



NAMI LAKELINE

NAMI of LAKE COUNTY • PO Box 6356 • Libertyville, IL 60048 • (847) 249-1515 • Web: www.namilake-il.org

January 2006

Join NAMI of Lake County on

Wednesday, February 1st, 2006 at 7:00 PM

for a viewing of the documentary

Out of the Shadow.

NAMI of Lake County is happy to sponsor a movie night on February 1st complete with movie treats. *Out of the Shadow* is a documentary that chronicles the filmmaker's mother, Millie, and her family through Millie's battle with schizophrenia and her subsequent trials within the public health system.

Millie was just 25 with two small children, when she was first plagued with the symptoms of schizophrenia. As mental chaos overwhelmed their mother, Susan and her sister Tina struggled to cope with her. For years, the family's ignorance and shame kept Millie's behavior shrouded in a veil of secrecy. When her children left home, Millie's life unraveled completely. Now, after 20 years of transience and inadequate treatment, Millie finally has a chance to reclaim her life.

A story of madness and dignity, shame and love, this intimate film illuminates a national plight through one family's struggle and helps dispel the stigmas and misconceptions surrounding this harrowing illness known as schizophrenia. For more information on this documentary, visit www.outoftheshadow.com.

Please consider bringing a friend or family member to this meeting. We're looking forward to seeing you on February 1st! Meetings are free and open to the public.

Location: State Bank of the Lakes, 50 Commerce Drive, Grayslake. The bank is off Center St., which is the first stoplight north of Route 120, one mile west of Highway 45.

Meetings are FREE. All are welcome! Refreshments will be provided.

Available Resources

An Egg on Three Sticks by Jackie Moyer Fischer. The first novel by Jackie Moyer Fisher is the story of 13 year old Abby as she struggles with adolescence and comes to grips with her mother's mental illness. Finally turning 13, Abby wants to do all the things teenage girls do, but instead, the novel shows her struggle with her mom's erratic nature and mental illness. Through Abby's own narration, readers can truly feel her attempt to try to hold her family together when her mom has not much love to give and her father and little sister live in a state of denial and confusion. Readers can identify with the honest voice of an adolescent trying to be herself while attempting to make sense of her family and the world.

www.depressedteens.com This website helps teenagers, parents, and educators understand the signs and symptoms of teenage depression and provide resources for those ready to reach out and get the help they need. The website features *Day for Night: Recognizing Teenage Depression*, an award-winning video that provides an in-depth look at how depression affects young people's lives – sponsored by the Depression and Related Affective Disorders Association working in cooperation with The Johns Hopkins University School of Medicine.

An Update on Our Support Groups

As we've mentioned previously, our *Family and Friends* and *Family and Consumers* support groups are in the process of working through some changes. The Lake County Health Department has graciously supported our organization in the past by providing mental health professionals to help facilitate our support groups. We are, however, in need of transitioning the facilitation of these support groups to NAMI volunteers. NAMI National created the support group model to be volunteer led rather than professionally led. We recognize that there is great benefit to those attending support groups to have professionals helping facilitate the discussions and answering questions. We also recognize that this change will not make everyone happy. We do, however, need to move forward and make plans to continue providing support for those that need it. Until new facilitators have been found and a transition plan is in place, Lake County Health Department has assured us that the current facilitators for these groups will continue in their roles. Support groups will continue to meet as scheduled with the current facilitators and at their regular locations. We're sure that many of you will want to voice your concerns about this, so please don't hesitate to contact Leanne by leaving a message on NAMI's voicemail system at 847-249-1515, send a note to our PO Box, or email namisupport@hotmail.com. Thank you for your patience and understanding.

**** Volunteers Needed ****

Knowing that we need to transition facilitation of our support groups to our affiliate, we are in need of volunteers. If we do not get volunteers willing to facilitate these support groups, we will need to readdress the number of support groups that our affiliate can offer ongoing. If there is anyone interested in facilitating one of these support groups, please contact Leanne at 847-249-1515, send a note to our PO Box, or email her at namisupport@hotmail.com. Please note that multiple people can work together as a team to facilitate a support group – it does not have to be only one person's responsibility!

NAMI Illinois does offer support group facilitator training that we would be happy to offer anyone willing to facilitate these support groups. Supporting those impacted by mental illness is one of NAMI of Lake County's main goals and the Board of Directors is doing everything we can to ensure our support groups continue. If a support group has helped you in the past, please consider helping other individuals and families by facilitating a support group.

What is a NAMI support group?

A NAMI support group is an ongoing support structure for families and consumers. Experienced members facilitate these groups to provide participants with an opportunity to reinforce coping skills, to seek emotional support, and to receive practical help from others who have "been there". A NAMI support group is a place to confront fears, to be validated, and to learn and practice skills related to dealing with real life issues which impact families. People learn that they are not alone. Come one time or every time, as you need it. Our support groups are FREE and we are happy to have you join us.

Support Group Schedule

<u>Support for families and friends.</u>		<u>Support for parents of young, school age children. **</u>	
Where:	Lake County Health Dept. (LCHD) 3012 Grand Ave. Waukegan, IL	Where:	Calvary Church 1221 W. Maple Ave. Mundelein, IL (Rte. 176 west of Midlothian)
When:	2 nd Thursday, 6:30 PM	When:	Last Thursday of the month, 7:00 PM
Facilitators:	Caroline Lyczko & Dr. Alfred Marx	Facilitators:	Donna DeKruif & Vickie Kukulski
Call:	LCHD-Grand Ave., (847) 377-8180	Call:	NAMI of Lake County, (847) 249-1515
<u>Support for families and consumers.</u>			
Where:	St. Lawrence Episcopal Church 125 W. Church St. Libertyville, IL		
When:	4 th Tuesdays, 7:00 PM		
Facilitators:	Michele Birkey & Janet Scherer		
Call:	LCHD-Libertyville, (847) 367-1020		



Study Looks at Treatment-Resistant Depression

From www.nami.org, January 5, 2006

The National Institute of Mental Health (NIMH) has released the initial results of the largest clinical trial for depression. The trial allowed researchers to track individuals who became symptom-free and to identify those with treatment resistant depression. The trial, known as STAR*D (Sequenced Treatment Alternatives to Relieve Depression) lasted for 6 years and included 2,876 participants in 41 treatment locations throughout the United States.

The goal of STAR*D was to assess the effectiveness of adequately delivered treatments in real world patients with major depressive disorder and included four levels of treatment. All participants began at Level 1 and were prescribed citalopram. If it was later determined that the individual could not tolerate the side effects, or were not found symptom free after 9 weeks of treatment at full dosage they were allowed to move to Level 2 where they would then try another medication.

The main purpose of the STAR*D study was to identify the best next steps for individuals with depression who need to try more than one treatment. The initial Level 1 results showed that almost a third of participants reached remission, with an additional 10-15 percent experiencing some improvement. The subsequent levels of the study will assist in determining the most successful treatment in those with treatment resistant depression.

The final goal of STAR*D is to prepare protocols for use in routine practice that will allow clinicians to better treat individuals with major depressive disorder by creating more personalized treatment. For more information about STAR*D visit the NIMH website at www.nimh.nih.gov/healthinformation/stard.cfm.

BP Magazine Interviews Patty Duke

BP Magazine's winter 2006 issue contains a wonderful article about Patty Duke, her struggle with bipolar disorder, her wish to educate the public, and her fight against the stigma of mental illness. You can read this article in the latest edition of BP magazine or online at the National NAMI website at www.nami.org or on the BP Magazine website at www.bphope.com/articles/2006/winter/PattyDukeStory.pdf

Visions for Tomorrow Class Beginning: Register Now!

The National Alliance on Mental Illness of Illinois, NAMI Lake County, and NAMI CCNS will sponsor the Visions for Tomorrow Education Course specifically for caregivers of children diagnosed with brain disorders. The series of eight workshops will begin on Tuesday, January 24, from 6:30 p.m. to 8:30 p.m. at the Northbrook Public Library. Registration is required.

The course will present information about brain biology; ADD/ADHD, PDD/Autism, Tourette's Disorder, Conduct Disorder; Bipolar Disorder, Depressive Disorder, Eating Disorders; Anxiety Disorders: Obsessive-Compulsive, Post-Traumatic Stress, Separation Anxiety, Panic, Phobia, and Generalized Anxiety; Childhood Schizophrenia/Schizoaffective; Empathy; Organization of Data and Record Keeping; Communication Skills: Caregiver, System and Sibling Support; Coping; Self-Care; Problem Management; Rehabilitation, Recovery, Transition, Advocacy, Judicial and Stigma. Visions For Tomorrow teachers are trained family members who have experienced firsthand the rewards and challenges of raising children with brain disorders.

The Visions for Tomorrow Education Course is **FREE**. NAMI Illinois offers this series of workshops with the help of a grant from the Office of the Illinois Attorney General. For more information about the workshops or to register, call Visions teachers Kim Christianson-Franklin at 847- 917-2902 or Helene Rhodes at 847-251-4912.

1-800-SUICIDE

The National Hopeline Network supports a national suicide hotline clearinghouse in hopes that anyone who is struggling with thoughts of suicide can call first. 1-800-SUICIDE (1-800-784-2433).

What to do if Someone With a Severe Mental Illness Becomes Assaultive

From Catalyst, Spring/Summer 2005

- **Don't underestimate the risk.** People who are acutely psychotic, especially if also delusional and abusing alcohol or street drugs, are capable of extreme violence and are not predictable.
- **Discuss the situation** with the person's case manager, social worker, and/or psychiatrist. Make sure they are aware of the person's threatening or assaultive behavior. If possible, put your concerns in writing to them: Written notification is much more difficult to ignore.
- **Safe-proof your house or apartment.** Have a room with a secure lock and phone to which you can retreat if needed. Do not allow firearms in the house.
- **Clearly spell out the consequences** for the person if he or she becomes assaultive (e.g., no longer being able to live at home). Be prepared to carry out these consequences.
- **Minimize alcohol or street drug use** in whatever ways are possible. Substance abuse is often a trigger for assaultive behavior.
- **If threatened** by someone with manic-depressive illness (bipolar disorder), remain calm, keep conversation to a minimum, and exit the situation. If threatened by someone with schizophrenia, stay calm, remain physically distant (give the person lots of space), do not look directly into his or her eyes, sympathize, try to find something on which you can both agree.
- **Do not allow yourself to become trapped;** remain physically between the person and an open door.
- **Do not hesitate to call the police.**

Preparing for Crisis: Build a CARE Kit

From Catalyst, Sprint/Summer 2005

In a three-ring binder, file box, or other easily transportable storage system, create a CARE kit (Critical Advocacy Resources for Emergencies). A CARE kit is a "ready-file" of materials that you can quickly share with treatment professionals in a crisis.

Checklist: What is in your CARE Kit

- **One-page psychiatric history summary.** It is unlikely that treating professionals will have immediate access to, or time to review, the full medical records of someone brought in for an emergency evaluation. Keep 5 copies of this document in your CARE kit to share with people quickly and easily. Keep it current and short but be sure that it contains the most critical information, including the following: Full name; Current age; Psychiatric diagnosis; Age at diagnosis; Town or city of residence; Current symptoms; Current concerns (suicidal, homeless, missing, vulnerable, violent, abusing substances, other); Psychiatrist's contact information; Local service provider's contact information; Dates of previous hospitalizations and locations; Dates of previous arrests or jailings and charges; Current medication name(s); Past medication(s) that have helped; Past medication(s) that have not helped; Past history of symptomatic behaviors (e.g., running up huge debt, getting into car accidents, threatening family members, failing to care for basic needs, etc.); Emergency contact person and their contact information.
- **Recent picture and description** of vital statistics and medical conditions (such as allergies or diabetes).
- List of emergency numbers including psychiatrist, case manager, ACT/PACT team, community mental health center, mobil crisis team, crisis intervention team (CIT), police department, local hospital, local emergency room, court for civil commitment, mental health court, homeless shelter(s), friends of your family member, suicide prevention hotline (1-800-SUICIDE), and your local NAMI affiliate.
- **Copy of criteria for emergency evaluation and civil commitment.**
- **Petition form for emergency evaluation and for civil commitment.** Fill in any nonincident-related information ahead of time. You may never have to use these, but at least you will have it ready in case you do.
- **Medical release.** If possible, have your loved one sign a release that allows you access to his or her medical information.
- **Advanced directive.** These are legal documents allowing individuals with mental illnesses to dictate aspects of their care in case they become incapacitated by illness.

Medicare Drug Benefit Goes Live on January 1; Tips to Ensure Smooth Transition

This information is provided by NAMI E-News, December 30, 2005

More than two years after Congress passed legislation authorizing a new prescription drug benefit in Medicare, the program goes into effect on Sunday, January 1. There are growing concerns about how the initial period of transition to the new benefit will work. For more than 18 months, the federal government and the private drug plans that will be administering the new program have been working to ensure that coverage is seamless from the outset. Despite all the planning, problems are expected during the initial roll-out, given that 21 million elderly and disabled beneficiaries should be covered by the program as of January 1.

A Few Last Minute Tips and Reminders

- There should be no gap in coverage for individuals who are dually eligible for both Medicare and Medicaid (see details below);
- Make sure to bring any enrollment information you have been sent by Medicare to your local pharmacy when filling a prescription after January 1 (if you have not been sent enrollment information, bring your Medicare enrollment number with you);
- Retail pharmacists are required to have computer software that can instantaneously verify eligibility and plan enrollment;
- A Medicare beneficiary can enroll in a drug plan up through December 31 and have their enrollment be effective on January 1;
- Even though the benefit begins on January 1, the "open enrollment" period runs through May 15, 2006 (allowing Medicare beneficiaries to enroll in a plan with no penalty);
- Help with enrollment and plan selection is available 24-7 through 1-800-MEDICARE and www.medicare.gov

Transition for Dual Eligibles

Of particular concern to NAMI are the 6.3 million Medicare beneficiaries who are also eligible for Medicaid – the so-called dual eligibles. For these individuals (as many 1/3 of whom have a mental illness), participation in the new Medicare drug benefit is mandatory and coverage of prescriptions under their state Medicaid programs will end as of midnight December 31.

To ensure seamless coverage, dual eligibles have been automatically enrolled in a new Medicare drug plan and that plan must offer immediate coverage. Most dual eligibles received an auto-enrollment notice from Medicare in November. Dual eligibles are strongly encouraged to hold on to this letter and bring it with them to their pharmacist starting January 1. However, even without the letter from Medicare, all retail pharmacists are supposed to be able to instantly verify plan enrollment. In other words, while the enrollment letter or enrollment card can be helpful, what really matters is electronic verification at the pharmacy counter.

Obligations of the Medicare Drug Plans Serving Dual Eligibles

The Medicare drug plans that dual eligibles have been enrolled in are required to meet the following standards:

- They must offer drug coverage to dual eligibles at no monthly premium, no annual deductible, and no gap in coverage;
- They can NOT impose cost sharing on dual eligible that exceeds \$1 for a generic drug, or \$3 for a brand-name drug (cost sharing is waived for dual eligibles in nursing homes, Institutes of Mental Disease (IMDs), public psychiatric hospitals, etc.);
- They must cover all the drugs prescribed for a dual eligible prior to January 1 (i.e., if a dual eligible was prescribed a medication prior to January 1, it must be immediately covered);
- They must cover "all or substantially all" of the medications commonly prescribed to treat mental illness, including "all or substantially all" anti-psychotics, anti-depressants; and anti-convulsants;
- They can NOT cover medications known as benzodiazepines (e.g., klonopin, ativan, xanax), although nearly every state Medicaid program has elected to cover these medications for dual eligibles;

Obligations of the Medicare Drug Plans Serving Dual Eligibles (continued from previous page)

- They must allow a dual eligible to switch to a different drug plan at any time (so long as the plan is at, or below, the average "benchmark" plan in the region; and
- They must respond quickly (within 72 hours) for a request from a beneficiary and their doctor for an exception to any restriction in their coverage (e.g., to cover a medication that is not on the plan's preferred drug list or to waive a prior authorization requirement).

A few last minute concerns on the transition for dual eligible beneficiaries

What happens to dual eligibles that have not been auto-enrolled or have not been notified of auto-enrollment prior to January 1?

No government program has ever transitioned 6.3 million people without a mistake and the new Medicare drug program is unlikely to be an exception. Some dual eligibles have not been auto-enrolled (due to the discrepancies between state and federal lists) or have not received enrollment notices (inaccurate mailing addresses, clerical errors, etc.). To deal with such cases, the Centers for Medicare and Medicaid Services (CMS – the federal agency that administers Medicare) has set up a "Point of Sale" system that will allow a dual eligible to immediately get their prescriptions filled and initiate immediate auto-enrollment.

How will the "Point of Sale" System Operate?

A dual eligible presents proof of eligibility in both programs. This can be their Medicare enrollment number and any proof that they are Medicaid eligible (Medicaid card, letter from Social Security declaring SSI eligibility, even asking the pharmacist to check on the computer to see that Medicaid paid for a prescription prior to January 1). Once the beneficiary demonstrates proof of eligibility for both programs, the pharmacy is required to fill the prescription and charge only \$1 for a generic drug and \$3 for a brand name drug. The pharmacist is also required to initiate enrollment by alerting a national vendor, who will verify the individual's dual eligibility status and auto-enroll them in a national plan. All of this is designed to take place at the pharmacy counter so that the dual eligible is able to get the prescriptions filled immediately and ensure rapid enrollment in a Medicare drug plan.

Are pharmacies required to collect the \$1/\$3 cost sharing from dual eligible beneficiaries?

Sort of. The law appears to require that dual eligibles meet their cost sharing obligations (\$1 for a generic drug, \$3 for a brand name drug). However, the regulations specifically mention that a retail pharmacist can, at their discretion, waive cost sharing for a dual eligible. However, a retail pharmacist cannot establish a blanket policy to waive cost sharing for all dual eligibles, nor can they advertise their willingness to forgo cost sharing for dual eligibles. As a result, some pharmacies may be reluctant to waive cost sharing. At the same time, nothing prevents a pharmacist from allowing a third party – including a family member or friend from making co-payments on the dual eligible's behalf.

Are all pharmacies participating in the new Medicare drug benefit?

Yes. However, not every pharmacy – whether a chain drug store or an independent retailer – is part of every drug plan's pharmacy network. The law requires every Medicare drug plan to have an adequate pharmacy network – based on geographic proximity to plan enrollees (including dual eligibles). Drug plans are also required to disclose to enrollees the pharmacies that are in their network. Dual eligibles can switch drug plans at any time if they wish to move to a plan that includes a specific pharmacy.

Are there other web-based resources with information on Medicare Part D enrollment?

Yes. You can find more information at any of the following websites:

www.medicare.gov

www.medicarepartd.org

www.maprx.info

www.cms.hhs.gov/partnerships/downloads/whatif1.pdf

www.cms.hhs.gov/center/partner.asp



Thank You!

To our Board of Directors and all who have furthered our cause by contributing time, talents, and financial donations during 2005.

Without your help and commitment, this affiliate would not exist.

Since our last publication and prior to the end of 2005, the following donations have been received.

Sandra Siefken	TAP
Alvah Wenner	Abbott Laboratories
Paul & Betty Kaiser	AllState

Future Meeting Plans

NAMI of Lake County Board members are busy at work lining up speakers for our 2006 meetings. We will publish upcoming meeting plans in our March flier and on our website. Please take a few minutes to put the dates for our upcoming meetings on your calendar.

March 1	May 3
April 5	June 7

Reminder of Newsletter Changes

NAMI of Lake County Board Members have decided to change our newsletter structure to best utilize the volunteers creating the newsletter. Newsletters will be published quarterly in February, May, August, and November. All other months, you will receive a flier alerting you to our monthly educational meetings and our support groups.

Make this Newsletter Yours!

We invite you to share your ideas, stories, and suggestions with our readers. If you run across an interesting article you think others would be interested in, let us know. Please send ideas for this newsletter to our PO Box or email them to namisupport@hotmail.com.

Screening Tool Now Available for Early-Onset Bipolar Disorder

The Juvenile Bipolar Research Foundation (JBRF) is pleased to offer parents and treating physicians a concise screening inventory developed by JBRF director of research, Demetri Papolos, M.D. The Child Bipolar Questionnaire (CBQ) is a 65-item screening instrument and is a reliable and sensitive indicator used in current JBRF-sponsored studies. The CBQ is based on a Likert scale, ranking symptoms and behaviors from 1 to 4. Once the parent fills it the CBQ online, the radio dials are converted into a highly-readable, printer-friendly form that should be of great help to a clinician diagnosing a child. It is the intention of JBRF to provide this screening instrument as an organizational aid in the assessment process. The checklist completed by a parent should be submitted to the professional diagnosing his or her child. A Spanish version is also available. For more information, please view www.jbrf.org/cbq/index.html

New NAMI Guides Focus on Suicide-Attempt Survivors

NAMI has published a special set of guides to help people who attempt suicide and come into contact with hospital emergency rooms. Brochures are available in English and Spanish. The brochures seek to educate the key participants in the crisis: medical professionals, family members, and patients themselves, in order to reduce the risk of further attempts. They brochures can be ordered from NAMI by calling 1-800-950-NAMI (6264) or downloaded for free from www.nami.org/Content/ContentGroups/Policy/Issues_Spotlights/Emergency_Department_Resource_Toolkit.htm

NAMI of Lake County Officers and Committee Heads

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Susan Snow-Linda
Leanne Walker

Board Meetings are held monthly except during the summer.

If you have suggestions, comments or are interested in volunteering, please contact us at:

PO Box 6356, Libertyville, IL 60048
namisupport@hotmail.com
847-249-1515



NAMI of Lake County

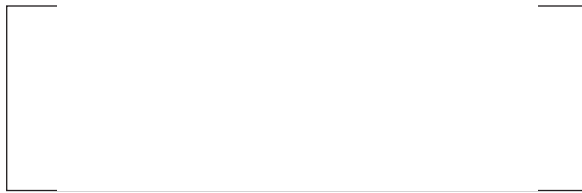
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NAMI of Lake County is a not-for-profit tax exempt organization dedicated to the welfare of persons with mental illness.



Please mail this form and check to:
NAMI of Lake County
P.O. Box 6356
Libertyville, IL 60048-6356
Attention: Membership

How did you hear about us? _____

Ethnicity (check one):
 Native American
 African American
 Hispanic
 Other
 Caucasian
 Rather Not Answer
 Asian

*NAMI of Lake County qualifies as a recipient for matching funds.

Dues \$ _____
Donation* \$ _____
Total Contribution \$ _____

NOTE – This membership includes your membership in NAMI National and NAMI Illinois. (Contributions are tax deductible to the extent provided by law.)

Type of Membership (check one):
 Consumer \$5.00
 General Member \$35.00
 Supporting \$100.00

Relationship To Consumer (check one):
 Self
 Friend
 Parent of Adult
 Parent of Child
 Spouse
 Sibling
 Adult Child
 Professional
 Other Relative

Name: _____
Spouse / Significant Other: _____
E-Mail Address: _____
Address: _____
City: _____ State: _____ Zip Code: _____
Telephone: (____) _____

NAMI of LAKE COUNTY MEMBERSHIP APPLICATION
Please enroll me as a member of NAMI of Lake County.