



# NAMI Madison County

SUPPORT \* EDUCATION \* ADVOCACY \* RESEARCH

Affiliate of the National Alliance for the Mentally Ill

Volume 7 ISSUE 03

March 2005

## TABLE OF CONTENTS

**Page 1**....Be Part of the N Crowd.

**Page 2**... President's Corner.

**Page 3**....Electronic Newsletter, 2005 Calendar of Events, Dept of Human Services Information.

**Page 4** ....Worth Reading, NARSAD.

**Page 5** ....Community Counseling Center.

**Pages 6 & 7**....Contact Info, 24-Hour Crisis Phone Numbers, HUD Notice, Other Meetings & Advertisements.

**Page 8** ...Invitation, Social Security Changes for 2005, NAMI Office Update.

**Page 9**....Congressman John Shimkus' Article.

**Page 10**...Congressman Jerry Costello's Article, New SRO Housing.

## Be Part of the N Crowd!

This is a group for teens with brain disorders that want to make friends and have fun. The qualifications are:

- \*You have to have a brain disorder
- \*You have to be between the ages of 14 to 19
- \*You have to be a NAMI member
- \*You have to live in the Metro-East
- \*No fighting or foul language
- \*No drugs or alcohol
- \*Have to be in treatment (on medication or seeing a therapist)

We will meet at SIUE at Starbuck's on the second floor of the Morris Center to begin our meeting on Sunday, March 13, 2005 at 2:00 p.m. We will spend the first part of the meeting on planning the next month's activity. After the planning meeting will be bowling at the SIUE campus. Be sure to bring money to cover the cost of bowling.

If you are interested in becoming part of the N Crowd, contact Vanessa Roennigke at 465-8876 or email her at

[vjroennigke@msn.com](mailto:vjroennigke@msn.com).

**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:** 2nd Tuesday of every month from 7:00 to 9:00 PM, located in the courtroom at the Kettler Center in Gateway Regional Medical Center in Granite City.

**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.

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](mailto:skgiger@hotmail.com)

NAMI Madison County is printed as a community service by Chestnut Health Systems and Community Counseling Center.

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

On January 29<sup>th</sup> the NAMI Board of Directors along with a number of NAMI members who were willing to give up several hours on a snowy Saturday morning met at the home of Board member Di-  
anne Crawford to discuss plans for 2005. The planning session began with an overview of how far we  
have come – 27 members and 17<sup>th</sup> largest Illinois affiliate in 2002 – to 142 members and 4<sup>th</sup> largest Illi-  
nois affiliate in 2005, and what we have accomplished in the past year – The NAMI Walk, the NAMI  
Madison County website, SIU-E partnership, the offering of Family to Family, Visions for Tomorrow  
and Peer to Peer educational courses, monthly support groups in Granite City, Alton, and Collinsville,  
our collaboration with the Children’s Mental Health Conference “Piecing It All Together,” the bringing  
of Crisis Intervention Team (CIT) training to Madison County law enforcement, our lobbying efforts for  
parity in insurance coverage for mental illnesses, affordable housing, involuntary commitment statutes,  
etc., our involvement with and support for mental healthcare providers in our area and the establish-  
ment of an office in Gateway Regional Medical Center.

The meeting continued with a discussion of what we need to do in 2005 in terms of advocacy, sup-  
port and education. Twenty-eight projects were presented along with budget requirements and mem-  
bership involvement needed to get the job done. **It was immediately apparent that the number of  
NAMI members** actively involved in working with the Board is not sufficient! Volunteers are needed  
to serve as Project leaders and/or workers in areas such as fundraising, stigma busting, education, CIT,  
legislation, “get out the vote” efforts, networking with government agencies, mental healthcare provid-  
ers, schools and other NAMI affiliates in Illinois, communication – public speaking, writing articles for  
our newsletter, revising our Resource Guide -- taking hotline calls, and assisting with various clerical  
duties in our new office.

An effort is now underway to increase our number of volunteers by calling members not actively  
involved. If you receive a call, please give serious consideration to how you can give of your time and  
talents to NAMI. And if you are not a member, please call our Treasurer Keith Gauen..... and re-  
quest a membership application or download an application from our website  
<http://madisoncty.nami.org>. Individual/family annual membership is \$35.00. Consumers, (the term  
for people who have a mental illness) may join for \$3.00.

**ANSWER THE CALL TO BECOME A NAMI MEMBER AND/OR VOLUNTEER!  
AND, IF YOU ARE ALREADY A MEMBER AND VOLUNTEER, THANK YOU!**

**CORRECTION**

In a previous issue of the NAMI Madison County newsletter it was erroneously stated that a \$25 de-  
posit was required to borrow the video “Before They Fall Off the Cliff” from the Madison County Men-  
tal Health Board. **No deposit is required.** We apologize for the error.

“Before They Fall Off the Cliff” tells the tragic story of the McBride family whose son Matt has  
schizophrenia and how the mental health system failed them. It is available for viewing by schools and  
other community groups. Call the Madison County Mental Health Board at 692-7040, Ext 4359 to re-  
serve the video.

**NAMI MADISON COUNTY**



**IT'S HERE...IT'S HERE...Electronic Newsletter!!!!**

Trying to find an old article from January or February newsletter? Never fear, electronic newsletter is here!! You can view all 2005 newsletters on the website. SO... if you haven't signed up yet, contact our webmaster, Mary Gauen, at [namimc@hotmail.com](mailto:namimc@hotmail.com) to let her know you'd like to receive the newsletter by e-mail. Mary will send you a notice when the newsletter is available online (which means you will receive news sooner than by snail mail) and save NAMI postage at the same time.

Please take time to check out the newsletter on our website. Go to <http://madisoncty.nami.org> then click "Newsletter" in the left-hand column. You can print the newsletter if you prefer a hard copy or just read the news straight from the website.

**WON'T YOU PLEASE TRY THE ELECTRONIC VERSION AND HELP NAMI SAVE MONEY TOO??** Contact Mary today at [namimc@hotmail.com](mailto:namimc@hotmail.com) or call her at 288-4376!!

**MARK YOUR 2005 CALENDARS**

NAMI National Convention, Austin, TX.....	Jun 18-20
NAMI Madison County Walk for Mental Health, Troy, IL.....	Sep 24
NAMI IL State Convention, Springfield, IL.....	Oct 14-16
Piecing It All Together Conference, Fairview Heights, IL.....	Oct 28-29

**A NOTE FROM DEPARTMENT OF HUMAN SERVICES**

Patricia Reedy, Chief of Social Services, Division of Mental Health, IL Department of Human Services writes: The Governor's Office has requested help in publicizing two pharmaceutical programs for Illinois residents. The two programs are as follows:

1. Illinois Rx Buying Club. Eligible persons include senior citizens and IL residents with disabilities. Discounts of up to 30% are available after an application fee of \$25.00. This fee is expected to be reduced in the near future. More information is available at: [http://www.illinois.gov/newsletter/ed3\\_rxclub.cfm](http://www.illinois.gov/newsletter/ed3_rxclub.cfm)
2. I Save Rx: This is a free program. It allows ANYONE to purchase prescription drugs from abroad at reduced prices. It is perhaps most applicable to persons who lack coverage for prescription drugs and for those who do not qualify for other government prescription drug programs. More information is available at their website: <http://www.I-SaveRx.net>

**WORTH READING!**

**NAMI Beginnings...**a quarterly magazine published by the NAMI Child and Adolescent Action Center which focuses on issues related to youth. Each issue includes policy alerts and "Capitol Hill Watch" to update readers on federal legislative matters, "Ask The Doctor" which provides the latest information about science and treatment of early onset mental disorders, state and affiliate news, articles by young people and families regarding their personal experiences with mental illness, book reviews, and much more.

Subscribe to NAMI Beginnings by contacting Darcy Gruttadoro in the NAMI national office at [darcy@nami.org](mailto:darcy@nami.org) or calling 703-524-7600.

\*\*\*\*\*

**Schizophrenia Digest...**is a beautiful quarterly magazine chock full of information about schizophrenia and other mental disorders, latest medications, treatment, research, personal stories, etc., in the words of their mission statement: "Dedicated to bringing hope, dignity, and support by providing inspiration and information about mental health issues."

Joyce Burland, Phd, a clinical psychologist, family member, and creator and director of NAMI's Family-To-Family Education Program, and Xavier Amador, Phd, a clinical psychologist and associate professor with Columbia University's College of Physicians and Surgeons and author of I am Not Sick; I Don't Need Help serve on the Advisory Board for this publication which is sponsored by Bristol-Myers Squibb Co., Otsuka America Pharmaceutical, Inc., Janssen Pharmaceutical Products, L.P., and Pfizer.

A one year subscription is \$19.95 and two years is \$34.95. To order phone 1-888-834-5537 or visit [www.schizophreniadigest.com](http://www.schizophreniadigest.com).

\*\*\*\*\*

**bp Magazine...**is a quarterly magazine, new in Fall '04, from the publishers of Schizophrenia Digest and offers the latest in research, news and therapy, tips on easier living, topics about fun and food, first person stories on relationships, parenting bipolar children, etc.

A one year subscription is \$19.95 and two years is \$34.95. To order call 1-888-834-5537 or visit [www.bphope.com](http://www.bphope.com).

**WHAT IS NARSAD?**

The National Alliance for Research on Schizophrenia and Depression (NARSAD) is a non-profit corporation that sells cards, T-shirts, posters and other art products created by people with mental illness. Proceeds go to help fund research into schizophrenia and depression. The artists get \$250 for the exclusive rights to use their work for three years.

NARSAD is the world's largest recipient of art done by artists with mental illness, and has over 8,000 copies of original art at its headquarters in La Habra, California. For more information about NARSAD, see [www.narsadartworks.org](http://www.narsadartworks.org) or call 800-607-2599.

**YOU CAN HELP PRESERVE HOUSING, SERVICES**

Huge changes are ahead for funding mental health services and housing. The State of Illinois is facing its largest budget deficit ever, almost \$2 billion. President Bush has proposed limiting all domestic spending except for Homeland Security. Some of his proposed cuts include eliminating funding for all new Section 811 housing, housing for persons with disabilities. CCC currently offers three 811 housing projects.

It's important that our legislators understand how these proposed changes affect consumers and families.

You can sign up for NAMI e-alerts via the NAMI website, [www.nami.org](http://www.nami.org). CCC also offers an e-mail advocacy list via its website, [www.cccnmc.org](http://www.cccnmc.org). The CCC alerts concern local issues around funding for mental health, while the NAMI alerts are more national in scope. The alerts will include instructions for you on who to contact, and even give you a draft letter to use.

By signing up for these mailing lists, you can make sure your voice is heard, and that vital services and housing are maintained in our community.

**CCC RECOGNIZES  
“MENTAL HEALTH HEROES”**

At the January 20, 2005 Growth Association Annual Dinner, Community Counseling Center presented its first annual “Mental Health Hero” awards.

CCC created the award to recognize community members who have:

Shown tremendous compassion and understanding of the day-to-day struggles of those challenged with mental illness; Heightened the level of community awareness about the stigma that surrounds mental health issues; taken significant action to improve the quality of life for those in our community living with mental illness. The 2005 awardees are:

**State Senator Bill Haine** — Through his work as State’s Attorney and now State Senator, Bill Haine helped to create Madison County’s Drug Court, maintained a vital psychiatric resource in the community, advocated for much needed supportive housing funding to remain in Alton, and worked hard to ensure that a change in the way the State funds Mental Health services would not harm the people it served.

**Alton Police Chief Chris Sullivan** — Chief Sullivan’s understanding of the community costs of mental illness lead Alton to become one of the first municipalities in Southwestern Illinois to adopt Crisis Intervention Teams. These specially trained teams have already prevented tragedy and inappropriate incarceration of the mentally ill. Chief Sullivan’s work has made the community safer for everyone.

**NEW GROUPS OFFERED AT CCC**

CCC offers registered consumers a variety of groups that address particular issues that may affect quality of life. Groups are lead by a qualified counselor, and engage participants in exploring their issues in a supported environment. Group offerings change frequently, but may include:

- Taking Back Your Life.. .Learning How to Say No
- Depression
- Stress Management
- Emotion Regulation
- Anxiety
- Phoenix: Survivors of Sexual Abuse (*must be screened by therapist prior to admission*)
- Anger Management

Call (618) 462-2331 for more information.


**Century 21**  
Royce Realty, Inc.

**Beverly Burns**  
REALTOR®  
Email [bvbrns777@yahoo.com](mailto:bvbrns777@yahoo.com)  
Website [www.c21royce.com](http://www.c21royce.com)




2023 Johnson Road  
Granite City, Illinois 62040  
Business (618) 876-5050  
Fax (618) 876-3023  
Cell (618) 709-4103  
Pager (618) 782-3990

Each Office is Independently Owned And Operated



**Irwin Chapel**  
*"...thoughtfulness, always."*

Granite City    Glen Carbon  
931-8000        288-9500



**BURT SHELTERED CARE HOME**

Mary Jo Swengrosh  
*Owner*

1414 Milton Road • Alton, IL 62002  
(618) 465-1351 • (618) 465-1367 • Fax (618) 465-3751



**The BANK**  
of Edwardsville  
*The People You Know & Trust!*

We are the leading locally-owned community bank  
with centers in the following locations:

Member FDIC


Edwardsville • Alton • Bethalto • Collinsville • Glen Carbon  
Granite City • Highland • Pontoon Beach • Troy

[www.4thebank.com](http://www.4thebank.com)

*The Regional Leader  
in Behavioral Health*

Featuring a full continuum of inpatient & outpatient programs specialized for children, adolescents, adults & older adults.

For confidential 24-hour access, call  
**618-798-3888**  
[www.gatewayregional.net](http://www.gatewayregional.net)



**GATEWAY REGIONAL MEDICAL CENTER**  
2100 Madison Avenue  
Granite City, IL 62040

**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:**  
Madison County -- <http://madisoncty.nami.org>  
National -- <http://www.nami.org>  
Illinois -- <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**

**AVON**

**Donna Marie Sheard**  
Independent Sales Representative

705 Frederick  
Edwardsville, IL 62025  
Home Phone: 659-1698  
Cell Phone: 567-3228

Leadership Representative EMail: dsmith4359@aol.com  
Beauty Advisor Website: youravon.com/dsheard



- Estate Sales
- Appraisals
- "Always Buying"

**Candy & Edward B. Wentz**  
5945 Old Poag Rd.  
Edwardsville, IL 62025

**618-656-8751**

**IL Tax No. 0124-2089**

## 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.

**Depression & Bipolar Support Alliance (DBSA):** Every Monday, 7:00-8:30 PM, O.C. Anderson Hospital in Maryville, IL., in the Community Support Room on Lower Level B. Contact Diane at 667-8781 for more information.

### **NAMI Madison County Members Invited**

CIT officers from Alton, Granite City, Glen Carbon, Edwardsville, Collinsville and the Madison County Sheriff's Department will be the guests of honor at a special "silver ribbon" ceremony sponsored by NAMI Madison County and the 708 Board on March 10<sup>th</sup>. The reception will be held at the Moonlight Restaurant on Fosterburg Road in Alton. The reception will begin at 5:30, snacks will be provided by the Southern Illinois Law Enforcement Commission. NAMI members are encouraged to attend, don't miss this opportunity to meet your local CIT officer. Questions, please call Rob Roennigke at 465-8876.

### **Amount Adjustments & Other News for 2005**

Listed below are some announcements of changes/updates taken directly from the social security website:

- \* We increased the Substantial Gainful Activity (SGA) amount for individuals with disabilities other than blindness to \$830.
- \* We increased the SGA amount for individuals who are blind to \$1,380.
- \* We increased the monthly earnings amount that we use to determine if a month counts for the Trial Work Period (TWP) to \$590.
- \* We increased the Supplemental Security Income (SSI) Federal Benefit Rates (FBR) to \$579 for an eligible individual and \$869 for an eligible couple.
- \* We increased the income amounts that will have no effect on eligibility or benefits for SSI beneficiaries who are students. We increased the monthly amount to \$1,410 and the yearly maximum to \$5,670.
- \* The monthly Medicare Part A Hospital Insurance Base Premium is \$375, and the 45% Reduced Premium is \$206. The Part B Supplementary Medical Insurance monthly Base Premium is \$78.20.
- \* There are increases in the State Threshold Amount for Disabled Individuals, a set of annual measures that we use to decide if earnings are high enough to replace SSI and Medicaid benefits.
- \* In 2005, we will begin issuing receipts every time you report a change in your work activity or earnings. This receipt provides you with proof that you have properly fulfilled your obligation to report your earnings.

### **New Office Opening Soon!!!**

The new office for NAMI Madison County at Gateway Regional Medical Center (GRMC) will be opening soon.

A special thanks goes to Sako Maki at GRMC, Dawn Yates with BHS and Juli Hale in Communications at GRMC for helping us with the phone system. A special thanks also goes to Fred Bloss with Chestnut Health Systems Clubhouse for the donation of furniture for our office.

We are still accepting names for our volunteer's list to work in the office. To volunteer time for staffing the office, contact either Glyn Adams at 346-0102 or Jim Giger at 654-4103. Thank you all for your help and support to make this office a great success.

**WATCH FOR MORE DETAILS ON OUR OPENING DATE IN NEXT MONTH'S NEWSLETTER!!!**

**MY NUMBER ONE HEALTHCARE PRIORITY--MEDICAL LIABILITY REFORM**  
**by Congressman John Shimkus**

As you may know, skyrocketing insurance premiums are debilitating the nation's health care delivery system. Liability insurers are leaving the market or raising rates to astronomical levels. This has caused physicians, hospitals and other health care providers to severely limit their practices or to discontinue practicing altogether. The exodus of these providers from the practice of medicine could continue, and patients will find it increasingly difficult and more expensive to obtain needed health care.

President Bush outlined his plan for addressing this issue when he visited Collinsville on January 5, 2005. The President is committed to medical liability reform this year, and it is my hope that the House and Senate will move swiftly to introduce legislation on this topic as well.

President Bush's proposal includes:

- \*Securing the ability of injured patients to get quick, unlimited compensation for their "economic losses," including the loss of ability to provide unpaid services like care for children or parents;

- \*Ensuring recoveries for non-economic damages do not exceed a reasonable amount (\$250,000);

- \*Reserving punitive damages for egregious cases where they are justified, and limiting damages to reasonable amounts;

- \*Providing for payments of judgments over time rather than in a single lump sum, to ensure that appropriate payments are made when patients need them;

- \*Ensuring that old cases cannot be brought to court years after an event; and

- \*Providing that defendants pay judgments in proportion to their fault.

During the 108th Congress, the House of Representatives passed legislation that included several of the President's proposals. The bipartisan HEALTH Act (HR 5 in 108th Congress), modeled after California's highly successful health care litigation reforms, passed the U. S. House for the first time in March of 2003. The bill was brought up for a vote again, under the same premise. HR 4280 passed the US House on May 12, 2004, with the goal of reducing the excessive burden the liability system places on the health care delivery system. I supported this legislation when it passed the House on both occasions.

It is also important to remember that the HEALTH Act from the 108th Congress would not preempt any State law by limiting either higher or lower caps. The bill would not prohibit any State law that imposes greater protections in other areas covered by the legislation.

The US House of Representatives has begun the process of working towards new legislation on medical liability reform, and I hope to see that legislation introduced. Also, the House Energy and Commerce Health Subcommittee, of which I am a member, held a hearing on February 10, 2005 entitled "Current Issues Related to Medical Liability Reform". I was pleased to take part in this hearing, which focused on the role of patients, physicians, insurers, and attorneys in this debate.

Although this hearing took place on the federal level, BOTH the state and federal government can and should take action on this urgent issue.

**FEDERAL BUDGET MUST NOT LEAVE OUT MENTAL HEALTH CARE**

**by Congressman Jerry F. Costello**

President Bush released his proposed budget for fiscal year 2006 in February, and it is very lean in terms of health care and other services for our most vulnerable populations. While the President does call for increases in Community Health Centers, which often offer mental health services, he also calls for severe cuts or the elimination of other programs that could hurt our ability to provide mental health and other health care services, such as rural health grants and the Mental Health Integration in Schools program. Significantly, the Medicaid program would be cut by \$60 billion.

Overall, the President calls for a 1% cut in domestic programs over five years. Given that we know that mental health disorders often go undiagnosed, cuts of this magnitude, if enacted, would result in even fewer people receiving the treatment they need. I will work with the President and my colleagues in Congress to ensure that we can continue to provide a basic level of comprehensive health services to all Americans.

**Metro East's First SRO Building Moving Ahead**

CCC will open the metro-east's first single room occupancy (SRO) building for adults with disability in mid 2005 in East Alton.

The Theodoro Residence will offer 12 efficiency apartments, each with its own bath. Residents will be offered communal meals twice a day and can take advantage of activities offered in the buildings planned community space. A qualified staff will provide 24 hour supportive services such as case management, counseling, and social skills. The apartments will serve single adults who are homeless and who have a history of a chronic mental illness. Tenants will pay no more than one third of their income as rent.

The 1.2 million project is made possible by grants and loans from the US Department of Housing and urban Development, Madison County Community Development, the Illinois Department of Human Services, and the Illinois Housing Development Authority. The project is scheduled to be completed by July 2005.

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

**RETURN  
SERVICE  
REQUESTED**