



A Community Voice on Mental Health... Empowering People Toward Recovery

Office Hours: 10am-2pm
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www.namiscottcounty.org

An Anxious Parent's Path To Becoming An Advocate Woman Helps Lead Class On Mental Disorders

By Ian Shapira—Washington Post Staff Writer—June 2009

Diana Malcolm can tick off the seemingly infinite number of brain disorders that have afflicted her 13-year-old son, Joshua, as if they were courses in graduate school: attention-deficit hyperactivity disorder, Asperger syndrome, post-traumatic stress disorder, fetal alcohol syndrome and adopted intermittent explosive disorder.

For the 43-year-old parent, the laundry list of mental health problems is an inherently limited description of her child, but it is also evidence of how fluent Malcolm has become as a community leader and teacher in the discipline of brain disorders. On Wednesday night, Malcolm completed her fourth "Visions for Tomorrow" course sponsored by the National Alliance on Mental Illness and held for Prince William County parents.

Malcolm said that after so many years and classes, she became so comfortable talking openly about her own experiences treating Joshua that she became like a co-teacher for the often-tense educational sessions. Her new role as a teacher, she said, represented a leap from her first year taking the class as a student, when she cried every time.

"This time, I became close to the other parents, and they would call me throughout the week," Malcolm said. "It was exciting because I felt like it was another step in my advocacy and that I was at a good point with my son's disability. I've accepted what's going on, and I've moved from grieving to advocating for him. In the first session [of the first year], I felt very alone."

Her son has ricocheted from one residential facility in Virginia to another, bounced around by one set of medical opinions to an entirely different set of recommendations from Prince William school officials. It was hard, she said, to settle on one location for too long because Josh's behavior was so erratic. He was especially prone to violent outbursts. "We had police at the house multiple times," she recalled.

She sent him to facilities in Culpeper, Loudoun and eventually Clarke counties. Meanwhile, she attended the annual "Visions for Tomorrow" courses, beginning in 2005. The following year, she brought along her husband, a move that was important because the two sometimes did not agree on parenting methods.

"A lot of times, we weren't on the same page," she said. "We felt that things should be handled differently, like if the consequences were or weren't strong enough or if they were too strong, how to handle yourself. We learned that the more you escalate [your tone], the more things escalate."

In her third year, in 2007, Malcolm said she learned especially how to be a better advocate and navigate the medical and school systems. "If I wanted something for my son, I will fight. If someone tells you no, then you fight and find someone who will eventually get you what you want," she explained.

She returned for her fourth round of classes this April. "I just offered myself to talk. We shared a lot of hugs," she said, describing the class. "They were pretty quiet." There was one man in the class, she said, but he dropped out.

Coincidentally, as Malcolm graduated from her fourth year of the "Visions" course, she said her son might possibly "graduate" back into the public school system. She said he was transferred out of a residential facility in Clarke County and into a facility near the family's Woodbridge home.

NAMI Scott County presents: *Visions for Tomorrow*

V4T is a workshop for parents, caregivers, & educators of children or teens with brain disorders or mental illness.

Workshop Topics cover:

AD/HD, bipolar, depression & suicide, schizophrenia, anxiety, empathy & SOUL. Organization of data/records, problem management, rehabilitation, recovery, stigma, advocacy & the judicial system.

Fall Class Schedule:

4 Saturday sessions
9am-12pm

September 12th, 19th, 26th,
& October 3rd at the
NAMI Scott County office.

Register today: 563-322-8870

Welcome to our new NAMI Scott County Board Members!

The following officers were elected to the NAMI Scott County Board of Directors:

Max Ewalt—President, Connie Williams—Vice President, Margaret Thomas—Secretary.

Other newly elected board members include: Ametra Carrol and Mindy Free. Lance Baker and Dana Beneker were also reconfirmed to another term on the NAMI board.

NAMI Events:

NAMI National Conference
July 5-9, San Francisco
(Staff will be out of the office)

Let NAMI Take You Out to the Ballpark on July 26th!

A great way to spend a Sunday afternoon! Free Admission and Bandit Bucks for food and drink
Call Caroline to RSVP by July 15th.

Upcoming Education Programs:
No July Program

Mental Health Movie
"DEPRESSION: Out of the Shadows"
August 17, 7pm

A multi-dimensional PBS project that explores the disease's complex terrain, offering a timely examination of this devastating disorder. Davenport Fairmont Library.
Popcorn and soda served

Education Committee Meeting
July 21st, 5pm

NAMI Scott County office
Want to make a difference? Plug in!

You're Invited!

PICNIC

Sunday, September 20th
3:30-6pm

This year we will gather at Fejervary Park in Davenport. You will find us at Shelter 1 which is located near the playground. Bring a favorite side dish or dessert to share! **RSVP** if you plan to attend and also if you can volunteer to help with set up and clean up: 563-322-8870.

NAMI Scott County 30th Year Celebration a Big Success!

Thanks to everyone who attended our annual meeting and 30th Year Celebration on June 7th! It was a great event! Many thanks to Mary Anselmi and her Robert Young cooking class who prepared all of the great food! The dramatic performances were the highlight of the event thanks to IOOV presenters Alice Thiemann, Jerry Patterson, Mandy Free, Lynn Gunnare, the amazing Stigma Busters Theater Troupe and area poets, Lance Baker, Kathleen Lawless-Cox and Jon Gratel! After the business of electing new board members, the band, Ragaman, entertained us with an array of classic dance hits and some original songs that kept many of us kicking up our heels on the dance floor! A special shout-out goes to the Marketing Committee members who have worked hard on this event since the first of year: Anne Corbi, Rebecca Chesnutt, Joye Chizek and Margaret Thomas. *Thank you!*

In the News

Study Links Teen Depression to Bedtimes

According to the National Institute of Health study of adolescent health, a survey of 15,659 teens and their parents indicate teens whose parents don't require them to be in bed before midnight on school nights are 42% more likely to be depressed than teens whose parents require a 10pm or earlier bedtime. Teens who are unable to stay up late are also 30% more likely to have suicidal thoughts. The findings are the first to examine bedtimes' effects on teens' mental health.

Children Suffer as States Cut Health Budgets (excerpt)

The Wall Street Journal—Health, June 17, 2009

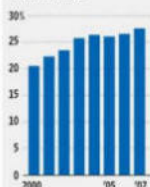
The economic slump is hitting many medical centers and practices in a variety of ways. Credit remains tough to come by, revenue is down as some patients forgo care, and the number of uninsured is ticking higher as more people lose their jobs. On top of that, some two dozen states around the country have enacted or proposed steep cuts to Medicaid payments because of severe fiscal crunches. Children's hospitals and pediatricians are among the hardest hit by state cuts. That's because, while children have always made up about half of Medicaid's rolls, their numbers have swelled in recent years to the point that at least 22 million, or one in four, U.S. kids now get their health coverage through Medicaid or a state Children's Health Insurance Program. States often administer CHIP, which is aimed at families with more income than Medicaid participants, as part of their Medicaid programs. Both Medicaid and CHIP are jointly funded by state and federal governments.

In a recent survey by the Medical Group Management Association, a trade group, 18% of 1,850 practices polled said they no longer took new Medicaid patients, while an additional 11% said they were likely to stop in response to the recession.

www.wsj.com

Kid Care

Percentage of children in the U.S., age 18 and under, who rely on Medicaid or CHIP programs for health insurance.



Source: Urban Institute analysis of U.S. Census Bureau data

NAMI Supports You!

NAMI Connection—Recovery Support

2pm–3:30pm Every Sun & Fri
Vera French Manor- Community Room
215 E 37th St. Davenport, IA 52806

NAMI SC Family Support Group

7-8pm, 4th Monday of each month
NAMI Scott County Office

Muscatine Family Support Group

Second Tuesday of month, 6:30-7:30pm
Muscatine Center for Social Action
312 Iowa Avenue

Conferences/Workshops

Post 911 GI Bill Workshops

St Ambrose Rogalski Center

For Veterans: July 9th, 5-9pm, Registration from 4-5pm—Box meal provided by SAU

For Service Providers: July 10th, 9-1pm
Registration at 8am—Coffee and pastries provided. **Please RSVP by July 3rd** to Christy Wakefield: 563-333-6207

Another Kind of Valor—An Integrated Learning System to raise awareness around the often traumatic issues for many of our returning veterans.

July 25th, 8:30–4pm

Iowa National Guard, Armory Complex-Enhanced Classroom, 6100 NW 78th Ave, Johnston, Iowa.
You must be registered to attend—Call Jill Joseph at Iowa Dept. of Vets Affairs 515-242-0033 or email jill.joseph@iowa.gov www.anotherkindofvalor.org

16th Annual OCF Conference, August 7-9, Minneapolis Hyatt.

The Annual OCF (Obsessive Compulsive Foundation) Conference is the only national meeting where people from all parts of the OCD Community come together to share knowledge, experience and expertise. For more information, check the website at: www.ocffoundation.org

Iowa Empowerment Conference

August 4th, 5th, and 6th, 2009

Best Western Regional Inn, Marshalltown, Iowa

What are Empowerment & Recovery?

A conference for Adult Consumers of Mental Health Services, Transition-age Youth & Families of Children with SED

\$250 - 3 Day Conference (includes all meals, lodging & registration) **Stipends Available**
Contact Susan Hindman for more info 515-352-3449
Applications must be received **by July 9th**

Reflections:

Hop the Fence

-By Janet Darnour-Paul-

Someone once advised me, "If you're crazy and you know it...well then, enjoy it!" If I could, I would swim naked in Duck Creek. I would pull the base out of a fruit pyramid and watch it tumble. And if I could, I would grab my doctor by the shoulders and shake some sense into him. But alas, our culture doesn't tolerate childish behavior from adults. I hear your judgments. "She must have anger issues. She's impulsive. She's repressed." Your labels compound my sense of confinement. I'm fenced in. Okay, I'll just sit calmly in a therapist's office and talk rationally about my broken mind...NOT.

Our whole approach to mental health is broken. You know that. How do we fix it? We fix ourselves. We do peer counseling. We get educated. And we don't swallow the messages that we, as people, are somehow bad or wrong.

For me, it helps to focus on staying grounded with healthy habits. And then, with awareness, I go exploring those creative limits. I hop the fence! The fence of acceptable standards. I might sing to the weeds in my garden, or dig in the dirt by moonlight. I might play alchemist in the kitchen, mixing new herbs and drinks. "Are you mad?" You ask. "I do a wild, and primal thing, too. It's called yoga. I arch my back like a cat, flap my wings, kick my feet in the air, roar like a lion, stretching and balancing in different poses. I feel alive. I'm not sure if that's your way back to health. It's the way I enjoy myself."

WANTED: Tall bookshelf for our office. Call Caroline at 563-322-8870.

NAMI's 30th Anniversary:

Stop by the NAMI Scott County office and pick-up a FREE mug and pen in recognition of our anniversary!

Peer to Peer Mentor Training Class July 17 – 19th, 2009

A FREE 9 week wellness program for persons with mental illness. Call NAMI Iowa at 1-800-417-0417.

NAMI Scott County Officers

Max Ewalt, President
Connie Williams, Vice President
Tom Englemann, Treasurer
Margaret Thomas, Secretary