



# A New Year for



---

## JANUARY 2018 NEWS

---

### **A Letter from the President**

On December 4, we were pleased to once again hold our NAMI Holiday Party, complete with decorations, music, food, and beverages in the common area of our new space at the Dragonstone Studios. A huge thank you to everyone who worked to make this another beautiful event; in particular, our volunteers who planned and executed the party – Jessica Shover, Louise Drisdale, David Linke, Casey Chandler, Vicki Rose, Riesha Fiorina, and Anne Albrink, our Board members and other participants who stayed to help clean up, and our donors for their food and beverage donations - Coca Cola, Trader Joe's, and Brett at Jubilee Farm.

Our Fall Family to Family education program in Santa Fe has come to an end and I am so grateful to my co-facilitator and daughter – Jessica Shover - for her commitment and dedication to 12 continuous weeks of offering education and support to our participants. Our best and warmest regards to our participating family members as they go forward with this education to better support themselves and their loved ones. Holding this class in our new space was such a treat – no hauling bins of materials, food, posters, and easels into each class (fellow Family to Family teachers know what I mean). See our “Family to Family” corner in this newsletter if you are interested in our Spring 2018 classes.

Save the date of January 17 for our first Mayoral Candidate Forum focusing on behavioral health. We are pleased to be co-sponsoring this event with Santa Fe Safe. See article in this newsletter.

Also, I encourage you to consider attending our next Family and Friends Seminar on January 27, a new 4-hour seminar that builds awareness about mental illness. New Mexico was selected, among 6 other states, to pilot this program. See article in this newsletter.

Best wishes for a new year filled with joy, peace, health and happiness!

Betty S. Shover

505-395-6204, [betty.shover@comcast.net](mailto:betty.shover@comcast.net)

# January 8th Information Meeting: What to Expect from 911 Responses During a Mental Health Crisis



Our January 8 (Monday) 5:30-7:00 pm public information talk will feature a representative from the SFPD, Ramos Totsie, SFFD (City) and MIHO Program, and Ken Martinez, Director, Regional Emergency Communication Center (911).

They will discuss what families should expect when they call 911 for assistance with a family member experiencing a mental health episode.

This talk will be held at the NAMI Santa Fe Office, Dragonstone Building, 313 Camino Alire, Room 307.

Those seeking more information on this presentation should contact Tom Starke, 505 412 0860 or tomstarke@comcast.net.

**Guest Speakers**  
Ramos Tsosie, SFFD  
Ken Martinez, RECC  
Lt. Anthony Tapia, SFPD

**Date/Time**  
January 8th, 2018  
5:30-7 pm

**Location**  
313 Camino Alire, #307  
Santa Fe, NM 87501

Note: All of our information meetings are open to the general public and FREE of charge

# First Behavioral Health Mayoral Forum to provide an opportunity for Mayoral Candidates to address Behavioral Health Issues in Santa Fe



On January 17, 2017, Santa Fe Safe (The Coordinated Community Response Council) and NAMI Santa Fe (The National Alliance on Mental Illness) will sponsor the 'First Behavioral Health Mayoral Forum'.

An estimated 7000 Santa Feans struggle with drug and alcohol addiction and an additional 7000 are in recovery. Behavioral and Mental Health issues are often the

primary causes of these addictions. An estimated 6000 Santa Feans have a serious mental health illness diagnosis: schizophrenia, bipolar disease, or severe depression. These individuals need crisis care and can end up in jail as a result of behaviors arising from their disease.

The Forum will address these issues and provide an opportunity for the Mayoral Candidates to share their visions for addressing behavioral and mental health issues in Santa Fe.

**Date/Time**  
Jan 17th, 2018  
11:30 am to 1:30 pm

**Location**  
NAMI Gathering Space  
313 Camino Alire  
Santa Fe, NM 87501  
In the building know as Dragonstone (between Alameda and Agua Fria, across from Payne's Nursery)

**Event Details**  
Open to the public, no registration required.  
A lite lunch will be provided by the Christus St. Vincent Medical Center

## Family and Friends Seminar

The Family and Friends Seminar is a new NAMI seminar being piloted in NM that is free to the public. It is one way NAMI is building awareness about mental illness and its impact on individuals and families.

NAMI Family & Friends is a 4-hour seminar that informs and supports people who have loved ones with a mental health condition. Participants will learn about diagnoses, treatment, recovery, communication strategies, crisis preparation and NAMI resources. Seminar leaders have personal experience with mental health conditions in their families.

For more information about this program or to arrange a seminar, please contact us: [info@namisantafe.org](mailto:info@namisantafe.org), 505-395-6204.

**Date/Time**  
January 27th  
10:00- 2:00 PM

**Location**  
313 Camino Alire  
Santa Fe, NM 87501

**Event Details**  
Must register online at  
[https://  
namisantafe.org/  
family-friends-  
seminar/](https://namisantafe.org/family-friends-seminar/)

## Suicide...the S Word, Stigma - Shame - Survival

### Santa Fe Doorways Talk & Discussion by Cheryl Brown

Please join us as we open the conversation about suicide. We'll cover the latest statistics from New Mexico to national and the world. Special attention will be paid to elderly suicide as they are 12% of the population yet 18% of all suicide deaths. This is under-reported by 40% or more, as "silent suicides" are not reported.

There will be at least 45,000 suicides this year and 123 Americans will die each day. This is like an airliner going down each day...startling, isn't it? There will be 1 million attempts with 25 attempts in youth for each suicide and 4 attempts in the elderly for each completion. Join us to discuss and learn.

**Speaker**  
Cheryl Brown, PhD  
Retired psychotherapist and  
survivor of close family suicide

**Date/Time**  
Thursday, February 8  
11:45-1:00

**Location**  
Brookdale/Ponce de Leon 640  
Alta Vista..Santa Fe

## Supreme Court Rules Committee Update

Anne Albrink is still attending monthly meetings of the New Mexico Supreme Court Rules Committee as a consumer and member of NAMI, along with representatives from the district courts, the Department of Guardianship, the Health Department, the Association of New Mexico Counties, the New Mexico Disability Rights organization and others. In 2017 we mainly have been working on changing the Supreme Court Rules to address some of the problems in the system that have caused some people to languish in jail as long as two years awaiting a determination of whether they are competent to stand trial in criminal cases. We have been looking at shortening timeframes, clarifying the evaluation process, and generally speeding things up. While our deliberations are confidential, we are looking forward to publishing proposed new rules to the New Mexico bar in the very near future, to allow public defenders, prosecutors, judges and other interested parties to comment on and improve them.

## 2018 JANUARY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8 <i>Info Meeting: Calling 911 6 pm</i>	9	10	11	12	13
14	15 <i>Board Meeting 5:30 pm</i>	16	17 <i>Mayoral Candidate Forum 11:30-1:30 pm</i>	18	19	20
21	22 <i>Family Support Group 6 pm</i>	23	24	25	26	27 <i>Family &amp; Friends Seminar 10-2 pm</i>
28	29	30	31			

### 2018 Information Meetings

Note: all info meetings are held at 6pm at NAMI Santa Fe Headquarters, 313 Camino Alire, Unit 307

**January 8** -SFPD, SFSO, and SFFD: what to expect when you call 911 for your loved one in a psychotic crisis. Ramos Tsosie, SFFD, Ken Martinez, RECC, and Lt. Anthony Tapia, SFPD.

**February 12** -Advanced Directives, Deborah B Altschul UNM

**March 12** -Mobile Crisis Response Team--what to expect, and how can NAMI families call the team directly. Mark Boschelli, PMS

**April 9** -Bi-polar disease, by Dr. Tohen, UNM

**May 14** -CRAFT (how family members can help someone abusing drugs and alcohol), Ande Anderson, The Life Link

**June 11** -Santa Fe County Plans to improve support for those with mental illness and their families, Alex Dominguez, SF County Community Services Department

**July 9** -Depression, Dr. Jan Fawcett, UNM (tentative)

**August 13** -Getting care for mental illness at the Community Guidance Center - Mary Beth Huberman, PMS CGC

**September 10** -Schizophrenia, Dr. Gerald Russell, NMBHI

**October 8** -ACEs and childhood trauma, Bryce Pittenger, CYFD

**November 12** - CHRISTUS BH improvements, Mary Magnusson, CHRISTUS

### Family Support Groups

Family Support Groups are Free, confidential groups of families supporting other families who live with mental health challenges.

#### Dates/Times

January 22nd at 6 pm  
 February 5th at 12 noon  
 February 26th at 6 pm

#### Location

313 Camino Alire, Unit 307,  
 Santa Fe, NM 87501

### Family-to-Family Education Program

Family-to-Family is a FREE 12-week class for family members and caregivers of persons living with mental illness. It meets once a week for approximately 2 1/2 hours. For more in-depth information about this program, go to [www.nami.org](http://www.nami.org) and search for "Family-to-Family".

**\*\*Upcoming Spring 2018 Classes\*\***

We are in the planning stage of once again offering Family to Family. If you are interested in attending, please email us at [info@namisantafe.org](mailto:info@namisantafe.org), call 505-395-6204, or visit our website [www.namisantafe.org](http://www.namisantafe.org)