



NAMI Messenger May 2013

NAMI Lansing Summer Picnic - Join the Fun!

Date: Tuesday, June 11, 2013, 4:30 - 7:30pm

Where: NEW LOCATION!!! - [Sharp Park](#)

1401 Elmwood Road, Lansing MI. This is 1/2 mile north of Saginaw Highway, just north of the Lansing Mall.

Please bring a dish to pass. We will grill hotdogs and chicken.

Utensils and plates will be supplied

Come at 4:30 p.m. to enjoy the beautiful park. Dinner will start at 5:30 p.m. There will be a brief business meeting to elect NAMI Lansing officers for 2013-2014. The slate of officers is presented below.

To coordinate rides: Call 517-484-3404

NAMI Lansing Summer Series June 20 with Dr. Dale D'Mello

Dale D'Mello, M.D., Associate Professor of Psychiatry at the MSU College of Human Medicine, and some of his residents will make a presentation on Psychiatric Disorders and respond to your questions. This event is Thursday, June 20 at 7:00 p.m. at the McLaren Education Center (the S.E. corner of S. Washington and Greenlawn, Lansing).

Watch for additional summer series events.

Officer Election at Picnic

[Visit Our Website](#)

In This Issue

[Picnic June 11](#)

[Dr. D'Mello](#)

[Election of Officers](#)

[Group for Spouses](#)

[NAMI Michigan Conference](#)

[Biology vs. DSM-5: NIMH Takes a Stand](#)

[Feedback Project](#)

[NAMI Walks](#)

[Medicaid Expansion](#)

[Legislator Info](#)

[Mental Health First Aid](#)

[Watch the Blog!](#)

Membership

With State and national attention on mental health issues, this is the perfect time to join NAMI Lansing. Your new or renewed membership supports NAMI Lansing, NAMI Michigan, and the national

According to our [bylaws](#), NAMI Lansing elects its officers by a vote of the membership at the Annual Membership Meeting. This brief meeting will be held June 11, 2013 at the picnic at Sharp Park. The Nominating Committee has recommended a slate of officers. Nominations also can be made from the floor. The slate of officers recommended by the Nominating Committee is:

President:	Margaret Keeler
1st Vice-President:	Teresa Ritsema
2nd Vice-President:	Elizabeth Pratt
Treasurer:	Sharon Wright
Recording Secretary:	David McFarlane
Corresponding Secretary:	Doug Patino

New Support Group for Spouses of Persons Living with Mental Illness

NAMI Lansing is offering a new monthly support group for spouses of persons living with mental illness. The group will meet the first Monday of each month starting June 3, 2013 at 7:00 p.m. at Sparrow Behavioral Health, Sparrow - St. Lawrence Campus, 1210 W. Saginaw, Lansing. The meeting will be held on the first floor in the partial hospitalization room.

As with other NAMI support groups, the spouse support group aims to provide mutual support, share techniques of coping, provide information on community resources, and brainstorm solutions on problems of everyday living. It is conducted by volunteers.

Our other support groups continue to meet weekly:

NAMI Connection

For persons with a mental illness.
Meets every Thursday evening at 7:00 p.m. at Northwest Initiative, in the Michigan Optometric Association building 530 W Ionia St., Lansing.

NAMI Family Support Group

For any family member of a person with mental illness.
Meets every Tuesday from 7:00 to 8:30 p.m. at Sparrow Behavioral Health, Sparrow - St. Lawrence Campus, 1210 W. Saginaw, Lansing in the partial hospitalization room.

organization. It includes subscriptions to *NAMI Advocate* and *NAMIMessenger*, and access to online communities at nami.org. An individual membership is \$35. An open door membership is \$3. [Join or renew now!](#)

Quick Links

[Calendar](#)
[Blog](#)
[Support Groups](#)
[Programs](#)
[About Us](#)

[Join Our Mailing List!](#)

"In Our Own Voice" Presenter Training May 18 and 19

NAMI Michigan is offering training to persons with mental illness who are interested in presenting the NAMI Signature Program, In Our Own Voice, a structured presentation on living with mental illness and recovery. This training is May 18 and 19 in Livonia. Applications are due by May 12. A screening process is involved to be sure that participants are NAMI members, comfortable with public speaking, in recovery, and working a treatment plan. All of the [details and the application](#) are posted on the blog. This is a valuable education program that fights stigma in our community. Please consider participating.

Report from the NAMI Michigan Conference

There were many exciting events at the NAMI Michigan conference in April -

- Patrick Kennedy's keynote speech - "The brain is part of the body!" Fighting stigma, enforcing the new Federal law requiring parity in health coverage.
- Sam Cochran on Crisis Intervention Teams (CIT) and the importance of developing a local commitment to doing things differently to avoid arrest and incarceration of persons with mental illness. CIT is more than training. It's a coherent approach from law enforcement and the mental health system so they can work together.
- Moe Armstrong on peer support. "Each one, reach one, teach one." Effective and cost effective.
- Mark Creekmore on developing NAMI affiliates.
- Lois DaMott founder of Citizens for Prison Reform.
- Physicians, media, exhibitors, mental health courts, medicaid expansion, insurance exchanges, primary care, work, technology for clinicians, and more.

This is a great annual event so plan on attending Michigan conference next year and consider attending the [national conference in San Antonio](#) June 27 to 20, 2013.

National Institute of Mental Health Searching for New Diagnostic Criteria That Recognize the Biology of Mental Illness -

Objections Raised to DSM-5

The National Institutes of Mental Health (NIMH) is searching for diagnostic criteria for mental illness that will involve biology as well as symptoms. Psychology Today quotes Thomas Insel, Director of the NIMH about his support for an effort "to transform diagnosis by incorporating genetics, imaging, cognitive science, and other levels of information to lay the foundation for a new classification system. Through a series of workshops over the past 18 months," he continues, "we have tried to define several major categories for a new nosology. This approach began with several assumptions:

- A diagnostic approach based on the biology as well as the symptoms must not be constrained by the current DSM categories;
- Mental disorders are biological disorders involving brain circuits that implicate specific domains of cognition, emotion, or behavior;
- Each level of analysis needs to be understood across a dimension of function;
- Mapping the cognitive, circuit, and genetic aspects of mental disorders will yield new and better targets for treatment."

The NIMH has announced that it will no longer fund projects based solely on DSM-5 criteria. The DSM-5 is the newly revised diagnostic manual for mental illness with diagnosis based on symptoms, however, objections have been raised about the basis for its classifications. Read [The NIMH Withdraws Support for DSM-5](#) in Psychology Today, May 4, 2013 and [Psychiatry's Guide is Out of Touch with Science, Experts Say](#) in the New York Times, May 6, 2013.

Report from Feedback Project

Thank you to those of you who participated in the informal Feedback Project by posting on our [blog](#). Here are some of the gaps in services for people with brain disorders that were identified:

- We need better direction for people in crisis, where to go, the impact of insurance or no insurance on where to go in a crisis.
- Problems with long waits to get a psychiatric appointment. Delay can result in more

hospitalizations.

- Not enough adult and child psychiatrists.
- Constraints with insurance in-network/out-of-network providers.
- Attention NAMI Lansing - Long wait to get into a Family- to-Family class.
- Families and consumers need notice prior to the expiration of a release of information, otherwise access to information can expire.
- Problems with evaluations. Questions such as "Do you think you're depressed?" call on patients to diagnose themselves.
- Physicians need to check on mental health status of patients regularly, especially those with risk factors or a history of mental illness.
- Recommendation for mental health first aid.
- Gaps for people with court-ordered treatment- they may not qualify for CMH, but be too difficult for private providers.

[Read the comments and add some of your own.](#)

Comments are still open.

NAMI Walks - Save the Date!

NAMI Walks, our 5K walk, social event, resource fair, and fundraiser, will be held Saturday, September 21 at Providence Park Hospital in Novi. Check-in at 10:00 a.m., walk at noon. More details to follow!

There Is Still Time to Make Your Voice Heard on Medicaid Expansion in Michigan

Final decisions on the State budget for next years are imminent. Contact your legislators and legislative leaders and let them know your position on this issue. Medicaid expansion is supported by Community Mental Health, the [Detroit Regional Chamber of Commerce](#), the [Michigan Business and Professional Association](#) and the [Michigan Food and Beverage Association](#), [Michigan Primary Care Association](#), and the [Small Business Association of Michigan](#), among others.

Contact Info for Legislative Leaders

Senator Randy Richardville, Senate Majority

Leader, (517) 373-3543 or
senrichardville@senate.michigan.gov

Senator Roger Kahn, Senate Appropriations Committee
Chairman, (517) 373-1760 or
senrkahn@senate.michigan.gov

Senator John Moolenaar, Chairman of Senate
Appropriations Community Health Subcommittee, 517-
373-7946 or senjmoolenaar@senate.michigan.gov

Representative Jase Bolger, Speaker of the
House, 517-373-1787 or JaseBolger@house.mi.gov

Representative Joe Haveman, House Appropriations
Committee Chairman, (517) 373-0830 or
JosephHavemen@house.mi.gov

Representative Matt Lori, Chairman of House
Appropriations Community Health Subcommittee, (517)
373-0832 or MattLori@house.mi.gov

Use this [list of local legislators](#) for names, phone
numbers, and email contact information for local area
legislators. Don't know your legislator? Enter your
home address at these links to find your
Michigan [Senator](#) and [Representative](#).

Address U.S. mail to your Senator to PO Box 30036,
Lansing MI 48909-7536. U.S. mail for all members of
the Michigan House of Representatives can be sent to
PO Box 30014, Lansing, MI 48909-7514.

Links to sample letters are available [here](#) or just simply
state your position.

Mental Health First Aid Classes

Next class is June 25-26. Register by June 17 by calling
346-8238 or emailing hazel@ceicmh.org. The course
teaches specific steps in recognizing and responding to
a person with a mental health need. This knowledge
reduces fear and stigma surrounding mental illness. The
course is useful for first responders, family members, law
enforcement, health professionals, policy makers, and the

general public. The class meets from 9:00 a.m. to 4:00 p.m. each day at Clinton Eaton Ingham Community Mental Health, 812 E. Jolly Rd., Lansing MI. There is a \$20 fee for the course; scholarships are available.

Watch the Blog!

For updated events and news between newsletters, visit namilansing.org and check the recent [blog posts](#), the [news](#) page, and [calendar](#). There are upcoming courses, support groups, conferences, and special events. Comments are OPEN. Help us keep the conversation going.

NAMI Lansing
PO Box 26101
Lansing MI 48909

517-484-3404
info@namilansing.org

[Forward this email](#)



This email was sent to kconsnet@gmail.com by info@namilansing.org | [Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

NAMI Lansing | P.O. Box 26101 | Lansing | MI | 48909