Mark Your Calendar

Family education meetings are held at St. Paul’s Evangelical Lutheran Church, 4007 Main St., Amherst 14226 (near Eggert Rd.) on the 2nd floor (main entrance at the back of the church), on the second Thursday of the month. There are two family support meetings on the 3rd Wednesday of the month: one at St. Paul’s, on the 1st floor (church entrance at ground level at left rear of the building) and the other, at Lake Shore Behavioral Health, 3176 Abbott Rd., Orchard Park, 14127. Board meetings are at 636 Starin Ave. (1st floor), Buffalo, 14216; members welcome.

August
NAMI Board Meeting, Thursday, August 7th, 7 p.m.
NAMI Education Meeting, Thursday, August 14th
Library and Coffee Hour, 7 p.m.
Program, 7:30 p.m.: “Compelling” film on improving treatment for our most seriously ill (PBS, 2009) Minds on the Edge/Facing Mental Illness; community discussion follows.
NAMI Family Support Meetings, Wednesday, August 20th, 7 p.m.

September
NAMI Board Meeting, Thursday, September 4th, 7 p.m.
NAMI Education Meeting, Thursday, September 11th
Library and Coffee Hour, 7 p.m. Program, 7:30 p.m.: Meet the legislators night; Assemblyman Ray Walters and others, TBA. “Mental Health Legislation in the NYS Assembly”
NAMI Family Support Meetings, Wednesday, September 17th, 7 p.m.

October
NAMI Board Meeting, Thursday, October 2nd, 7 p.m.
NAMI Education Meeting, Thursday, October 9th
Library and Coffee Hour, 7 p.m. Program, 7:30 p.m.: Dr. Caroline Young, ACT Team (Assertive Community Treatment) Lake Shore Behavioral Health on “Everything You Need to Know about the ACT Team”
NAMI Family Support Meetings, Wednesday, October 15th, 7 p.m.

November
NAMI Board Meeting, Tuesday, November 6th, 7 p.m.
NAMI Education Meeting, Thursday, November 13th
Library and Coffee Hour, 7 p.m. Program, 7:30 p.m. Speaker, Ellery Reaves, MPA, Commissioner of Mental Health/Erie County - The Impact of Fewer Inpatient Care Beds at BPC
NAMI Family Support Meetings, Wednesday, November 19th, 7 p.m.

Wishing You a Happy, Safe Summer...

President’s Corner:
Important Legislative Alert

Recently, if you’ve given NAMI your email address or been to our family meetings, you’ve learned about proposed federal legislation which will prioritize treatment of the most seriously mentally ill. Please write Senators Gillibrand and Schumer, and your Representative in Congress to let them know you expect their support for the “Helping Families in Mental Health Crisis Act” (HR3717), introduced by Representative Tim Murphy. This act requires the federal government to start focusing on the most seriously ill. While mental disorders are common in the United States, the burden of disability is concentrated mostly in those with serious mental illness such as schizophrenia and bipolar disorder.

Another proposed bill, “Strengthening Mental Illness in Our Communities Act” (HR4574), does NOT adequately address this need for treating the seriously mentally ill. Rep. Murphy’s HR3717 does address this need.

Some seriously ill people do not recognize that they are mentally ill because the part of their brain that would recognize that, is affected by their illness. It is not denial; it is not stubbornness; it is not criminality. It is the reason we have had so many tragedies in recent years. People who need treatment are not getting it! Severe shortages of psychiatrists, lack of adequate housing facilities, closing of hospital beds, lack of funding for research to find appropriate medications and treatments are reasons for tragic loss of life. Even where therapies such as Cognitive Enhancement Therapy exist, too few people can access them because of the shortage of trained personnel and a system that cannot keep pace with need.

Our families are desperate to find help for their loved ones whose young lives have so heinously been affected by a cruel disorder that makes them unable to continue college, hold jobs, or have families of their own. Closing of hospital beds is not an option. Our families want help. Please urge your representatives to vote yes on HR3717, the Best Choice for our very sick.”

(“President’s Corner” cont.’s., pg. 2)
Thank you, Dr. Torrey—

A letter from the Treatment Advocacy Center arrived recently with news of Dr. E. Fuller Torrey’s continuous fight on behalf of those who suffer from serious mental illness. Notes the letter:

"Outraged by the lives lost or forever changed because of untreated mental illness in Tucson, Aurora, Newtown and elsewhere, the Treatment Advocacy Center’s founder assembled the case for treating mental illness before tragedy, drove to Capitol Hill while Washington was asleep, and slid the evidence through the mail slots of 100 Congressional doors... Members of Congress wanted to know more. Rep. Tim Murphy called a series of hearings to examine the many issues you and I know are significant barriers to treatment. Does HIPAA help or hinder patient care? What has resulted from closing so many public psychiatric beds? Why is the lead federal agency for mental illness treatment, SAMHSA, so ineffective?

“Dr. Torrey testified. Public officials were grilled... The result was historic. In December, Rep. Murphy introduced the “Helping Families in Mental Health Crisis Act”—the most comprehensive piece of mental health legislation in half a century.”

Bill HR 3717 needs your voice of support!
For more information, go to www.treatmentadvocacycenter.org
A sample letter to your congressperson can be found there.

+ + +

Some Key Provisions of (HR3717), the Helping Families in Mental Health Crisis Act:

1) Exceptions to HIPAA privacy laws so parents of those who are seriously ill are not kept in the dark about their loved one’s diagnosis, prescriptions, and pending appointments.

2) Begins to address hospital bed shortages that prevent the seriously ill from getting needed care for appropriate amount of time.

3) Provides funds for Assisted Outpatient Treatment (AOT) pilot programs to prevent incarceration and the “revolving door” of relapse.

4) Gives states incentive to implement need for treatment standard so relatives are not required to be danger to selves or others before getting hospital care.

5) Inhibits SAMHSA (Substance Abuse and Mental Health Services) from giving grants to non-evidence-based programs.

6) Cuts funding of programs that are not working.

7) Reforms FERPA (Family Education Rights and Privacy Act) so that parents of students over 18 years old can get information about mental health issues. This is especially important for college students who live away from home.

8) Requires prioritization of the most seriously ill.

NAMI is making passage of The Helping Families in Mental Health Crisis Act (HR3717), a priority. Please write or call your federal legislators to vote for it. Keep in mind that some professional and consumer groups are supporting the opposing bill which does not meet the needs of our most seriously mentally ill. They need us to fight for their chance to recover!
CRISIS INTERVENTION TEAM (CIT) TRAINING UPDATE

Trainings completed include:

May, 2013—Cheektowaga Police Department, 24 officers
February, 2014—City of Tonawanda Police Department, 5 officers
May, 2014—Town of Evans Police Department, 5 officers

Departments that have expressed interest and sent initial officers to “shadow” the training:

West Seneca Police Department, 3 officers
State University Police Department, 2 officers
SPCA (Peace Officers/Animal Rescue), 2 peace officers
Lancaster Police Department, 2 officers
Orchard Park Police Department, 2 officers

In September, the Town of Tonawanda Police Department will partner with NAMI’s CIT program to train approximately 15 additional officers.

It is very gratifying and so exciting, to see interest grow in CIT training for area police departments. We are hopeful that those who are trained will demonstrate to others how helpful this program is to law enforcement, to people affected by mental illness, and to the community at large.

WE NEED VOLUNTEERS: Here’s looking at you!

As NAMI in Buffalo & Erie County expands our horizons and introduces programs to better serve the mental health needs of our community, we have an increasing need for volunteers. We would like to provide NAMI Buffalo more exposure through the use of social media, particularly Facebook. This will require a volunteer who could regularly update approved information and respond to Facebook communication. We have excellent resources on how to manage social communications and NAMI “branding” if you have the basic savvy, internet access, and interest.

Short-term office project help (such as mailings) needs volunteers. The amount of time is flexible. There is work enough to go around for whatever a volunteer can offer in terms of skills and time. Work on updating the Mind Matters is continuing, too. An ability to come to the office (North Buffalo) during the daytime is most helpful for these.

Our website renovation is continuing: we need volunteers with the necessary skills to work with our webmaster to update page content. Knowledge of Joomla web formatting helpful, but not necessary.

We need support group facilitator volunteers and Family-to-Family teachers who will be offered training in the fall through NAMI New York State. Support group facilitators commit to one day a month, year round; and Family-to-Family facilitators commit to one day a week over 12 weeks once or twice a year. We need set-up and greeting volunteers for our monthly Family Education meeting, too.

To volunteer please call our office at 226-6264 and leave a message with your contact information, general interests, and availability. Thank you.

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Best wishes

...to Mary Kirkland as she continues her recovery from recent surgery.

...and our thoughts also extend to Gerrie Cruz who has been ill.

With a tip o’ the hat:

...to Liz Carone for a great job coordinating the Barnes & Noble gift wrapping for Mother’s Day weekend to help make us visible in the community as part of May’s National Mental Health Awareness Month.

Also, to Lorraine Lopez of our local NAMI board, as well as Anita Leon, a staffer at Lake Shore Behavioral Health, our office coordinator Sherry Byrnes, and kids and family of Liz and Sherry who all gave several hours on the Friday and Saturday of Mother’s Day weekend at the Niagara Falls Blvd. store to distribute NAMI literature and information, and tell people about NAMI while wrapping gifts for free-will donations. Thanks to Kim Snyder, Community Relations Manager of the store, too, for a great experience.

...and sincere appreciation to Living Opportunities of DePaul for their support of our annual dinner. We appreciate, too, DePaul’s dedication to providing housing for people who have a mental illness and for their advocacy for people in need of supportive care. While we weren’t able to list them in the dinner program due to time constraints, our gratitude is heartfelt.

...as he steps down from the board, to Jim Seifert for much help in updating our website.

...and a warm welcome to new NAMI board members, Barbara Hoekstra and Robert Cole.

...to Mary Kirkland as she continues her recovery from recent surgery.

...and our thoughts also extend to Gerrie Cruz who has been ill.
What is neurogenesis and brain plasticity?

The formation of new nerve cells is a process called neurogenesis—the birth of neurons. Brain plasticity (also called neuroplasticity) is the ability of the brain to respond to stimuli and stresses by remodeling its structure, function and connections. In the past, scientists believed that once a person reached adulthood, the brain remained static. But we now know that the brain has an extraordinary ability to adapt to new challenges. Research shows that the brain’s plasticity can be increased, even in sedentary older people, if they exercise five days a week. Regular socializing also slows down normal cognitive decline. Researchers have also found that when people recover from depression or anxiety with the help of selective serotonin reuptake inhibitor antidepressants and other treatments, new neurons form in the hippocampus (an area of the brain important to memory, learning and mood). This in turn promotes neuroplasticity.

Can brain cells be regenerated?

Scientists have believed that primate brains, including humans, do not restore or add new neurons after maturity. But in recent years scientists have made exciting new discoveries about the ongoing ability of the adult human brain to regenerate neurons and to restore healthy function following so-called “damage” to the brain from various kinds of stresses. In 1998, Brain & Behavior Research Foundation NARSAD Grantee Bruce S. McEwen, Ph.D., demonstrated that the brain has a great deal of “plasticity”—that is, it can remodel its architecture and adapt to experience in an ongoing manner. Scientific Council Member Fred H. Gage, Ph.D., and colleagues also showed in 1998 that neurogenesis occurs in the human hippocampus—a brain area that is key to memory and learning and one that can play a role in the development of depression.

NARSAD Grantee Kirsty Spalding, Ph.D., and team demonstrated that new neurons are formed in the adult human brain throughout life. They discovered that more than one-third of neurons are regularly renewed throughout life—about 1,400 are added each day during adulthood. This rate declines only modestly with age. Hippocampus neurons also die each day, so the overall number remains in balance.

Can brain plasticity help relieve psychiatric or degenerative brain disorders?

It has been established that stress can “damage” the brain, cause shrinkage in the hippocampus region and lead to the development of stress-related disorders, including depression. NARSAD Grant-funded researcher Ronald S. Duman, Ph.D., of Yale University has also demonstrated that in order for antidepressant treatment to be effective, the treatment must spur neurogenesis. In addition to antidepressant medication, regular exercise and social engagement have been found to promote the birth of new neurons.

Another NARSAD Grant-funded researcher at Columbia University, René Hen, Ph.D., demonstrated that antidepressant medications recruit new neurons to improve “resilience” (the response to stress), an indication of how the new cells enhance brain function. Other NARSAD Grant-funded researchers are exploring the development of new treatments that can promote neuronal cell survival and synaptic plasticity for a broad range of psychiatric illnesses.

Recent research at McLean Hospital and Harvard University Medical School show a very promising possibility for the future treatment of the “negative” symptoms and cognitive impairment of schizophrenia by improving neuroplasticity. Negative symptoms in schizophrenia include decrease in motivation, lack of attention and affect, memory loss and social withdrawal.

--Brain & Behavior Research Foundation
The Quarterly
Fall 2013
NAMI Family-to-Family and Homefront Education Series Begin this Fall

**Family-to-Family** will be offered at two locations:

1 - Monday evenings (full), Sept. 8 - Nov. 24; at St. Paul's Evangelical Lutheran Church, 4007 Main St., Amherst; or (choose only one series, attend all sessions)

2 - Thursday evenings, Sept. 4 - Nov. 20; at Baker Memorial United Methodist Church, Main and Center Roads, East Aurora

**Project Homefront**, a new six-week NAMI education series based on NAMI’s national best-practice Family-to-Family program, is tailored expressly to the needs of veteran/military families. Buffalo will begin its first Project Homefront group in the NYS pilot in September.

Space is limited! Pre-registration is required for all Family-to-Family and Project Homefront workshop series. For more information, or to register, contact the NAMI Buffalo & Erie County office at 226-6264.

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**Paul White**

July Education Meeting Speaker/Poet/Nurse receives NYS Writers Institute “Poetry Unites” award for essay on poem about mental illness

Paul White recently won a prize, was published (again) in the local news for his accomplishments in the literary field, and, on July 10th, shared his very personal, candid story of surviving life with schizophrenia at our family education meeting.

About the poem, “Sunday and the State Hospital” by David Ignatow that inspired White’s prize-winning essay, White said: “The poetry of David Ignatow helped to save my life...like a talisman...In general, people do not want to know about schizophrenia. When I would try to tell people about my experience, it was as if a brick had fallen out of my mouth and landed on their foot. I learned to keep my mouth shut....[and] Even though I never met him, David Ignatow became like a spiritual father to me.”

Paul’s journey to recovery was uplifting to hear about. Today he is married, works as a registered nurse caring for critically ill children, as well as a talented and recognized author and poet. Paul’s chapbook is available in our members’ lending library.

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**Psychiatry Grand Rounds are held monthly and are open to the public**

For more information on speakers and location, or to be put on an info listserv, contact:

Beverly Battista by e-mail at beverlie@buffalo.edu
- or- visit the university website at http://medicine.buffalo.edu/departments/psychiatry/education/grand-rounds.html
Members, New and Renewing

Mary Ann Blackowicz
Mary Brauer
Sherry Byrnes
Judy Capodicasa
Richard Carota
Julie Chirico
Ellen Todd Cooper
Monica Crawford
Gail Donaghue
Rosemary Donnelly
Maureen Fahey
Marian Gauthier
Michelle Granieri
Bill & Bonnie Hendrix
Mary Herbst
Patricia Howell
Dr. & Mrs. Jeffrey Kashin
Harriet Kirsch
Cathy Laughlan
Elizabeth Madden
Giulio Mannino
Jeanne Manyon
Lynn Matthews
Paul McGrath, in memory of my beautiful mother, Julia
Tom McNulty
Gail Michaels
Brian Moore
Patty Moran
Barbara O’Bannon
Norma Panahon
Jill Pariso
Paul Piotrowski
Laurie Ramirez-Magyar, in honor of my children
Mary Regula
John Rex
Lisa Rosati
Rose Marie Rose
Irene Seegars
Leslie Stewart
Deanna Stover
Richard & Betty Dunwoodie
Tindell
Beverly Tomasi
Roger & Pat Watkins
Brenda Whelan

With sincerest appreciation and thanks to our sponsors and donors for support of our 30th anniversary awards and dinner celebration

**Gold Sponsor**
Lake Shore Behavioral Health

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**Benefactor ($175 or above)**
Town of Cheektowaga
Child & Family Services
Dennis Harkawik & Aven Rennie
Dr. Oscar & Lorraine Lopez
Bruce & Patricia Nisbet
Richard & Marcy Rose
Spectrum Human Services
Matt Spina
Chris & Kristen Syracuse
Transitional Services, Inc.

**Patron ($125 or above)**
Marilyn & Ed Green
Doris & Steven Sielski
Dr.’s Richard Wolin & Elizabeth Doherty
Jeanne Figurel Zambelli

**Friend (up to $125)**
Andrea & Sherwood Antman
Mary Ann Blackowicz
Mary Ann Bonato
Pat Brennan
Cheektowaga Police Captains
& Lieutenants Association
Christopher Connolly
Mickey Delaney
Mike & Marsha Devine
Beth DiCamillo
Ann Ezzo
Harry & Marie Guildford
Jaffri Medical Associates
Diane Kaspryzk
Randye Kaye’s book sale proceeds from friends of NAMI Buffalo & Erie County

(Dinner Thanks - cont.’s on Pg. 7)
Thank you, donors and supporters, for your generous, continuing support!

President’s Circle (+$1,000)
- Friends at the Unitarian Universalist Church/Buffalo, and Rev. John Rex

Benefactor ($100-249)
- Anonymous – J.G.
- Anonymous – J.L.
- Elizabeth Carone & the Carone Family
- Douglas Easton
- Brian Moore
- Norma Panahon, MD
- Dennis Sadjak
- Sharmen Staschak
- Friends at United Way of Central Indiana
- Friends at United Way of Buffalo & Erie County
- Roger & Pat Watkins

Patron ($75-100)
- Friends at Barnes & Noble
- Richard & Colleen Carota
- Tom McNulty, in honor of Mary Kirkland & Lynne Shuster

Sustainer ($50-74)
- Patrice Allen
- Patricia & James Howell, in memory of D.M.
- Jill Pariso
- Paul Piotrowski
- Carrie Rose
- Irene Seegars

Friends ($1-25)
- Anonymous - T. & L.H.
- Christine Pavlakis Bowling, LCSW
- Maureen Fahey
- Clifford & Ronnie Mahler
- Gail Michaels
- Friends at SEFA Niagara Frontier
- Friends at United Way of Greater Niagara

NOTE: Privacy concerns on the internet have caused us to change our acknowledgment publishing practices. Without a specific request to publish an “in honor of” donation from the person named, we will list only the initials of a tribute name “in honor of”. We will continue to print “in memory of” tributes unless instructed, in writing, otherwise. Feel free to send your acknowledgment wishes to us at the time of your donation.

Future Fund - Benefactor ($100-249)  
Anne Bird

Dinner Thanks - cont’d. from Pg. 6

Friend (up to $125)
- Jerry & Sue Keppel, in memory of Miriam Becker
- Harriet Kirsch
- Richard Koch, CPA
- Mary & Dan Lavis
- Donna Matecki
- Barbara Rex
- Molly Sibley
- Sheila Summers
- Esther Trachtman
- Ann Venuto
- Walter Wilczak
- Jo Woloszyn
- Anna & Milenko Zdjelar

We invite you to join NAMI Buffalo & Erie County in helping us make a difference for people with mental illness and their families

Mail to:
NAMI in Buffalo & Erie County
P.O. Box 146, Buffalo, NY 14223

Name_____________________________
Address___________________________
City____________State____Zip________
Phone____________________
E-Mail _____________________________

☐ Membership $35
☐ “Open Door” Membership - $3 (for those in financial need, or to add a spouse/partner)
- or -

Donation; amount $ ___________
☐ Include membership in this donation
☐ In Memory of -OR- ☐ In Honor of:

☐ Please keep my membership/contribution anonymous.

I’d like to help with the following:
☐ Fund/Friend Raising
☐ Office & Clerical
☐ Phone Tree
☐ Legislative Advocacy
☐ Support Letters
☐ Speakers Bureau

Other_____________________________

I’d like to be put on the phone tree/e-mail list to receive legislative or other alerts.
☐ Yes ☐ No

Please send a copy of the newsletter to:

________________________________________________________________________

________________________________________________________________________

Memberships, contributions, and donations are tax deductible.
"You can't stop the waves, but you can learn to surf."
~ Jon Kabat Zinn

NAMI is teaming up with United Way and the Buffalo Bills for a win for everyone!

**Buffalo Bills vs. Tampa Buccaneers**
on KIDS DAY (and kids at heart)
Saturday, Aug. 23rd, 2014 - game time 4:30
Ticket cost only $25-45 ea., with $5 benefiting NAMI Buffalo & Erie County