

MEDICAID CHANGES AFFECT CENTERSTONE SERVICES

By David Carrico, Centerstone Special Services Director

On July 1st, Indiana introduced extensive changes to the State Medicaid Rehabilitation Option (MRO) system that provides funding for mental health services. While the model is recovery based, in effect the changes limit who can obtain certain services and the total amount of services that can be provided. If you or a loved one is on Medicaid and receiving mental health services, you probably have noticed some of these changes. Centerstone staff is implementing these significant changes while endeavoring to provide effective quality services to our consumers.

It has always been the Centerstone philosophy that families and other supports are encouraged to participate in their loved ones treatment. Along with the many changes, we have prioritized the involvement of significant others. This includes family involvement in the development of the consumer's treatment plan and attending periodic meetings with the Case Coordinator to discuss how the plan is progressing. Our clinical staff is always open to information and ideas you may have that are helpful to achieving the consumer's goals. Research has shown that having a loving, non-critical family involved with their loved one who is on the road to recovery, helps immensely in this effort.

Mental health treatment providers are bound by the laws of confidentiality. They must have written permission from their client before they are able to release confidential information. We strive to obtain all needed releases. When we do not have this permission, we still can accept input from consumers loved ones.

We encourage you to contact the Care Coordinator serving your friend or relative to discuss how you could become more involved. To ensure your expectations have been met, we invite you to contact the program manager in the area responsible for you loved ones care or myself. I can be reached at 812-337-2349 or David.Carrico@centerstone.org. Alternately call 812-339-1691 and ask for the program supervisor.

NAMI Greater Bloomington Area

P.O. Box 7794

Bloomington, IN 47407



BRAIN PAGES

The newsletter of

NAMI

Greater Bloomington Area

*Family and Friends Together
Providing Support and
a Voice on Mental Illness*

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**Recurring Events
all free**

1st and 3rd Mondays:

Family Support Group

First United

Methodist Church 7:00pm

1st and 3rd Thursdays:

**Depression
and Bipolar**

Support Group

St. Marks

Methodist Church 7:00pm

2nd and 4th Thursdays:

**Schizophrenia
Support Group**

Fairview Methodist Church

7:00pm

Ask The Prescriber:

Medications for Children and Adolescents with Mental Illness

by Sarah Hunt

NAMI-Greater Bloomington Area will participate in the fifth annual Art of Mental Health Event. "Ask The Prescriber" will focus on issues relating to the mental health of children and adolescents. This is a week of events meant to: 1) promote the mental health of children and adolescents, 2) educate about the early onset of brain disorders and 3) reduce the stigma surrounding these disorders.

**Wednesday, October 6th from 7-8:45 PM
Monroe County Public Library Room 1C:**

Bethany Murray of Centerstone will discuss medication issues, rationales, and side effects relative to medications prescribed for children and adolescents with diagnosed mental illness. An opportunity will be provided for the audience to ask medication related questions.

Bethany Murray is a child and adolescent, psychiatric clinical nurse specialist working at Centerstone (formerly the Center for Behavioral Health). She has been in the mental health field since 1986, and got her bachelor's and master's degrees in nursing at Indiana University. Beth has been at Centerstone for 15-years as a prescribing nurse. In her job, she sees children and adolescents (as well as adults) for psychiatric assessments and medication management.

Beth is certified by the American Nurse's Credentialing Center as a clinical specialist. She contributed a chapter to the nursing textbook "Psychiatric Nursing" entitled Disorders First Seen in Infancy, Childhood and Adolescence" in 2007. Beth has also been given the opportunity to volunteer for the American Red Cross as a disaster mental health worker. She responded to 9/11 and was assigned to the Pentagon for 2-weeks, to Hurricane Katrina in 2005, and to various local and national flood disasters. Beth is a lifelong Bloomington resident.

In addition to this special event, NAMI will participate in the Art of Mental Health Resource Fair for Child-Serving Organizations to be held both before and during intermission for "Folk City" and will feature information and representatives from local child-serving agencies and organizations.

Please see the Art of Mental Health calendar on page 2 for more information and a full schedule of events.

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The Art of Mental Health 2010 A Focus on Children

October 1 Benefit performance of "Folk City"
Featuring Dan Lodge-Rigal, Robert Meitus, Carrie Newcomer, Stuart Norton, Mitch Rice, and Michael White, among many others
Location: Unitarian Universalist Church of Bloomington
Time: 7:30 p.m.
Tickets available at all Bloomingfood locations and at the door;
\$15, \$12 seniors and children 12 and under

Description: Folk City is a musical celebration of American folk icons Pete Seeger, Huddy Ledbetter, The Weavers, Harry Belafonte and many others who turned Manhattan into a beacon of freedom during the 1950s. For more information, contact Jane McLeod at 812-339-0458.

October 1 Resource fair for child-serving organizations
Location: Unitarian Universalist Church of Bloomington
Time: 7:00 p.m. – 9:00 p.m.

Description: Running before and during intermission for "Folk City," the event will feature information and representatives from local child-serving organizations.

October 4 The Indiana Family Project: Helping families in criminal justice systems
Sponsored by the Center for Adolescent and Family Studies
Location: Center for Adolescent and Family Studies, 1901 E. Tenth Street, Bloomington
Time: 11:30 am to 12:30pm

For more information, contact Corinne Datchi-Phillips at the Center for Adolescent and Family Studies, 812-855-2296.

Not yet a member of NAMI-GBA? Join today!

Your annual membership includes newsletters from NAMI National, NAMI Indiana, and NAMI Greater Bloomington Area, as well as access to NAMI's wealth of resources and information.

- _____ \$25.00 Individual
- _____ \$35.00 Family
- _____ \$3.00 Consumer
- _____ I want to support NAMI-GBA with a tax-deductible gift of \$ _____

Please make checks payable to:
NAMI GBA
P.O. Box 7794
Bloomington, IN 47407
www.namibloomington.org

I am interested in:

- _____ Helping to prepare mailings
- _____ Writing an article or book review for the newsletter
- _____ Helping with outreach for Mental Illness Awareness Week
- _____ Participating on the NAMI Family Panel for CIT Training
- _____ Training to be a Support Group Co-Facilitator
- _____ Training to be a Family-to-Family class Co-Teacher
- _____ Telling my story to church groups, university classes, etc.
- _____ Other creative ideas:

Brain Pages is the official newsletter of NAMI Greater Bloomington Area.

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This issue's editor is
Laura Jessep

NAMI-GBA wishes to thank
Centerstone for helping to
underwrite this issue of the
newsletter.

Name _____ Home Phone _____

Address _____ E-mail _____

Preferred method of contact _____

STATE NAMI ANNUAL CONFERENCE

25 Years of Progress

by Lee Strickholm

Each October, in conjunction with the Mental Illness Awareness Week, the Indiana State NAMI annual conference is held for members and consumers. This year it takes place October 9th and commemorates the 25 years of progress since NAMI was first formed as a national grass roots movement by families who saw the need to advocate for their mentally ill loved ones.

The theme of the conference is "Gaining Positive Support (GPS): Finding Direction After Diagnosis" and will take place at the Holiday Inn at the Pyramids, 3850 Depauw Blvd, Indianapolis. Keynote speaker, Marya Hornbacher, has written several books about her personal experiences including *Wasted: A Memoir of Anorexia and Bulimia* and *Madness A Life* in addition to a novel *The Center of Winter*.

The conference offers more than a half dozen different workshops in addition to the ever popular "Ask the Doctor" sessions. Registration (after 9/15) for members is \$45.00 and \$18.00 for consumers. Non-members are encouraged to attend and the registration fee of \$55.00 includes a one year NAMI membership. Lunch is included with registration which can be done online at namiindiana.org. Click on 2010 NAMI State conference. A limited number of consumer scholarships are available through our local Bloomington NAMI affiliate.

Call 812-876-3826.

Out of Darkness Walk 10/10/10

NAMI-GBA members will walk in the American Foundation for Suicide Prevention's (AFSP) *Out of Darkness* Community Walk on 10/10/10 at 10:00 a.m. Walkers will meet at the Indiana University Football Stadium for the kickoff of the walk. The purpose of the walk is to raise funds for research and education programs to prevent suicide, to raise awareness about suicide and depression, and to support survivors of suicide loss. Those interested can register or donate in person at the walk or online at outofthedarkness.org.

October 4 **Childhood mood disorders: Definition, recognition, and treatment**

Professor Ann M. Lagges, Indiana University School of Medicine

Sponsored by Mental Health America of Monroe County

Location: Unitarian Universalist Church of Bloomington

Time: Noon – 1:30pm

CEU credits (1.5 credits) available.

For more information, contact Jane McLeod at 812-339-0458.

October 5 **Mindful parenting: Being present and connecting with your child**

Sponsored by Indiana University Center for Human Growth

Location: Monroe County Public Library

Time: Noon

For more information, contact Wally Campbell at the

Center for Human Growth, 812-856-8348.

October 6 **Ask the Prescriber: Medications for Children & Adolescents**

with Mental Illness Beth Murray, Nurse Practitioner, Centerstone

Sponsored by: NAMI-GBA

(National Alliance on Mental Illness) Greater Bloomington Area

Location: Monroe County Public Library, Room 1C

Time: 7:00-8:45 PM

Description: Beth Murray will discuss medications issues, rationales, and side effects relative to medications prescribed for children and adolescents with diagnosed mental illnesses. An opportunity will be provided for those in attendance to ask medication-related questions of a prescriber.

October 7 **A Challenge to Reframe Our Thinking: The Impact of Movement Difference**

and Sensory Challenge on the Abilities of Individuals with ASD

Kim Davis, Indiana Institute on Disability and Community,

Indiana Resource Center for Autism

Co-sponsored by Options and the Indiana Institute in Disability and Community

Location: Options (Henderson and Winslow)

4:00 – 6:00 pm

Description: Movement difference is a new approach to understanding the behavioral and communication challenges of individuals diagnosed with autism spectrum disorder For more information, contact the Indiana Resource Center for Autism, 812-855-6508.

October 9 **The Incredible Years Program**

Co-sponsored by Milestones and Catholic Charities

Bloomington Farmers' Market

October 10 **Out of Darkness Walk to Prevent suicide**

For more information, contact Dee Burt at deeburt7@gmail.com.

Unless otherwise noted, all events are free and open to the public

HEALTHY BRAINS NEED HEALTHY BURGERS

By Alfred Strickholm
NAMI-GBA Board Member

Scientists have known for some time that the food we eat, the air we breathe, and water we drink, undergo an exchange with our body components. In one year, more than 90% of our body molecules have gradually been replaced by our food intake. This happens without altering our basic body structure. Recently more than a dozen research studies are investigating whether dietary changes can alter the development of schizophrenia. The surfaces of all cells, including those of the nervous system, are composed of lipids (membrane fats), similar to those advertised as contained in fish oils. For normal nerve cells to function the body needs to maintain an appropriate ratio of the fats Omega 3's to Omega 6's. This ratio is around one to one.

Although the cause of schizophrenia remains unknown, the researchers are investigating whether those individuals with this disorder might be processing these essential fatty acids incorrectly, thus affecting brain development. Studies show that humans, animals in the wild, and grass fed cattle, maintain an Omega 3 to Omega 6 ratio of around one to one, while cattle with time spent in fattening pens, acquire a distorted ratio of one Omega 3, to fifteen Omega 6's.

A 12 month preliminary study on dietary intervention was conducted in Austria involving 81 young adults who had exhibited their first psychotic episode. The study attempted to see if fish oil (high in Omega 3's) supplemented in young people could help brain cells stabilize and possibly avoid further psychotic episodes. The control group was given placebos (sugar pills) and the experimental group a fish oil supplementation of 1.2 grams /day. At the end of the study, only 4.9% of those who daily consumed the fish oil continued to experience further psychosis. In contrast, 27.5 % of those on the placebo, continued their trend into psychosis.

These results are encouraging and if they can be duplicated, suggest that the ravages of mental illness could be mitigated by early dietary intervention. It is during puberty that the brain is dramatically changing and remodeling. This is also a time when encouraging and promoting healthy eating in teens is a challenging task. It is encouraging to know that dietary intervention might help determine the final outcome of the brain remodeling in a more healthy way. To confirm these studies, a larger international study is planned.

(Ach Gen Psychiatry, 2010, Feb; 76(2) 146-54): Long-chain omega-3 fatty acids for indicated prevention of psychotic disorders: a randomized placebo-controlled trial.

CIT NAMI Discussion Panel Update

by Jill Giffen

On August 19th, officers taking the Bloomington Police Department's Crisis Intervention Training (CIT) heard the first hand experiences of three NAMI members with loved ones living with mental illness. The NAMI Panel Discussion portion of the CIT schedule occurred on day three of the CIT program. During the first two days, officers received information from local providers of mental health services. Topics covered included the biological basis of mental illness, psychiatric medications, side effects, addictions, suicide, and PTSD. The NAMI panel was comprised of a mother of an adult child with bi-polar disorder, a sister of a sibling with schizoaffective disorder, and a mother of a young teenager with bi-polar disorder. Officers from the Bloomington Police Department, IU Police Department, Monroe County Sheriff's Office and the Ellettsville Police Department were in attendance. Panelists talked about their loved ones' experiences with law enforcement, the mental health system, the school system, and what it is like to be a family member and caregiver of someone with a chronic mental illness. The officers and panelists discussed the importance of publicizing CIT and the fact that CIT trained officers can be requested. Another piece of information that came out of the discussion was that if a family member is in an escalating mental health crisis and a future call to 911 is likely, individuals can call the regular non-emergency BPD number in advance. Providing information in advance of the 911 call can help the responders better interact with our loved ones.

Praise for Basics Education Program

by Daunna Minnich

Parents of children and adolescents with mental illness often feel alone or overwhelmed as they try to grapple with meeting their children's needs. Help arrived this summer in Bloomington, when NAMI-GBA introduced Basics, an educational program to help caregivers gain the knowledge, skills, and confidence they need to shepherd their children through difficult times and situations.

Participants gave Basics high marks:

"I feel more empowered to advocate for my child and navigate the different systems needed for her care."

"The materials are great to take home to share with my partner as well as my parents and our family therapist."

"I appreciate that the teachers have similar situations as I do."

"Basics has had a profound impact on our well-being!"

All participants recommended Basics to other caregivers, and in fact, one parent checked the *Strongly Agree* box four times! Planning for the next Basics class is in the works, and we are taking reservations. Please contact teachers Sarah Hunt (327-8107, sarah.f.hunt@gmail.com) or Daunna Minnich (333-6660, daunna@aol.com).

NAMI-GBA would like to thank Centerstone for providing space for the Basics class. Free space, charitable contributions, and volunteer time allow NAMI to offer Basics without charge.