



West Central Indiana

# Community Efforts

*Improving the lives of persons with mental illness and their families.*

## President's Corner

*A word from NAMI-WCI's Board of Director's  
President, Ken Ritchey*

I would like to talk with you about two issues – the upcoming Toast to Mental Health and future planning for NAMI West Central Indiana.

The Toast to Mental Health has become an annual event, it is sponsored by Daybreak Rotary, and has become the biggest fundraiser of the year for NAMI-WCI. It will be held at the Best Western on SR 26 E on Thursday evening, May 5<sup>th</sup> beginning at 6 pm. This is the 4<sup>th</sup> year for the Toast, which features a live and silent auction, as well as wine and cheese from Main St. Wine & Cheese, and, of course, a great time meeting your friends and neighbors.

There are enhancements for this year's Toast, including a professional auctioneer, all to assure that you will have an enjoyable and fun evening. So, mark your calendar and be sure to attend this year's Toast to Mental Health. Funds from this event will enable us to continue and expand our advocacy role.

We are beginning a process of planning for the next several years. To what extent should we expand our current signature programs? What new programs should we initiate? How can we improve our advocacy on behalf of consumers and their families? What funding will we need to provide the programs we identify? How can we better engage you and other members of NAMI-WCI? How can we better reach the general public in Lafayette and surrounding communities with our message? We plan to complete our planning by the end of this year and present our plans to the membership at our Annual Membership meeting this coming January.

Finally, thank you so much for your support, which is big reason we are able to many of things we do!

*Ken Ritchey*

**NAMI-West Central Indiana**  
1508 Tippecanoe Street, Room 4-901, Lafayette, IN 47904  
765.423.6939 or 765.429.0467  
[www.nami-wci.org](http://www.nami-wci.org)

# From Our New Director

Like so many of you, I contacted NAMI-WCI when a member of our family was diagnosed with a mental illness. We were confused and in need of information. NAMI-WCI provided us with a road map.

That was 11 years ago. Bob and I took the Journey of Hope, now the FAMILY-TO- FAMILY education course. We found support, information about the disease, and education about medications as well as communication skills to better work with our loved one.

Since then I have volunteered at NAMI as a Family-to-Family teacher and workshop facilitator. For the last 3 years I have been the Volunteer Program Coordinator at NAMI-WCI. In January of 2009, I was elected to the NAMI-WCI Board of Directors and held the position as President

I am honored to be the new Executive Director. Kim Loy and I have worked closely together to make this a smooth transition. Thank you to the Board of Director's for entrusting this position to me. I will continue to support, educate and advocate for our families and their loved ones with mental illness, as well as provide these services to our community and surrounding counties.

*Pattie Wollenburg*

PH: (765) 423-6939

E-mail: pwollenburg@nami-wci.org

## Meet Our Staff

### ***Pam Kiser, Peer-to-Peer Coordinator***

Pam oversees the Connections support group and Peer-to-Peer classes. She is the mother of 4 adult children and has 13 grandchildren. She loves to read, sit in nature, and watch a little T.V. She loves dogs and cats, as well. Pam's greatest passion is learning and serving her community.

PH: (765) 429-0467 E-mail: spellbaby50@yahoo.com

### ***Becky Mink, Office Manager***

Becky started at NAMI-WCI towards the end of November. She is an Indiana University graduate with a degree in Tourism Management. She is eager to help NAMI-WCI meet their goals and help with membership and events.

New to the Lafayette area, Becky is enjoying becoming familiar with the community. She enjoys reading, being outdoors, and traveling with her newlywed husband, Kurt.

PH: (765) 423-6939 E-mail: bmink@nami-wci.org

# **Family-to-Family Workshop**

**Families helping families...  
offering hope and hope!**

Family-to-Family provides valuable information, it shows family members how to take care of themselves and set realistic expectations. Family-to-Family Workshop offers HOPE!

This workshop is great if you...

- Love someone who has been diagnosed with a serious mental illness
- Need information on services, financial assistance, and recovery
- Want to learn about the medical aspects of mental illness
- Need coping skills

**Meets the 1<sup>st</sup> Tuesday of the month at the  
NAMI-WCI office from 7:00 – 8:30 pm  
FREE of charge**

## **NAMI Connection Support Group**

**Talk to someone who understands...  
someone just like you.**

NAMI Connection is a recovery support group program for people living with mental illness that is expanding in communities throughout the country. These groups provide a place that offers respect, understanding, encouragement, and hope.

These support groups offer a casual and relaxed approach to sharing the challenges and successes of coping with mental illness. Each group:

- Meets weekly for 90 minutes
- Is offered free of charge
- Follows a flexible structure without an educational format
- Does not recommend or endorse any medications or other medical therapies

There is no need to register – just come when you feel like you need someone to talk to.

# NAMI's Special Report: Mental Health Cuts

By: Michael J. Fitzpatrick  
*NAMI Blog, March 17, 2011*

We live in dangerous times.

That's the message NAMI has delivered this month in a special report, *State Mental Health Cuts: a National Crisis*, which has received widespread media attention.

The report provides the first comprehensive look at how deep states have been cutting mental health budgets, based on tedious examination of public documents. For tens of thousands of people, the safety net for people living with mental illness is being shredded.

Two thirds of states have made cuts in mental health care in the last three years, even as need has increased because of the nation's economic distress and troops returning home from war. Nineteen states managed to increase mental health during the same period, but for 12 of them, increases totaled only four percent or less.

In all states, the budget squeeze is getting worse in part because of the expiration of enhanced federal Medicaid support in June 2011. Oregon, for example, increased mental health spending by \$57.4 million from 2009 to 2011—23 percent. But it will lose \$156 million because of the expiration. The report provides much data that helps to explain the crisis, how we got here and where we are headed.

Budget cuts aren't just about data.

In real, human terms, lives are at risk.

Mental health cuts mean that clinics, crisis centers and hospitals close. Admissions are frozen. Emergency room visits increase. Where services remain, staff is cut, wait times for appointments are stretched and when people finally are seen, it's for shorter amounts of time.

People don't get the right help in the right place at the right time. Communities suffer and families break under the strain. Some people end up living on the street or dead.

Two months ago, the news media focused intensely on the nation's mental health care system in the wake of the Arizona tragedy in which a young man with symptoms of mental illness killed six persons and wounded U.S. Representative Gabrielle Giffords and 12 others.

As was the case with the Virginia Tech tragedy in 2007, national attention is too often fleeting, soon moving on to another topic. Less visible tragedies take place everyday in our communities—suicides, homelessness, arrests, incarcerations, school drop-outs and more. The service system in many communities is fractured and simply not accessible to all in need.

NAMI's report focuses primarily on non-Medicaid mental health services, which are financed with state general funds and provided through state mental health agencies. It is the part of the mental health system that state legislatures have the most control over.

Medicaid funds many essential community treatment and rehabilitation services. Hard decisions will have to be made regarding general funds and Medicaid expenditures in legislative sessions that are happening now in your state and mine. Without your help it is unlikely that mental health will escape more of the budget ax.

The time is now to talk to your elected policymakers. These are dangerous times. We have not seen cuts like those outlined in this report in our lifetime. You have the power to move your elected officials. In fact, we have more power than we know. In the wake of the report, please be an advocate and speak out.

Send a message to your elected officials. Write letters to the editors. Post media stories highlighting the mental health budget crisis on your Facebook page and on other social media.

Save mental health. No more cuts.

Give us back our lives. Give us back our futures. Tell everybody you know.

# CIT

## The Tippecanoe County Crisis Intervention Team



A cooperative community response for those in mental illness crisis

### **Helping those with mental illness**

The Crisis Intervention Team (CIT) helps those with mental illness through a crisis by de-escalating the situation, then accessing appropriate medical treatment rather than arresting them for illness-related behaviors.

The CIT brings together law enforcement officials, mental health professionals, mental health consumers and their family members in a community partnership that focuses on helping those with mental illness.

CIT delivers these benefits:

- Safety for the person with mental illness, the law enforcement officers involved, and friends, family and neighbors of the person in crisis
- Appropriate short-term crisis intervention for the person with mental illness rather than time in jail
- Long-term treatment to reduce future crisis
- Better and more cost-efficient utilization of community resources

With nearly 200 CIT trained officers, we are providing a one-day refresher class for those who have completed the training. The class will increase the officer's comfort level when dealing with seriously mentally ill individuals.



2010 CIT Graduates

# NAMI-WCI Education Programs

## ***Family-to-Family Education Program***

A **FREE** class for family members of close relatives with:

- Bipolar Disorder
- Major Depression
- Borderline Personality Disorder
- Schizophrenia and Schizoaffective Disorder
- Panic Disorder and Obsessive Compulsive Disorder
- Co-occurring Brain Disorders and Addictive Disorders

A series of 12 weekly classes structured to help family members understand and support their ill relative while maintaining their own well being. The course is taught by a team of trained volunteer family members who know what it's like to have a loved one with a serious mental illness in the family.

Classes start in February, May, and September  
**For Family Members Only. Registration Required.**  
Classes offered in Lafayette, Frankfort, and Monticello

## ***Peer-to-Peer Education Program***

A FREE, 10-week course that offers a holistic approach to recovery through a combination of lecture, discussion, interactive exercises and stress-management techniques. The class is taught by trained NAMI peer mentors in a relaxed, confidential setting.

Join people like you who are interested in learning about recovery and gain knowledge about:

- Schizophrenia and Schizoaffective Disorder
- Bipolar Disorder
- Depression
- Borderline Personality Disorder
- Generalized Anxiety Disorder
- Panic Depression
- Obsessive Compulsive Disorder
- Dual Diagnosis
- PTSD

Peer-to-Peer classes are offered in Lafayette only. To find more information on the next class, call NAMI-WCI at (765) 429-0467 or email: [info@nami-wci.org](mailto:info@nami-wci.org).

*Peer-to-Peer is partially funded by the  
Coalition for a Safe & Drug-Free Tippecanoe County*

# Become a Member of NAMI West Central Indiana

*Mental illness can strike any family, your family.  
Mental illness can be treated.  
Lives can be restored.*

**Your membership in NAMI-West Central Indiana –**

- Gives you a one year subscription to “The Advocate” NAMI’s monthly magazine.
- Supports NAMI’s state and national organizations as they advocate for the mentally ill.
- Supports national research on the causes and treatments of mental illness.
  - Allows NAMI programs to be free and without cost to participants.

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Your gift to NAMI-West Central Indiana brings much needed help to people with mental illness and the families that love them.

- \$50 Basic Membership**
- \$3 Open Door (Consumer) Membership**
- Additional Donation \$ \_\_\_\_\_**

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Phone \_\_\_\_\_

Email: \_\_\_\_\_

- Check enclosed (Please make payable to NAMI-WCI)

Please detach and mail to:  
NAMI-WCI  
1508 Tippecanoe Street, Room 4-901  
Lafayette, IN 47904

## **NAMI-West Central Indiana 2011 Board of Directors**

Ken Ritchey – *President*  
Luci Keazer – *Vice President*  
John Meyers - *Secretary*  
Sherie Poremski – *Treasurer*  
Veronica Blann  
Sandra Donahue  
Pam Kiser  
Deborah Lamb  
Mary Lundstrom  
Patti O'Callaghan  
Susan Prieto-Welch  
Cydny Shafer  
Charlotte Warner

## **Volunteers**

We appreciate all of you who give of your time, talent and money to support the NAMI-WCI mission. We have extended our programs to Clinton Co., Carroll Co., and White Co. We are planning to offer classes in Benton Co. and Montgomery Co. To carry this out we need more volunteers. If you are able to help with mailings, fold flyers, make phone calls, facilitate a support group or teach a class, please call or e-mail Pattie Wollenburg or Becky Mink. We need **YOU**. Thank you for continuing to reach out and find new opportunities to help those living with mental illness – as well as their families.

## **ATTENTION: New Mailing Address**

NAMI-WCI is no longer using the P.O. Box address. We are in the same location.

NAMI-West Central Indiana  
1508 Tippecanoe Street, Room 4-901  
Lafayette, IN 47904

