
SPRING 2014



NAMI is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI advocates for access to services, treatment, supports and research and is steadfast in its commitment to raising awareness and building a community of hope.

NAMI – BEAVER COUNTY is an educational, advocacy and support group for families, consumers, and professionals dealing with serious mental illnesses or brain disorders. We support each other by educating ourselves through research, attending conferences, and sharing this information with others. NAMI-BC members also offer support through our years of experience n dealing with these illnesses on a personal level.

In this issue: ... SPRINGTIME—NEW OFFICE, INFO FROM NIMH, HEALTHY LIVING HINTS - SLEEP...

Spring is when you feel like whistling even with a shoe full of slush.

Doug Larson

Meetings are held at
NAMI BEAVER COUNTY OFFICE- 1229 3RD ST., BEAVER, PA. 15009
7:30pm on the 3rd Thursday of each month

*****APRIL MEETING APRIL 17, 2014 –REVIEW NAMI SW CONFERENCE*****
***** MAY MEETING MAY 15, 2014-COPING SKILLS, JILL S. PERRY*****
*****JUNE MEETING JUNE 19, 2014-“TED TALKS-IDEAS WORTH SPREADING”*****

Springtime

by Carla Braund

Springtime. What does it mean to you? I searched for an article for the newsletter looking for just the right one, one with the right spirit, feeling. I wanted one full of optimism, freshness, newness, and hope. I wanted that sense of shedding off that heavy, worry laden winter overcoat with a feeling of lightness of being to face a bright new season of growth and opportunities. The right article did not surface, but the feelings did.

This springtime is different. NAMI Beaver County has a new home. A new shiny meeting place complete with a media room with tables and chairs, a kitchen, a library, and an office with desks and a computer. The meeting area/media room can be a place to view the latest offerings in mental health information, listen to a speaker, and share with other NAMI members. The library will house literature and a cozy area to catch internet info with WI-FI.

Preparing a cup of coffee or organizing a pot luck meal, happens in the kitchen. Lastly, a new home for twelve boxes of NAMI Beaver County history, a place to plan NAMI events, a place to draft the newsletter, and answer incoming phone calls will take place in the office area.

In some ways this new opportunity coincides with feelings of optimism prevalent in springtime. Optimism allows us to open up to changes. This can be seeing a better life and new beginnings. The courage to overcome obstacles when fear would have us stay in our place comes forth. Cleaning out the cobwebs of old outmoded ways of being can be replaced by newer, fresh practices. Some overwhelming problems can be whittled down to more manageable struggles.

Come to a meeting, listen to a speaker, share your burdens, share your successes, see that others care, show that you care, or learn a new tool in dealing with mental illness. You might feel that spark of hope ease off that heavy overcoat of life's troubles.

ANNOUNCEMENTS

WE HAVE A NEW OFFICE AND MEETING PLACE, 1229 3RD ST, BEAVER, PA. 15009. MEETING IS AT SAME TIME, 730 PM.

NEWSLETTER WILL BE QUARTERLY. With new office and new responsibilities it was voted by the board to publish the newsletter quarterly

RESUBSCRIBE TO THE NEWSLETTER. Directions will be in a latter part of this newsletter. It has been long overdue to revamp our mailing list. The costs of mailing the paper newsletter are high. Subscribing via email is strongly preferred.

CHILDREN'S MENTAL HEALTH AWARENESS DAY. "Building Hope and Resilience in Our Youth". Tuesday, May 6, 2014 3-6 pm, Beaver Valley Mall. In support of SAMHSA, National Children Mental Health Awareness Day. Contact: Karen Edwards, kedwards@ahci.org, 724.847.6225. www.bc-systemofcare.org

ADULT'S MENTAL HEALTH AWARENESS DAY. A walk and ice cream social event being planned for May 21, 2014. Call number below for information.

MAY MEETING: COMMUNICATION: WHY SO COMPLICATED? We spend our days communicating to loved ones, coworkers, even strangers. But are we really getting our point across? Communication doesn't have to be so complicated. Learn the different styles of communication, when it is the best time to use each and what happens if we overuse any one particular style. Jill S. Perry, MS, NCC, LPC, CAADC.

VIEW MENTAL HEALTH VIDEOS AT NAMI OFFICE. Call number below for dates and times.

NEW PHONE NUMBER WILL FOR NAMI OFFICE WILL BE AVAILABLE SOON. Contact information below will be active for indefinite period.

Please contact Carla Braund at (724)728-3243 or namibc12@gmail.com with questions or concerns regarding any of the events listed above.

WHEN SPRING COMES THE GRASS GROWS BY ITSELF.

Tao Te Ching.

...FROM NIMH.COM

In a recent Blog, February 27, 2014, director, Dr. Thomas Insel, discussed how and why the National Institute of Mental Health is changing how it will support clinical trials. Support for clinical trials is changing because treatment for mental illness is not moving forward swiftly enough, basic understanding of mental illness has not advanced, and some effective treatments, i.e., psychosocial treatments are not always reimbursed. The drug industry has reduced dollars spent for developing mental health drugs.

The first change is to direct clinical research to what is learned from biological, cognitive and social sciences. This along with aiming for new treatments and treatment outcomes is thought to move forward help for those suffering from mental illness. The second change has to do with communication of research. New rules for reporting are to make the research information shared more readily. Thirdly, the NIMH will not fund new research under past funding announcements.

These changes are hoped to bring forth a better understanding of mental illness, new treatments, and further validate treatments such as psychosocial and neuromodulation so that insurers will pay for them.

...FROM PSYCH CENTRAL.COM

Are you a med cheater?

By ERICA LOBERG
(4-11-14)

I am supposed to take my mood stabilizer (Lamictal) twice a day. One pill in the morning and one and a half at night, but, sometimes I find myself cheating on my meds. I don't use a pill cutter and when I go to take my half pill at night, I'll bite a fourth off. I wonder if doing that is really going to make a difference in my mood. Well, not right away, but eventually, it does. You wouldn't think biting off just a little less would cause an effect but it will. I don't know if it is psychological or chemical, probably both, but I still do it once and awhile and know I am not the only one.

I think the best way to manage the impulse to bit off less than prescribed is to use a pill cutter. I've come to understand that although I have always been strict about taking my meds, have never skipping a beat, and always making sure I don't wait till the last minute to call my pharmacy for a refill, I have to accept the fact sometimes I'll toss the pill cutter aside and will cheat on my meds. But, once the insomnia creeps in, I know I'm in trouble.

Having said that, if you are one to occasionally cheat on your meds, know that the side effects will eventually show their ugly face. This will keep you in check and put you back in line and be a learning tool to help you stick to the plan. Don't regret, feel guilty, or resent yourself if you are one that tends to cheat. Remember, although cheating has consequences, you are only human. **(FROM THE EDITOR...THIS IS THE VIEWS OF THE AUTHOR...REMINDER, IT IS BEST TO FOLLOW THE ADVICE OF YOUR DOCTOR...)**

...FROM NAMI BC NEWSLETTER, OCTOBER 1996

Recovery

by Steve Kersker, President of Florida Drop-In Center Association
(Editor: Ann Bau)

"Recovery is not remission, nor is it a return to a pre-existing state. The idea that we can be "cured" is counterproductive to recovery. When people with a mental illness believe they are cured they often believe they no longer need their medications. Thus relapse is frequently the consequence of our thinking that we are well...

"Recovery is the development of new ego and identity structures to replace those damaged by our illnesses. Recovery is about wellness, that is, the redevelopment of a new and healthier personality and lifestyle: an independent personality that is strong enough to stand on its own. Recovery takes place through creation of new patterns of behavior that makes our lives more satisfying and productive. People in recovery like themselves as they are, accept their disability, and enjoy the life they have. Acceptance of one's disability can lead to greater appreciation of one's own strengths and new levels of self-esteem. Recovery is based on personal choice, responsibility, self-determination, and self-esteem."

(from this editor: What is recovery in 2014 to you?)

An optimist is the human personification of spring.
Susan J. Bissonette

HEALTHY LIVING HINTS

TIPS FOR GETTING MORE SLEEP

Getting enough sleep is important for physical and emotional health. If you are having difficulty sleeping, don't read, eat, or watch TV in bed. In addition, try these tips:

- Decrease the amount of light in your sleeping area. Close the curtains and turn off the lights.
- Decrease the amount of noise in your sleeping area. Unplug your phone. Use earplugs if you need to. Use fans or recordings of soothing music or sounds (such as rain or waves) to help you relax and fall asleep.
- Get regular exercise but not less than 4 hours before your bedtime.
- Go to bed at the same time each night. Get up at the same time each morning, regardless of how well you slept. Do not take naps during the day.
- Develop a bedtime routine and start it an hour before you want to fall asleep. Bedtime routines are designed to help you relax. For example, before bedtime, take a warm shower or bath, massage your feet with lotion, listen to soothing music or a tape-recorded story, read an inspirational book, drink a cup of non-caffeinated tea (such as chamomile) or warm milk, or have a small snack (such as half a turkey sandwich or peanut butter and crackers).
- If you have not fallen asleep within 15 minutes after you go to bed, get up and do something for 30 minutes that you usually do not enjoy. Then try to go to sleep again. For example, read a difficult book or balance your checkbook.
- Avoid taking nonprescription sleeping pills or using alcohol to help you sleep. They may slow you down the next day, cause you to wake up during the night, or interact with medicines you are taking.
- Avoid eating or drinking anything that might interfere with sleep. Do not drink alcohol or caffeine after 5 p.m. Do not eat foods that you know might upset your stomach. If you tend to wake up at night to go to the bathroom, drink only small amounts of liquids after 5 p.m.
- Reduce or eliminate your use of substances containing nicotine, such as cigarettes.

Web MD last updated July 11, 2011

**The day the Lord created hope was probably the same day he created Spring.
Bem Williams**

RESUBSCRIBE TO THE NEWSLETTER

IN ORDER TO HAVE AN ACCURRATE MAILING LIST AND REDUCE THE HIGH COST OF THE NEWSLETTER IT IS NECESSARY TO RESUBSCRIBE TO THE NEWSLETTER. PLEASE NOTIFY OF AN ACCURATE ADDRESS TO THE EDITOR.

RECEIVING THE NEWSLETTER VIA EMAIL IS PREFERRED.

PLEASE NOTIFY BY EMAIL OR MAIL

1. I WOULD LIKE TO RECEIVE THE NEWSLETTER BY EMAIL.

YES NO

NAME _____ ADDRESS _____ EMAIL _____
PHONE _____.

2. I WOULD LIKE TO RECEIVE THE NEWSLETTER BY MAIL.

YES NO

NAME _____ ADDRESS _____ EMAIL _____
PHONE _____.

**TO NOTIFY THE EDITOR PLEASE MAIL THIS SHEET TO :
1229 3RD STREET, BEAVER, PA. 15009 OR**

**EMAIL ABOVE INFORMATION TO:
NAMIBC12@GMAIL.COM**

THANK YOU SO MUCH FOR YOUR COOPERATION!!!!!!!



Dated Material: Please deliver by May 5, 2014

NAMI – THE NATION’S VOICE ON MENTAL ILLNESS

Carla Braund, Editor
NAMI BEAVER COUNTY
1229 3rd Street
Beaver, PA 15009

U.S. POSTAGE
PAID
Permit No. 9
Beaver Falls, PA 15010

MEMBERSHIP FORM 2013 please renew early in year

Several changes have happened with memberships and renewal. The \$25 level of membership has been dropped. In order to keep the membership process streamlined, we **prefer** renewals to be processed early in the year. It is also possible to renew your membership online at www.nami.org. At this time over half of our memberships are due for renewal. **A BIG THANK YOU TO THOSE WHO HAVE RENEWED THEIR MEMBERSHIP.** Any questions or concerns please direct them to Carla Braund, 724-728-3243 or namibc12@gmail.com. All NAMI – Beaver County memberships include subscriptions to all four newsletters.

_____ Enclosed is my check for \$35 for 2014 memberships in NAMI – Beaver County, NAMI, NAMI – PA, and NAMI – SW PA

_____ I am on a limited income. Dues are \$3 for full membership.

_____ I wish to make a tax deductible donation of \$ _____ to NAMI – Beaver County.

NAME(S) _____

Please check one: Family member Consumer Mental health professional

ADDRESS _____

TELEPHONE NO. _____ E-MAIL ADDRESS _____

Make checks payable to: **NAMI – Beaver County**
Send to: NAMI – Beaver County
1229 3rd Street -- Beaver, PA 15009