



National Alliance on Mental Illness

nami

Alger/Marquette

NAMI Alger/Marquette affiliate newsletter Fall 2017 Edition

Notes from the Chair

By Cindy K. Bertucci, Chairperson NAMI Alger/Marquette

Hello everyone! I hope everyone had a wonderful summer. Hard to believe Fall is upon us. Where does the time go? As I get older it seems to go much faster than when I was young, and my parents always told me that it does, but what did they know. Well I guess they were right. For everyone out there that has children remember some day they will realize we did know what we were talking about.

Health care is still on the chopping block but thankful that some of the ideas out there were shot down. This is a very difficult subject as we are all aware of. Please remember to contact your government representative to let them know you are very concerned about this as it can change your life depending on the bill that finally passes. We will have some literature on this and as above asking for your input.

September brings another Family to Family class we will be offering. This has proven to be very informational and helpful to so many families. Please see article with more information. We have had so many wonderful responses from anyone that took the class. You will learn so much and all is very helpful. This is for family, friends, etc. of someone with a mental illness. Please contact us if you would like to sign up. You will not be sorry you did this.

Also another fall event for our local NAMI is on Saturday September 23rd will be our NAMI Walk & Picnic. Again see article concerning this. We look forward to seeing you there!!!

We will be starting our Educational Meetings again 1st one Monday Sept. 25, from 7 to 9pm. Our Sept Educational Meeting will be on the subject of suicide. Our speaker will be Rebecca Tervo, bestselling Amazon author and coach. She has written a book "Shattered, From Grief to Joy After My Son's Suicide". Please try to attend as Rebecca is a very special person and also to share this tragedy with everyone.

If there is a subject that you like more information on please contact me as we are always looking for ideas for our Educational Meetings and to get speakers on such. Our Educational Meetings are the last Monday of the month from Sept 2017 to May 2018.

The House C.A.R.E.S. Task Force

Michigan is at a unique crossroad to change public policy that will support its citizens to live happier, healthier, independent lives, thereby building vibrant communities and a productive workforce. Over the years, perception and opinion about the proper approach to successfully treating our vulnerable populations has changed, especially with respect to those who suffer from illnesses and conditions that mentally, emotionally, and socially inhibit their ability to thrive.

While working across multiple issue areas, such as mental health, veteran support, criminal justice, and workforce development, is no small endeavor, a comprehensive approach is the only way to achieve substantive and meaningful reform. To that end, a bipartisan task force has been created to allow members to deeply explore a wide breadth of issues and hear from interested stakeholders before reporting recommendations to the Legislature.

The task force, entitled the House C.A.R.E.S., encompasses the main elements to reaching the goal of supporting vulnerable citizens in secure and vibrant communities: Community, Access, Resources, Education, and Safety. The plan for the task force is to conduct hearings, facility tours, and collect input from stakeholders over July and August, with a report issued this fall.

Goals of the House C.A.R.E.S. Task Force

The goal for the Task Force is crafting solutions that cross issue areas to address the concerns described above. The Task Force's priorities would center on improving mental health services, ensuring public safety, smarter expenditure of resources, satisfying the needs of crime victims and other vulnerable populations, preparing those who are incarcerated to safely and productively re-enter society, breaking the cycle of crime, building our workforce, and encouraging coordination of State services. Key points of discussion for the Task Force are outlined below. When possible, the task force's recommendations should lead to legislative proposals, but they could also result in revised regulations and departmental policies, new pilot programs, and/or workgroups to continue developing policy proposals

- Improving the Delivery of Mental Health Services
- Better Utilizing Substance Abuse Disorder (SUD) Treatments
- Using Social Workers More Effectively
- Attracting and Retaining More Mental Health Professionals
- Enhancing Coordination of Veteran Services
- Bridging the Information Gap Between State Agencies
- Expanding Mental Health Intervention Training
- Allowing More Discretion in the Criminal Justice System
- Incentivizing Offender Rehabilitation

- Expanding Options for Alternative Sentencing
- Extending Services to More Crime Victims

Members of the House C.A.R.E.S. Task Force

Representative Klint Kesto (Co-Chair)

Representative Edward Canfield

Representative David Pagel

Representative Daire Rendon

Representative Fred Durhall, III

Representative Vanessa Guerra

Representative Abdullah Hammoud

Representative Hank Vaupel (Co-Chair)

Representative Jason Wentworth

Representative Mary Whiteford

Representative Robert Kosowski

Representative David LaGrand

Representative Sylvia Santana

Representative Robert Wittenberg

Task Force Contacts

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Jasmine Brown-Moreland

Tracy Winston

Local NAMI Programs this Fall

Alger/Marquette National Alliance on Mental Illness to hold fund-raising walk and picnic

NAMIWalks is the largest and most successful mental health fund-raising and awareness event in America! Through NAMIWalks' public, active display of support for people affected by mental illness, we are changing how Americans view individuals with a mental illness and ensuring that help and hope are available for those in need. Our Alger/Marquette team (The Solidarity Strollers) is participating in the 2017 NAMIWalks event. The funds we raise support training for mental health programs we offer free of charge, like "Family-to-Family" and "Homefront".

Join us at Al Quual Recreation Area on Saturday, September 23, 2017. We will have a short walk at 11:00 AM and Potluck Picnic at 12 Noon. We are providing sloppy joe's and sub sandwiches. Bring food or just come and show your support! If you can't attend our NAMIWalk, you can still support our local efforts by going to our team page to make a donation: <https://www.namiwalks.org/index.cfm?fuseaction=donorDrive.event&eventID=637>

For more information, please contact Cindy at 906-360-7107 or Louise at 906-235-0231, or visit www.namiam.org.

NAMI "FAMILY TO FAMILY" SERIES TO HELP FAMILIES CARE FOR MENTALLY ILL LOVED ONES

Family members of individuals diagnosed with a mental illness may greatly benefit from a 12-week "Family to Family" education course to be offered by NAMI (National Alliance on Mental Illness) Alger/Marquette. The 12-week series of classes, which are free to the public, will be held Tuesdays starting September 12, 2017 from 6pm to 8:30pm at 129 W. Baraga Ave., Marquette, Michigan. The course will cover a broad range of topics, including information about Schizophrenia, Mood Disorders (Bipolar Disorder and Major Depression), Panic Disorder, Obsessive Compulsive Disorder, and PTSD. This will be the 11th time this class has been offered in our area and is presented by trained educators. To date more than 150,000 family members in 48 states across the country have completed the course.

The course is designed specifically for parents, siblings, spouses, teenage and adult children, significant others and friends of people with a mental illness. This course also helps people understand that this is an illness and not something they can just "deal with it, shape up" as most times they just have no control over their actions. Responses from previous family members who took the class are: "I feel the course has saved my family", "I no longer blame myself for my child's illness.", "This course has given me a broader understanding of the diagnosis and more comfort in speaking about this to others." With the tragedies of well-known public figures dealing with depression, we feel now more than ever the timing of this class is so important for families to learn more about the types of mental illnesses. Please call to register for the classes by September 11th; however, we will accept new class members until September 25th. For further information or to register please: **LOUISE WILCOX (906-235-0231), CINDY K. BERTUCCI (906-360-7107) or NIKI RICHARDSON (906-458-1547)**

NAMI ALGER/MARQUETTE UPCOMING EVENTS:

**ALL MEETINGS/EVENTS BELOW ARE HELD AT 129 W. BARAGA AVE.,
MARQUETTE UNLESS OTHERWISE STATED
(also known as Baraga Place Conference Room)**

MONDAY SEPT. 11, 2017 SUPPORT GROUP MEETING 7 TO 9PM

TUESDAY SEPT. 12, 2017 FIRST FAMILY TO FAMILY CLASS

(See below for more Information)

THURSDAY SEPT. 21, 2017 SUPPORT GROUP MEETING 7 TO 9PM

**SATURDAY SEPT. 23, 2017 NAMI WALK/PICNIC (See attached
letter)**

**MONDAY SEPT. 25, 2017 EDUCATIONAL MEETING / SPEAKER WILL
BE REBECCA TERVO TO SHARE HER BOOK THAT SHE HAS WRITTEN
CALLED "SHATTERED, FROM GRIEF TO JOY AFTER MY SON'S
SUICIDE". MARK YOUR CALENDARS!.**

MONDAY OCT 9, 2017 SUPPORT GROUP MEETING 7 TO 9PM

THURSDAY OCT. 19, 2017 SUPPORT GROUP MEETING 7 TO 9PM

**MONDAY OCT. 30, 2017 EDUCATIONAL MEETING (subject to be
announced please contact Cindy to find out more).**

MONDAY NOV 13, 2017 SUPPORT GROUP MEETING 7 TO 9PM

THURSDAY NOV 16, 2017 SUPPORT GROUP MEETING 7 TO 9PM

**MONDAY NOV 27, 2017 EDUCATIONAL MEETING (subject to be
announced, please contact Cindy to find out more).**

**AS MENTIONED SEE PAGE WITH INFORMATION ON OUR FAMILY TO
FAMILY CLASS STARTING TUESDAY SEPT 12TH AND ALSO OUR NAMI
WALK/PICNIC ON SATURDAY SEPT. 23RD**

**ALSO CONCERNING OUR EDUCATIONAL MEETINGS WE ARE ALWAYS
LOOKING FOR IDEAS OF WHAT YOU WOULD LIKE MORE
INFORMATION ON. PLEASE CALL US WITH IDEAS AT:**

CINDY K. BERTUCCI (906-360-7107)



*With the new day
comes new strength
and new thoughts.
-Eleanor Roosevelt*

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