



NAMI Madison County

SUPPORT * EDUCATION * ADVOCACY * RESEARCH

Affiliate of the National Alliance for the Mentally Ill

Volume 7 ISSUE 01

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Happy and prosperous

New Year for all


Granite City Sharing & Caring Meeting: 1st Tuesday of every month from 7:00-9:00 PM at the Chestnut Clubhouse, 21st Street & Edison, Granite City.

Alton Sharing & Caring Meeting: 1st Tuesday of every month from 7:00-9:00PM at the Community Counseling Center, 2615 Edwards, Alton, IL.

Business Meeting: **PLEASE NOTE: THERE WILL BE NO REGULAR BUSINESS MEETING DURING THE MONTH OF JANUARY.**

Collinsville Sharing and Caring Meeting: 3rd Friday of every month at 6:30 PM for parents and caregivers of children and adolescents with mental illness at Family Consultants, 2014 Vandalia (Hwy 159), Collinsville, IL.

THE PRESIDENT’S CORNER.....PAT RUDLOFF

 NAMI’s logo is a circle encompassing a number of curved lines representing blades of grass signifying our “grassroots” beginning in 1979. Individuals who had a mission to help their mentally ill loved-ones started this organization. They were volunteers and today NAMI could not exist if it were not for like-minded people willing to make the giant step to advocacy and support for others.

As we approach the end of another year, I would like to introduce to you the NAMI Madison County volunteers who work hard to keep our mission alive and productive, beginning with our Board of Directors. We acknowledge the service of NAMI Madison County Vice President Jane Roennigke who is our Education Director, Treasurer Keith Gauen who has seen his duties multiply as we grow, Secretary Tracy Ross who came to us as an employee of Gateway Regional Hospital and graciously agreed to become a Board member and serve as Secretary, and Rob Roennigke who is also Treasurer of the NAMI Illinois State Board of Directors and who played a significant role in bringing Crisis Intervention Team Training (CIT) for law enforcement to Southern Illinois, Tom Giger, immediate past president of NAMI Madison County and Housing Solutions, Inc. Board member who is probably wondering if Board service is a “lifetime” position, Dianne Crawford who also serves as President of the Housing Solutions, Inc. Board and is on the Community Counseling Center Board, and Dan Crockett who represents NAMI at various consumer functions, along with “unofficial” Board members Sandy Giger (thanks for making all of the arrangements for our wonderful Christmas Party, Sandy!) and Mary Gauen, whose work with our website continues to amaze. It is my pleasure to “ride herd” over this terrific group of people. If you read our newsletter, you know these individuals do much more than just attend monthly meetings which take place the second Tuesday of every month at Gateway and which are open to the public.

The NAMI Madison County Board also acknowledges its gratitude for Sandra Becker-Warden who is leading a monthly support group in Collinsville, for Mary Rottmann and Glyn Adams who are regularly attending task force meetings at Gateway Regional Hospital, and to Glyn again for seeking approval to be an on-site monitor for Alton Mental Health Center, for Emily Gabriel, Community Liaison for Gateway who regularly attends Board meetings and was a great help with our program at SIUE, for Susan Kniffel who has offered to serve on the Human Rights Committee for Alton Mental Health Center, and Jim Giger who has agreed to be Madison County’s representative on the NAMI Illinois Consumer Council, for our Peer to Peer mentors, Janie Edwards, Jim Giger and Susan Kniffel, for Board member Dianne Crawford who also teaches Family to Family and with whom I have the pleasure of sharing those duties, for Matt Gauen for his help with the SIUE program and for Brad and Vanessa Roennigke and their courage in speaking publicly about their mental illness. And we can never thank enough Dick and Amy Hansen who do such a great job putting together our newsletter and who are ably assisted by Sandy Giger, and Barb Giesecking who makes sure the newsletter reaches all of you every month and Marge Baier who even though she now lives in St. Louis County still makes sure we have mailing labels.

Our members, by their continuing membership in NAMI, their support of events such as our Walk for Mental Health and our program at SIUE, demonstrate to all of us who are working to secure better treatment, services, housing, etc. that they appreciate and support what we are doing. If you are not a NAMI member, we invite you to join. And, if you are a member, thank you!

An Unquiet Mind
A Memoir of Moods and Madness
by Kay Redfield Jamison
reviewed by Pat Rudloff

Kay Redfield Jamison is a professor of psychiatry at the Johns Hopkins University School of Medicine, a psychologist and international authority on manic-depressive (bipolar) illness. She is the author of Touched With Fire: Manic-Depressive Illness and the Artistic Temperament and coauthor of the standard medical text on manic-depressive illness.

An Unquiet Mind is a personal testimony of Jamison's own struggle beginning at age 17 with manic-depression and how it affected her life. Her incredible intellect and determination to learn "the enemy" has enabled her by the age of forty to become a world authority on manic-depression and to make a difference in the way this disorder is treated. This has undoubtedly led to the saving of countless lives.

Jamison writes: "In many ways I was a stranger to the normal world...I began to covet the day to day steadiness that most of my colleagues seemed to enjoy....I was constantly chasing the tail of my own brain recovering from or delving into new moods and new experiences."

She is a firm advocate for not only the use of medications (she has been taking lithium for years), but also of psychotherapy which for her is a

"gifta sanctuary, ... a battleground, ... a place I have been psychotic, neurotic, elated, confused and despairing beyond belief. But always it is where...I have learned to believe that I might someday be able to contend with all of this. No pill can help me deal with the problem of not wanting to take pills; likewise, no amount of psychotherapy alone can prevent my manias and depressions. I need both."

In a chapter titled "Speaking of Madness," in which she discusses stigma, Jamison expresses her dislike of the term *bipolar* which she considers offensive and ineffective. "It seems to me, she states, "to obscure and minimize the illness it is supposed to represent." And she considers efforts to change language to be much less effective than aggressive public education efforts, successful treatments such as lithium, research into genetic and other biological causes, legislative actions such as the Americans With Disability Act and the obtainment of parity with other medical conditions.

An Unquiet Mind packs a lot of information about manic-depression and Jamison's struggle with it into 219 pages. By sharing her story, she helps us to comprehend the terrible pain it presents, the interminable struggle that must be waged and the hope for a "normal life" that medication combined with psychotherapy can offer to those who have access to both forms of treatment.

Newsletter items to be submitted are requested by the 15th of the month prior to the month's printing. Submit by e-mail with "NAMI Newsletter" in the subject area to: skgiger@hotmail.com
NAMI Madison County is printed as a community service by Chestnut Health Systems and Community Counseling Center.

NON-MEMBERS: SECOND NOTICE

We are currently mailing over 200 newsletters each month which totals almost \$1000.00 for the year in postage just for the newsletter mailing only. **To cut down on the cost of postage, we need to hear from our non-members.** If you are not a member and wish to join NAMI Madison County, contact Keith Gauen at 288-4376 or by e-mail at kegauen@charter.net. If you are not a member and do not want to join our organization but wish to continue receiving the newsletter, please contact Barb Giesecking at 656-4570 so your name will stay on our mailing list. If we do not hear from our non-members, we will assume you no longer read the newsletter and your name will be removed starting with the March 2005 issue. **Non-members MUST contact Barb in order to continue receiving the monthly newsletters.**

INTERESTED IN ORDERING BOOK?

Pat Rudloff is still compiling a list of people who would like to purchase The Healing Power of Procovery in Healing Mental Illness by Kathleen Crowley. This book was reviewed in the October NAMI Madison County Newsletter. The price when 10 or more books are ordered is \$26.95 which includes \$2.00 shipping cost. Please contact Pat at 618-656-6781 or by email -- patty6@charter.net -- to add your name to the list. Be sure to include your address and telephone number. Payment will be requested at the time the order for the books is placed.

BEFORE THEY FALL OFF THE CLIFF

The Madison County Mental Health Board has obtained a copy of Art Holliday's documentary, "Before They Fall Off the Cliff", and has forwarded it to NAMI Madison County so that the film will be available for lending to other organizations and/or service providers. This documentary is a powerful film about a tragedy which happened to the McBride Family in Missouri and illustrates how treatment combined with family support and protection, allows for forgiveness, hope, and recovery to come out of even the most horrific situation. If any organization would like to borrow and view the documentary, you need to contact Pat Rudloff at 618-656-6781. There is a \$25 deposit refundable upon return of the video in good condition.

PLEASE NOTE: There will be no business meeting during the month of January. Sharing and caring meetings will resume on January 4th at both Chestnut Clubhouse in Granite City and Community Counseling Center in Alton. Both meetings run from 7:00 to 9:00 PM.

Community Counseling Center

2615 Edwards Street

Alton, IL 62002

618-462-2331

Hours:

Monday and Friday 9:00a.m.-5:00p.m.

Tuesday, Wednesday and Thursday 9:00a.m.-8:00p.m.

24-hour crisis line 618-465-4388.

Community Counseling Center's staff are trained to provide quality service for a full range of problems including, but not limited to:

***Individual and Family Concerns**

***Parenting Questions**

***Stress**

***Senior Services**

***Anger Management**

***Bipolar Disorder**

***Children and School Issues**

***Depression**

***Substance Abuse**

***Feelings of Panic and Anxiety**

***Schizophrenia**

Psychiatric, Case Management and Psychosocial Rehabilitation (PSR) Services are also available.

Come enjoy the PSR programs Drop-in activities!

Hours: Monday -Thursday 2:30p.m.-7:30p.m. (Rides home available)

Friday's 2:30-6:00. Saturday's as scheduled. Sunday's CLOSED.

Thank You N.A.M.I. !

Dear N.A.M.I. members,

We want to take this opportunity thank you for the generous gifts and donations that you made to the Pathways program this year! All of the gifts were great additions to our attendance prize selection at our Annual Awards Banquet. Your generosity means a lot to the consumers, as well as the staff. You helped make this holiday a little brighter with your kindness.

We want to also thank you for the monetary donation that will go towards our Camp DuBois kind. This annual event is much anticipated throughout the year and will help us send another consumer to camp! We thank you!

The support throughout the year from NAMI to the consumers, their families, and to the PSR program is invaluable and much appreciated!

Sincerely,

Pathways members and staff!

Century 21
 Royce Realty, Inc.


Beverly Burns
 REALTOR®

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 Website www.c21royce.com




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Leadership of NAMI Madison County
 Patricia Rudloff, President, 656-6781
 Jane Roennigke, Vice-President, 465-8876
 Tracy Ross, Secretary,
 Keith Gauen, Treasurer, 288-4376
 Amy & Dick Hansen, 667-3371, and
 Barbara Giesecking, 656-4570, Newsletter
 Tom Giger, Communications Rep, 644-5705
 Mary Gauen, Web Master, 288-4376

Committee Chairpersons:
 Legislation, Sandy Giger & Mary Gauen
 Crisis Intervention Teams/Mental Health Court,
 Rob Roennigke
 Housing, Dianne Crawford
 Web Master, Mary Gauen
 Board Member, Dan Crockett
 NAMI Illinois Board Member/
 Treasurer, Rob Roennigke

NAMI WEBSITES: <http://madisoncty.nami.org>,
<http://www.nami.org>, <http://illinois.nami.org>

Applications are being accepted for **HUD rent-assisted apartments at: Community Court, Hempel and Yakubian Apartments** in Alton, IL. To qualify, you must: be between the ages of 18-62 with a maximum income of \$23,050 (2004) and have a chronic mental illness. Please call 618-465-0120 to arrange pick up of an application or for more information.

HUD Fair Housing Opportunity

24-HOUR HOTLINE
Crisis/Information/Referral Lines

**Southern Madison County
Chestnut Health Systems
(618) 877-0316**

**Northern Madison County
Community Counseling Center
(618) 465-4388**

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Edwardsville, IL 62085

618-656-8751

IL Tax No. 0124-8068

Other Local Meetings

THE NORTH CLUB serves consumers in the Metro St. Louis area. It was formed over 12 years by parents attending a support group at Christian NW Hospital who had children in the STEPS program at that hospital. If you have any questions or would like to receive our monthly calendar, please call Pat Rudloff at 618-656-6781.

NAMI Greater Belleville: 3rd Thursday of each month, 7 PM. at the Hilltop Emporium (Rear Entrance), 207 East Main Street, Belleville. For more information contact Ron Szewczuk at 476-1771.

NAMI C.U.P.F.U.L. (Compassion, Understanding, Patience, Forgiveness, with Unconditional Love) : 4th Saturday of each month, 2-4 p.m., 1505 Market Ave., East St. Louis. Call Pamela Perry, Central Comprehensive Mental Health, 482-7364 (work) or 314-868-8031 (home).

St. Louis Obsessive Compulsive Disorder Support Group: 3rd Saturday of each month, 10 a.m., St. John's Mercy Medical Center, McAuley Room South, 615 South New Ballas Rd., Von Gontard Conference Center. Speakers start at 10 a.m. and support groups meet from 11 a.m. until noon. For more information, call 314-842-7228, ext. 3.

LEGISLATIVE UPDATE: YOUTH SUICIDE BILL RECEIVES FUNDING

Congressman Jerry F. Costello

I wanted to update the progress of important youth suicide prevention legislation signed into law earlier this year. The Garrett Lee Smith Memorial Act has received at least \$11 million for fiscal year 2005. The bill authorized a total funding level of \$15 million.

Of the \$11 million, \$3 million will go toward a technical assistance center and \$7 million will go toward the state and tribal grant program, which represents full funding for these initiatives. The college grant program will receive at least \$1 million, while an additional \$1 million may be made available to the program by the Director of the Substance Abuse and Mental Health Services Administration.

Suicide prevention efforts remain a critical need, as more than 4,000 children and young adults commit suicide each year, making suicide the third leading cause of death among people between the ages of 10 and 24. This is significant funding for this important legislation, and I will continue to work with my colleagues at both the state and federal level on its implementation.

ELECTRONIC NEWSLETTER

We would like to encourage more of our members to consider using the e-mail system to get your monthly news. Because we are mailing 211 newsletters each month, electronic newsletter is cheaper for our organization and you actually get the news sooner by this method. You will receive a note from our webmaster with a link to click on, so it will use only a minimal amount of space of your e-mail. Please take time to send our webmaster, Mary Gauen, an e-mail at namimc@hotmail.com so she can add your name to the list. Please consider using this method for a couple of months and should you decide you'd prefer the postal mailing, you can always go back.

**NAMI Madison County
Keith Gauen
13 Autumn Glen Drive
Glen Carbon, IL 62034**

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