

Encourage one another and build up each other...
1 Thessalonians 5:11, NRSV

CCMI NEWS—SEPTEMBER/OCTOBER 2008

Christians Concerned About Mental Illness

As Fall season approaches we welcome you back to our CCMI monthly meetings. Meetings are held the 4th Tuesday of the month at the Diocesan Center at 228 North Walnut in Lansing from 12:00-1:00pm. Use the blue awning entrance when attending our meetings.



Ministry with Persons with disAbilities

Our meetings are not held to solve or diagnose. We meet to help each other journey in our faith lives despite times of hopelessness, despair or uncertainty knowing that Jesus is walking with us ready to carry us through. Meetings are held in a safe environment. For the past three years we have chosen to use a book discussion as part of our meeting time. Our group has benefited from this discussion of chapters each month. I would like to review again our first book this year entitled "In the Shadow of God's Wings Grace in the Midst of Depression" by Susan Greg-Schroeder. This book really hits home with what CCMI is all about, putting the Christian perspective to the mental health issue. It's writer offers the wisdom of experience and moves beyond her experience to offer universal truths concerning depression and spirituality. She is an inspiration to all who struggle with depression offering hope through her own story, poems and her prayer life.

Our first meeting in September will begin with a portion of the DVD "Creating a Caring Congregation."

Information enclosed in each of our CCMI newsletters are compiled from the information I receive in this office through all types of media.

Plus attached to this newsletter you will find our new CCMI flyer! It will soon be available on our website. I hope you will find this information useful either in your life or the lives of your family and your community.

God's continued blessings,
 Joann



CCMI Meetings for 2008/09

Meetings held at 12:00-1:00

at Diocesan Center—228 N. Walnut St. Lansing

September 23	October 21	No November
No December	January 27	February 24
March 24	April 28	May 26



CCMI Meeting—All Are Welcome

Place: St. James Parish in Mason
1010 South Lansing Street
Parish Conference Room
Date: 2nd Tuesday of the Month
Time: 7:00pm
Call : Fran or Howard at 517-349-9412
Thank you Fran and Howard for offering these meetings in your Parish.

NAMI Connection Recovery Support Group

Recovery Support Group meets **weekly** on Thursdays
Place: Holy Cross Church School Building
1611 West Oakland Avenue

NAMI CARES The group will be called NAMI Connections. The group will now meet Weekly. NAMI Connections is a peer based consumer support group. It is confidential group based on principles of support and recovery.

Location: Enter the school located behind the church. The meeting is in Community Room located in the second door on the left past the clock.

For more information contact Larry A. at NAMI Michigan 517-485-0949.

NAMI Support Group “Recovering Families” for all Family Members On Going Family Support

Place: Foster Community Center
All Meetings will take place at:
812 E. Jolly Rd. Lansing
Wednesday, August 27th, 6:30-8:30



Tuesday, September 23rd, 6:30-8:30 (note change of day due to Families Helping Families)

Tuesday, October 22nd, 6:30-8:30 (note change of day due to Families Helping Families)

Wednesday, November 26th, 6:30-8:30 (let's talk about this one as this is the day before Thanksgiving)

Wednesday, December 17th, 6:30-8:30 (note change of date due to holiday)

From this point on, we will resume 4th Wednesdays from 6:30-8:30.

Just as a reminder, if you borrowed a Hidden Victims, Hidden Healers please return it at your earliest convenience.

Cathy Adams

Families Helping Families Course:



Wed., Sept. 17th –Wed., November 19th , 2008
7:00 pm to 9:00pm Sparrow Professional Building; second floor (Room E):

NAMI Lansing in cooperation with Community Mental Health of Clinton Eaton and Ingham is offering Families Helping Families (FHF) meetings, beginning Wednesday, September 17th, and ending Wednesday, November 19th, 2008. This ten-week course is taught by family members of persons with a brain disorder and by guest speakers.

The program is designed to help family members understand the struggles of their loved ones' and to gain knowledge and understanding to improve coping and outcomes. We welcome and encourage any families to attend who are new to the mental health system and those who have had experience in dealing with mental illness. The goal of the course is to discover ways to help your family member/loved one to be as healthy, independent, and happy as possible.

The following topics will be presented:

- *What Families Want and Need
- *Coping with Family Stress
- *Orientation to Community Mental Health Services
- *Dealing with the Difficult *Signs and Symptoms
- *Communication *Medications
- *Dual Diagnosis
- *Alternative Services & Supporting Recovery
- * Recovery and Hope

We ask that you attend all sessions. The information builds week to week. While this is a significant time commitment, families have found the course very helpful.

Location: The Sparrow Professional building is located directly across from Sparrow Hospital on Michigan Ave. One may park in the parking ramp for free and enter through the door on floor #1. Proceed to Conference room E on the second floor.

Cost: \$20.00 For the first friend/friend/family member, \$10.00 For additional friend/family/family members. Money collected is use for duplication of course materials. Please contact NAMI Lansing if any concerns about ability to pay for the course.

Send your name/address/phone/e-mail

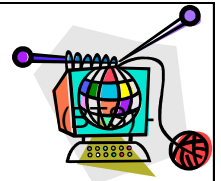
Please make check payable to:

NAMI LANSING & mail to:
NAMI LANSING
P.O. BOX 26101
LANSING, MI 48909

P.O. Box 26101 Lansing, MI 48909 517-484-3404 E-Mail: NAMILansing@aol.com



Check out these Websites & Resources



Breaking the Silence—Teaching the Next Generation about Mental Illness

Free Toolkit Available Online at: www.btslessonplans.org

A school outreach project funded by American Psychiatric Foundation
NAMI Queens/Nassau 1983 Marcus Avenue Lake Success, NY 11042

Tel: 516-326-0797 Fax: 516-437-5785 Email: btslessonplans@aol.com

46 page Tool kit available by just signing up on line.

Pathways to Promise www.pathways2promise.org is an interfaith technical assistance and resource center which offers liturgical and educational materials, program models, and networking information to promote a caring ministry with people with mental illness and their families. These resources are used by people at all levels of faith group structures from local congregations to regional and national staff. Link also to Bulletin Articles for 7 weeks of articles. <http://www.ncpd.org/SampleArticlesForBulletins&Newsletters.doc> See page 4 for sample week 1.

The NCPD Council on Mental Illness <http://www.ncpd.org/MentalIllnessAwarenessWeek.htm>

Following Jesus who embraced all, we assist the Catholic Community in reaching out to and accompanying our brothers and sisters with mental illness and their families, assuring their rightful place in the Church and society.

The NCPD Council on Mental Illness Web seminar Next Webinar: October 6th, 2008 1-2 P.M. EDT

Topic: Come to the Table: Nurturing the Sacramental Life of Persons with Mental Illness <http://www.ncpd.org/Webinars.htm>

If anyone would like to come to my office I will be listening to this webinar in my office. Give me a call or e-mail: 517-342-2497.



Location:Belle Isle
Detroit, MI
Date: September 28, 2008
Distance:5 K
Check-in:9:30 am
Start Time:11 am

For more information about this event, please contact:
Marti Bush
mbush@gchi.org
Phone: 313-263-2370
FAX: 313-263-2371

For those who wish, a bus will leave form Lansing 8:00am from the MSU Parking Lot on Farm Lane & Mt. Hope Rd.

We Walk
We Talk
We Share!
Call 1-517 484-3404
Web address:
www.nami.org/NAMIWALKS08/MIC/TheCapitol

Sample Petitions to include Persons with Mental Illness in the Prayers of the Faithful or as a Litany:



- † For persons with a mental illness, and their families that they may find effective treatment for their disease and understanding and acceptance in society, we pray to the Lord.
- † For our elected officials to come to an understanding of the need for increased funding for mental health care, we pray to the Lord.
- † For people who live on the streets without homes or hope, we pray to the Lord.
- † For families who strive to understand and help their loved ones with mental illness, we pray to the Lord.
- † For people with mental illness who are confined in jails and prisons, we pray to the Lord.
- † That the darkness of stigma, labels, exclusion and marginalization might be dispelled by the light of greater understanding, acceptance and respect for the dignity of every person, we pray to the Lord.
- † In thanksgiving for the compassion and dedication of mental health professionals and those who provide care, and for new discoveries in brain research, we pray to the Lord.

Long Strange Trip Documentary

A documentary on living with a psychiatric disability, the fears and prejudices surrounding mental illness with the power of personal testimony—understand the illness and the need for supports to be independent, employed and have stable housing.

Monday, September 15, 2008

Time: 6:30—8:30pm

Location: Pilgrim UM Church

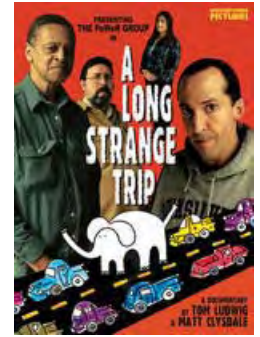
Address: 2965 W. Parks Rd.

St. Johns

Demystifying mental illness is also the goal of the PoWeR (Peers for Wellness and Recovery) Group, which sends representatives out to schools, churches and other places to talk frankly about what it's like to live with depression, schizophrenia or bipolar disorder. No one can say the members of the PoWeR Group aren't experts in their field: Not only have they suffered with these conditions, but many of them have also been worked over by the mental-health system.

This event is for any interested citizen, human service worker, law enforcement officer, primary caregiver, provider of healthcare, appointed official, friends and family who want to understand better mental illness by seeing through the eyes of those who live with the illness every day.

RSVP to Judy Hazle at 517-346-8238 or hazle@ceicmh.org



How FAITH COMMUNITIES Can Help VETERANS and Their Families

THE ROAD HOME from war can be more challenging than the road to war for both combatants and their families. While the reunion is wonderful, after the reunion there may be a difficult period of transition and readjustment. For those who serve in the military (“soldiers”) and families with faith, their faith community can be a crucial partner in this process.

Department of Defense medical authorities now state that as many as 30% of returning Army Reserve and Guard members struggle with significant mental health issues four to six months after returning from combat. These studies highlight the need for faith communities to partner with returning soldiers, discharged soldiers (“veterans”), their families, and with other community resources in the complex readjustment process.

Clergy and faith communities need to understand what the soldier and his/her family face as they reunite. Each has been through their own odyssey: challenged, stretched, pushed to the limits of endurance, even perhaps overwhelmed. To read more go to: http://www.mentalhealthministries.net/links_resources/articles.html



These are sample bulletin articles that could be used in your parish bulletin from page 3 Links & Resources.

Link also to Bulletin Articles for 7 weeks of articles. <http://www.ncpd.org/SampleArticlesForBulletins&Newsletters.doc>

It is recommended that the following be introduced with an article from the pastor asking the parish to be aware and involved at some level in outreach to persons with a mental illness and their families. After each article a contact person within the Faith Community should be identified for people who want further information.



Week 1 – First in a series of what our Faith Community can do to minister to those with mental illness and their families.

As a Faith Community we are concerned about all people especially those who are affected by life changing diseases, stigmatized, or marginalized by society. We are now called to reflect on the effects of major mental illness within our homes, our Faith Community and the community-at-large. Mental illness strikes one in four families. The challenge to us as a Faith Community is to develop ways to pastorally reach out and support persons suffering the effects of this tragic disease and to the family members who are also affected.

When mental illness strikes in a family it changes the world for the person and the family. It can be devastating. There is a sense of loss. Due to the stigma surrounding the disease, it can be humiliating and carry a sense of shame. It is a tragedy that often raises questions of faith and sometimes a crisis of faith. The support of a Faith Community is critical at this time.

Mental illnesses such as schizophrenia, bi-polar disease, major depression, anxiety disorders, personality disorders, and others are brain diseases that are treatable with the appropriate professional help, medication, and support services. Yet persons with mental illness are often met with isolation and fear due to stigma and misperceptions of the disease. We as a Faith Community can make a difference through our awareness and understanding of the issues facing those with this disease. For more information contact..... your regional Catholic Charities Office at http://www.dioceseoflansing.org/catholic_charities/index.html.