



The Orange Horizon

Newsletter of
NAMI-AMICO, Incorporated
Orange County's Voice on Mental Health



Editor: Rhoda Collins

Fall, 2007

Issue 14

Proof Reader: June Alpert

Important Dates:



Mark your Calendar:

September 10, 2007

7:00 PM

**Orange County Department of Mental Health
30 Harriman Drive, Goshen, NY**

NAMI-AMICO, Inc. Board of Directors' member, Helen Swanwick, recently wrote to Mr. James Bopp, Director of Rockland Psychiatric Center, about our members' concerns that the current monthly allowance of long term inpatient beds for chronically ill patients at Rockland Psychiatric Center since the closure of Middletown Psychiatric Center. This is a priority need for families.

Mr. Bopp has graciously agreed to come to our September 10th meeting to speak to our members about their concerns. Please do not miss this important opportunity.

33rd Annual Ride-A-Thon / Walk-A-Thon on September 16

Proceeds from the 33rd Annual Ride-A-Thon on September, 16th at Warwick County Park on Rt.17A in Warwick, NY will benefit the Alison Klepper Memorial Fund which is a scholarship program that enables those who could not otherwise afford to access Winslow's Mental Health programs.

Call (845)986-6686 for details & pledge sheets

Registration at Park and Ride Lot

Lunch and Entertainment to be provided!



ANNOUNCEMENT: Monday, November 5th, 7:00 PM
NAMI-AMICO, Inc. Annual Business Meeting

At Orange County Department of Mental Health
30 Harriman Drive, Goshen

The term of service of five of our Board of Directors will be expiring in November. At our November 5th meeting (held first Monday of November due to holiday on second Monday), members of NAMI-AMICO, Inc. will vote to elect replacement board members for a three year term by either voting to renew board members whose term is expiring and who wish to be reconsidered, or electing a nominee from the floor. Board members whose term is expiring are: Marian Camillo, Iris Conques, Roz Goldman, Helene Petishan, and Helen Swanwick.

The Board of Directors will elect NAMI-AMICO, Inc. officers at the January Board of Directors Meeting.

FROM THE PRESIDENT: Linda Weiser

We came on the name; **FAMILIES HELPING FAMILIES** several years ago when we were organizing our outreach to families of patients at Orange Regional Medical Center. I feel that these words are the essence of NAMI-AMICO, Incorporated.

More families than I can name are volunteering their time and energy to help us. They are distributing information at the hospital, they are answering the telephone line, they welcome and put together packets of information for new families, they are visiting our legislators to advocate for our "Agenda for Action", they have created a lending library on mental health, they are serving on the Board of Directors, they email, phone and attend meetings to bring the family perspective to the community and they put together this wonderful newsletter. All this help from the volunteer efforts of our members make us, NAMI-AMICO, Incorporated, what we are and as the president, I am very proud to be a part of this effort.

On October 7-13, NAMI will be again be celebrating **Mental Illness Awareness Week** throughout this country. This year's theme is Building Community and Taking Action. Mental illnesses are medical illnesses that can often profoundly disrupt a person's thinking, feeling, mood and ability to relate to others and this year NAMI-AMICO plans to find ways to broaden perspectives within the Mental Health Community.



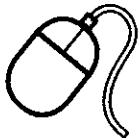
CANVAS: Sailing Forward

NAMI has honored the movie CANVAS with an Outstanding Media Award for a dramatic motion picture. It is scheduled for release in theaters in October 2007, but successful, broad distribution depends on support and publicity from the grassroots.

This movie will help educate people about the real-life experiences of families who battle schizophrenia. NAMI acknowledges the extraordinary performances by Marcia Gay Harden, Joe Pantoliano, and Devon Gearhart who "got it right" in their movie roles.

Visit the movie's Web site to see a preview.

bp Magazine Offers New Resources to Bipolar Community with Re-launch of bphope.com and New bp Buzz Blog bipolarbuzz.com



New bipolar disorder site includes blog, reader contributions, book reviews, and more

excerpts from PRWeb, Press Release Newswire

bp Magazine, the healthy living publication launched in the fall of 2004, offers a message of hope and harmony to people living with bipolar disorder. The quarterly publication contains in-depth features on personalities, articles on cutting-edge issues, and down-to-earth coping suggestions. The online companions, www.bphope.com, and www.bipolarbuzz.com offer additional resources for the bipolar community.

bp Magazine's bp Buzz blog, launched simultaneously with its new site, features articles and up-to-date information of interest to those living with bipolar disorder. bp Buzz will prove to be one of the most innovative approaches to further connecting the bipolar community--addressing everything from bipolar symptoms to shared issues and concerns that affect family members.

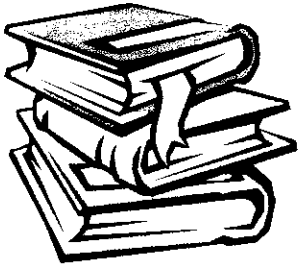
From the spring 2007 edition, readers will enjoy its cover story featuring Rep. Patrick Kennedy (D-RI), who lives with bipolar disorder and seeks equitable medical insurance treatment for the estimated 53 million Americans who suffer from mental illness. The featured article, "When Conception is the Question," takes a hard look at the decision of whether or not to conceive when bipolar disorder affects one or more partners.

A novel feature, In Your Words, allows readers to submit their own personal stories and comments. On My Mind encourages readers to share full essays about their experiences with bipolar disorder; Sound Off asks readers to contribute to a specific topic proposed for each issue of bp Magazine; and For Myself invites those with bipolar to tell about the big and little things that make each day more balanced and rewarding.

Among the information that makes www.bphope.com a more comprehensive resource for the bipolar community are an in-depth history of bipolar depression along with statistics and definitions; book reviews with a link to Amazon.com; and a section devoted to other, outside resources. Subscriptions to bp Magazine are also available online.

When Nothing Matters Anymore: A Survival Guide for Depressed Teens

Bev Cobain, R.N.C. (Free Spirit Press, revised and updated, 2007)



BOOK REVIEW by NAMI Advocate Magazine

“This is a book that deserves to be in every middle or high school library, used in every health class, and even given to every adolescent on their 13th birthday—to help them watch out for friends, as well as themselves. For that matter, parents may want a copy too.

Bev Cobain wrote the original edition in 1998 after losing three family members to suicide, including her cousin, Kurt Cobain, the lead singer of the rock band Nirvana, who endures today as an icon for youth culture. The book provides straightforward information and advice, as well as first-person narratives from 12 teenagers who serve as role models for solving problems rooted in depression.

Kurt Cobain struggled with bipolar disorder, underlying alcohol and drug abuse, and what some called artistic “angst” and inability to cope with success. Ironically, Bev Cobain is a psychiatric nurse—but one who also has struggled with depression. She knows about what she writes.

Part One of the book explores how it feels to be depressed, the causes and types of depression, and connections to alcohol, drug abuse, and suicide. Part Two discusses how to stay healthy, and when to get help.

There are “You Can Say” suggestions to make it easier for teens to open up with adults whom they can trust, as well as common sense “Survival Tips” such as “Have Some Fun” and “Feed the Spirit.” Laughter, the first one notes, increases breathing rate, heart rate, and muscular activity,” and helps reduce isolation. Feeding the spirit helps reduce feelings of emptiness through creativity or outward-focused activity. The book also includes answers to the Top 10 Questions that teens have asked the author.”

Never Regret the Pain: Loving and Losing a Bipolar Spouse

by Sel Erder Yackley (Author) **Book Review by Amazon.com**

“I’ve learned from the experience of loving and losing a bipolar spouse that mental illness is a psychological and a physiological disorder. It can disturb a person’s ability to think, feel, and relate to others and to his environment. A person with serious mental illness needs quick, accurate diagnosis and treatment with medication as well as psychotherapy. He or she cannot cure or control it through will power or a change in lifestyle. Mental illness is a chronic ailment like diabetes or multiple sclerosis and must be accepted as such without a stigma -- and it must be treated. I’ve learned that bipolar disorders are often triggered by a crisis such as the murder trial that preceded Frank’s illness.’ The author combines the observational skills of a journalist, the love of a mother, and the grief of a wife in this gripping tale of what happens to a family when one member suffers from bipolar disorder. Inner guilt and torments are the center of this compelling story with lessons for all of us.”

Helm Publishing (March 31, 2006) Paperback, 224 pages

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Website: <http://www.naminys.org/af-orange.htm>

We invite *you* to e-mail *your* e-mail address to us in order to receive announcements pertaining to workshops, legislation, newsletters and meeting dates.

Please feel free to contact us via mail, email, or telephone to inquire about mental health resources or issues. Our telephone is manned by NAMI-AMICO, Inc. volunteers who are available to answer your questions or concerns.

If you would like to serve as a telephone volunteer for a period of one week, a couple of times during the year, please let us know. You will be given a packet of information and a short training.



NAMI-AMICO, Incorporated Dues Have Increased

Anyone may join or renew his/her membership now (unless you have already done so this year) with the understanding that the membership will extend through the calendar year for which it was paid. Example: Payment at the beginning of the year or even toward the end of the year would still be \$20.00 for complete family membership (\$10.00 for consumer membership), and the membership would extend through the end of December of the year paid.



You may wish to submit your dues using the tear-off section on the last page of this newsletter. When you join the **local** Orange County affiliation (NAMI-AMICO, Incorporated), you are also automatically enrolled as a member of the **state** organization NAMI-NYS.

If, in addition to the above, you also wish to join the NAMI **National** organization, you may submit an additional \$10.00.

NAMI-AMICO, Inc. Meeting Schedule

**General meetings are held the 2nd Monday of the month at 7:00 P.M.
at Orange County Department of Mental Health, 30 Harriman Drive, Goshen, NY.
There are no meetings held in February or August.
(Occasionally meetings that would fall on a holiday are rescheduled)**

Mental Health Links

An excellent listing of Mental Health Website links may be obtained by going to our NYS NAMI website at
<http://www.naminys.org/links.php>

Did You Renew Annual Membership or Join NAMI-AMICO, Incorporated through 2007?

If not Check only one of the following:

- _____ Sign me up for a 2007 **complete family** membership to NAMI-AMICO, Incorporated
I have enclosed a check for \$20.00 made out to NAMI-AMICO, Incorporated which automatically includes State membership as well as Orange County Affiliate membership

- _____ Sign me up for a 2007 **complete family** membership to National NAMI as well as NAMI-AMICO, Inc.
I have enclosed a check for \$30.00 made out to NAMI-AMICO, Incorporated. This includes National as well as State and Orange County Affiliate membership

- _____ Sign me up for a 2007 **consumer** membership to NAMI-AMICO, Incorporated
I have enclosed a check for \$10.00 made out to NAMI-AMICO, Incorporated which automatically includes State membership as well as Orange County Affiliate membership

- _____ Sign me up for a 2007 **consumer** membership to National NAMI as well as NAMI-AMICO, Incorporated
I have enclosed a check for \$20.00 made out to NAMI-AMICO, Incorporated. This includes National as well as State and Orange County Affiliate membership

Please send check to: NAMI-AMICO, Incorporated, 65 Dorothea Dix Drive, Box #3, Middletown, NY 10940

Your Name: _____

Address: _____

Telephone: _____

*****Tax-deductible contributions are also welcomed: \$ _____*****