NAMI-NYS Annual Educational Conference

New Horizons in Recovery:
Breakthroughs in Research and Treatment

November 11-13, 2016
Desmond Hotel and Conference Center in Albany

This year’s conference will not only detail new breakthroughs in research and treatment of various psychiatric disorders but will also explore the four crucial elements impacting people living with a mental illness and their families:

- The importance of forming of recovery teams comprised of people living with a mental illness, their families and service providers
- improving mental health in the workplace and getting people living with a mental illness back into the workforce
- the need to recognize and address trauma
- how to make our voices heard on the key advocacy issues of our time

In commemoration of Veterans Day on November 11th, we will also be honoring our veterans with a special tribute at the conference.

See more details about the conference inside on page 13.

STOMP OUT STIGMA

Come help us
Stomp Out Stigma
at the
INAUGURAL NAMIWalks
at Jennings Landing in Albany
“Down By the River”
Saturday, September 24th

NAMIWalks NYS is honored to welcome super bowl champion Keith O’Neil as grand marshal of our first inaugural walk. Mr. O’Neil is also the founder of “4th and Forever Foundation” who are proud sponsors of NAMIWalks NYS. The foundation is dedicated to raising awareness of mental illness as well as funding research on ways to alleviate mental illness.

See inside for more details
Support NAMI-NYS through the State Employees Federated Appeal (SEFA) Campaign

The SEFA campaign allows NYS employees to designate a portion of their paycheck to be automatically donated to a charity of choice.

NAMI-NYS’s SEFA Number is: 999-00281

If you are a NYS employee please designate NAMI-NYS as your SEFA charity.

If you have friends or family who are NYS employees please ask them to designate NAMI-NYS as their SEFA charity.

Newsletter Appeal

PLEASE SUPPORT OUR ANNUAL APPEAL!
Help us to sustain the momentum and continue the progress that our members, volunteers and supporters began over thirty years ago and continue to make every day.

WHAT ARE YOU SUPPORTING?

NAMI-NYS provides funding and resources for NAMI programs throughout the state. Last year, over 1000 individuals took the Family to Family Course, 160 took the Peer to Peer Course, more than 7500 people attended In Our Own Voice presentations, over 1500 young people attended Ending the Silence presentations, over 200 people attended Parents and Teachers as Allies presentations, and almost 400 individuals took the NAMI Basics Course. NAMI-NYS is also responsible for the training of all teachers and presenters, as well as the support group leaders for the 50 NAMI Family Support Groups and Connections groups spread throughout New York.

The appeal also supports the annual Educational Conference, providing information on topics relating to all aspects of mental illness. It also supports the NAMI-NYS Information and Referral Helpline and the informational resources distributed to the public throughout the state. Last year, NAMI-NYS disseminated 53,630 pieces of literature, including pamphlets, brochures and booklets to NAMI affiliates, community organizations and individuals, as well as at its own tabling events.

The appeal helps to fund NAMI-NYS’s advocacy efforts, including the Ribbon Awareness Campaign, which raises awareness about mental illness and the stigma associated with it and allows the opportunity to build partnerships within the community and collaborate with schools, businesses, municipalities, hospitals and other non-profit organizations. Appeal funds enable us to hold our successful Legislative Advocacy Day every year. 2016 will also be the first year for a New York State NAMIWalks, which is scheduled for September 24th in Albany. Our hope is that in walking to raise awareness about mental illness in the state capital, we will generate even more awareness and complement the successful NAMIWalks already established in other regions of New York.

The weekly e-news produced each Friday by NAMI-NYS reaches more than 8500 email addresses and the NAMI-NYS Facebook and Twitter followers exceeds 4100. The semiannual print newsletter is delivered to over 4000 recipients. NAMI-NYS also started an educational television show, Mental Health Now, that highlights different aspects of mental illness, including programs and information affecting those with mental illness and their families.

NAMI-NYS has also been focused on educating young people. We have increased training for programs like Ending the Silence and have been working to promote NAMI on Campus clubs. New York also recently established the first high school NAMI club and we have received encouragement from school officials and mental health professionals to bring NAMI clubs to high schools throughout the state. Our increased presence on social media is another valuable tool in our efforts to reach young people.

We have also established a small endowment so that we can rely less on grant funding, which can be unpredictable and highly competitive. An endowment ensures a steady flow of funds that can help ensure NAMI-NYS’s continued existence for many years to come, funding programs and advocacy efforts into the future.
Over the past few months, NAMI has been active throughout the state with exciting initiatives that raise awareness and offer education and support for those living with mental illness and their families. We had an outstanding legislative day in February, where so many NAMI members and supporters came out to advocate for more funding and better legislation for those affected by mental illness. It is vital that services are available to those who need it—it is also so important that the public understands the needs of those living with a mental illness and recognize that people with mental illness should not be stigmatized, but treated with the respect accorded to everyone.

I was thrilled to see how the NAMI affiliates throughout the state embraced the Ribbon Awareness Campaign originally launched by NAMI Westchester. As many of you know, NAMI Westchester and NAMI Mid-Hudson presented at the Educational Conference in November on the campaign and their success in building collaborations with the community, as well as raising awareness with the general public. The response was overwhelming, and the state of New York was blanketed with NAMI ribbons all through May. We hope to repeat the success next May and will leave the information on how to run the campaign on our website for all to reference.

Reaching out to young people has also been a goal of NAMI-NYS, and I am so pleased that our NAMI affiliates have been expanding their outreach through NAMI’s Ending the Silence and Parents and Teachers as Allies. New York currently has 8 active NAMI on Campus clubs, with another 29 formed and pending official recognition from NAMI’s national headquarters. We have also established our first NAMI high school club here in New York. Katherine Wallace, daughter of NAMI-NYS volunteer Bill Wallace, formed a club at Emma Willard School in Troy, New York. The NAMI at Emma club has already contributed much to the local community and received an award at the What’s Great in Our State Children’s Conference. We have received requests from other local school districts to duplicate the club’s success and are working with them to establish clubs in their schools. I urge our affiliates to reach out to colleges and high schools in their areas. These young people have a lot of energy and are eager to volunteer, so I hope our affiliates will give them the opportunity to help accomplish our mission of helping others.

In reaching out to the public, especially young people, social media is a fantastic tool. NAMI-NYS currently has over 1100 Facebook and Twitter followers, and it is growing every day. Both are a great way to distribute information and get conversations started.

Finally, the NAMIWalks in Rochester, Westchester, Long Island and New York City were huge successes—kudos to those affiliates who organized and participated in the walks in those areas. NAMI-NYS is excited to be holding our own NAMIWalk in the fall. I hope you will all join us on September 24th here in Albany for our walk. Together we can stamp out stigma!
President’s Message  By Denise Duncan

It is my sincere wish that all of our NAMI members, affiliates, colleagues, family and friends are having a safe, happy and healthy summer. The staff of NAMI-NYS, along with the Board of Directors, have worked tirelessly to achieve the goals we set forth at the beginning of this year. I am happy to report that our efforts have been successful, and we have achieved significant strides toward improving the well-being of individuals with mental illness and their families.

While we are very pleased and encouraged by these victories, we must be cautious not to rest on our laurels, as there is much left we wish to achieve. As I expressed in my previous message, we are in the midst of seeing some of the most significant changes to the mental health care delivery system in decades. New York City has experienced the change-over to a managed care system of funding for mental health services. The rest of the state will be carved into managed care soon. We should be proactive in educating our consumers and families regarding how this change will affect them, and we must ensure that necessary steps be taken to provide assistance so that the change-over to managed care goes as seamlessly as possible. NAMI-NYS is working toward this goal, and we encourage all stakeholders to do the same.

The staff of NAMI-NYS remains dedicated to advocacy for individuals and families affected by mental illness. Toward this end, we have established cooperative relationships with a number of organizations that work toward common goals, and we have reaped the rewards that this collaboration has made possible. We appreciate the hard work groups, such as MHANYS, NYAPRS, ACLAIMH and others, who have invested in the issues that we share in common. As we know, there is strength in numbers, so we look forward to continuing to add our voices together to advocate for the well-being of those we hold dear.

I remain humbled and honored to work with the many dedicated people that comprise our NAMI-NYS family. The Board of Directors has been and will remain hard at work to provide education and advocacy in the months to come. I am especially excited by the work of our Educational Conference Committee who are hard at work preparing to make our 2016 Educational Conference a spectacular experience. As those who attended last year’s conference know, the Committee will have to work extra hard to top last year’s conference, which received amazing feedback from attendees. Having been privy to the plans for this year, I can assure you that NAMI-NYS will be presenting another unbelievably fun and informative conference in November 2016. Please be on the lookout for more information about this wonderful conference in the next few months. We hope to see you there.

Until then, please accept my wishes for a wonderful and successful summer.

Warm Regards,
Denise Duncan, President

Are you busy on September 24th?

We need as many people as possible to volunteer for our Inaugural NAMIWalk:

- Registration Table
- Hand out Water, Fruit, and Backpacks
- Coffee/Bagel Station
- Park Cars
- Route Stations
- Set-up and Tear Down

Contact Sharon at (518) 462-2000 or Sharon@naminys.org
New Board Members

As a result of three vacancies on the NAMI-NYS Board of Directors, in February the Nominating Committee proposed and the Board accepted three new members to fill the position. NAMI-NYS welcomes Dhanu Sannesy, Chemene Webber and Ariel Coffman. Dhanu and Chemene will serve through November of 2016 and Ariel will serve through November 2018. All three have made significant contributions in support of those with mental health issues and have already made their marks as NAMI-NYS Board members.

Chemene currently serves on the NAMI-NYS Educational Conference Committee and has organized several sessions and activities for this year’s conference. Like so many of us, she became involved with NAMI as a result of a close family member, who, Chemene attests, is an inspiration to her. As she states, “His character and compassionate heart alone serves as a stark reminder that mental illness is not who a person is, but rather, a condition that people have.”

Dhanu, also an important member of the Educational Conference Committee, is a longtime NAMI advocate and current president of her local affiliate, NAMI Orange County. She has been an advocate for better mental health treatment for 24 years, ever since her own close family member began to struggle with mental illness. Dhanu has been very active in urging reform, particularly within the criminal justice system in Orange County, and is now involved with the crisis intervention training (CIT) there.

Ariel, a licensed social worker, currently works as a compliance officer for a behavioral health center on Long Island, and her knowledge about the transitioning health care system is invaluable as we navigate the world of health homes, Health and Recovery Plans (HARP) and Home and Community Based (HCBS) services. She is particularly passionate in advocating for better housing for those living with mental illness, especially those who find themselves living on the streets as a result of their conditions. Ariel is also lending her expertise to the organization’s strategic planning, helping to ensure NAMI-NYS is on the right track. NAMI-NYS is fortunate to have three such committed individuals working with their fellow Board members to meet the NAMI-NYS mission.

IN THE SPOTLIGHT

Mary Beth Honsinger became involved with NAMI in 2009 as a result of a family member’s illness. She is past-president of NAMI-Rensselaer, and is trained in Family-to-Family, Family Support Group, and Basics. In addition to her duties with her affiliate, she has been volunteering a few days each week at NAMI-NYS to help in the preparation of the upcoming NAMIWalks.

Seth Messina started in May as a volunteer. If you have called the office recently in the morning, you have probably talked to him. Seth has also been assisting us with our regular mailings, mailing out brochures, and general office duties. He moved here from Portland, ME a few years ago and is presently taking the Peer-to-Peer class with NAMI-Rensselaer.

During the Spring Semester, we were honored to have DeShonna Bernard with us as an intern from Bryant and Stratton College and then as a work study student. DeShonna was a Psychology major and worked mostly with the Helpline, Affiliate Development and the Training Programs. She was a great help with our Legislative Conference in February.

Samin Aochyl Edmond is a senior at Bryant & Stratton studying to get her Associates Degree in Business. Her plan after graduation is to become an entrepreneur. Her main focus at NAMI-NYS has been gathering all of the public library contact information for New York State so that NAMI-NYS can reach out to them… with the intent to help our affiliates, grow membership, increase awareness about NAMI, and to help expand the rural outreach. When asked about her time here at NAMI-NYS… “Working for NAMI-NYS has been amazing. Everyone here is wonderful and easy to work with.”

Torie Keeton is a Community Health student at SUNY Potsdam, starting her junior year in the Fall. She feels that interning at NAMI-NYS has been a fantastic experience for her. Her main undertaking has been developing the NAMI-NYS Young Adult Network, which aims to give young adults a new voice in the cause for mental health and wellness. She feels she has learned so much during her time with us and is so appreciative of how enthusiastic the staff has been about including her in different projects. We are just as lucky to have Torie with us, as she has been a great asset to NAMI-NYS.
To date, 2016 has been exciting and historic for NAMI-NYS and our grassroots advocates. Together, we have projected our advocacy voice louder and stronger than ever before. NAMI-NYS has also found ourselves working with broad coalitions of advocates and forming new strategic partnerships as well as finding more ways to communicate our message. This magnification of our voice led to one of the most impactful legislative sessions both in New York State and on the Federal level in addressing the concerns of NAMI-NYS members and all individuals and families impacted by mental illness. Together, we helped create a more mentally healthy New York State and have made significant inroads nationally.

Our efforts helped ensure that families and caregivers will no longer have to sacrifice job security and salary in order to help a loved one during the most difficult points of their recovery through the enactment of a Paid Family Leave initiative. We are also on the cusp of making sure that all people living with chronic illnesses get the medication their doctors believe to be most appropriate and incorporating mental health education into schools. On the National level, the House of Representatives overwhelmingly passed HR. 2646 The Helping Families in Mental Health Crisis Act, with no New York State House Representative voting no for the landmark bill.

Throughout the session, NAMI-NYS’s Executive Director Wendy Burch and Public Engagement Coordinator Matthew Shapiro worked in harmony with the Government Affairs Committee, chaired by Irene Turski and comprised of Dr. Robert Laitman, Dr. Evelyne Tropper and Peggi Miller. NAMI-NYS President Denise Duncan also worked closely with staff and the committee to help shape and advance our advocacy voice.

NAMI-NYS began the year with a victory, as in December a bill we supported designed to reduce suicides within correctional facilities by mandating mental health training for correctional officers and prison staff made its way to Governor Cuomo’s desk. The lead sponsor for the bill, Senator David Carlucci, immediately turned to NAMI-NYS to play a major role in getting the bill signed. NAMI-NYS stood alongside Senator Carlucci at a press conference in front of the Sing-Sing Correctional Facility in Westchester. NAMI-NYS discussed the importance of the issue on the Capital Tonight news program. Governor Cuomo signed the bill into law and NAMI-NYS continues to work with Senator Carlucci on how this program will be implemented.

The NAMI-NYS Government Affairs Committee put forth a sweeping legislative action agenda designed to help both individuals and families affected by mental illness, increase mental health awareness and education and improve the mental illness and criminal justice interface. The committee made the following issues their main priorities:

- Increased Access to Safe and Affordable Housing With Wraparound Services
- Continued Investment in Community Services
- Ensuring Access to Proper Medication Through Prescriber Prevels and the Regulation of Step-Therapy
- The Incorporation of Mental Health Education in Schools
- Improving the Criminal Justice-Mental Illness Interface
- Sustained Support of New York State’s Research Institutions
- Expansion of Veteran’s Mental Health Services

The Committee also decided that NAMI-NYS would make the passage of the following bills our priority for this session:

- S-3419A/A-2834A-Regulating step therapy and fail first policies by insurance providers.
- A3887/S2585-REquiring mental health education incorporated into existing school health curricula.
- S-3004-Enacting the paid family leave act.
- A01275-Improving Kendra’s Law and making it permanent.
- S.5900-Regulatimg the use of solitary confinement.

In order to introduce our advocacy vision to our members and engage them in our efforts, NAMI-NYS produced our first ever Advocacy Toolkit. The Toolkit laid out and detailed all of the issues and why they are important for our membership. It also provided talking points and explained how to use traditional and social media to advance our priorities. Following the release of the Toolkit, NAMI-NYS made several visits to affiliates around the state to present our advocacy agenda and encourage participation. NAMI-NYS has also used our new television program Mental Health Now, as a mechanism to showcase critical issues impacting families affected by mental illness and then sending Action Alerts with a link to each episode as well as the advocacy tools needed for our viewers to make their voice heard.

NAMI-NYS voiced our concern about lack of housing and community services on February 3rd, when we delivered testimony before the Joint Legislative Budget Hearing on Mental Hygiene. In addressing the state’s proposed hospital bed reduction and lack of housing funding, NAMI-NYS stated, “we cannot fully support the reduction in beds when it involves releasing people with highly specialized needs into a system, which despite its best intentions, does not have the capacity to provide the necessary care for this vulnerable population. This lack of capacity is greatly attributed to flat funding and the Executive Budget’s lack of true investments to allow existing programs to operate at their full capacity as well as invest in new services.”

Our Legislative Advocacy Day on February 23rd was a major success and we held a joint housing rally with NYAPRS in front of the Capitol. More than 200 people participated in our advocacy day and our advocates made more than 60 legislative visits throughout the state.
Government Affairs Committee members, board members and staff also met with program council from the leadership of both houses.

As the session moved along our members really gravitated to the issue of Paid Family Leave and NAMI-NYS became a leader in calling for this much needed reform. We were thrilled that the Governor and Legislature agreed to a paid family leave initiative that included all the components we argued for specifically an up to twelve-week leave and two-thirds the employee’s salary. This represented one of the greatest victories for families and caregivers of people with chronic illnesses in a very long time.

Other positives included two criminal justice advances: the expansion of Crisis Intervention Team funds and enactment of presumptive Medicaid eligibility for people with a mental illness coming out of correctional facilities and restoring their Medicaid 30 days prior to jail/prison discharge. Prescriber Prevails was restored and there were also continued investments in veterans’ mental health programs and funding for New York’s research remained at their current levels. We are grateful to Assembly Mental Health Chair Aileen Gunther and Senate Mental Hygiene and Developmental Disabilities Chair Robert Ortt, for their leadership which led to these improvements.

We are tremendously grateful to all the NAMI-NYS advocates who took action on these issues during the past six-months, your efforts truly contributed to a more mentally healthy New York. As we rejoice in our successes, we also look to the future as 2017 is sure to bring a challenging year. We must continue to fight for funding for housing and services. Kendra’s Law is also due to sunset next year. This vital program ensures that people with the most serious forms of mental illness get the services they need to avoid both hospitalizations and entry into the criminal justice system. Despite the success of the program there are still many who oppose it and there remain many misconceptions about the initiative which in reality saves lives and advances recovery.

On the federal level most of our advocacy has been around HR 2646 and S 1945 which would enact a broad range of mental health reforms. While HR 2646 faced a long and bumpy road, many compromises have been made and the bill passed the House in early July. The Senate is scheduled to vote on S.1945 in September. Both New York Senators Charles Schumer and Kirstin Gillibrand are co-sponsors of the Senate bill.

We will be updating our members on advocacy actions needed. If you are not receiving emails from NAMI-NYS please contact Matthew Shapiro by email or phone at (518) 462-2000.
Ribbon Campaign

Only a few short years ago NAMI Westchester member Sheryl Brauman came up with the idea to create awareness ribbons to display in her hometown, and we are thrilled to see how the campaign has expanded across the state. Both NAMI Westchester and NAMI Mid-Hudson have been hanging NAMI ribbons in their areas for the last few years with amazing results, and this year it became a statewide campaign. We commend those volunteers who took advantage of the campaign during May’s Mental Health Awareness month, demonstrating their advocacy voice by raising awareness in their communities.

The NAMI Ribbon Campaign served several purposes. First, displaying the ribbons helped to raise awareness about mental illness, generating conversations and dispelling stereotypes. Every day, people living with mental illness encounter stigma, and educating the public about mental illness and raising awareness helps to eliminate that stigma. The ribbons themselves provide NAMI-NYS’s contact information, enabling those seeking help an avenue to locate resources, including NAMI affiliates and programs in their area, as well as other available resources. One of the most important benefits of the campaign is the community outreach that occurs when NAMI volunteers collaborate with schools, municipalities, businesses and organizations in their areas to raise awareness about mental illness. These community partnerships are so valuable and vital as we work to accomplish the NAMI mission.

The 2016 NAMI-NYS Ribbon Awareness Campaign

Letting Communities Throughout New York Know NAMI-NYS and our Affiliates are a Place to Find Help and Find Hope
NAMIWalks Westchester 2016 was held on Saturday and featured great weather, a stiltwalker/juggler, DJ spinning some tunes to get us going, yoga warm-up, free massages, complimentary continental breakfast, an unlimited supply of water, NAMIWalks temporary tattoos, live singer/songwriter, Westchester County Deputy Commission of the Dept. of Community Mental Health, emcee Lisa Salvadorini from News 12, The Peak’s on-air personality Jimmy Fink, info and prizes from our sponsors, inspiring words from teams and our board president Jennifer Jacquet-Murray. All of this added up to a FUN day!

A Fabulous Day Was Had by All!

Despite rain and strong winds the day before, and the threat of more of the same on walk day, we were blessed with good weather and a great turnout as we walked the boardwalk at Jones Beach on Saturday, May 7th for our 12th annual NAMIWalks Long Island/Queens. With 101 teams and individual donors we raised $242,104 to increase awareness about mental illness and support NAMI’s many local programs and services. The festive day included a DJ who got us all rocking and rolling as well as drummers, arts and crafts, face painting, and a visit from the Long Island Ducks mascot. Lead sponsors were the Ann Allen Cetrino Family Fund and Northwell Health/Zucker Hillside Hospital and media sponsors included Optimum Community, News 12 Long Island, Connoisseur Media, and Anton Community Newspapers. NAMI Queens/Nassau was the sponsoring affiliate in collaboration with participating NAMI affiliates Central Suffolk, Huntington, Long Island Regional Council, Nassau University Medical Center, and North Shore.

Another Festive and Successful NAMIWalks Long Island/Queens
NAMIWalks Rochester Celebrates Hope and Recovery

On May 7th, 2016, the sun was shining bright on the 3rd NAMIWalks in Rochester as approximately 800 people gathered in the courtyard of Village Gate to begin the walk around the Neighborhood of the Arts. Participants enjoyed an area for kids, a balloon installment created by Arigami, music and visiting with community partners. The emcee was radio personality, Evan Dawson of WXXI, who provided the crowd with personal stories and a message of hope. Over $103,000 has been raised for the 2016 Walk, which will support our nine Signature programs. Countless sponsors, volunteers, walkers and donors ensured the success of this event. Thanks to all of them and a special thanks to our Premier Sponsor and gracious host, Village Gate and Stern Properties.

NAMIWalks NYC Celebrates 10th Anniversary Walk/Run

On Saturday, May 7, NAMIWalks NYC celebrated our tenth anniversary Walk/Run. Over 5,000 caring and compassionate New Yorkers gathered at the South Street Seaport Promenade to walk across the Brooklyn Bridge for NAMIWalks NYC, with Grand Marshal Jaclyn Stapp leading the way. The weather was chilly but spirits were warm, and the energy of the community gathered was invigorating. Our generous walkers raised almost $570,000! There were 140 walk teams, 82 Walk Stars (people who raised $1,000+), 80 runners, and 12 booths at the health and wellness fair. Walkers came from across the tri-state area. They ranged in age from infants to 80-year-olds – with an average age between 35 and 45 – and represented a wide range of ethnicities. Many people first learn about NAMI-NYC Metro because a friend or coworker has asked them for a donation, or to be a member of their walk team—and we hear so many stories about how glad they were to find us. It was a wonderful day—for raising awareness, ending discrimination, and building community.

Join us Sept. 24, 2016
Jennings Landing • Albany, NY
And tell us...
Why do YOU walk?

“To raise awareness.”

“To follow those before, join with others now, and to lead those coming. And for love.”

“I want to see mental health care become more accessible. Affordable and effective for every individual in need and to eliminate stigma.”

“I know that appropriate mental health treatment is of vital importance. I walk. I care.”

“For mental health equality.”

The Board of Directors for NAMI-NYS

“To stomp out stigma.”
NAMIWalks New York State would like to take this opportunity to thank the sponsors, teams, supporters, and individuals who have chosen to take a stand against stigma by supporting our NAMIWalks event. Without your hard work and dedication this event would not be possible. It is not too late to join us and help to stomp out stigma one step at a time!

OUR SUPPORTERS:
Dr. & Mrs. Huober | American Diversity Business Solutions

OUR SPONSORS:

NAMI Cayuga County
Terri Wasilenko, Team Captain

NAMI Rensselaer
Paul Klein, Team Captain
Mary Loughran

Weightless Walkers
Mary Beth Honsinger, Team Captain
Julie Bink
Dan Demmer
Judy Bellinger

Team Walk and Talk About It
Pamela Slotsky, Team Captain
Bonnie Nasca
Mary Beth Nelligan
Christopher Nolte
Stephen Piorkowski
Carla Suna

Stepping Out with Shaps
Matthew Shapiro, Team Captain
Jessica Klos Shapiro

License to III
Alicia Burns, Team Captain
Christine Rickeman

Empower
Donna Fin Kuo, Team Captain

The Vulcans
Gillian Burch, Team Captain
Wendy Burch

CDPC Walkers
Christina Noval, Team captain
Frank Greco
William Ballenberger
Marilyn Noval
Margot Phillips
Rob S
Ann Shaw
Judy Stacy

Peer to Peer
Carol Messina, Team Captain

The Beasts from the Swamp
Joyce Ruitenber, Team Captain
Rex Conaway
Alison Halpin
Kevin Ruitenber
Erin Schwab
Nicholas Schwab
Jennifer Stefanik
Jill Stefanik

Small But Mighty
Melinda McDuffee, Team Captain
Francine Farina

Nerds United
Trina Garber, Team Captain
Denis Lawyer

Capital Region Health Connections
Janelle Shults, Team Captain

Melancholy Lincolns
Bill Perun-Team Captain

Net Walkers
Richard Garber, Team Captain
Justin D'Alessandro
Heide Garber
Nicole Adami
Layne Garber
Schuyler Garber

Team Bryant/Foy(s)
Shaniqua Jackson, Team Captain
Tammi Paradise

Schenectady Peppermint Patties
Patty Costa, Team Captain

Beacon Health Options
Tanya Monette, Team Captain

Barryessentials
Mary Lou Barry, Team Captain

Panic Behavioral Health
Laura Hunt, Team captain
Courtney King
Zac Gemello

Stop the Silence
Becky Pallone, Team Captain

Independent Walkers
Gregory Hitchcock
Cindy Hatzikontos
Lena Hurewitz
Erin Schwab
Nicolas Schwab
Carla Sauna
Maria Lopez
Amber Quinnones
Sue Gagne
Catherine Ortiz
James Boswell
Patricia Furman
Vanessa Perez
Shelby Varian
The 2016 NAMI-NYS Education Conference
New Horizons in Recovery: Breakthroughs in Research and Treatment
will be taking place November 11-13 at the Desmond Hotel and Conference Center in Albany. This year’s conference will not only detail new breakthroughs in research and treatment of various psychiatric disorders but will also explore the four crucial elements impacting people living with a mental illness and their families: the importance of forming recovery teams comprised of people living with a mental illness, their families and service providers; improving mental health in the workplace and getting people living with a mental illness back into the workforce; the need to recognize and address trauma; and how to make our voices heard on the key advocacy issues of our time.

This year, the Conference begins on Veterans Day and NAMI-NYS will use this as an opportunity to deepen our commitment to showcasing the importance of honoring our military families and their mental health. The Friday lunch session will include a special presentation of colors and the singing of our national anthem by an acapella group from the University at Albany. The lunch plenary session during Friday’s lunch will feature a panel on recognizing and addressing trauma in children, veterans and military families and in the criminal justice system. The long-term implications of trauma exposure will be discussed during the session as well. Friday will once again feature focus tracks on mental health in children, the military as well as the interface between mental illness and the criminal justice system.

Saturday will feature a strong focus on the first two issues noted above. That morning will begin with a plenary session panel on forming recovery teams. All members of the recovery team will be represented on the panel. Dr. Thomas Jewell of the Center for Practice Innovation and Dr. Nina Schooler of SUNY Downstate University Medical Center will detail their research demonstrating the positives of family involvement in the recovery process. NAMI-NYS Consumer Chair, Bill Perun, will represent people living with a mental illness and Shelia Sutton of NAMI Orange County (and one of our new Provider Training presenters) will represent the family perspective. The morning plenary will also feature a presentation by Dr. Donald Goff, Director of the Nathan Kline Institute, who will discuss communication strategies when someone refuses treatment and denies they have a mental illness or mental health issue. The theme of working together will also be discussed through a presentation by New York State Office of Mental Health Medical Director, Dr. Lloyd Sederer, who will talk about working with your doctor to achieve wellness.

Saturday morning will also include a research update from Dr. Robert Heinssen, Acting Branch Chief, Adult Treatment and Prevention Research Branch, NIMH.

This year, Dr. Sederer will be joining us on Saturday afternoon as the second part of a double afternoon plenary session, as opposed to his traditional Sunday morning timeslot. The first half of the afternoon session will feature a panel discussion on mental health in the workplace and getting people with mental illness back to work. The panel will feature CEO’s of major businesses, HR executives along with people living with a mental illness detailing their experience going back to work. This important topic will also be explored in multiple workshop sessions which will discuss job coaching and how returning to work will impact someone’s Social Security and/or Disability Insurance.

Sunday morning will feature an extended Town Hall session which will highlight our advocacy issues and how to make our voices heard on these issues. Sunday will also have our traditional Ask the Doctor session.

The conference will feature workshop sessions on specific diseases and wellness strategies, as well as other issues impacting mental health care.

Be on the lookout for detailed information about the conference and our presenters as well as scholarship information. We look forward to having you join us for what is sure to be and informative and inspiring weekend.

Dr. Thomas Jewell
Dr. Nina Schooler
Bill Perun
Dr. Donald Goff
Shelia Sutton, RN
Dr. Robert Heinssen
Dr. Lloyd Sederer
NAMI Westchester’s Program Director Receives Award
By Marie Considine, MPA, NAMI Westchester, Inc.

NAMI Westchester’s own Program Director and volunteer Sharon McCarthy was the first recipient of the NAMI Westchester Sharon McCarthy Award for Dedication and Compassion. This award was presented to her on June 15, 2016 at our Annual Meeting and Volunteer Recognition Event at The Woman’s Club of White Plains. All of our volunteers are amazing and special people, and this award is given to honor and thank a volunteer who goes above and beyond, and dedicates so much of their time to help the families and people with a mental health condition. Sharon gives so much to our affiliate and many others, and is committed to NAMI’s mission 24/7. This award will become an annual honor to be awarded at our Volunteer Recognition yearly event. We are always in search of new volunteers to facilitate and present our programs.

We also thanked our board members, saying farewell to some and welcoming new members. Thank you Jennifer Jacquet-Murray, Nivia Dones, Irwin Lubell, Ken Kendes and Joan Perez for their years on the board and welcome to Louise Ellis, Genna Woods, AnnaLisa Vicencio, Jana Doty and Chris Gaur.

Director of Development Marie Considine thanked volunteers and team captains who made NAMIWalks Westchester 2016 a fabulous day and a terrific success. To date, we have raised $130,664 toward our goal of $134,000.

NAMI Mid-Hudson Annual Dinner Gala, 2016: Find Help. Find Hope.

NAMI Mid-Hudson held their annual dinner at the Grandview, Poughkeepsie NY on June 8th, 2016 overlooking the beautiful Hudson River to celebrate their successes this year and moving forward.

That night, the Mid-Hudson Bridge was lit in green, an in kind donation by Cathy Frame, a NAMI Mid-Hudson Board member and her husband Bob Frame. The evening featured a silent auction with in kind donations from many local businesses and individual donors.

Over 160 NAMI Members and supporters, community leaders, and clinicians came out to support the event. NAMI Mid-Hudson honored two community leaders: Ulster County Executive Mike Hein and Executive Director Andrew O’Grady of Mental Health America of Dutchess County (MHADC) for their efforts to support NAMI Mid-Hudson and mental wellness in their community. Executive director Andrew O’Grady was presented the Honoring Our Partners Excellence Award. NAMI Mid-Hudson honored Andrew for his exceptional commitment to participate, collaborate, and partner with NAMI Mid-Hudson in community awareness and health related events such as the NAMI Ribbon campaign, Stomp Out the Stigma Walk and MHADC’s Wellness Fair and especially family related programs such as the Children’s Mental Health Awareness Week. Recently, The Office of Mental Health recognized this Committee for their excellence and commitment to children’s mental health in Dutchess County. This award also recognized Andrew’s kindness and compassion by donating an in kind donation of an office. O’Grady’s unequivocal efforts to help sustain NAMI-MH has made for a stronger and more vibrant community in Dutchess County.

Allison Barclay, a NAMI Mid-Hudson Ending the Silence and Parents and Teachers as Allies presenter and advocate presented the Catalyst for Change Award to Ulster County Executive Mike Hein for his successful efforts to support NAMI Mid-Hudson’s mission to de-stigmatize mental health issues and increase mental health awareness in Ulster County. His dedication to bring NAMI’s two mental health literacy programs to the Ulster County schools: Ending the Silence and Parents and Teachers as Allies, have made a tremendous impact in delivering the key messages of early intervention and suicide prevention education to educators and youth. Allison stated, “What makes NAMI special, is that we’re all here because we’ve lived through mental illness, either personally or with family members. In many cases, our work to help others does just as much to give us meaning and purpose in our own lives. But we can’t do it alone. Mental health is not an easy topic or a popular one to raise, which makes it all the more exceptional when leaders like County Executive Mike Hein make the commitment to bring resources to the community.” Hein was also instrumental in supporting NAMI Mid-Hudson’s efforts to bring Ulster’s First Crisis Intervention Training in May 2016. As a result of Hein’s support, NAMI Mid-Hudson was able to bring ETS to over 765 students and 165 PTAA educators to this date and twenty-eight graduates completed the CIT training. NAMI Mid-Hudson is looking forward to continue to be a viable resource in the community with a bigger and better annual gala next year.

NAMI-NYC Metro Reaching Underserved Communities

New York City is well known for its multitude of diverse mental health resources, but with a population of 8.5 million people, there remain a large number of underserved communities. As a result, NAMI-NYC Metro—along with all of the other affiliates within the city—has taken on the seemingly insurmountable task of connecting those who need support to the right services within their own community.

A major part of the success of NAMI-NYC Metro is because we use NAMI signature outreach programs to connect with new providers and different stakeholders. NAMI In Our Own Voice and NAMI Ending the Silence have helped create many partnerships and community connections by offering an educational service at the start of a new relationship. In turn, these efforts create an opportunity to speak about the specific services we offer that would be beneficial to their community, patients, workforce, etc.

One of the greatest challenges that we have struggled with is connecting authentically to a new community. It often takes a lot of time and resources. Last year, we started an annual community mental health fair to connect with...
Working Well:
Addressing Workplace Mental Health
By Wendy Brennan, Executive Director, NAMI-NYC Metro

On June 3, 2016, the National Alliance on Mental Illness of New York City (NAMI-NYC Metro) and Northeast Business Group on Health (NEBGH) co-hosted its second CEO Summit on Mental Health in the Workplace in New York City, alongside the Partnership for New York City and the American Psychiatric Association Foundation’s Partnership for Workplace Mental Health. The meeting included several members of the Partnership for New York City and other top employers.

Peter Hancock, President and Chief Executive Officer of AIG, led the discussion at Deutsche Bank’s U.S. headquarters, alongside Kathy Wylde, President of the Partnership for New York City, and Chirlane McCray, New York City’s First Lady.

Summit participants engaged in a roundtable discussion led by Wylde and Barbara Ricci, Co-Board President of NAMI-NYC Metro, on the future of workplace mental health.

“Employers increasingly recognize the business case for focusing on the mental health needs of employees,” stated Wylde. “Mental illness accounts for 30% of disability costs and up to $100 billion a year in lost worker productivity.”

One in five Americans live with mental illness, and conditions often affect people during their prime working years. Treatment for the most common conditions is effective 80% of the time, yet only 33% of the people who need help with a mental health issue and only 11% with a substance use issue will get treatment due to social stigma, fear of repercussions at work and the lack of access to quality, affordable care.

When NAMI-NYC Metro began its workplace mental health initiative more than a decade ago, there was neither a comprehensive federal parity law nor a New York State parity law, and few but the most progressive businesses were addressing the mental health needs of their employees. We have made significant progress in the intervening years. Today we have a strong federal parity law and Timothy’s Law, New York State’s parity law, on the books. Both require parity of coverage between mental and physical health care. Unfortunately, despite these laws, HR and EAP executives know that access to quality mental health treatment remains a challenge for their employees, particularly if the employee is experiencing a mental health crisis. These employers also understand that stigma remains as a significant barrier to access.

While we have accomplished a great deal since we started the workplace mental health initiative, more needs to be done. We need to ensure that the parity laws we have translate into access to quality care, that employees with mental health conditions can work in an environment where stigma has been replaced with knowledge, and that repercussions for disclosing a mental health condition are eliminated. Currently far too many employees who disclose their mental health condition are either bullied at work or fired outright. Businesses can serve as a catalyst for progressive social change in the U.S. Real change, however, requires bold leadership, and we will continue to engage CEOs to insure positive forward momentum.
NAMI Cayuga County's Stigma Free Campaign Mental Illness is Nothing to Monkey Around About
By Terri Wasilenko

NAMI Cayuga County is at the half way mark towards its goal of 100 sock monkeys, monkey hats, gloves, coin purses and pillows to sell at its booth at the annual holiday craft fair scheduled for December 3rd and 4th at Cayuga Community College on Franklin Street in Auburn, NY. The two day community event provides a venue for mental health awareness. Sock monkey items will be for sale and mental health educational materials will be available.

NAMI Rochester – Summer 2016

NAMI Rochester was honored as the 2016 Outstanding NAMI Affiliate at the NAMI National Convention in Denver this July. The affiliate was selected as the 2016 honoree in recognition of its tremendous work, including offering the full slate of NAMI Signature programs which provide education, support, and awareness to both individuals and families impacted by mental illness. Each year, hundreds of people participate in the programs and presentations offered by NAMI Rochester. Under the leadership of Executive Director, Patricia Sine, and its dedicated staff and volunteers, the affiliate continues to flourish, steadily increasing its presence in the Rochester community through outreach and support.

One of NAMI Rochester's most requested education programs in recent years has been NAMI's Ending the Silence. In 2016, NAMI Rochester presenters have already reached over 1,000 middle and high school students in four counties. The feedback from students and administrators in the area has been incredibly positive. One educator said, “These presenters really touched the lives of many of my students. We talked a lot about stigma. This presentation is one of the best I have ever had. I hope to continue having this program and presenters for years to come.”

NAMI Rochester also organized another successful NAMIWalks designed to increase mental health awareness. The 2016 NAMIWalks Rochester on Saturday, May 7th, saw approximately 800 people walk on behalf of the affiliate, bringing in over $102,000. Participants enjoyed an area for kids, face-painting, games, a balloon installment, music, and the opportunity to form connections with community partners.

In April, NAMI Rochester received the 2016 Causewave Community Partners Matchstick Award, which consisted of a $5,000 cash award and a $25,000 media buy donated by the Democrat & Chronicle Media Group, which combines advertising and other digital services. Organizations in the running for the award were chosen based on the meaningful and measurable impact their work has had on the Rochester community. NAMI Rochester received another prestigious recognition in May, with the Excellus BCBS Community Health Award, which awarded the affiliate with $4,000 to support its NAMI Peer-to-Peer education program.

After choosing NAMI Rochester to be the recipient of its annual fundraising campaign, Greece Olympia High School hosted several NAMI In Our Own Voice presentations during the school's Mental Health Awareness Week, reaching over 450 students. Their faculty advisor, Kara Passamonte, held a benefit on May 20th and donated the proceeds to NAMI Rochester. The event, entitled Shattering Stigma through Stories and Song, showcased readings and performances by people of all ages whose lives had been affected by mental illness.

NAMI Rochester looks forward to continuing its work in the community, and creating and maintaining lasting partnerships throughout the Greater Rochester region.

NAMI Cayuga County to hold Mental Health First Aid Trainings
By Terri Wasilenko

NAMI Cayuga County will hold three Mental Health First Aid Trainings during June, July and August at Cayuga Works at Cayuga Community College.

NAMI Cayuga County continues to connect with our 14 CIT officers through thank you cards attached to cookie plates delivered to our local law enforcement agencies. It is important to our affiliate that our officers know they have our support and appreciation for the job they do. These officers chose to be invested in this program and make a positive difference in how individuals in a mental health crisis can be diverted to appropriate care.

NAMI Cayuga County attended an EAP Day at Five Points Correctional Facility on 6/15/16 from 9:00-2:00. Corrections officers and civilian workers stopped at our NAMI table to pick up educational materials on mental health.

The affiliate is in the planning stages of scheduling a NAMI Family to Family Education class from mid-September through mid-December at Auburn Community Hospital.
NAMI Syracuse Hosts Children’s Conference During May is Mental Health Month

On Wednesday, May 5th, NAMI Syracuse held its 5th annual children’s conference, Addressing Challenging Behavior in Children & Youth, at the Rosamond Gifford Zoo Conference Center, Syracuse. Thanks to the conference committee, Marla Byrnes, Carol Sheldon Brady and Judy Bliss-Ridgway, it was an outstanding educational and emotional day.

The morning and early afternoon was filled with dynamic and informative speakers.

Doctor Adrienne Allen, attending psychiatrist in the children’s outpatient clinic at Hutchings Psychiatric Center spoke on Self-Destructive and Violent Behavior stating that youth violence is widespread in the United States and is the 3rd leading cause of death for 15-24 year olds.

Bridget Hier, PhD, BCBA, Assistant Professor of School Psychology at the University at Buffalo, presented on Promoting Pro-Social Behavior in the Classroom and Home Through Positive Behavior Supports. Dr. Hier spoke on how to identify the principles of positive behavioral supports (PBS), implement various PBS strategies in the home or classroom and identify how schools have adapted PBS for use at the systems-level.

Regina Canuso, MSN, CMHCNS-BC, Coordinator of the Hard to Place/Hard to Serve Unit at the NY State Council on Children and Families gave us an overview of the Multi-System Challenges in Serving Complex Children.

In the late afternoon the attendees were moved by a series of heart-wrenching and heart-warming personal stories from mothers. It was so apropos for the week before Mother’s Day. Thank you April Lawrence, Kathleen Hyde, Jennifer Daly, Jenny Redmond and Kelly Covert for your bravery and all you do to help improve services to our children.

During the conference, NAMI Syracuse President, Karen Winters Schwartz presented the Joe Gentile Memorial Award to NAMI Syracuse Vice President, Spencer Plavoccs and Treasurer, Frank Mazzotti for their many years of dedication and loyalty to NAMI Syracuse and the community.

NAMI@Emma Year End Presentation

On May 20th Katherine Wallace presented to a group of Emma Willard students, teachers, and alums the culmination of a year’s work with NAMI@Emma, the first high school level NAMI club in New York. After discussing what defines a mental illness, the presentation then explored examples of stigma in everyday life, in particular comments made in the 2016 Presidential campaign. The presentation also emphasized the importance of ensuring that high school students received mental health education, and summed up the work of NAMI@Emma to achieve this by running various events such as a Wellness Night and Body Image Workshop, and by participating in the NAMI-NYS Educational Conference and Legislative Day. The presentation ended by expressing NAMI@Emma’s aim to expand the club model to other high schools next year with the help of NAMI NYS.

NAMI in Otsego County

NAMI has changed my life so much in the past three years. As I participated in the In Our Own Voice training in May of 2013, I was not prepared for how much sharing of my recovery story would change so many lives, including my own. To date, I have done an average of fifty presentations, with four in 2016. I have taught two Peer-to-Peer education classes in two years with 18 graduates.

Without my involvement with NAMI Otsego County, I probably would not be where I am today. NAMI has opened so many doors for me and am proud to say that I am the first full time Peer Engagement Specialist for Otsego County working out of the Adult Behavioral Health Services Clinic. I have my NY State provisional Peer Specialist Certification with my Standard coming any day! My first year flew by and was such a wonderful learning experience. As I created my program, supported folks, and continued my learning, I was amazed at how much I learned about myself, my wellness, and the wellness of others.

To kick off Mental Health Month, I presented my In Our Own Voice presentation to a crowd of 65 folks of all ages at SUNY Oneonta. I spoke at the Otsego County Board of Representatives to bring local awareness to the struggles associated with mental health challenges. I was featured in two of my local newspapers for that brief talk.

The 2nd Annual Day of Recovery will take place on Saturday, October 15, 2016. This is a day to focus on recovery from mental health challenges and addictions. The activities I have planned will be non-clinical, wellness focused, and can be for anyone regardless of what their struggles are. By teaming up with a fellow NAMI Otsego Board member we were able to hold a basket raffle with items donated from small local business and raised $125.00 to help cover some of the cost for this event.

I believe increasing awareness about mental health challenges and fighting stigma can be done by reaching just one person at a time. That is my mission in life and with my involvement with NAMI I am able to do just that, so THANKS!
NAMI Heroes: NAMI’s Program Leaders  By Wendy Burch

I wanted to take a moment to celebrate the outstanding NAMI program teachers and presenters throughout New York. The amount of preparation, time and effort that these volunteers dedicate to helping others is inspirational, as I can attest from my recent 12 week attendance of Family-to-Family sponsored by NAMI Rensselaer County.

My F2F teachers Pam Slotsky and Bonnie Nasca took the class through a journey of information and discovery where they so generously shared their own stories and engaged the class members in discussions that, while often times very emotional, really brought the class members’ struggles to the forefront where everyone was given the opportunity to offer support and strategies for coping and caring for our loved ones. Our teachers encouraged the class to support one another, and they clearly detailed the material in a way in which all the members could relate. With a class like Family-to-Family, where so much of the material must be read, Bonnie and Pam were able to keep everyone engaged, many times injecting humor into portions of the class that threatened to become too dry, tense or technical. They expertly balanced the tone of the class, and their empathy came through with everything they did.

The final session particularly demonstrated what the twelve weeks really meant to the class members. There was much hugging and tears, and we were joined by the NAMI-Rensselaer affiliate president, Paul Klein, and the wonderful Sandra Dinoto, who stepped in to lead class whenever one of our regular teachers was unavailable. The class vowed to stay in touch and serve as a continued support to one another. Perhaps the most touching moment came when the class leaders distributed cloth bags containing a small stone to each class member, reminding them to remember that “you are someone’s rock.”

I know that Bonnie and Pam are not unique in their generosity and capability in leading a NAMI program. NAMI-NYS has so many teachers and presenters that change lives for the better every day. I salute you all and am so grateful that you are a part of the NAMI family.
NAMI Mid-Hudson’s mission to increase mental health literacy in Dutchess and Ulster Counties is reflected in our success to sustain our NAMI Signature programs particularly with Ending the Silence and Parents and Teachers As Allies. By empowering students and educators with mental health knowledge allows schools to take better action and prioritize mental health and wellness in their schools. Students who feel well, do well, and a more effective teacher, means more effective teaching, and more effective learners. Since August of 2014, NAMI Mid-Hudson has presented to an upward of 2,000 students and 1,000 plus educators. These two mental health literacy programs have changed attitudes and saved lives. Educators have expressed that Ending the Silence is one of the most unique programs they have ever experienced in their classrooms, with their students viewing mental illness “in a different, more open minded way” as one Health Educator stated. NAMI Mid-Hudson not only focuses on the topic of mental illness and recovery but also relationship violence, bullying, substance abuse, topics that have affected so many students in profound ways. One health educator stated that Ending the Silence didn’t just focus on mental illness but “emphasized the seriousness of bullying and the importance of speaking up, not being a bystander; having a voice for someone can save a life. The link between substance abuse and the possible development of mental disorders was vital as well. With the growing ambivalence toward recreational drug use among our youth, this (presentation) could not have been more powerful or occurred at a more opportune time in their lives. As a result of presenting at this high school, we partnered with this high school to launch their first Mental Health Fair this May. Ending the Silence is a program with immediate results. NAMI Mid-Hudson has experienced 5-6% of the participants reaching out to help their friends or themselves. Allison Barclay one of our Ending the Silence and Parents and Teachers presenter states, “Too often, people don’t know about mental health or are too afraid to mention it, and that silence makes it hard to get help early on. The teenagers we talk to leave the classroom more prepared to start that conversation. After we present, students reach out to their school clinicians, because they now recognize the warning signs in themselves or their friends.”

Ending the Silence not only benefits the participant but encourages our young adults to stay in recovery emphasizing that advocacy is a powerful positive coping skill. Parents of our young adults have expressed that their children have gained so much insight and confidence as a presenter, helping them stay in recovery and giving them a purpose in life. “The title Ending the Silence is personal to me. As a young adult speaker, my job is to tell a roomful of strangers something that, until a year ago, I could barely tell my own sister. I talk about recovery, something I’ve learned as much about by making these speeches as the students do by hearing them. For a long time before I started working with NAMI, I lived inside my own head. I didn’t get that I couldn’t recover in there, because recovery means having a place in the world, and helping kids like me feel less alone is part of that. The people I’ve worked with here taught me to see my past as something with value. I’m working in mental health now, and I definitely couldn’t do my job without that confidence.”

Parents and Teachers as Allies has also made a significant impact in our community as a presentation that “needs to be offered at every school district.” One high school principal stated that the PTAA presentation was “timely, present and exceptionally powerful, a significant return on investment.” The highlight of PTAA is always the final presentation of the young adult. As one high school principal expressed that “the young adult presenter brought the message home and provided a powerful example of the impact of mental illness can have on a young person as well as the tremendous increase in efficacy of identifying and treating the illness further increasing the chance of success for recovery. The young adult could have easily walked in our hallways two short years ago,” The benefits of these two mental health literacy programs continue well after the presentations. NAMI Mid-Hudson has strengthened our relationships with schools to provide NAMI Mid-Hudson as an ongoing resource for their population. We have received several referrals to take our classes and attend our support groups. Schools have participated in our NAMI Ribbon campaign and even holding a NAMI Basics class and support group at their school.

NAMI is also seen as a viable resource in schools. Schools have referred parents of students with mental health conditions to NAMI Mid-Hudson. That “three-minute” conversation with the parent has given them the oxygen to be able to work effectively with their schools and other mental health agencies to effectively help their child. There is great emphasis placed throughout our two presentations on linkage to local resources through the County and other mental health organizations such as the Dutchess County HELPINE and the Ulster County Suicide Prevention Speak App. This has fortified our relationships between important stakeholders in the community. NAMI Mid-Hudson has also presented ETS and PTAA at events sponsored by the County and other mental health organizations, establishing NAMI as a valuable and critical resource throughout our community.

NAMI Finger Lakes Family-to-Family Group

NAMI Finger Lakes held a NAMI Family-to-Family course from February 3rd to April 20th, 2016 at the Finger Lakes Independent Center in Ithaca, NY. This 12 week course was taught by Brigit Schaffner and Andrea Stafford. The course helps the caregivers not only learn a wide range of information about the illness, but it also helps to understand how the lived experience of these conditions affect their loved ones. During these 12 weeks, family members are also taught how to help during crisis and essential elements of selfcare.

To learn more about NAMI Family-to-Family, please contact your local affiliate or Shaniqua Jackson, State Programs Coordinator.
NATIONAL CONVENTION

New York was well-represented at this year’s NAMI National Convention, held in Denver between July 6th through the 10th, with many of our state’s NAMI members making the cross-country trip to participate.

The Convention began on a high-note when on Wednesday, July 6th, the U.S House of Representatives passed HR 2646, The Helping Families in Mental Health Crisis Act. NAMI-NYS has been advocating for this landmark piece of legislation for more than 3 years and we presented the bill’s sponsor Rep Tim Murphy (R-PA) with our 2014 Legislative Champion Award.

Throughout the convention NAMI recognized how NAMI-NYS and our members are making a difference by making our voices heard. Barbara Ricci, of NAMI NYC Metro, was elected to serve NAMI as a member of the Board of Directors. Several representatives of NAMI in New York State were asked to present at the convention, including NAMI-NYS staff member Matthew Shapiro on Paid Family Leave and Pat Sine and Judy Watt of NAMI Rochester on the affiliate’s evolution. NAMI-NYS is particularly proud of NAMI Rochester as this year’s recipient of the Outstanding NAMI Affiliate Award. This award, presented during the annual business meeting, was “given in recognition of exceptional efforts at the local level in carrying out the NAMI mission as defined by the NAMI Standards of Excellence.” NAMI Rochester Executive Director Pat Sine and Board President Bill Perun were on hand to accept the award.

New York was also honored that the state’s attorney general, Eric Schneiderman, was selected to receive NAMI’s Distinguished Service Award for his work in ensuring that health insurers adhere to parity laws, so that mental health conditions are treated no differently from other physical ailments.

The convention was packed full of information on research, advocacy, and developments in the field of mental health, and the NAMI staff and Board outlined some changes at the national level. One of the most significant is the upcoming changes to membership set to take place next year. In addition to a slight increase in membership dues (Regular: $40, Open Door: $5), NAMI is adding a Household Membership level at $60.

Next year’s convention will be a little closer to home. It is scheduled to take place in Washington D.C. from June 28th to July 2nd.
NAMI-NYS Continues Our Work as an NIMH Outreach Partner

In 2015, NAMI-NYS was selected to continue to serve as one of the two New York State representatives for the National Institute of Mental Health’s (NIMH) Outreach Partner Program. This year, we were appointed to serve on the program’s steering committee, providing us with a larger role in shaping the program and introducing best strategies to engage the public in NIMH activities.

The Outreach Partnership Program is a nationwide initiative of NIMH’s Office of Constituency Relations and Public Liaison (OCRPL). The Program works to increase the public’s access to science-based mental health information through partnerships with national and state organizations. The Program encourages efforts to reach diverse racial and ethnic groups. The Program also strives to enhance opportunities for the public to benefit from participation in research.

NAMI-NYS has a page of our website dedicated to NIMH and our weekly E-Newsletter contains a section on NIMH News. Our Education Conference also features presenters and exhibits from NIMH.

The 2016 NIMH Outreach Partner Program (OPP) Meeting took place July 18-21 at the Porter Neuroscience Research Center on the National Institutes of Health campus in Bethesda, Maryland. The annual OPP brings together the partners from all 50 states to hear from leading researchers from throughout the country as well as those from the NIH/NIMH campus.

As part of the meeting’s partner sharing session, NAMI-NYS presented on our Mental Health Now program and how we use it as both a communication and advocacy tool. Members of the NIMH research team will be featured on the program’s November episode.

Re-Affiliation Continues Forward

I would like to let the affiliate’s know that NAMI (National) has set a deadline and if an affiliate doesn’t decide its direction and start the process, it is at risk of losing its status as a NAMI affiliate. As NAMI-NYS continues to move forward with the re-affiliation process, affiliates must finish the Survey and choose to become either a Model A or a Model B.

To date we have 22 Model A’s, 14 Model B’s and 7 affiliate’s that are undecided in which direction that they would like to go.

For affiliates thinking about becoming a Model B, we are still in the process of creating a working agreement for affiliates to follow in order to satisfy this option. In the event that an affiliate does choose to work as a support/division, it is important to note that both the affiliate and NAMI-NYS agree to abide by the working agreement that will be created. These agreements will be created by a committee consisting of representatives from NAMI affiliates in New York and will be approved by the NAMI-NYS Board of Directors. It is also important to be aware that as a Model B affiliate, NAMI-NYS acts as the governing body. This means that NAMI-NYS will possess the necessary documents such as insurance, non-profit status, etc. This also means that the Model B affiliate will no longer have its own bank account, Board of Directors, or Bylaws, as it will no longer be a formally recognized affiliate; the affiliate will be a support/division of the larger entity. Model B groups will still be able to hold meetings, NAMI Signature programs, and Support groups, but they will need to work with NAMI-NYS as the working agreement states.

To date I have trained seventeen Model A affiliates in the NAMI Profile Center. The NAMI Profile Center is the location for all re-affiliation documents to be stored. The NAMI-NYS Board has decided that Model A affiliates also need to enter and maintain their own memberships. This means that the Model A’s will no longer submit their memberships to NAMI-NYS to process. They must take the training for NAMI 360 to enter their memberships before October 3rd, 2016. To date 12 affiliates have been trained.

I have collected a lot of resources to help the affiliates with their transition, including but not limited to: bylaws, affiliate name changes, insurance, incorporation, charities filing and 501c3. If your affiliate has any questions please contact me so that I can help them forward.

I would like all affiliates to know that although we are moving forward, NAMI-NYS remains concerned about the future of all of our affiliates and will continue to work with everyone to ensure we are able to allow everyone to be successful and continue supporting the NAMI mission. Please contact me either by phone, (518) 462-2000 x 104 or by email, tammie@naminys.org with any questions you may have regarding re-affiliation.
OCTOBER 3RD
at
5:00 PM
MEMBERSHIP DUES must be received by NAMI-NYS or entered in NAMI 360 by the affiliate (with e-batch closed) in order to vote in the November election for NAMI-NYS Board of Directors.

Call Tammie if you have any questions at (518) 462-2000.

NAMI-NYS Information and Referral Helpline

NAMI-NYS recently renamed our helpline the NAMI-NYS Information and Referral Helpline to better reflect the purpose of this valuable resource. The NAMI-NYS Information and Referral Helpline provides information, referrals and support to people living with a mental health condition, family members, caregivers, and mental health providers. We have been working hard to better serve our callers and online inquiries; we receive an average of 80 calls monthly, and we now have a listing of all support groups that are held by our affiliates throughout the state, listings of local and state wide agencies to accommodate your needs, and have added resources to our website for your convenience. The NAMI-NYS Information and Referral Helpline can answer your questions and find resources regarding mental health issues such as support groups and services, education programs, vocational resources, housing/facilities, legal issues/AOT/ACT/Mental Health Courts, Insurance/Medicare/Medicaid/SSI/SSDI, and knowing the Symptoms of mental illness, different treatment options along with how to help family members get treatment for their loved ones.

Our team of trained staff, interns and volunteers are available to take your calls, emails and letters Monday- Friday 9:00am -5:00pm. We are unable to provide counseling or therapy, we are here to listen, and it is always comforting to know you don’t have to go through any situation alone. In case of an emergency call 911 and/or your local Mobile Crisis Unit.

The Helpline also offers our Lending Library and Educational Brochures with a vast variety of information for your education and enjoyment. Both are available on our website at www.naminys.org or by contacting Christine at 518-462-2000/email christine@naminys.org.

Christine Rickeman
NAMI-NYS Information and Referral Helpline Coordinator
1-800-950-3228/christine@naminys.org

Mental Health Now

NAMI-NYS has established an informational television program entitled Mental Health Now, which is produced by Colonie TV and filmed at the Colonie Town Library. The monthly program features topics that provide general information about mental illness and mental health to the public and is hosted by NAMI-NYS’s own Matthew Shapiro. The show is geared to serve as an educational tool about different aspects of mental health. The inaugural guest was Bill Dickson, the executive director of the Capital District Psychiatric Center, and the following month we hosted Dr. Ann Marie Sullivan, Commissioner of the NYS Office of Mental Health. The program has also featured a wide range of topics, including mental health in schools, Assisted Outpatient Treatment, reaching young adults, how to have effective outreach, and information about the NAMIWalks program.

The program is tailored to appeal to both mental health advocates, including NAMI members, as well as the general public with no previous knowledge or connection with mental illness. In this way, we work to educate about mental illness and the services and resources available, as well as dispel the harmful myths that contribute to the unfair stigma associated with mental illness.

The show airs locally in Colonie, New York. For those who do not live in the Capital District, NAMI-NYS includes each episode with the weekly e-news and archives them on the NAMI-NYS website. If you have a request or suggestion for an upcoming episode, we encourage you to contact the NAMI-NYS office with your ideas.

JOIN THE TEAM!!!

Start a team or join an existing team.

Become a virtual walker if you can’t make it to the Capital Region on September 24th.

Donate to the NAMI-NYS NAMI Walks-Your support is crucial to NAMI-NYS’s ability to continue meeting the demand for NAMI programming from communities throughout New York State.

Visit our NAMI-NYS NAMIWalks Page for more information. www.naminys.org
**FUNDRAISING**

**We are Most Grateful to Those Who Made Financial Donations to NAMI – NYS During the First and Second Quarters of 2016**

<table>
<thead>
<tr>
<th>Amount</th>
<th>Donors</th>
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<tr>
<td>$2,500</td>
<td>AstraZeneca Pharmaceuticals LP</td>
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<td>$300-$400</td>
<td>Beth LaTorre, Fredrick Maxfield, and Robert Rubenstein</td>
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<td>$200-$250</td>
<td>Janet Hoffman-Tretin, Edward Jones, Megan Jones, Herbert Pardes, Members of Public Employees Federation, and Maria Walski</td>
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<td>$100-188</td>
<td>Cheryl Bulbach, Richard Charles, Community Works of NYS, George Drakos, Give With Liberty, Joann Jacobson, Lynne Mahoney, Mary Morgan, Michael Santana, John Shepherd, Patricia &amp; Robert Sine, Harvey Shultz, Mary Swiechocki, Temple Israel of Northern Westchester 7th grade Center for Jewish Learning, and Carol Tutino</td>
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**A Brighter Day Event**

NAMI-NYS kicked-off Mental Health Awareness Month with our annual A Brighter Day event at Glennpeter Jewelers Diamond Centre in Albany on April 29th.

As usual, the event was a big success. NAMI-NYS is grateful to Bob and Evelyn Keplinger for once again sponsoring the event, Glennpeter Jewelers Diamond Centre for hosting, all the businesses that donated to the raffle and everyone who attended the event.

Attendees were inspired to hear from Elizabeth Tiglao-Glass, the founder of Link of Hearts, who told her remarkable story of recovery from depression and anxiety and how she overcame the stigma her family and their culture had about mental illness. Her journey led her to start her business, Link of Hearts, which designs jewelry with inspiring messages. For every piece sold Elizabeth donates one of the same pieces to someone living with a mental illness. A new element to this year’s event was music provided by the Grassroots Rebels.

A Brighter Day is a great annual event for raising awareness about the unfair stigma associated with mental illness, and brings in much needed funds to support NAMI-NYS initiatives like NAMI Signature Programs, the Educational Conference and outreach and advocacy efforts.
#keepintouch

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