



NAMI

Howard County

National Alliance on Mental Illness

The Official Newsletter of NAMI Howard County, MD

Volume 78

Spring 2015

MAY IS MENTAL HEALTH MONTH



NAMI Walks



National Alliance on Mental Illness



On Saturday, May 16, NAMIWalks will bring together thousands of people from all over Maryland to celebrate mental illness recovery, to honor those who have lost their lives to mental illness, and to help raise funds, combat stigma and promote awareness. We encourage every NAMI member to join us at the NAMIWalks. Monies raised will be used to fund NAMI's programs in Maryland and NAMI **Howard County** will receive 55% of funds raised by walkers who designate [Howard County](#) in the **Designate NAMI Affiliate** section when you register.

We need you to:

START A TEAM! If you were a Walk Team Captain last year and you haven't already done so, sign up your team online and start recruiting!

JOIN A TEAM! If you'd prefer not to lead your own team, join a team online and urge others to do the same.

VOLUNTEER! We appreciate all the help we receive each year from our dedicated volunteers. Sign up early to volunteer for the Walk.

SPONSORSHIP! For more information visit: www.namiwalks.org/Maryland

May 16, 2015

West Shore Park—Baltimore's Inner Harbor
Distance Roughly 2 miles
Registration: 9:00 a.m.

advocacy
support
respect
hope
recovery
cure
health



National Alliance on Mental Illness

NAMI Howard County

From the Executive Director

We are excited to welcome spring to Howard County! I don't know about you, but it felt like winter was never going to end. Now, I look forward to sunny days, flowers and trees in bloom which of course also means allergy season. Since May is **Mental Health Month**, we encourage you to take care of your "whole" health which means your physical as well mental health.



Looking for an opportunity to get outdoors, join us at this year's NAMIWalk on **Saturday, May 16th** at the Baltimore Inner Harbor and meet new friends while walking to increase public awareness of mental illness and NAMI. The funds raised at the Walk support our programs year-round. So, create your own team or join an existing team. You can also be a virtual walker and give online by going to www.namimd.org.

We will be participating in several upcoming events in the community; so, be on the lookout for emails asking for volunteers. If you'd like to help out, this is a great way to give back and get out of the house. We are currently in need of more facilitators, too, so call if you would like to be trained to be a support group facilitator.

As a member of NAMI HC, you also get one opportunity per year to vote for the Board of Directors. So, plan to attend the 2015 Annual Meeting on **May 19th** and exercise your right to vote, get updates about what's happening with our affiliate and support friends who are getting recognized for their volunteer efforts.

We were pleased to have 10 graduates in our Winter Peer to Peer class and 24 in Family to Family which ends on May 7th. Our next Family to Family and Peer to Peer classes offer other ways to connect learn and support a loved one or those coping with mental illness. Call the office to register for our classes beginning on **May 14** for Family to Family and **May 13** for Peer to Peer.

Have you visited our new website? In addition to learning more about NAMI HC, we also have more information and resources on the site for you. So, visit <http://namihowardcounty.namieasysite.com> today!

Please call our office if we can assist you in anyway, but in the meantime get outdoors, get involved, get connected!

Beverley



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Volunteer Spotlights



NAMI Howard County shines the spotlight on our exceptional volunteer, Gary Serrao. Gary is a retired Federal worker who spends some of his free time volunteering for NAMI, his church, and several non-profit organizations in Baltimore City and Howard County. He and his wife, Gloria, joined NAMI in 2010. His wife of 34 years is also a dedicated NAMI volunteer. Gary enjoys many outdoor activities as well as traveling, reading, and old muscle cars. Their two grown sons both suffer from Bipolar Disorder.

When asked how he first found out about NAMI, Gary states, "Several friends recommended NAMI's Family-to-Family class as they were struggling to understand our sons' illness." After taking the Family to Family (F2F) class, Gary felt the class provided a lot of very useful information to him and his wife.

After being a participant of the F2F class, Gary felt he could complement the curriculum by sharing his experience of struggling with his sons' illness from the perspective of a dad, a husband, and as a man. So, in February 2013, he and his wife took the training which he described as intense on an educational and emotional level.

Since training to be a Family to Family teacher, Gary has taught three F2F classes. "My first class was co-taught with my wife in the fall of 2013. I will begin teaching my fourth class in May with my wife. Teaching the F2F classes has given me the opportunity to learn from the experiences of the class participants. Finally, the friendships I have made through the F2F classes have shown me there is a community of people who share the joys and pains of loving an ill family member."

In conjunction to being an amazing teacher for the Family to Family class, Gary volunteers to speak to numerous high school health classes throughout Howard County about his experience as a parent, the different types of mental illness and how it impacts anyone at any age. NAMI has provided Gary with a wealth of information about mental illness which he shares unselfishly with the high school students he speaks to each year.

"My experience with NAMI has taught me that, no matter how dark the crisis, I am not alone and can reach out for help; and there is always the hope of a better day. There are no quick answers. The diagnosis of mental illness of a loved one sets the stage for a "new normal" and we need to be committed supporters for the long haul."



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NAMI Howard County

WHEN STUFF MOUNTS—HOARDING, CLUTTER, AND MENTAL ILLNESS

At its March Educational forum, NAMI Howard County's featured speaker was Dr. Gregory Chasson, a Licensed Psychologist, Assistant Professor of Psychology at Towson University, Co-owner and Clinical Director of CBT Solutions of Baltimore, and the principal investigator for OCD and Autism Research. Dr. Chasson shared the differences between hoarding and collecting and had quite a few of us wondering where we lie on the spectrum.

The "Collector" tends to use objects that s/he collects, there is a theme to the content, collecting decreases over time, the acquisition process is purposeful and goal-driven, collecting tends to surround a hobby, objects are highly organized, room functionality is not compromised, and there is low distress or interpersonal conflict surrounding the collection of objects. The "Hoarder" on the other hand, takes on a chronic course throughout time, objects tend to not be thematic, are rarely used and difficult to part with, acquisition is not purposeful or goal-driven, objects tend to be about control, safety & personal identity and are not organized, room functionality is compromised, and there is much distress and impairment along with interpersonal conflict.

Hoarding Disorder presents a huge cost to the individual, their family and even the state of Maryland as a whole. Nearly 40% of those with hoarding tendencies live in poverty and there can be medical complications, property damage, and removal of children from the home. Hoarding often presents with other mental illnesses such as depression, social anxiety, OCD and ADHD. It is responsible for 24% of fire-related deaths and costs fire departments more money as well as costing 8 times more in property damage.

Hoarding behavior tends to start at an early age before 20, increases over time, and evidence shows that it takes people until their 50-60's to seek treatment. Some of the reasons behind hoarding can be a genetic component, information processing problems, and/or emotional reactions to traumatic life events. Reasons for saving things often falls into 4 categories: ***Emotional attachment***- "the item is part of who I am, ***Responsibility***- "I might need this and it would be wasteful to get rid of it", ***Control***- "People have no right to touch my possessions", ***Memory***- "if I get rid of this, I will forget it". We also touched on electronic hoarding which are things saved on the computer hard drive and there were lots of ideas and comments shared among participants.

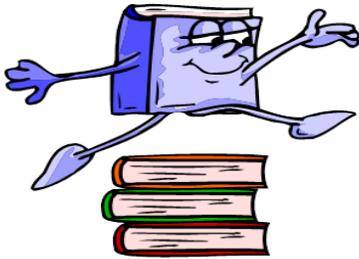
In terms of treatment, there is disappointing research evidence for psychopharmacological treatment as well as standard cognitive-behavior therapy. CBT for Hoarding is currently the Gold Standard treatment. Dr. Chasson has developed a controlled trial of a family-based approach called Family-as-Motivators Training which is designed to teach family members how to cope with hoarding and how to help motivate their loved one to seek treatment. This training pilot is yielding encouraging results such as increased hopefulness, reduced negative impact of Hoarding Disorder on the family, a reduction in family enabling behaviors and more knowledge in techniques that can assist the individual with hoarding disorder.

For more information about this free training, contact Dr. Chasson at 410-704-3261 or gchasson@towson.edu and online at www.soartu.org.



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NAMI Peer-to-Peer
National Alliance on Mental Illness

Peer-to-Peer Education Course:

Classes starting Wednesday, May 13th from 6:30-8:30 pm

(Our programs are free of charge, just pre-register)

A 10-week course on the topic of recovery for any person with serious a mental illness who is interested in establishing and maintaining wellness. The classes are taught by two trained mentors who are themselves experienced at living well with mental illness. Each class is two hours long. Location: NAMI Howard County Office, 9151 Rumsey Road, Suite 150, Columbia, MD

Please contact Alikah Hawks, Coordinator of Peer Education & Support Programs @ [410-772-9300](tel:410-772-9300) or email: ahawks.namihc@gmail.com to register!

ANNUAL MEETING

You are invited to the Annual Meeting of NAMI Howard County,

Board Elections and Volunteer Recognition

Tuesday, May 19 at 7 p.m.

Wilde Lake Interfaith Center

10431 Twin Rivers Road, Columbia, MD

Light refreshments will be served!

Help NAMI's Reach....

Consider adding demographic information to your profile at <https://www.nami.org/> to help NAMI reach people who need help. Log on if you already have an account, or create an account if you don't have one. Click on "Update My Profile" and then click on the edit button next to "About Me."

NAMI analyzes this information to determine the audience that it is reaching and the audience that it may not yet be reaching and may adjust or create programs accordingly. If you are uncomfortable with any of the questions, you don't have to answer them.

Thank you for your help.



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Ways to Give Year-Round

"Go Fund Me," a website which helps raise money. The website is secure and all donations go directly to NAMI Howard County. Please consider donating or posting the link to your social media accounts (Facebook, Twitter). Here is the link: <http://www.gofundme.com/h2go7k>

Shop at **Amazon** and donate to NAMI Howard County - at no cost to you! Amazon will make a donation on your behalf!
Simply use this link <http://smile.amazon.com/ch/52-1623565>. or you can click on your account at Amazon and designate NAMI Howard County!

Have you thought about becoming a **Community Ambassador?**

Whether you're an individual or family who wants to support NAMI Howard County or a corporation that's interested in making a philanthropic impact in the area of mental health in Howard County - there's a support level that's right for you! Call for more information.

Support Group Calendar

FAMILY SUPPORT GROUP

Harmony Hall , The Parlor
6336 Cedar Lane, Columbia, MD 21044
2nd Tuesdays, 7:30 – 9:00 p.m.
May 12 June 9 July 14 August 11

PARENTS OF CHILDREN UNDER 18 SUPPORT GROUP

First Presbyterian Church, Room 204
9325 Presbyterian Circle, Columbia, MD 21045
2nd Mondays, 12:00 – 1:30 p.m.
May 11 June 8 July 13 August 10

FAMILY SUPPORT GROUP

Celebration Church, Music Room
6080 Foreland Garth, Columbia, MD 21045
3rd Fridays, 7:30 – 9:00 p.m.
May 15 June 19 July 17 August 21

PARENTS OF CHILDREN UNDER 18 SUPPORT GROUP

First Presbyterian Church, Room 252
9325 Presbyterian Circle, Columbia, MD 21045
Last Wednesdays, 7:30 – 9:00 p.m.
May 27 June 24 July 29 August 26

NAMI CONNECTION SUPPORT GROUP

Wilde Lake Interfaith Center, Music Room 6
10431 Twin Rivers Road, Columbia, MD 21044
6:30 – 8:00 p.m.
Meets 2nd & 4th Monday

Free Education Forum

July 14th @ 7 pm
Faith, Spirituality and Mental Illness

TRANSITION AGE YOUTH SUPPORT GROUP

(for parents and caregivers of youth ages 18-26)
First Presbyterian Church, Room 252
9325 Presbyterian Circle, Columbia, MD 21045
Every 3rd Thursday, 7:30 – 9:00 p.m.
May 21 June 18 July 16 August 20

SUNDAY SUPPERS

Florence Bain Senior Center
5470 Ruth Keeton Way, Columbia, MD 21044
3rd Sundays, 2:00 p.m.
May 17 June 14 July 19 August 16



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Administrative Assistant

THE BENEFITS OF MEMBERSHIP

Please Join Us (if you haven't already done so)!

When you join NAMI Howard County, you will belong to a network of people like yourself, individuals and families who understand the daily challenges people with mental illness face, and who are working to meet those challenges.

Your membership helps to ensure that life saving information, support, and education programs are available for the people in our community who need NAMI.

You may join on-line at NAMI National's safe and secure registration site (at NAMI.org, click on "Join NAMI") or complete and return the form below.

YES! I want to support NAMI. I understand that by joining NAMI Howard County, I will automatically become a member of the state and national levels of NAMI and receive three quarterly publications:

NAMI Howard County Newsletters

NAMI Maryland newsletter, *Connections*

NAMI National magazine, *The Advocate*

Annual membership dues are: \$35 Individual or Family Membership

\$ 3 Open Door Membership

Please make checks payable to NAMI Howard County. SEND TO: NAMI Howard County, 9151 Rumsey Road, Suite 150, Columbia, MD 21045

NAME _____

ADDRESS _____

CITY, STATE, ZIP _____

HOME PHONE _____ OTHER PHONE _____

EMAIL ADDRESS _____

Enclosed is my tax deductible membership fee of: \$ _____

I have also enclosed an additional tax deductible contribution of: \$ _____

Total Enclosed: \$ _____

- | | | |
|--|--|---|
| <input type="checkbox"/> Advocate for public policy changes | <input type="checkbox"/> Help at Sunday Suppers | <input type="checkbox"/> Teach <i>NAMI Basics</i> |
| <input type="checkbox"/> Assist with fundraising | <input type="checkbox"/> Help prepare mailings | <input type="checkbox"/> Teach <i>NAMI Family-to-Family</i> |
| <input type="checkbox"/> Work or walk as a volunteer at <i>NAMIWalks</i> | <input type="checkbox"/> Publicize NAMI within Faith Communities | <input type="checkbox"/> Teach <i>NAMI Peer-to-Peer</i> |
| <input type="checkbox"/> Captain a <i>NAMIWalks</i> team | <input type="checkbox"/> Speak to community groups | <input type="checkbox"/> Write a book or movie review |
| <input type="checkbox"/> Deliver information and marketing materials | <input type="checkbox"/> Submit an essay, poetry or visual art to <i>Inkwell</i> | <input type="checkbox"/> Write an article for the newsletter and/or website |
| <input type="checkbox"/> Facilitate a support group | <input type="checkbox"/> Help in another way | |



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