



National Alliance on Mental Illness

# NAMI Madison County

\* SUPPORT \* EDUCATION \* ADVOCACY \* RESEARCH \*

Website: <http://madisoncty.nami.org>

NAMI Office Phone: 618-798-9788

March 2009

## Board of Directors

Diane Pisko, President  
Rob Roennigke, Vice President  
Ann Dirks Linhorst, Secretary  
Lynn Glauber Treasurer  
Pat Rudloff, Immediate Past President  
Mary Rottmann, NAMI IL Board Member  
Keith Gauen  
Jim Giger  
Cindy Hall  
Fred Laswell  
Margaret Merrell  
Donna Sheard  
Janice Stephens

\*\*\*\*\*

## Table of Contents

- Page 1** - Congratulations Jane & Rob  
**Page 2** - Your NAMI Dues at Work!  
- Office Information  
- Join NAMI  
**Page 3** - 6th Annual PIAT Conference  
- NAMI Celebrates 30th Anniversary  
- MHA is Celebrating 100 Years  
- Your NAMI Dues at Work!-  
Continued from Page 2  
**Page 4** - Mark Your Calendar!  
- NAMI Project Leaders  
- Other Local Meetings  
- Newsletter Deadline  
- A Wish from Our LLAMA Mascot  
- Have you Moved?  
**Page 5** - Advertisers  
**Page 6** - Non-Board Members Also Serve NAMI!  
- Parity: What Does the New Law Mean?  
**Page 7** - Patient Assistance Programs  
**Page 8** - Articles from Pam Conley  
- Have You Cleaned Your Medicine Cabinet Lately?  
- IHDA & HUD Assistance  
- Avoid Refund Anticipation Loans  
- 2-1-1 Service in Southwest Illinois  
**Page 9** - Parity--Continued from Page 6  
- Thank You from The Editor  
**Page 10**- Meeting Times & Locations



*Congratulations*

*Jane*

*&*

*Rob*

*Roennigke*

**Jane & Rob Roennigke**  
**to Receive 2009 Humanitarian Award**  
by Kellene M. Hamilton, Chairperson,  
SIUE Social Work Scholarship Gala

Jane and Robert Roennigke from NAMI Madison County have been selected by the Gala committee to receive this year's Humanitarian Award. They are being honored for all of their advocacy and volunteer work on behalf of persons with mental illness and their families.

Jane and Rob will be our guests for dinner the evening of the event and presented with a plaque in their honor. The 2009 Scholarship Gala will take place on March 21, 2009 at Southern Illinois University Edwardsville in the Meridian Ballroom. There will be live entertainment provided by jazz musician, Reggie Thomas; a silent auction; and the keynote speaker for the event is Mr. Matt Chambers (KMOV-TV Channel 4 Meteorologist) all starting at 5:00PM.

If you would like to attend, make your reservation before March 10<sup>th</sup> by calling Judy Zimmerman at 618-650-5429. Tickets are \$50.00 each or \$350.00 for a table of eight. The dinner consists of your choice of either chicken with portabella mushroom sauce, baked salmon, or vegetarian lasagna and will be served promptly at 6:00PM.

Hope you can join us in this celebration!

### CRISIS HOTLINE NUMBERS IN MADISON COUNTY

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

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

## Your NAMI Dues At Work!

On January 26, 2009 Michael Fitzpatrick, NAMI Executive Director sent a letter to the Speaker of the House, Nancy Pelosi on behalf of the 210,000 members of NAMI. The intent of this letter was to let House members know that NAMI was strongly supporting certain key elements of the American Recovery and Reinvestment Act of 2009, otherwise referred to as the stimulus package, that “...protect the needs of the most vulnerable and promote investment that will stimulate the economy and ensure long-term growth..”

What caught NAMI’s eye were provisions that NAMI considered “critical elements.” In his letter, Fitzpatrick stressed NAMI’s strong support and, in one case, concern, for one of the provisions. The final version of the stimulus package which House and Senate leaders and the Obama Administration agreed to on February 12<sup>th</sup> did contain changes -- some disappointing for NAMI and others more in line with what NAMI supported. Among the critical NAMI priorities that were included in the final agreement to be voted upon in the House and Senate on February 13<sup>th</sup> and then sent to the White House for the President to sign it into law were the following.

- **An \$87 billion increase in federal Medicaid matching funds for the next 27 months.**

NAMI considers this the most important piece of the economic stimulus package for people living with mental illness because it will help states avoid further deep cuts to mental health services this year and next. The agreement also includes a “maintenance of effort” provision that will require states to maintain current eligibility standards for the next 2 years.

- **3-month extension (through June 1 of the current legislative moratoria freezing 7 different Medicaid regulations, including those for rehabilitation, school-based services and case management.**
- **8.5 billion in additional funds for biomedical research at the National Institute of Health (NIH) and the National Institute of Mental**

**Health (NIMH) to finance future research proposals deemed “meritorious” that were submitted last year, but for which there were no funds available.**

- **An extra payment of \$250 for all SSI beneficiaries and veterans receiving disability compensation.**
- **\$1.1 billion for Comparative Effectiveness Research.**

These funds will be allocated to NIH and the Agency for Healthcare Research and Quality for the purpose of conducting studies comparing two or more therapies for a given medical condition. Unfortunately, this final agreement excluded language that NAMI supported which clarified that such research should focus on “clinical” comparative effectiveness, and not cost effectiveness. NAMI’s concern was that these studies are often used to deny coverage because of their cost for specific treatments which work for some people with complex conditions such as serious mental illness.

- **\$19 billion for Health Information Technology and development of electronic medical records.**

NAMI was reviewing the final language to ensure that community-based mental health providers were eligible for grants from the Secretary of Health and Human Services and incentive payments under Medicare and Medicaid.

- **\$1.25 billion for retrofitting and upgrading with “green technologies” supportive housing developments for people with disabilities and elderly under the HUD 811 and 202 programs.**
- **\$12.2 billion for IDEA grants to the states for special education.**
- **1.5 billion for the Emergency Shelter Grant program at HUD**

When this article was submitted to the NAMI newsletter editor, on February 13th the final \$789 billion Economic Recovery and Stimulus Package had been passed

(Continued on Page 3)



### NAMI Madison County Office

Gateway Regional Medical Center  
2100 Madison Avenue, 4th floor  
Granite City, IL 62040

**Pam Conley, Office Coordinator**

E-mail: [namimadisoncty@sbcglobal.net](mailto:namimadisoncty@sbcglobal.net)

Office Hours: Phone: 618-798-9788  
Noon to 4:30PM Fax: 866-332-5338  
Monday thru Thursday

Website: <http://madisoncty.nami.org>

**NAMI Experience the Revolution**

★ ★ ★ ★ ★ **JOIN TODAY!**

Call the NAMI Office at 618-798-9788 to have a membership form sent to you or download one from our website by clicking here:

<http://madisoncty.nami.org>



**6<sup>th</sup> Annual  
Piecing It All Together (PIAT)  
Children's Conference:  
How Children's Mental Health &  
Mental Illness Affect Family,  
School & Community**

**March 6 & 7, 2009**

**Southern Illinois University at Edwardsville**

Registration is available for the 6th Annual PIAT conference. If you are interested in attending this 2 day children's mental health conference, check out the website at [www.NAMI-PIAT.org](http://www.NAMI-PIAT.org)

Our keynote speaker on Friday is Dr. Timothy Wilens from Harvard Medical School who wrote the popular book, Straight Talk About Psychiatric Medications for Children & Adolescents. Saturday's keynote will be Patrick Schwarz who has written numerous books. He will be focusing on the best practices of inclusive education. For a list of breakout sessions, check out our website.

NAMI Madison County has been collaborating with various southern Illinois agencies over the past six years to bring this quality conference to our area. Last year, we had over 300 participants. If you are interested in children's mental health/illness, this is the conference for you!

**NAMI Celebrates  
30th Anniversary**

2009 marks the 30th anniversary of NAMI's remarkable journey.

From its inception in 1979, NAMI has been dedicated to improving the lives of individuals and families affected by mental illness. Thirty years ago, 284 individuals from around the country gathered in Madison, Wisconsin to form what was then called the Alliance for the Mentally Ill, now NAMI. Fueled by anger, anguish and adversity, these pioneers launched a unique grassroots movement that would be a catalyst for change and enhance the lives of millions of Americans.

In three decades, NAMI has established itself as the most formidable grassroots mental health advocacy organization in the country. Dedication, steadfast commitment and unceasing belief in NAMI's mission by grassroots advocates have produced profound changes.

So what exactly does turning thirty mean for us? It means we're not slowing down!

This year NAMI will bring mental illness into the forefront of American culture like never before with the release of Grading The States 2009. The 2009 edition is a follow-up to our groundbreaking comprehensive state-by-



state analysis of mental health care systems in 2006.

In June we will head west to San Francisco to for the annual NAMI National Convention. The event will feature guest speakers Dr. Marsha Linehan and David Wellstone. In addition to being the son of the late Senator Paul Wellstone, David has been a champion of the mental health parity legislation his father pursued.

Even popular culture is helping us celebrate our 30th anniversary! Earlier this month the FOX TV drama House renewed their partnership with NAMI by releasing a new series of "House-ism" t-shirts whose proceeds will go benefit the organization.

NAMI's greatest strength is the dedication of our grassroots leaders and members. We are the families, friends, and individuals that serve to strengthen communities across the country.

2009 will be the most exciting year in the NAMI's history and we are privileged that you are part of it.

Happy anniversary!

*(Source: NAMI Advocate E-newsletter: January 2009)*

**Mental Health America Is Celebrating 100 Years  
of Advancing Mental Health!  
We Want You to Join Us!**

We'll be looking at the profound impact the mental health movement has had over the last century and exploring the opportunities and challenges we have ahead of us at our Centennial Conference and Gala, "Celebrating the Legacy, Shaping the Future," in Washington, D.C., June 10-13, 2009.

Mental Health America's Centennial Conference will bring together advocates, educators, researchers, business and community leaders, and health professionals from across the country. We will explore and examine new ideas, health care trends, programs and research—all of which will play a vital role in shaping our future and will be especially influential under a new presidential administration.

To find out more about the program, our speakers and how to register today, visit [www.mentalhealthamerica.net/go/conference](http://www.mentalhealthamerica.net/go/conference). We have no doubt that each available space will be taken, so please sign up now.

**(Continued from Page 2--Your NAMI Dues at Work!)**

by the House, but with changes which had lowered the total cost to \$787 billion and it was on the way to the Senate for their final vote before going to the President.

Visit the NAMI website [www.NAMI.org](http://www.NAMI.org) to see what changes, if any, were made to the provisions supported by NAMI in the final bill signed by the President.

**MARK YOUR CALENDAR!**

- Sharing & Caring, Clubhouse, Granite City.....Mar 3, 2009
- NAMI Connection Group, Clubhouse.....Mar 3, 2009
- Sharing & Caring, St. Clare's Hospital, Alton.....Mar 3, 2009
- NAMI Connection Jerseyville.....Mar 5, 2009
- PIAT.....March 6 & 7, 2009
- Business Meeting, GRMC, Granite City.....Mar 10, 2009
- NAMI Connection, Jerseyville.....Mar 12, 2009
- NAMI Special Night, Jerseyville.....Mar 14, 2009
- Sharing & Caring, Litchfield.....Mar 17, 2009
- Madison County Board Mtg, Edwardsville, 5:00PM.....Mar 18, 2009
- Continuum of Care Meeting, Woodriver.....Mar 19, 2009
- NAMI Connection, Jerseyville.....Mar 19, 2009
- SIUE SW Gala.....Mar 21, 2009
- NAMI Connection, Jerseyville.....Mar 26, 2009
- Sharing & Caring, Jerseyville.....Mar 28, 2009
- Mental Health Rally, Springfield.....May 6, 2009
- MHA Centennial Conference, Washington, DC...June 10-13, 2009
- NAMI National Conference, San Francisco.....July 6-9, 2009
- 6th Annual Walk for Mental Health & Picnic.....Sep 26, 2009
- Consumer Conference.....Oct 9, 2009
- NAMI IL State Conference.....Oct 16-18, 2009

**NAMI Madison County Project Leaders**

- Pam Conley.....Office Coordinator
- AJ French..... IOOV Coordinator
- Mary Gauen..... Webmaster
- Matt Gauen.....NAMI Madison County Llama Artist
- Sandy Giger..... Editor
- Tom Johnson.....CIT Coordinator
- Diane Pisko..... Newsletter
- Jane Roennigke..... Education & PIAT Coordinator
- Pat Rudloff.....Support Groups Coordinator.

**If you would like to help any of these members, please call the NAMI Office at 618-798-9788.**

**OTHER LOCAL MEETINGS**

**NAMI GREATER BELLEVILLE:** 3rd Thursday of each month, 7:00PM at the Hilltop Emporium (rear entrance), 207 East Main St., Belleville. For more information contact Ron Szewczuk at 618-476-1771.

**NAMI CUPFUL:** 4th Saturday of each month, 2:00-4:00PM, 1505 Market Ave., East St. Louis. Call Pamela Perry, Central Comprehensive Mental Health, at 618-274-0881 (work) or 314-868-8031 (home) for more information.

**ST. LOUIS OBSESSIVE COMPULSIVE**

**DISORDER SUPPORT GROUP:** 3rd Saturday of each month, 10:00AM, St. John's Mercy Medical Center, McAuley Room South, 615 S. New Ballas Rd., Von Gontard Conference Center. Speakers start at 10:00AM and support groups meet from 11:00AM till noon. For more information, call 314-842-7228, ext. 3.

**DBSA (Depression and Bipolar Support Alliance)**

**MEETING:** Every Monday 7:00-8:30PM, O.C. Anderson Hospital, Maryville, IL, next to the cafeteria on Lower Level B. Contact: Diane at 618-667-8781 or by e-mail at [dbsamc@yahoo.com](mailto:dbsamc@yahoo.com) for more information.

**"With Hope in Mind" Support Group:** for family members or caregivers; meets the 4th Tuesday of each month from 7:00-8:30PM at Christian Hospital Northeast (CNE), 11133 Dunn Road, St. Louis, MO, Room 2100. For more information contact Larry Daniels at 314-830-4642 or 314-660-9093 (cell).

**DEADLINE for the**

**April 2009 issue**

**of newsletter is March 15, 2009.**

**Please e-mail your article to Sandy at [skgiger@hotmail.com](mailto:skgiger@hotmail.com) on or before due date.**



Please...

notify us if you are moving. Call the NAMI office at 618-798-9788 with your new home address, e-mail address & phone number.

# SPECIAL THANK YOU TO OUR ADVERTISERS!!

Tell them you've seen their ad in our newsletter.



### Madison County Government Sheltered Care Home

333 S. Main, P.O. Box 441  
Edwardsville, IL 62025  
618-492-6003  
618-492-6025

Sheltered Care provides a managed living environment for persons over the age of 18, who are unable to live alone, offering 24 hour supervision by caring professional staff.



EQUAL HOUSING  
OPPORTUNITY

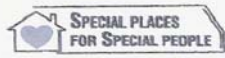
Please call (618) 465-0120 for more information.

Applications are being accepted for HUD rent-assisted apartments at Community Court, Hempel House and Yakubian Apartments in Alton. To qualify, you must be between the ages of 18-62 with a maximum income of \$23,050 and have a chronic mental illness.



2615 Edwards St.  
Alton, IL 62002  
(618) 462-2331  
24 hr. Crisis Line:  
(618) 465-4388  
[www.cccnmc.org](http://www.cccnmc.org)

Outpatient group counseling for adults and children; case management; residential and housing options; 24-hour crisis services for adults and children; Methadone maintenance treatment; psychosocial rehabilitation services; psychiatric and medical services; senior/caregiver services.



### BURT SHELTERED CARE HOME

Mary Jo Swengrosh  
Owner

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

### AVON on MAIN

Retail / Beauty Center  
Team Recruiting / New Rep Training  
Fundraising

Donna Marie Sheard / Eric Ahrens  
Independent Sales Representative / Owners

235 N Main Street  
Edwardsville, IL 62025  
618-656-1616  
[avononmain@sbcglobal.net](mailto:avononmain@sbcglobal.net)



Sensible solutions for your yard.

Keith Miller  
Licensed & Insured Applicator  
(618) 667-YARD  
[turflogic@charter.net](mailto:turflogic@charter.net)

Residential & Commercial  
Complete Weed Control—Fertilization Treatments—Aeration—Seeding



### 244 ANTIQUES

"Always Buying"  
Estate Sales  
Appraisals

Candy & Edward Wentz

5945 Old Poag Rd.  
Edwardsville, IL 62025  
(618) 656-8751  
[cew244antiques@aol.com](mailto:cew244antiques@aol.com)



337 E. Ferguson Ave.  
Wood River, IL 62095  
Phone (618) 251-4073

Behavioral Health Alternatives provides Mental Health Case Management Services, which includes but is not limited to: Individual Therapy; Group Therapy; Medication Monitoring and Training; and Representative Payee Services. Call (618)251-4073 for more information.



HEATING & COOLING

Tim Bertels ~ Owner

RESIDENTIAL • LIGHT COMMERCIAL • FREE ESTIMATES

618-377-9008  
[www.bertels.biz](http://www.bertels.biz)

### Mary Christine Fritz-Parker, LCSW

Licensed Clinical Social Worker

Psychotherapy/Counseling  
Individuals\* Couples\* Families\* Children\* Adolescents

Mind/Body/Spirit Healing  
Guided Imagery, Meditation, Dream Work,  
Breath Work  
Alton: 601 E. 3rd St. Ste. 302 618-225-9956  
Richmond Hts: 7700 Clayton Rd., Ste. 108  
St. Louis: 3909 Magnolia Ave.  
314-406-5215



*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

### PICTURE YOUR BUSINESS CARD RIGHT HERE!!

- ◆ Place your single business-card size ad here for \$50.00 per year.
- ◆ Get a double size ad for \$100.00 per year. **Contact the NAMI Madison County Office at (618)798-9788.**

- ◆ Your ad will run monthly in the newsletter which is received by approximately **300** people.
- ◆ The e-newsletter is also e-mailed to an approximate additional **100** recipients.
- ◆ The newsletter is posted to our website and therefore can also be seen **worldwide**.



Thank you to  
**Chestnut Health Systems in Granite City  
and Community Counseling Center in Alton**  
who alternately each month print this newsletter as a service to NAMI.

## Non-Board Members Also Serve NAMI!

by Immediate Past President,  
Pat Rudloff

A number of NAMI's most hard-working volunteers are not Board members or are former Board members --- Sandy Giger (Newsletter Editor and past Walk Chairperson), Mary Gauen (Webmaster), Jane Roennigke (PIAT Chairperson, NAMI Basics Coordinator), Rita Watters (Family to Family coordinator) to name a few. Some people who are serving NAMI now or who have served in the past, for whatever reason (ex. prefer to help from home, cannot attend meetings because they have responsibilities that keep them at home), have no desire or are not able to be Board members, do not have the time to facilitate support groups or mentor education courses. Yet their help and yours are invaluable and greatly needed!

What skills do you have to offer? Do you have an ability and desire to serve NAMI from home? Here are a couple of suggestions.

- Make calls to state and federal legislators regarding pending legislation that will affect people dealing with mental illnesses. You would be advocating for NAMI's position and would have in front of you the talking points. You must have a clear speaking voice and be comfortable with asking questions and recording the information received.
- Contribute articles for the NAMI newsletter about your personal experiences or about something you have read in the print media or on the internet. Newsletter deadline is usually the 15<sup>th</sup> of the month. Good writing skills are required.
- Research local resources for individuals with mental illnesses who have Medicaid, Medicare or no insurance. This information will be used by our helpline volunteers and also in a revised *Resource Guide* which is on NAMI's "to do" list. A clear speaking voice, ability to ask questions and a commitment to recording information accurately is required.
- Help Mary Gauen, NAMI Webmaster, keep our NAMI Madison County website up-to-date. Website maintenance skills are required for this job.

Having the ability to communicate with the NAMI office, the newsletter editor, etc. by email is a plus for any of the above suggested tasks. Volunteers can expect to be interviewed by phone or in person by the NAMI person responsible for a particular activity

Please call the NAMI office, 618-798-9788, if you are interested in helping NAMI Madison County fulfill its mission by becoming a NAMI volunteer.

## Parity: What Does the New Law Mean?

Parity was one of our most important topics for 2008. This story describes what the new parity law means for individuals in need of mental health and substance abuse services.

You're probably convinced that mental illness and substance abuse disorders are just as important as physical problems. Now Congress is, too.

On October 3, 2008 the President signed the Paul Wellstone and Pete Domenici Mental Health Parity and Addiction Equity Act as part of the Emergency Economic Stabilization Act of 2008.

Its enactment ends discrimination against consumers of mental health and substance abuse treatment services in insurance coverage and gives consumers improved access to the care they need.

"Countless advocates, consumers, people in recovery, family members, providers, professional associations, and insurance companies contributed to the enactment of this landmark legislation," said Eric B. Broderick, D.D.S., M.P.H., SAMHSA's Acting Administrator. "It was a long, hard-won journey."

### How It Works

"The Act requires that the financial and treatment limitations placed on mental health and substance abuse services in a health plan that covers such services cannot be any more restrictive than the financial and treatment limitations for medical and surgical benefits offered in the same plan," said Joseph Faha, Director of Legislation for SAMHSA.

That means that annual and lifetime limits, copayments, coinsurance requirements, deductibles, and out-of-pocket expenses for mental health and substance abuse services may not be any more restrictive than those for medical and surgical services.

It also means that the limits on the frequency of treatment, number of visits, days of coverage, or similar limits on the scope and duration of treatment for mental health and substance abuse services cannot be any more restrictive than those for medical and surgical benefits.

The Act also stipulates that coverage for mental health and substance abuse services provided by out-of-network providers must be consistent with the coverage of out-of-network medical and surgical services.

"The Federal law, which goes into effect for most plans on January 1, 2010, is not a panacea, however," Mr. Faha emphasized. "For example, the law does not require that a plan include mental health and substance abuse benefits."

The law exempts employers with fewer than 50 employees from its requirements, although they may choose to implement them in their health plans.

The law also permits an exemption for businesses that can demonstrate through an actuarial assessment that implementing parity has increased costs by more than 2 percent in the first year or 1 percent in subsequent years. The exemption lasts for 1 year.

(Continued on Page 9)



## Patient's Assistance Programs

As promised in last month's newsletter, here is the General Contact Information for Major Pharmaceutical Companies.

Pharmaceutical Company	Mailing Address	Phone # for Medical Information	Web Address
<b>Abbott Laboratories</b>	100 Abbott Park Rd. Abbott Park, IL 60064-3502	800-633-9110	<a href="http://www.abbott.com">www.abbott.com</a>
<b>AstraZeneca Pharmaceuticals</b>	1800 Concord Pike P.O. Box 15437 Wilmington, DE 19850-5437	800-236-9933	<a href="http://www.astrazeneca-us.com">www.astrazeneca-us.com</a>
<b>Aventis Pharmaceuticals, Inc</b>	300 Somerset Corporate Blvd. Mail Stop: SC 710B Bridgewater, NJ 08807-2854	800-633-1610	<a href="http://www.aventis.com">www.aventis.com</a>
<b>Boehringer Ingelheim Pharmaceuticals, Inc.</b>	900 Ridgebury Rd. P.O. Box 368 Ridgefield, CT 06877-0368	800-542-6257	<a href="http://www.boehringer-ingelheim.com">www.boehringer-ingelheim.com</a>
<b>Bristol-Myers Squibb Company</b>	345 Park Avenue New York, NY 10154-0037	800-321-1335	<a href="http://www.bms.com">www.bms.com</a>
<b>Eli Lilly and Company</b>	Lilly Corporate Center Indianapolis, IN 46285	800-545-5979	<a href="http://www.lilly.com">www.lilly.com</a>
<b>Forest Pharmaceuticals, Inc.</b>	13600 Shoreline Drive St. Louis, MO 63045	800-678-1605	<a href="http://www.forestpharm.com">www.forestpharm.com</a>
<b>GlaxoSmithKline</b>	One Franklin Plaza P.O Box 7929 Philadelphia, PA 19101	888-825-5249	<a href="http://www.gsk.com">www.gsk.com</a>
<b>IVAX Pharmaceuticals, Inc</b>	4400 Biscayne Blvd. Miami, Florida 33137	800-327-4114 x6367	<a href="http://www.ivaxpharmaceuticals.com">www.ivaxpharmaceuticals.com</a>
<b>Janssen Pharmaceutica, Inc.</b>	1125 Trenton-Harbourton Rd. Titusville, NJ 08560	800-526-7736 (800-JANSSEN)	<a href="http://www.janssen.com">www.janssen.com</a>
<b>Novartis Pharmaceuticals</b>	One Health Plaza East Hanover, NJ 07936-1080	888-669-6682	<a href="http://www.novartis.com">www.novartis.com</a>
<b>Organon</b>	56 Livingston Avenue Roseland, New Jersey 07068	800-631-1253	<a href="http://www.organon.com">www.organon.com</a>
<b>Ortho-McNeil Pharmaceutical, Inc.</b>	1000 Route 202 South PO Box 300 Raritan, NJ 08869-0602	800-682-6532	<a href="http://www.orthomcneil.com">www.orthomcneil.com</a>
<b>Pfizer Inc.</b>	235 East 42 <sup>nd</sup> St. New York, NY 10017-5755	800-438-1985	<a href="http://www.pfizer.com">www.pfizer.com</a>
<b>Roche Pharmaceuticals</b>	340 Kingsland St. Nutley, NJ 07110-1199	800-526-6367	<a href="http://www.roche.com">www.roche.com</a>
<b>Schering-Plough Corporation</b>	2000 Galloping Hill Rd. Kenilworth, NJ 07033	800-526-4099	<a href="http://www.sgp.com">www.sgp.com</a>
<b>Solvay Pharmaceuticals, Inc.</b>	901 Sawyer Rd. Marietta, GA 30062	800-354-0026	<a href="http://www.solvaypharmaceuticals-us.com">www.solvaypharmaceuticals-us.com</a>
<b>Wyeth Laboratories</b>	5 Giralda Farms Madison, NJ 07940	800-934-5556 option #1	<a href="http://www.wyeth.com">www.wyeth.com</a>

## Articles from Pam Conley

As you may imagine, our office coordinator, Pam Conley, receives many informative articles from different organizations, businesses, groups, websites, etc. All the articles on this page are from Pam as she felt they may be very useful and have helpful information for you. Thank you, Pam, for sharing the articles!

### Have You Cleaned Your Medicine Cabinet Lately?

Storing large quantities of medications at home can be potentially dangerous. Excessive amount of medications can lead to confusion about which medications to take, increase the risk of over-dose, and can be potentially dangerous to children and pets. It is very important to go through the medication cabinet, and dispose all leftover, expired and unwanted medications.

Proper disposal of unwanted medications should protect your privacy, discourage consumption, and not be a source of environmental contamination. Flushing medications down the sink or toilet is no longer recommended. Local municipals, trash services or hazardous waste facilities may be contacted, but some may not accept medication products.

The best plan is to dispose the medications in the trash. But first, protect your privacy by removing the label, or by crossing out your name and the name of the drug with a permanent marker, or by removing the medication from the original container. Secondly, discourage consumption of the medications by modifying the content with undesirable refuse such as wet coffee grinds, wet cat litter, or by adding a small amount of water to partially dissolve the medications. For liquid medications add table salt, flour, or non-toxic ill smelling spices such as mustard or turmeric and conceal the medication container with a duct or opaque tape. Place the container in a sealed non-transparent bag, empty can, or jar and dispose the contents in the trash.

If the medication is in blister (unit dose) packs, distort the name; wrap the blister packages with multiple layers of duct or opaque tapes, place in a non-transparent bag and dispose in the trash. If your leftover medications are ampules, vials, or intravenous (IV) bags, wrap the container with tape to prevent breakage, place in an opaque plastic container, and wrap the container with additional duct tape to prevent leakage and to further obscure the content. Dispose the container in the trash.

Another option for getting rid of old medications is to ask your pharmacist if he or she can properly dispose of them.

(Source: NAMI National Website, Ask the Pharmacist #9)

---

### IHDA and HUD Assistance On Mortgage Payment/Foreclosure

Here is a link with helpful information at the Illinois Housing Development Authority for anyone (consumers served by an agency, employees) who may be having trouble making their mortgage payments or those who may be in foreclosure: <http://www.ihda.org/ViewPage.aspx?PageID=261>

You can also try to call HUD for a counseling provider at 1-877-HUD-1515.

---

### Avoid Refund Anticipation Loans - Get Your Full Tax Refund

Refund anticipation loans (RALs) and other instant refund products costs Illinoisans millions each year. These unnecessary loans charge exorbitant fees to provide refunds a mere 7-14 days early.

RALs and other instant refund products have annual interest rates (APR) that can range from around 50% to 500%. In 2007 RALs assessed \$833 million in loan fees and \$68 million in other fees to 8.67 million Americans.

In difficult economic times RALs can be tempting. However, by filing electronically and having the refund directly deposited into a bank account, individuals can often receive their refunds within 8 - 15 days.

Families and individuals can save money by avoiding RALs and other instant products and still get their refund in a few days by using the following tax preparation resources: [www.economicprogress.org/zipcode/index.php](http://www.economicprogress.org/zipcode/index.php)  
[www.freefilealliance.org](http://www.freefilealliance.org)  
<http://www.illinoisassetbuilding.org/policy-iabg-illinois/avoid-refund-anticipation-loans-get-your-full-tax-refund/>  
(Source: Illinois Asset Building Group)

---

### 2-1-1 Service Rolls Out In Southwest Illinois and Other Illinois Communities on National 2-1-1 Day

Every hour of every day, someone in Illinois needs help locating and connecting with essential community services. On February 11, National 2-1-1 Day, the 2-1-1 telephone number made its debut in Southwest Illinois and two other Illinois communities to help residents find fast, free and confidential help for health and human services.

Provided by the United Way of Greater St. Louis, Southwest Illinois 2-1-1 is the number to call to get or give help throughout the Southwest Illinois region. PATH and United Way of Quad Cities also rolled out 2-1-1 pilots in their communities on February 11.

Residents in Southwest Illinois (the counties of Calhoun, Clinton, Green, Jersey, Macoupin, Madison, Monroe, Randolph and St. Clair) can now dial three simple numbers: 2-1-1 from landline phones 24 hours, seven days/week to access information on health and human services in their communities. Cell phone users should call 1-800-427-4626 for the same service. The website <http://www.211southwestillinois.org/> is also available.

**(Continued from Page 6- Parity)**

Still unclear is whether the law covers Medicaid managed care programs. It will be up to the Centers for Medicare & Medicaid Services (CMS) to make that determination. Also unknown is whether the law will apply to the State Children's Health Insurance Program (SCHIP).

Many states already have their own parity laws. The new law does not preempt state laws that offer richer benefits than the Federal version. If a state law offers lesser benefits, however, the state must follow the Federal statute.

**Expected Impact?**

The law will improve coverage for an estimated 113 million Americans, according to Sarah A. Wattenberg, M.S.W., a senior public health analyst in SAMHSA's Office of Policy, Planning, and Budget. Eighty-two million of these individuals are in employer-sponsored plans that aren't subject to state regulation.

"One of the big advantages to consumers will be the removal of financially burdensome co-pays, which often deter people from entering treatment," explained Rita Vandivort-Warren, M.S.W., a public health analyst in the Division of Services Improvement in SAMHSA's Center for Substance Abuse Treatment. "In a recent study of employer substance abuse benefits done as part of SAMHSA's spending estimates project, cost-sharing requirements remain higher for substance abuse treatment, with deductibles 46 percent higher than medical/surgical deductibles."

"A change in this one area alone will encourage more consumers to participate in treatment to achieve and maintain recovery," said Ms. Wattenberg. Of course, plans can still use "utilization reviews" and other managed care techniques to limit access to benefits, she added.

The new law also requires plans to disclose the criteria they use to determine "medical necessity" to any current and potential participants, beneficiaries, and providers who request such information.

They also must disclose the reason behind any denial of a claim for mental health or substance abuse treatment.

If past experience holds true, the cost of implementing parity may be quite small.

Two studies conducted with SAMHSA support have been especially instructive, said Jeffrey A. Buck, Ph.D., Chief of the Survey, Analysis, and Financing Branch in the Division of State and Community Systems Development at SAMHSA's Center for Mental Health Services (CMHS).

"One common finding is that parity is pretty inexpensive," said Dr. Buck. Although the research shows that parity seems to increase the number of people using services, he explained, the resulting cost increase for health plans was a fraction of 1 percent. "We would expect to see the same kind of effects as a result of the Federal law," he said, noting that the Congressional Budget Office reached the same conclusion. Insurance companies seem to accept the new law, said William J. Hudock, a special expert on financing policy in the Office of the Director at CMHS.

While the insurance industry doesn't necessarily appreciate having the Government mandate certain benefits, he said, "most of them acknowledge that providing parity is not a large-ticket item and is one that has probably been long overdue."

*"With approval of this bill, we will tear down the walls of stigma and discrimination and open the doors to the power and promise of treatment and recovery. It recognizes that mental health disorders are every bit as debilitating, and just as treatable, as cancer and diabetes."*

— David Shern, Ph.D. President and Chief Executive Officer, Mental Health America

**Next Steps**

Passage of the law doesn't mean the work is done.

"Our work is not over," emphasized Dr. Broderick. "Now we need to move expeditiously forward in doing our part at SAMHSA to help achieve the goals of this new law."

The next step is to interpret the law and develop regulations laying out how it will actually be put into action.

Over the coming year, the Departments of Labor, Health and Human Services (HHS), and the Treasury will craft those regulations and guidance.

Farther down the line, the 2008 law requires the U.S. Government Accountability Office (GAO) to assess the law's impact and provide a report to Congress by 2012 and every 2 years after that.

The GAO study will analyze coverage rates, patterns, and trends; any exclusion of specific mental health or substance abuse diagnoses; and the law's impact on coverage and costs.

But the law's impact goes beyond the purely financial, emphasized Ms. Wattenberg.

"Congress has sent a message about mental health and addiction by moving them out from the shadows and into the realm of mainstream health care," she said. "It's a recognition that these are diseases that can be helped through treatment. That's a big deal."

*(Source: SAMHSA News, Nov-Dec 2008)*

---

**Thank You From The Editor**

In last month's newsletter, I put a "cry for help" in seeking assistance with the mailing of the newsletters. A few days after the mailing went out, Lynn Piggott and Carol Morrow both contacted me and said they would be glad to help. After I spoke with each of them, I received another call from Alice Adcock who also volunteered to help.

Thank you, ladies, for helping to lighten my newsletter load and being an active member of NAMI.



## NAMI Madison County Meeting Times and Locations

**Alton** – Sharing & Caring Meeting for **family members** on the 1<sup>st</sup> Tuesday of each month from 7:00-8:30PM at Saint Clare’s Hospital, 915 East 5<sup>th</sup> Street in the Heritage Room.

**Granite City** – Sharing & Caring Meeting for **family members** on the 1<sup>st</sup> Tuesday of each month, 7:00-9:00PM at Chestnut Clubhouse, 2054 Edison Street.

**Granite City** – NAMI Connection Meetings for **Consumers** on the 1<sup>st</sup> Tuesday of each month, 7:00-9:00PM at Chestnut Clubhouse, 2054 Edison Street.

**Granite City** - Board Meeting for **all members and advocates** on the 2<sup>nd</sup> Tuesday of each month, 7:00-8:30PM, Gateway Regional Medical Center in Granite City, Lower Level Conference Room next to Cafeteria.

**Jerseyville** – Sharing & Caring Meeting for **family members**--temporarily suspended. For information please call Pat Rudloff, 618-656-6781.

**Jerseyville** -- NAMI Connection Recovery Support Group for **consumers** meets every Thursday, 3:30-5:30PM, Church of the Nazarene, 285 Maple Summit Road.

**Jerseyville** -- Sharing & Caring Meeting for **consumers** on the 4<sup>th</sup> Saturday of each month, 4:00-6:00PM at the Church of the Nazarene, 285 Maple Summit Road. The 2<sup>nd</sup> Saturday of each month will be reserved for a social event, same time, same location.

**Litchfield** – Sharing & Caring meeting for **family members and consumers** on the 3<sup>rd</sup> Tuesday of each month, 7:00-9:00PM at the Christian Church of Litchfield, 31 Yaeger Lake Trail.

**If you have questions about any of these meetings, call the NAMI Office at (618) 798-9788.  
For actual dates, see “Mark Your Calendars” on page 4.**



**NAMI Madison County  
Gateway Regional Medical Center  
2100 Madison Ave, 4th Floor  
Granite City, IL 62040**

**RETURN  
SERVICE  
REQUESTED**

**TO:**