lowers your risk for heart disease and stroke

Helps insulin work more efficiently

Strengthens your heart, muscles and bones

Decreases body fat and increases muscle mass

Improves blood circulation

Reduces stress and improves self esteem

MENTAL HEALTH CARE 101: IMPORTANT CHANGES TO MENTAL HEALTH CARE SERVICES AFFECTING FAMILIES

Will the recent transformation in the health system improve access to quality of care for individuals with mental illness? This presentation will explore policy and programmatic changes, including:

- The Affordable Care Act ("Obamacare")
- Medicaid Redesign
- Health & Recovery Plans (HARPs)
- Fully Integrated Dual Advantage Plans (FIDA)
- Health Homes
- Behavioral Health Organizations (BHO's) and other programs



November 4, 2013 from 6-8:30 pm

Alumni Hall A (First Floor) NYU Langone Medical Center 550 First Avenue New York, NY 10016

RSVP to the Helpline: 212.684.3264

Presenters:

Thomas E. Smith, MD, Director of Operations, Behavioral Health Organizations at NYS OMH & Associate Professor of Clinical Psychiatry at Columbia University

Andrew F. Cleek, Psy.D., Executive Officer at McSilver-UIBH McSilver Institute for Poverty Policy and Research at New York University

PREGÚNTALE AL PSIQUIATRA Sobre Tú Salud Mental o La De Un Ser Querido NAMI-NYC's first 'Ask the Doctor' in Spanish!

NAMI is proud to present "Ask The Doctor", a Public Education Event in Spanish, with psychiatrists Dianna Dragatsi, M.D., Director of the Inwood Clinic and the Washington Heights Community Service at the New York State Psychiatric Institute and Angel Caraballo, M.D., assistant professor of clinical Psychiatry in the Division of Child and Adolescent Psychiatry at the Columbia University College of Physicians and Surgeons, and Medical Director of the School Based Mental Health Program of Morgan Stanley Children's Hospital of New York-Presbyterian.

TEMAS (TOPICS):

- Señales y Síntomas de Enfermedades Mentales (signs and symptoms of mental illness)
 - Medicamentos y Tratamientos (medications and treatment)
 - Como Buscar Ayuda (how to find help)
- Perspectivas De Una Persona En Recuperación y Un Familiar (consumer/family member perspective)
 Programas de Apoyo y Educación de NAMI (NAMI's support and educational programs)

November 14, 2013 from 6:00 p.m.—8:00 p.m.

Columbia University Medical Center—Russ Berrie Medical Science Pavilion (Conference Room 2) 1150 St. Nicholas Ave, New York, NY 10032

Cupo Limitado. Llama a la Linea de Ayuda de NAMI-NYC Metro Para Reservar (RSVP Helpline): 212.684.3264

NOVEMBER WEEKENDS AT NAMI-NYC METRO

For more information about our support groups, please call our Helpline at 212-684-3264 All groups meet at NAMI-NYC Metro's office at 505 Eighth Ave—Suite 1103, NY, NY

	Facilitator	Date	Time
Movie Club A screening of a cinema classic—followed by discussion. We will be showing the Woody Allen film, Take the Money and Run	Hannah Craven	Saturday, November 2	5:30pm - 8:30pm
Knit 2 Unwind Knitters Support Group.	Karen Jacoby	Saturday, November 9	1:00pm - 2:30pm
The Games People Play An evening of games – from Scrabble to checkers to Bingo.	Nancy Parker	Saturday, November 9	5:30pm - 7:30pm
Pet Therapy Group Peer support and therapeutic interaction with professionally trained pet therapy dogs.	Nancy Parker	Saturday, November 16	5:30pm - 7:00pm
Find Your Funny Peer support using humor to tell stories and share experiences.	Nancy Parker	Saturday, November 23	5:30pm - 7:30pm