



## 10th Annual Walk of the Minds Saturday, September 21, 2013

Join Lansing Team Capitals at NAMI Walks to raise funds for NAMI and reduce the stigma associated with mental illness. The 5K walk will be held Saturday, Sept. 21 at Providence Park Hospital in Novi. Check-in starts at 10 a.m. followed by a resource fair, music, and the walk which begins a noon.

Lansing Team Capitals will meet at Community Mental Health, 812 E Jolly Rd, Lansing, to form carpools to Novi. Call 517-484-3404 to sign up for the NAMI-Lansing team or transportation to the walk.

Use this [link](#) to register, walk, [donate](#) or form a team.

NAMI Walks is the nation's most successful funding-raising event for mental illness. This year please support our team with your presence and your donation. Last year our team raised over \$6,000, but we need your continued support.

The revenue from NAMI Walk supports our state organization and NAMI Lansing programs. Please give generously.

### **Jam-Packed Issue**

[Sept. 21. NAMI Walks](#)

[Sept. 9. Family-to-Family starts in Marshall](#)

[Sept. 12. Family-to-Family starts in Lansing](#)

[Sept. 11. View and Discuss "A Sister's Call"](#)

[Sept. 18. Substance Abuse: Treatment and Coping](#)

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### **Membership**

NAMI Lansing is a vigorous group that needs your



## Family-to-Family Class in Marshall Starts on Monday, September 9

**Space is still available**

Family-to-Family is a free education and support program for military families and others who have relatives with mental illness. It is a 12-week course for families and friends of individuals with mental illness. The course is taught by trained family members who have lived this experience. All course materials are furnished at no cost to you. Many family members describe the impact of this program as *life changing*. Join the thousands of families just like yours who have gained information, insight, understanding, and empowerment. [View the flyer](#) about the class and the curriculum.

### **When:**

The class meets from September 9 to November 25, 2013 from 6:30 to 9:30 p.m.

### **Where:**

Wright Medical Building connected to Oaklawn Hospital  
215 E Mansion  
Marshall, MI 49068

### **Information and Free Registration:**

Contact NAMI Lansing at 517-484-3404 or  
ghaff99432@aol.com

## Family-to-Family Class in Lansing Starts on Thursday, Sept 12th

support to continue our mission of Education, Support, and Advocacy for people with brain disorders resulting in mental illness and their families. Your new or renewed membership supports NAMI Lansing, NAMI Michigan, and NAMI National. It includes subscriptions to NAMI *Advocate* and NAMI *Messenger*, and access to online communities at [nami.org](http://nami.org). An individual membership is \$35. Open door membership is \$3.

[Join or renew now!](#)

## Quick Links

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**Space is still available  
Reserve a spot by contacting us at:  
517-484-3404 or  
info@namilansing.org**

Family-to-Family is a NAMI signature program to provide education and support to family members and others who support people living with a mental illness. The class is taught by NAMI family members who are trained to teach this nationally recognized, evidence-based curriculum. The class will meet weekly from September 12 to November 21 from 6:30 - 9:00 pm each Thursday evening at the McLaren Educational Center located on the Greenlawn Campus on the corner of Greenlawn and S. Washington in Lansing.

The class provides essential information on a variety of topics such as depression, bipolar disorder, schizophrenia, borderline personality disorder, obsessive compulsive disorder, anxiety disorders, post traumatic stress disorder and the co-morbidity of substances and mental illness; brain biology and causes of brain disorders; medications and treatment; communication; empathy, rehabilitation and recovery, self care and more.

### **"A Sister's Call": A Documentary on Mental Illness and Family**

The film "A Sister's Call", the story of Rebecca Schaper and her journey to care for her brother with schizophrenia who was missing for many years, is presented by the Community Mental Health Authority of Clinton-Eaton-Ingham on Wednesday, September 11, 2013, 5:30 p.m. at Hannah Community Center, 819 Abbot Rd, East Lansing. A panel discussion will follow the film with panelists Schaper, the sister of the title and director of the film, Jen Stanley, MD, and NAMI Lansing President Margaret Keeler, NP.

#### **Event Location and Timeline**

Wednesday, September 11

5:30 p.m. - Registration and pizza

6:00 p.m. - View the film "A Sister's Call"

7:15 p.m. - Panelists' Remarks

8:00 p.m. - Open Discussion

Hannah Community Center, 819 Abbot Rd, East Lansing

This event is presented free by CMH in celebration of the 50th anniversary of the signing of the Community Mental Health Act by President John F. Kennedy. Registration is required. [View the flyer with details](#) or contact: Jim Geisen at [geisen@ceicmh.org](mailto:geisen@ceicmh.org), 517-346-9512 or Judy Hazle at [hazle@ceicmh.org](mailto:hazle@ceicmh.org) or 517-346-8238.

**NAMI Lansing Summer Series**  
**"Substance Abuse: Treatment and Coping Mechanisms"**  
September 18th with Rebecca Brown, DO and Zachary Gleason, DO staff, Michigan State University, Department of Psychiatry

Dr. Brown and Dr. Gleason will discuss different treatment options and ways that persons with substance abuse of any kind can overcome the addiction. They will also discuss ways family members can participate in the healing process.

The lecture is September 18th at 7:00 p.m in the Fitzpatrick Room, Sparrow - St. Lawrence Campus 1210 W. Saginaw Lansing. The Fitzpatrick Room is located near the Clark Conference Center. One can enter from the overhead walkway on Level 2 of the Parking Ramp.

There will be time for questions and answers. Light refreshments will be served.

**"America's Mental Health Madness"**  
**A Mental Illness Awareness Week Event**

Pete Earley: Author of *Crazy: A Father's Search Through America's Mental Health Madness*

October 9th, 2013 at 7:00 pm  
Hannah Community Center  
819 Abbot Rd, East Lansing, MI 48823

[Pete Earley](#), author and former reporter for the Washington Post, will speak at the invitation of NAMI Lansing on the experience of persons with mental illness, which in the absence of treatment all too often involves incarceration.

Mr. Earley has written extensively on mental illness issues, including his son's experience with the correctional system. Read the first chapter of his book [here](#). This event is free.

Refreshments will be served after the presentation and Mr. Earley will be available to sign his book. See more information in the [news release](#).



Mr. Earley's presentation will be linked with the content in *Annie's Ghosts* by Steve Luxenberg as part of the Great Michigan Read project by the Michigan Humanities Council.

This program is made possible in part by a grant from the Michigan Humanities Council, an affiliate of the National Endowment for the Humanities, the MSU Federal Credit Union, Capital Area United Way, Capital Region Community Foundation, MSU College of Human Medicine, MSU School of Social Work, the MSU School of Nursing, and the Community Mental Health Authority of Clinton-Eaton-Ingham, and Michigan Michigan Spartans MSU Alumni Club. As we partner with more sponsors, we will add their names to recognize their support of this important event.





## NAMI Washtenaw Event with Pete Earley Mental Health Matters: Dialogues for Action

Pete Earley will lead a panel discussion with community leaders in mental health and law enforcement Thursday, October 10 at 7:00 p.m. at the University of Michigan Depression Center Auditorium in Ann Arbor. For more details visit NAMI Washtenaw's [events page](#).

## Great Michigan Read: *Annie's Ghosts*

*Annie's Ghosts*, a book by Detroit native Steve Luxenberg about tracking down family secrets related to mental illness, has been selected by the Michigan Humanities Council as the Great Michigan Read 2013-2014. NAMI Lansing is a Great Michigan Read partner. We have received a grant of 30 copies of *Annie's Ghosts* to circulate among our members. Books will be available at Family Support Group and Family to Family class. Join this statewide discussion. The author will be in Lansing on Tuesday, September 24 for a live chat on MLive.com at 1:00 p.m. and a presentation and discussion at 7:00 p.m. at the Michigan Historical Center, 717 W Allegan St., Lansing. Join the statewide discussion.



## [Great Michigan Read Events](#)

## NAMI Lansing is a proud affiliate of the Capital Area United Way!

United Way unites community assets, including workplace campaigns, volunteerism, individual donor support, and a broad cross-section of community partnerships. Listening to community voices, we bring these assets to bear on the areas of most concern right



here at home: student achievement, family financial security, and access to basic needs.

Giving to the United Way is the most effective way for you to be part of this work. When you support United Way, you lend your hand in building a strong and thriving community. Our commitment to you is to show improvement over time in these critical areas.

**Purpose:** The purpose of the Capital Area United Way, as described in its bylaws, is to provide local employers, employees and other donors a cost-effective system to address community health and human service needs through charitable gifts of time, money and goods.

**Mission:** Uniting people and resources to solve defined problems and improve the quality of life for individuals and families in our communities.

**Vision:** Be a catalyst for change that mobilizes a caring community to improve people's lives.

**Community Focus:** Student Achievement, Basic Needs, Secure Families.

**Affiliated Agencies:** Capital Area United Way has partnered with 70 agencies in the tri-county area.

Please give generously to the Capital Area United Way!



## Medicaid Expansion: Last Step is the Governor's Signature

The Michigan Legislature approved House Bill 4714 to expand Medicaid in Michigan. The Governor has indicated that he will sign the bill. This will provide Medicaid coverage to over 400,000 low income persons in Michigan. The Michigan Senate did not give the bill immediate effect so, assuming that it is signed by the Governor, the bill will not become law until 90 days after the Legislature adjourns for the year. Depending on when the Legislature adjourns for the current session, this could delay implementation of Medicaid expansion from January 1, 2014 when the Federal expansion becomes available to as late as April 1, 2014. The

Director of the Department of Community Health Jim Haveman estimates that the State loses \$7.0 million each day from January 1 until the bill becomes effective. Read more about it in the [Detroit News](#).

## Volunteers Needed: Panelists and Support Group Co-Leaders

Volunteers are needed to serve on a panel of consumers and family members to present to medical students at Michigan State University. This event needs 4-6 people willing to introduce themselves, briefly tell their stories, and participate in a discussion. This event will be Tuesday, November 25 at 11:00 p.m. on the MSU campus. Call 484-3404 or contact us at 484-3404 to volunteer.

Let us know if you are interested in training to be a family support group co-leader or a Family-to-Family teacher. Please call 484-3404 or contact us at [info@namilansing.org](mailto:info@namilansing.org). Your participation will help us continue our programs to support persons with mental illness and their loved ones.

## NAMI Lansing Support Groups

These support groups are conducted by volunteers. The groups aim to provide mutual support, share techniques of coping, provide information on community resources, and brainstorm solutions on problems of everyday living.

### **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.

### **NAMI Family Support Group for Spouses**

For spouses of persons with mental illness. Meets monthly, the first Monday of the month 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.

NAMI Lansing  
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