



**nami**

National Alliance on Mental Illness

# Santa Fe Newsletter

DECEMBER 2011

## Family-to-Family Education Program

On November 15, 2011, we graduated 20 family members from our 12-week Family-to-Family education program under the guidance of Betty and William Shover. The courage and commitment to “staying the course” is much admired. We thank many of you for your memberships and for volunteering to move NAMI-Santa Fe ahead in the spirit of advocacy. An enormous “thank you” to Life Link for hosting us for 12 weeks at their facility.

Our next Family-to-Family program is being planned for early 2012, and our list is filling up fast! If you are interested, please call and leave a message on our NAMI phone line 505-466-1668 or email [info@namisantafe.com](mailto:info@namisantafe.com).

*Family-to-Family is a FREE 12-week class for family members and caregivers of persons living with mental illness. It meets once a week for approximately 2 1/2 hours. Trained, volunteer family members facilitate these classes, which cover information about various brain disorders, coping skills, communications skills, problem solving, empathy, self-care, medications, community resources, and advocacy. People have called this program “life changing”—a true tribute to the effectiveness of Family-to-Family. For more in-depth information about this program, go to [www.nami.org](http://www.nami.org) and search for “Family-to-Family.”*

## Peer-to-Peer Education Program

On November 11, 2011, we graduated six individuals from our 10-week Peer-to-Peer education program. Many thanks to mentors Russell Miller and Annette Strom, and to our resource person, Marie Fair. Our best and warmest regards to our participants as they go forward with this education to establish and maintain their wellness and recovery. Again, Life Link generously donated their facility for this valuable course.

After the completion of this class, there was much enthusiasm about offering Peer-to-Peer again in 2012. So, if you or someone you know has any interest in this course, please contact us. This course will be offered and scheduled based on the community’s interest. Please call and leave a message on our NAMI phone line 505-466-1668 or email [info@namisantafe.com](mailto:info@namisantafe.com).

*Peer-to-Peer is a FREE 10-week course for individuals with serious mental illness, taught by NAMI members who know what you are dealing with. Classes cover key illness information, self-care, coping skills, and relapse prevention and recovery strategies. You are not alone! For more in-depth information about this program, go to [www.nami.org](http://www.nami.org) and search for “Peer-to-Peer.”* ♦

## MONDAY, DECEMBER 5 PARTY!

On December 5, NAMI-Santa Fe is holding its annual holiday party for members and friends. Join us at Holy Faith Church, 311 E. Palace Avenue, at 6 pm. Bring a dessert and join us for the festivities!

## January 9 Information Meeting with Frank Fajardo

Frank Fajardo, Director of NM Developmental Disabilities Planning Council Office of Guardianship, will be our presenter in January. His presentation will cover:

1. “Alternatives to Guardianship”: Advance Health Care Directives; Power of Attorney; Mental Health Treatment Advance Directive; Other
2. Mental Health Treatment Guardians
3. Guardianship under the NM Probate Code (limited or full/plenary guardianship)

Fajardo will discuss, among other topics, New Mexico’s use of Treatment Guardians for those temporarily unable to make their own decisions (“informed consent” to treatment) about mental health services. This role is limited to mental health care decisions. This primary decision-making is only consent for psychiatric treatment and medication, and may be for inpatient or outpatient. For outpatient clients who refuse to comply with Treatment Guardian’s decision, the Treatment Guardian may seek an enforcement order from the court, which may authorize a Peace officer to take person into custody and transport to an evaluation facility, and may authorize forcible administration of treatment. Mental Health Treatment Guardians are normally family members appointed by the court, and the treatment facility/professional refers the need to the court. Mental Health Treatment Guardians are appointed for a specified the length of time during which they may exercise their powers, up to a maximum period of one year. If there are no family members available, the state pays for a treatment guardian through a contract with NAMI-New Mexico (contact: Kim Ahlborn, Ph: 505-260-0154, Fax: 505-260-0342, or 1-800-953-6745).

Everyone is encouraged to use the tools on the Guardianship website at <http://www.nmddpc.com/page/videos>, including videos and other resources.

Join us to learn more about this important topic, January 9, at Life Link..

**Please join us at 7:15 pm at the Life Link.**

## NAMI-SF Hospital Committee Report

By John Harnisch

A meeting with Alex Valdez, CEO of Christus St. Vincent Regional Medical Center, took place on November 1. In attendance were Alex Valdez, Kathy Etre, Ardis Burst, John Harnisch, Peggy Harnisch, Betty Byrd, and Anne Albrink. The meeting was devoted to sharing with Mr. Valdez the Committee's concerns while making him aware of current issues surrounding the intake process and attendant services provided through CSV referrals.

Following introductions, Ardis summarized our issues with the manner in which patients in mental health crisis are received and treated at CSV, from arrival at the Emergency Department (ED) through post-discharge monitoring. With all attendees participating during the meeting, a detailed review of current processes clarified many obstacles and challenges currently faced by patients in crisis as they traverse through the system. NAMI attendees were able to use actual recent examples of exactly where and how the process could be improved. The review included insights regarding the availability of service providers in the larger community and associated treatment options. Also discussed was the importance of confidentiality in the continuing collaboration between the Committee and CSV to ensure a robust and essential exchange of information.

Mr. Valdez thanked the Committee for maintaining confidentiality and acknowledged that all present had the same goal: to provide the best possible care for those suffering from the ravages of mental illness. He made the following points.

Regarding both management and treatment issues, he will work directly with his Chief Medical Officer, Dr. Kevin Garrett. He recognized the essential feature of having a single person in charge of the entire intake, treatment, discharge, and follow-up process. He also acknowledged the challenge of ameliorating a professional cultural separation in the provision of in- and out-patient care, and indicated his intent to take action toward that end.

Hospital internal policies will be reviewed for timely and compassionate care with a look toward streamlining processes that integrate community action; that is, taking a systems approach to making improvements.

The processes outside the hospital building, beginning with the hand-off upon discharge, will receive greater attention. Mr. Valdez was receptive of information provided by the Committee regarding other communities that have developed systemic approaches to integrated services.

Kathy Etre will continue in the role of integrator, working closely with CSV staff and community agencies involved with behavioral health.

Mr. Valdez will determine if any reason exists for not providing the Committee with current admissions criteria, and, lacking same, will ensure they are delivered as requested. He also promised to deliver a releasable time schedule for CSV planned improvements in the area of behavioral health.

The Committee sensed that feedback from CSV will be soon forthcoming through Kathy Etre. Mr. Valdez was quite

## Joyce Burland on Treatment & Power

By Rosemary Zibart

Joyce Burland isn't exactly a rabble-rouser, but the word does come to mind as she prods her audience into thinking why NAMI members don't express more outrage over the treatment that people with mental illness receive—or maybe I should say *lack* of treatment, lack of care, lack of research, lack of respect and attention, all the lacks that, added together, equal the lack of an effective functioning mental health system in this country.

Creator of the extraordinary "Family to Family" course and initiator of many of NAMI's education programs, Joyce has cut a huge wake in the realm of coping with mental illness for both consumers and family members. She gives enormous credit to the people who work so hard on a local, state, and national level to improve mental health care. "It's amazing what individuals across the country have done and are doing," she says. Still, she's far from content. She believes the power is unequally divided between the power base – hospitals, managed care, legal system, legislators, psychiatrists, and the consumers and family members they serve. She wants the power to shift. "Social movements always challenge orthodoxy," she says. How can individuals and groups like NAMI make that happen? What do people and groups like NAMI need to do?

At the NAMI-Santa Fe meeting, everyone responded with many lively ideas and opinions. Hopefully the discussion is just beginning. That's Joyce's goal: to get people thinking, talking, doing more!! ♦

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## Gaile Herling Makes a Difference

By Peggy Harnisch

NAMI Santa Fe is proud of member Gaile Herling who was nominated for the annual "Ten Who Made a Difference" newspaper section in the local newspaper, *The Santa Fe New Mexican*. Gaile was selected this year as one of the 10, from a field of 55 people who were nominated to be recognized in this special section that's appeared annually for more than 25 years at Thanksgiving.

Gaile has spearheaded the Adelante program since it was founded in 2003, which provides assistance to homeless youth and families. Gaile was quoted as saying: "I'm really motivated by believing in the power of anybody being able to do something to better the community." Gaile has also helped better the NAMI community of Santa Fe by taking the Family to Family course, and then training to be a Family to Family teacher and leading a course several years ago. In the process, she arranged for the use of classrooms for additional Family to Family classes in the Santa Fe Public School building where she works. Thank you, Gaile, for your compassionate and caring presence in Santa Fe. You've definitely made a difference! ♦

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clear in his intent to take decisive action and to continue dedicated support for the Hospital Committee-CSV partnership. ♦

## Thanks from NAMI-Santa Fe

NAMI-Santa Fe has had many angels in 2011. We would like to give special thanks to those who gave presentations at our monthly information meetings, and to those who have given us in-kind contributions.

### 2011 – Educational Program Presenters

Rhonda Romero, Social Security Office

Richard (Rich) W. Smith, MS CRC, Public Information officer, NM Division of Vocational Rehabilitation

Valerie Huerta, Santa Fe County Housing Authority

Chris Stack, Community Options, Inc.

Sara R. Traub and Erin E. Wideman, Pregonzer Baysinger Wideman & Sale Law Firm

Dr. Eli Fresquez, Santa Fe County Detention

Bennet J. Baur, District Public Defender

Nanette Farrelly, Social Worker

Dr. Joyce Burland

### In-Kind Donors

Brian Brigham: Printed our newsletter at a great cut-rate!

Life Link: Hosted many of our meetings!

Frank Gonzales: Helped us every month with mailing!

Holy Faith Church: Gave us a place to hold our party!

Youth Works: Helped to cater the holiday dinner!

## Organizational Planning Retreat

By William Shover

On October 29, 2011, NAMI Santa Fe president, Martha Cooke, hosted an Organization Planning Meeting. Attendees included Board members, two past presidents, and two volunteers.

Our volunteer leaders spend a significant amount of their time supporting the organization and are experiencing severe burnout. There are lost opportunities and redundant efforts because the roles and responsibilities of each position are not documented and the lines of communication are unclear. These problems affect our ability to attract and retain volunteers.

In recognition of these problems, the primary purpose of the meeting was to review the current organization, identify beneficial changes, adopt a functionally driven organization, identify individuals to fill positions, and assign specific actions to continue the improvement process. The meeting began with a review of the Mission and Vision statements. These statements are used as standards against which we will measure our organizational priorities, direction, goals, activities, and performance.

**Mission:** *NAMI-Santa Fe, a nonprofit corporation of families, friends, and people with mental illness organized for mutual support, education, and advocacy, is committed to a comprehensive community support system for people with mental illness.*

**Vision:** *NAMI-Santa Fe is a well-known and respected champion of family, friends, and people living with mental illness and supported by the Santa Fe community in the form of volunteerism, community funding, partnerships, and alliances to achieve its education, support, and advocacy mission for the greater social good.*

The meeting ended with the identification of some key functional coordinators to help move the organization forward: Education and Support Programs – B. Shover; Communications – To Be Determined; Outreach – A. Albrink; Membership – B. Shover (acting); Volunteer Development – L. Drisdale & P. Harnisch; Fundraising – M. Herling; and Special Events – D. Noble (acting).

Other Board members and volunteers are currently taking lead roles in various committees under these functional areas as well. Volunteer Coordinators Louise Drisdale and Peggy Harnisch are in the process of developing job descriptions and seeking volunteers to fill open positions. To find out more about positions that are still open, please contact Louise Drisdale at 505-660-9980 or Peggy Harnisch at 505 474-8171. ♦

## OMG! My Son Does Not Have Schizophrenia!

Three and a half years ago, my son spent his 20th birthday in a locked psych ward, wrapped in layers, in sunglasses, not eating, to keep the cutthroats from getting to him. Diagnosis came soon thereafter, confirmed by many doctors: dual diagnosis, drugs and schizophrenia. A life with a grossly diminished quality of life. Five months of treatment centers and psych wards was followed by a return home, with a goal of keeping him safe and alive. That was our plan, keep him alive. Our dreams shattered, we worried when the phone rang, worried when we did not get a “good night” phone call each night. My son was shot again, and recovered again. His gun was taken away by the police and then returned. Heavy anti-psychotic medications, antidepressants, anti-anxiety drugs, other drugs, medical marijuana, street drugs, more street drugs. Friends on drugs. And then the admission from my son that he was using . . . heroin. OMG!

But here is the silver lining. My son asked for help and asked for rehab and we took him there on June 6. My son has been drug-free now for over five months. His new doctor agreed with my son to lessen and then eliminate all antipsychotic medications. He has not had delusions or heard voices! But I had been told by experts that my son has schizophrenia! Now I am told that he does not! That he had an extended drug-induced psychosis. OMG! My son has a chance at a “normal” life! He may relapse, he may not, but OMG!

*S, a friend of Peggy*

# Calendar of Events Dec 2011 /Jan 2012

All regular NAMI-Santa Fe meetings are held at Life Link, 2325 Cerrillos Road, Santa Fe  
 2nd Monday: Information Program, 7:15 pm; 4th Monday: Family & Friends Support Grp, 7:15 pm  
 Biweekly: Thursdays 5 pm, NAMI Connection Support Groups for consumers

**WE WILL NOT BE SENDING  
 OUT A NEWSLETTER FOR  
 JANUARY 2012**

## NAMI-SANTA FE MEETINGS

**Monday, December 5, 6 pm**  
 Party for NAMI members and friends  
**Monday, Jan. 9, 7:15 pm**  
 Information meeting with Frank Fajardo,  
 Office of Guardianship (see p. 1)

## NAMI-SF CLASSES ON MENTAL ILLNESS

**Family to Family:** Trained family facilitators teaching NAMI curriculum. Interested in Spring 2012 class? Call 466-1668 and leave a message or email [info@namisantafe.org](mailto:info@namisantafe.org). **Interested in course in Spanish, De Familia a Familia? Call 505-466-1668.**

**Peer to Peer:** Trained consumer facilitators teaching NAMI peer curriculum. Interested in the Spring 2012 class? Call 466-1668 or email [info@namisantafe.org](mailto:info@namisantafe.org).  
**In Our Own Voice:** Trained consumers facilitating public understanding of mental illness. Call Annette Strom, 424-9047, or Debra Bryant, 986-9500, to schedule an IOOV Team for your organization to learn about mental illness and recovery.

## NAMI-SANTA FE SUPPORT GROUPS

**Monday, Dec. 26, Jan.23, 7:15 pm**  
 NAMI Family & Friends support group, for families and caregivers. Life Link.  
**Connection Recovery Support Groups**  
 Led by trained facilitators who are themselves consumers. All consumers welcome biweekly, Thursdays 5 pm.

## COMMUNITY EVENTS

**February 8, 2012:** Behavioral Health Day at the Legislature  
**February 9:** BHPC/LC Behavioral Health Summit

See our website for a **list of available psychiatrists in Santa Fe.** Go to our home page at [www.namisantafe.com](http://www.namisantafe.com) and click on the provided link!

## OTHER SUPPORT GROUPS

**Depression/Bipolar Support Group**  
 Every Tuesday evening, 6:45-8:15 pm.  
 Atrium Conference Room, Room 1911,  
 1st Floor, CHRISTUS/St. Vincent Medical Center, 455 St. Michael's. Call Martha 820-7879.  
**Happy Campers Depression Support Group**  
 Sundays, 5:45 pm. Friendship Club,  
 1915 Rosina, 471-6888  
**Recovery International meetings**  
 Every Tuesday evening, 7 pm  
 Temple Beth Shalom, 205 Barcelona St.,  
 Santa Fe. Call Russell Miller: 670-6130  
**Suicide Survivors Support Group**  
 1st and 3rd Wednesdays, 4-6:30 pm  
 1114 Hickox Street.  
 Call Janet 690-1698 or Elisa 920-8966

## Support NAMI. Become a Member Today!

Please go to our website to sign up: [www.namisantafe.org](http://www.namisantafe.org)

## Need Help?

Call Crisis Response: 820-6333, 1-888-920-6333 or  
 OptumHealth Consumer Line: 866-660-7185  
 Federal Suicide Hotline: 1-800-273-TALK (1-800-273-8255)

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 Visit the Local Collaborative web site: [www.nmlc1.org](http://www.nmlc1.org)

