***Monthly meeting***

**The Zucker Hillside Hospital**

**Sloman Auditorium**

266th Street & 76th Avenue

Glen Oaks, NY

7:30 p.m.

(Caring & Sharing at 6:00 P.M.)

For information on handicap accessibility contact the office, (516) 326-0797

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**JULY 19, 2017**

**Insane Consequences: How the Mental Health Industry Fails the Mentally Ill**

**DJ JAFFE**, Advocate, author, and founder of Mental Illness Policy Org

DJ Jaffe, the mental health industry’s most relentless critic, will explain why, in spite of spending $147 billion annually on mental health care, the mental health industry and government shun the 10 million adults with the most serious mental illnesses—primarily those with a diagnosis of schizophrenia and severe bipolar disorders—and, instead, focus on improving “mental wellness” in 43 million others. He argues we spend too much on mental health and not enough on mental illness, and the solution is to reverse that.

His book will be available for sale. Read more at https://mentalillnesspolicy.org/insane-consequences.html.

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**AUGUST 2017**

No meeting—

Happy Summer!
<table>
<thead>
<tr>
<th>GROUP</th>
<th>LEADER/PHONE</th>
<th>DATE/TIME</th>
<th>LOCATION</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Sharing &amp; Caring</strong></td>
<td>Hillside Hospital Social Worker</td>
<td>3rd Wednesday of each month 6:00—7:15 p.m.</td>
<td>The Zucker Hillside Hospital Sloman Auditorium 266th St. &amp; 76th Ave., Glen Oaks</td>
</tr>
<tr>
<td><strong>Evening Family/Sibling/Adult Children</strong></td>
<td>Rosalie Weiner, LMSW (718) 776-4790 Please call first</td>
<td>1st &amp; 3rd Mondays 7:30—9:30 p.m.</td>
<td>NAMI Queens/Nassau office 1981 Marcus Ave, Suite C117 Lake Success, NY</td>
</tr>
<tr>
<td><strong>For Those with Bipolar Disorder, Depression &amp;/or Anxiety</strong></td>
<td>Sandra Kalman, LCSW (516) 901-8129 Please call first</td>
<td>1st &amp; 3rd Tuesdays 7:00—8:30 p.m.</td>
<td>Zucker-Hillside Hospital Kaufman Building, Room 115</td>
</tr>
<tr>
<td><strong>Afternoon Family &amp; Friends</strong></td>
<td>Rosalie Weiner, LMSW (718) 776-4790 Please call first</td>
<td>1st Tuesday of each month 12:30-2:00 p.m.</td>
<td>Advanced Center for Psychotherapy 103-26 68th Rd. Forest Hills</td>
</tr>
<tr>
<td><strong>Family to Family 12-week Psycho-education Course</strong></td>
<td>Jeannette Wells, LCSW-R (646) 483-3885 Call the office (516) 326-0797 or (718) 347-7284 Registration is required</td>
<td></td>
<td>Locations: Manhasset North Bellmore Glen Oaks Jamaica</td>
</tr>
<tr>
<td><strong>Whole Family Support Group</strong></td>
<td>Ellen &amp; Michelle Ritz (516) 330-9778 <a href="mailto:el.ritz@yahoo.com">el.ritz@yahoo.com</a> Please call or email first</td>
<td>2nd Wednesday of each month 7:00—9:00 p.m.</td>
<td>Unitarian Universalist Congregation at Shelter Rock (UUCSR) 48 Shelter Rock Rd, Room 15 Manhasset</td>
</tr>
<tr>
<td><strong>Family to Family Graduates Support Group</strong></td>
<td>Ellen Ritz (516) 330-9778, <a href="mailto:el.ritz@yahoo.com">el.ritz@yahoo.com</a></td>
<td>4th Wednesday of each month 7:00—9:00 p.m.</td>
<td>Unitarian Universalist Congregation at Shelter Rock (UUCSR) 48 Shelter Rock Rd, Room 15 Manhasset</td>
</tr>
<tr>
<td><strong>Sibling Support Group</strong></td>
<td>Ruth Proller &amp; Lisa Horowitz-Tambor, LCSW Email <a href="mailto:rpfroller@aol.com">rpfroller@aol.com</a> or call (718) 767-8481</td>
<td>3rd Thursday of each month 7:00—8:30 p.m. Registration is required.</td>
<td>Unitarian Universalist Congregation at Shelter Rock (UUCSR) 48 Shelter Rock Rd, Room 19 Manhasset</td>
</tr>
<tr>
<td><strong>South Asian Support Group</strong></td>
<td>“Raghu” Raghavendran (516) 944-8537</td>
<td>3rd Saturday of each month 10:30 a.m.</td>
<td>YICG New Hyde Park</td>
</tr>
<tr>
<td><strong>Senior Caregivers and Their Adult Children 40+</strong></td>
<td>Isabelle Mesholam, LMSW (516) 626-3258 Please call first</td>
<td>2nd &amp; 4th Thursdays of each month 1:30 pm</td>
<td>NAMI Queens/Nassau office</td>
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A New Face for NAMI Queens/Nassau

By JANET SUSIN
President

It seems like just yesterday that Arnold Gould retired as president of NAMI Queens/Nassau and I took over as president. I honestly can’t say with certainty how long ago that was – maybe 12 years ago? – but I know that at the time I had very big shoes to fill. Arnold was a true giant and the face of NAMI Queens/Nassau for many years, just as I’ve now become the face of our organization.

Fortunately, we are blessed with many strong leaders who are very capable of filling my shoes. As I write this I’m not sure who the next president will be, but I’m sure it will be someone with the same passionate commitment to our organization that I have and the others who preceded me.

During my time as president or co-president we’ve had 13 NAMIWalks at glorious Jones Beach, raising well over $2 million for our organization while increasing awareness about mental illness and NAMI Queens/Nassau in the community. That’s the source of funding for the organization that I have and the others who preceded me.

Of course, I could never have done it without my incredible 1st Vice-President, Al Dunlop, and 2nd Vice-President, Larry Kenny. They have now stepped down from the board, but their work behind the scenes before the walk and on walk day was invaluable. Rain or shine, and I do mean rain, I could always count on them to be there with smiles on their faces and get the job done.

Of course, that isn’t all they did. Al was chair of the Finance Committee for several years, always able to explain what the numbers I was looking at were all about. He was also the go-to guy when we had computer problems and invaluable in the changeover from one accounting system to another. Larry is the people-person, the one we went to when relationship building was important. Thanks to Larry we got a 20% cut in our rent, and his beautifully handwritten letters to legislators always got special attention.

Besides NAMIWalks my other passionate commitment has been to educating young people in school about mental illness. In 2000, working with NAMI Queens/Nassau members and with funding from NAMI, Lorraine Kaplan, Ruth Wolosoff, Louise Slater and I developed “Breaking the Silence: Teaching the Next Generation about Mental Illness,” an educational package for the schools. These much praised lessons for upper elementary, middle school, and high school are now in their fourth printing and include posters, games, role plays, follow-up activities and more (www.btslessonplans.org). Over the years we have received orders from around the country, and foreign countries as well, and are looking forward to new opportunities to promote BTS now that New York State has passed a requirement to include mental health in the school health curriculum.

And, of course, none of this would have been possible without the support of our grant writer extraordinaire, Amy Lax. Amy always has a new idea for a grant we can apply for, a different way to publicize “Breaking the Silence,” or a suggestion for how to expand the program. One of those ideas was developing “Let’s Talk Mental Illness,” a classroom presentation to go with our lesson plans. With Hakeem Rahim as our inspirational Harvard educated classroom speaker, the program was a big hit. He went on to get speaking engagements in colleges and become a sought after speaker in other states. Today Hakeem is one of the featured faces in the NYC Today I Thrive campaign and his face can be seen smiling down at us in subway cars and at bus stops.

And, of course, I want you all to know how much I care about the Friendship Network. Alice Cohen started it way back in 1991 and, with the support of Nancy Schlessel and Barbara Garner, it still continues to thrive, bringing friendship and love to those with mental illness who would otherwise be isolated and alone. We are so proud to have you as part of NAMI Queens/Nassau!

And last but certainly not least, our office staff. First, my heartfelt thanks to our office manager, Maureen Josel. That beautiful, friendly voice on the phone always lifts my spirits and those of everyone else who calls. Maureen has been with us for 27 years and has been the face of NAMI-Queens/Nassau since we were in a one-room office at 2001 Marcus Avenue. She is smart, insightful, and I’ve especially enjoyed working with her on PATHways over the years, where she skillfully uses her talent for layout to create an attractive and engaging newsletter. And thank you, too, to Gina Kelly who’s been with us for many years, cheerfully providing office support, and Hazel Duke, our very capable new administrative assistant.

I know this sounds like a farewell, but I do not plan to step down and fade away. I will remain on the board and continue to work on promoting mental illness education in the schools, NAMIWalks, and advocate to end the criminalization of mental illness. Anyone care to join me?
NAMI FaithNet: Bridges of Hope

LINDA BARON-KATZ, Co-Chair, FaithNet Committee

On Wednesday, May 17, 2017, clergy from all faiths throughout Long Island and Queens came together to learn and explore ways to help and support congregants, families and their loved ones struggling with mental illness. This third annual NAMI Queens/Nassau FaithNet event, Conversations with Clergy and Community on Exploring Faith, Religion and Spirituality as Resources for Individuals and Families Struggling with Mental Illness, was held at the Unitarian Universalist Congregation at Shelter Rock in Manhasset, NY. Over 100 faith leaders and community members attended.

Ellen Ritz, co-chair of NAMI Queens/Nassau FaithNet, welcomed everyone. After an inspiring invocation by Pastor Ned Wight of the Unitarian Universalist Congregation, Daniel Frankel sang Turn, Turn, Turn. Linda Baron-Katz, also co-chair, then introduced the speakers. Our first speaker was Chaplain Van Frankel, who leads the Spiritual Care Program at Zucker Hillside Hospital, who read a passage from the Psalms of King David (Psalm 19), which is about human suffering and having hope. He also spoke of how in the Gospel, Jesus felt compassion about the desire to love and bring peace to this world. Chaplain Frankel expressed that spiritual healing is more about believing in a higher power and stated that many atheists who question God believe in something that is higher than themselves. The second speaker, Dr. Isma Chaudhry, president of the Islamic Center of Long Island, is an interfaith activist and champion for the rights of Muslim women. Dr. Chaudhry spoke about the role of community and read a verse from the Koran, “I’ve created you in strides and nation,” which believes that every faith builds a sense of attachment like self-esteem and confidence in an ability to succeed on this earth. Dr. Chaudhry also expressed that faith-based leaders must play a role in dispelling the myths of mental illness, in making their communities understand and embrace the facts of mental illness, and in coming together to bring hope and change.

After this, Ellen Ritz showed a Powerpoint presentation titled Bridges of Hope. This explained all about NAMI and what faith-based leaders can do in their communities about mental illness. Ellen Ritz started the presentation by stating what NAMI is, its goals, and the kinds of programs that are offered, such as Family to Family, Peer to Peer, In Our Own Voice, and Ending the Silence, in order to help families and loved ones understand the meaning of mental illness. She then spoke about how many individuals do not recognize the symptoms of mental illness and how it can affect the way we think, feel, and relate to others. The Bridges of Hope presentation also explained some of the mental health disorders and how if left untreated symptoms can get worse and raise the risk of suicide. The most important thing that was shown in the Bridges of Hope presentation was how faith leaders can play a major role to help families and those in their congregations struggling with mental illness. Questions most often asked to faith leaders are, “Where is God?,” “Why do bad things happen to good people?,” “How will I cope?,” etc.

Activities that faith leaders can do in their congregation are running a support group, build a mental health library, host a mental health conference, etc. After the presentation was over, the audience participated in table discussions, asking questions like, “What is your (church, synagogue, faith group) already doing to provide a bridge of hope for people touched by mental illness?” and “What would you like to see it do?”

Finally, our last two speakers were Father Damian Halligan, who ministers at St. Anthony’s Parish in Oceanside, New York, who spoke about a support group called Recovery, Inc., and of its ten step program and how they share each week a story about someone’s recovery from mental illness. Pastor Steve Tomlinson, who recently completed his doctorate degree of Ministry at Trinity Evangelical Divinity School, spoke about how important it is to reach out to those affected by mental illness to support them with encouragement, patience, wisdom, and above all to listen and communicate with them in a language they understand.

At the conclusion of the event, Reverend Diane Monks gave a special benediction.

This event was such a success that I feel we all learned and gained a tremendous amount of knowledge, faith, and hope to help those struggling with mental illness within our communities.

Special Service on Mental Illness at Unitarian Universalist Congregation at Shelter Rock

Thanks to Rev. Jennifer L. Brower, Minister for Pastoral Care, and Oscar Sinclair, Ministerial Intern, for sharing their moving experiences of the impact of mental illness on their lives at a special service on Friday evening, May 12.

Following the service a request for donations to NAMI Queens/Nassau was made. The total sum collected was $950. We are grateful to UUSCR for their continuing generosity and for their support of our cause.
Families on the Losing End Again

By JANET SUSIN, President

Last month I got a call from one of our members – let’s call her T - who has a brother who’s been struggling with severe schizophrenia for many years. Complicating matters is his physical health. Surgery a number of years ago left him with a permanent colostomy bag, a prosthetic medical device that provides a means for the collection of bodily waste.

When T called she was upset that her brother had been in a Queens hospital for a year and half without being discharged and placed in an appropriate facility. Concerned that he was vegetating in the hospital and not getting appropriate care for his mental illness, she wanted my advice about how to get him out. I admit I was stumped.

But shortly after that, without any warning, when T’s mother arrived for a visit at the hospital she discovered that her son was no longer there. He had been transferred to Creedmoor. T had misgivings, but I assured her that this was a positive move. At Creedmoor he’d get good care for both his physical and mental health, and after a few months they might even transfer him to one of their housing facilities on the grounds of the hospital. He could be on his way to independence, with the continuing support he needed.

Optimism was short lived.

A couple of weeks later I got another call from T. She was clearly distraught and in tears. Apparently her brother had succeeded in convincing a judge at Creedmoor that he was well enough to be discharged and would be released within two hours!

We brainstormed possible options, and T moved into high gear. She made many calls, but all in vain. If her brother wanted to be discharged, they said, there was nothing she or the hospital could do about it. Anxiously, T waited outside the hospital hoping to speak to her brother when he came out, but she never saw him. Later she found out that he had left via the side door.

Weeks passed and then a miracle happened. By chance a relative who lived in the city spotted him on 70th and York, across the street from New York- Presbyterian/Weill Cornell Medical Center and the Payne Whitney Clinic. He was stained with feces and looked distressingly thin and unkempt. She called T, and then T called me.

After considering various options, I suggested she call 1-888-NYC-WELL, the support line recently established as part of DeBlasio’s Thrive NYC campaign. Described on their website as “a roadmap for mental health for all,” they are committed to raising awareness about mental illness and providing services, including a 24/7 hotline.

An amazing turnaround

The help T got from the Helpline was in her words “amazing”. Compassionate and caring, but also knowledgeable, she learned that Creedmoor has to take her brother back if picked up by the police within 30 days after discharge. NYC WELL advised her to call 911, and they in turn linked her up with the precinct closest to the hospital.

Well trained and caring police officers coaxed her brother into the police car without incident, and he is now safely back at Creedmoor. The good news is that, at least for the moment, he is in a safe place and hopefully will get appropriate care and support. Thanks to the NYC police and the Thrive-NY hotline, tragedy was averted.

But unfortunately for many there is a very different outcome. The NYC streets are lined with homeless people, many of whom no doubt have mental illness and a co-occurring substance abuse issue. And yes, there are many people on the streets with obvious physical problems, including a man I saw in Grand Central Station not so long ago, in a wheelchair, dressed in a hospital gown and hooked up to saline drip. How did he ever make it out of the hospital?

Courtroom injustice

There are many issues that this story raises. One of them is the ability of individuals with mental illness to pull themselves together and appear normal in front of a judge and get discharged from a facility. Unfortunately, civil libertarians have won the fight on this issue.

PAIMI, Protection and Advocacy for Individuals with Mental Illness, funded by the government, is designed to protect the rights of individuals with mental illness, and PAIMI representatives are often the ones assigned to argue in support of an individual who wants to be discharged from a hospital. Pete Earley, writing in his blog on the 21st Century Cures Act, notes that Congressman Tim Murphy’s “Helping Families in Mental Health Crisis Act” originally banned PAIMI from lobbying public officials and “counseling an individual with a serious mental illness who lacks insight into their condition on refusing medical treatment or acting against the wishes of such individual.” It cited a particularly horrifying situation when a PAIMI advocate counseled an individual with mental illness on what to say to be discharged from the hospital, despite the protests of his treatment team. Shortly after being discharged he murdered his mother.

Unfortunately, this important component of Murphy’s law was left out of the legislation when it was folded into the 21st Century Cures Act. Instead it focuses on how PAIMI funds are being spent on “investigations of alleged abuse and neglect of persons with mental illness; investigations into the availability of adequate medical and behavioral health treatment, and investigations of the denial of rights for persons with mental illnesses.”

Although these are important issues, the last often pits families against their loved one, sometimes with tragic consequences. T is grateful that thanks to the NYC-WELL Helpline and the quick response of a trained police force, tragedy was averted. But she knows that in the future her concern for her brother’s well-being may once again be pitted against his rights as an individual, and she’ll be on the losing end.
Remembering NAMI Queens/Nassau in Your Will

NAMI Queens/Nassau depends upon the generosity of our supporters to continue to be able to provide support and education for those living with mental illness who are in need. Leaving a bequest in your will is one way to support our efforts.

Sample Language

Once you’ve determined that you would like to make a bequest to NAMI, the following sample charitable bequest language can be used in your will or revocable living trust. However, it is important to consult an attorney when drafting your will.

An Unrestricted Bequest:

"I give, devise and bequeath to NAMI Queens/Nassau, a charitable organization which qualifies as a charitable recipient under Internal Revenue Code section 2055 as amended from time to time, located at 1981 Marcus Avenue, C-117 Lake Success, NY 11042, the sum of $____ to be used for the general purpose of the organization, at the discretion of its Board of Directors."

A Restricted Bequest: (to support a particular program or area of interest to you)

"I give, devise and bequeath to NAMI Queens/Nassau, a charitable organization which qualifies as a charitable recipient under Internal Revenue Code section 2055 as amended from time to time, located at 1981 Marcus Avenue, C-117 Lake Success, NY 11042, the sum of $____ to be used for the purpose of____________."

A Residuary Bequest: (which leaves any remaining assets from your estate after all other obligations have been met)

"I give, devise and bequeath to NAMI Queens/Nassau, a charitable organization which qualifies as a charitable recipient under Internal Revenue Code section 2055 as amended from time to time, located at 1981 Marcus Avenue, C-117 Lake Success, NY 11042, all the rest, residue and remainder of my estate."

Thank you!

NAMI Queens/Nassau gratefully acknowledges the following Donations

In Memory of Eli Kaplan: Ruth Wolosoff; Florence Fox; Elaine Schirmer; Meta Smith & Sol Schwartz; MWI Creative Writing Group (Rhoda Tillem; Barbara Goldberg; Nadine Kaufman; Sue Otass; Diane Rappaport; Lynn Ratner; Marilyn Bainsson; Marilin Smolin; Mireille Taub; Linda Susman; Lila Barasch); Paula Roberts; Myron & Janet Susin; Ruth Hirschberg; Samuel & Marilyn Herman; Lester & Janet Bumes
Diane Levitus in memory of Arnold Gould
Ron & Rhoda Nadell in memory of Shirley Rosen
Louis Chessin in memory of Betty Blond
Arthur & Eike Plaggemeier in honor of Robert Magosi
Claudia Block in memory of Jordan Stewart
Joel Kullas in honor of Michelle Kullas
Rosalie Weiner in memory of Evan Susman
Harvey & Carol Raff in honor of Janet Susin for her outstanding service
Lila Rauch in honor of Renee Block’s birthday
Rhoda & Ron Nadell in memory of Stanley Lortig
Dorothea Braun in memory of James Tully on Father’s Day

General Donations: Arlene Soifer; Marilyn Fiore; Ching Ko Chen; Jeffrey Shankmen; Mr. & Mrs. Duncan Mac Donald; Maureen McCartin; Maria McCarthy Trust

Friendship Network gratefully acknowledges the following Donations

In Memory of Eli Kaplan: Friendship Network; Maureen & John Josel; Dr. & Mrs. Jerry Schlessel
Friendship Network in memory of Josh Rubin’s father
Friendship Network in memory of Anthony Michel’s mother
Barbara Garner in memory of Steven Marcus’s mother
Susan & Lee Krochmal in honor of Mr. & Mrs. Don Bienefeld’s 38th Anniversary

Save a tree!

If you’d prefer to get your newsletter as an email, please contact us at office@namiqn.org and let us know. It will save postage and paper.
Lady Gaga, Prince William Talk Mental Health in Powerful FaceTime Conversation

By JOEY NOLFI
Reprinted from Entertainment
http://ew.com/music/2017/04/18/lady-gaga-prince-william-mental-health/

Lady Gaga talks about her mental health in a new video posted Tuesday where the Joanne singer tells Prince William about what it was like publicly sharing her struggles with post-traumatic stress disorder in an open letter she wrote this past December.

“It made me very nervous at first. For me, waking up every day and feeling sad and going onstage is something that is very hard to describe,” Gaga says. “There’s a lot of shame attached to mental illness. You feel like something’s wrong with you. In my life I go, ‘Oh my goodness, look at all these beautiful, wonderful things that I have,’ and I should be so happy. But you can’t help it in the morning when you wake up you are so tired, you are so sad, you are so full of anxiety and the shakes that you can barely think. But, it was like saying this is a part of me, and that’s okay.”

Prince William, who spearheaded the launch of the Heads Together campaign with his wife, Kate Middleton, and brother, Prince Harry, as a means to combat negative social stereotypes pertaining to mental illness, stressing the importance of having consistent, open conversations about sufferers’ daily struggles—something Gaga has also advocated for in the past with the inception of her Born This Way Foundation mental wellness group in 2011.

“It’s okay to have this conversation. It’s really important to have this conversation. You won’t be judged. It’s so important to break open that fear and that taboo, which is only going to lead to more problems down the line,” Prince William explains in the video. “Mental health is the same as physical health. Everybody has mental health, and we shouldn’t be ashamed of it.”

Gaga concludes: “We’re not hiding anymore. We’re starting to talk… If you’re feeling not well in your mind, you’re not alone.”
Arts & Crafts

Kid's Korner
When the students become the teachers...

Port Washington Students Speak Out About Mental Illness

By AMY LAX, Director of Development & Public Relations

Port Washington middle and high school students raised awareness about and funds for the 2017 Long Island/Queens NAMIWalks, held on May 6th at Jones Beach, Parking Field #5 Zach’s Bay. Registration was at 9:30, the walk at 11AM. No longer a taboo topic, Team Port Voices has opened the dialog for Port Washington students and made it easier for them to talk about mental illness.

Carrie Palmer Weber Middle Schooler Michael DeLeonardis is eager to combat the stigma of mental illness that he has often felt, “I help NAMI (National Alliance on Mental Illness) because I don’t want others to suffer like I do.” Another middle schooler, Meiling Laurence, openly shares why she is walking with NAMI, “I’ve had experience with the apathy shown toward people who deserve help but are not receiving it.”

Students are writing letters, contacting local legislators, posting on social media, hanging posters throughout the school and community, and holding popcorn fund-raisers in support of NAMIWalks.

What started seven years ago as a History civics discussion in a government class has grown into a town event. “When I heard one student call another a ‘psycho’, I stopped my class and started a discussion on the history of mental illness in America. Students were so moved by the plight of those affected that we started a NAMI Club and formed Team Port Voices; raising over $35,000.00 for NAMIWalks over the years. NAMIWalks participation has changed lives and attitudes. Students past and present share how they are touched by mental illness,” says Linda Barone Manzo, Weber MS social studies teacher and Port Voices Team Captain.

Funds raised contribute to local NAMI programs and services. NAMI Queens/Nassau, lead NAMIWalks affiliate, is a nonprofit, grassroots organization committed to building better lives and ensuring dignity and respect for those affected by mental illness through support, education and advocacy.

Your Story Isn’t Over Campaign

Eight Grader Breaks the Stigma of Mental Illness, One T-Shirt at a Time!

By AMY LAX, Director of Development & Public Relations

Arianna Lekhraj, an eighth grader at Elmont Memorial High School, is raising funds for and awareness about mental illness through her, Your Story Isn’t Over campaign. Symbolic T-shirts designed by Ariana illustrate a message of bravery, survival, hope and recovery. To date she has raised $600 through T-shirt sales to classmates, teachers and parents. T-shirts can be found online at, https://www.booster.com/your-story-isnt-over, on Instagram @yourstory_isntover) and Twitter @story_isnt_over. Proceeds are being donated to NAMI Queens/Nassau.

Dedicated to leading the way in breaking the stigma of mental illness, Arianna shares, “I was inspired by the fact that mental illness is such a prevalent epidemic that isn’t talked about enough, especially in my own generation. I personally know people who suffer from various mental illnesses and they don’t receive the recognition they deserve.”

Arianna’s campaign is part of a schoolwide enrichment model that promotes empathy. Her goal is to open the dialogue and break the silence surrounding mental illnesses, especially among her peers. The Booster campaign was launched to make the t-shirts more accessible to the general public and available in a variety of sizes.
NAMI Peer-to-Peer is a free, 10-session educational program for adults with mental illness who are looking to better understand their condition and journey toward recovery.

Taught by a trained team of people who've been there, the program includes presentations, discussion and interactive exercises. Everything is confidential, and NAMI never recommends a specific medical therapy or treatment approach.

What You'll Gain

This in-person group experience provides the opportunity for mutual support and positive impact. You can experience compassion and reinforcement from people who relate to your experiences. Through your participation, you have the opportunity to help others grow. This is a confidential place to learn from shared experiences in an environment of sincere, uncritical acceptance. Recovery is a journey, and there is hope for all people living with mental illness.

NAMI Peer-to-Peer helps you:

- Create a personalized relapse prevention plan
- Learn how to interact with health care providers
- Develop confidence for making decisions and reducing stress
- Stay up-to-date on mental health research
- Understand the impact of symptoms on your life
- Access practical resources on how to maintain your journey toward recovery

What People are Saying

"NAMI Peer-to-Peer has allowed me to take the focus off my illness and learn to balance it with the rest of my life. By engaging in recovery I am able to be more relaxed and productive both at work and home."

"It made me feel I was not alone in coping with mental illness. It gave me hope that I could recover and that my life would not always be filled with chaos, and it gave me positive role models to inspire me to strive for recuperation and success in life."

When, Where, and How to Sign Up

Beginning on Friday, September 8, the Peer to Peer program will meet weekly at 7:00pm at Zucker-Hillside Hospital in Glen Oaks.

To enroll, please contact Greta Fajiram, (718) 343-1443.

We Love Our Relationship with Alpha Kappa Alpha

Janet Susin tabled at a Alpha Kappa Alpha family barbeque hosted by Theta Iota Omega on Saturday, June 10, at Arthur C. Mackey Park in Roosevelt.
Friendship Network’s Outings

A Decade of Soul at the BB King Blues Club

By MARC R.

A Decade of Soul took everyone on a musical journey back in time when Berry Gordy’s Motown label and his studio band, the Funk Brothers, and Stax Records, Booker T and The MGs invented Soul Music. Drifter’s vocalist Prentiss McNeil along with Bruce Wayne led this classic soul revue with their enormous energy and fantastic showmanship. They played favorites like Respect by Aretha Franklin, Midnight Train to Georgia by Gladys Night and the Pips, and Tears of a Clown by Smokey Robinson.

Even though the club wasn't filled, Friendship Network cheered the band on and the musicians really appreciated it. They put on a great show! Some of the members, with encouragement from Alice and Barbara, got up to dance. The band also took some requests. All in all it was a great event and everyone enjoyed themselves.

By CONNIE C.

On February 12, 2017 I went with Friendship Network to listen to Motown music at the B.B. King Club in NYC.

At 5pm the show started. Three singers stood in front singing while a saxophone player stood next to the singers and a drummer sat in back. The singers were very good. I wasn’t sure what Motown music was but I recognized some of the songs. My foot was dancing on the floor and my shoulders were swaying back and forth. I got into the music, singing some of the songs along with the singers. I wasn’t comfortable getting up to dance. I saw some members I recognized and made some small talk.

At the end of the show my traveling companions and I decided to go home while some group members went on to have dinner in the city.

Thank you Friendship Network.

The Play That Goes Wrong

By CLIVE & JULIA F.

On Saturday, March 18, Friendship Network saw The Play That Goes Wrong at the Lyceum Theater. The Lyceum is a very old theater, maybe a hundred years old, and our seats were way up in the balcony. Making our way up to our seats, cast members of the show mingled with people taking their seats and waiting on line. Two cast members asked me if I saw a small dog. Putting on my best English accent, I said, “yes, you just missed him!”.

The show itself is a comedy of errors about an amateur theater troupe trying to put on a London West End show. The plot was about a murder at Haversham Manor, an old English estate. Packed with misplaced props, mispronunciations, actors forgetting their lines, and scenery falling down, it was like a tribute to all show business failures. The actual producer of the show, J.J. Abrams, who co-produced and directed Star Wars, The Force Awakens, said his new show was like "Monty Python meeting Buster Keaton." Getting back to the plot, after a large inheritance, the members of the drama society stage a show at a West End theater. But it’s doomed from the start with corpses that can’t keep still, electrical sparks from faulty equipment and falling scenery. The finale is when the murderer is revealed and the entire set collapses around the cast.

After the show, we went to Dallas BBQ for dinner in Times Square. The place is enormous with a western atmosphere. We enjoyed large portions of barbecued chicken and ribs along with huge drinks. The weather that day was kind of like England, foggy and wet.

All in all, the day was jolly good!

A Note of Thanks for Family to Family

Thank you so much, Ms. Wells.

I attended the NAMI class today and it was truly informative. The instructors were very nice and did a fantastic job answering any of my questions. I feel a little more prepared to cope with the issues that may arise this week.

Again, thank you. I look forward to the next class.

—Robert

About TRI Business & Career Training Center (TRI)

For 50 years, TRI has assisted individuals with disabilities in reaching their highest level of independence through the provision of vocational and educational services. These services are designed to assist an individual in identifying personal and professional goals and include vocational assessment, counseling, training, remediation, day rehabilitation, production, and support services (i.e. socialization skills training, remediation, etc.) Working directly within the community, our placement department develops internships and jobs, provides job coaching and follows along services to assist an individual achieve positive vocational outcomes. For more information, please call (516) 741-2020 or visit www.triworx.org.

TRI is a member of the Family of FREE Network, which collaborates with a variety diverse 501(c)3 nonprofit partners on educational, vocational, rehabilitative, and a myriad of other creative initiatives to enhance the local communities and the lives of more than 25,000 people that reside within them. Each of the valued partners of the Family of FREE Network have a unique mission, vision, and strategic goals that are aligned in purpose, and embody the spirit of the meaningful work we do every day.
Shop at **wit & whim** in August

and

raise funds for [NAMI Queens/Nassau](https://www.nami.org)

The Nation’s Voice on Mental Illness

wit & whim in Port Washington carries a wide-ranging inventory that includes jewelry, home goods and fashion accessories that run the gamut from vintage collectibles to modern day goods. This unique store is committed to donating all profits to organizations that benefit individuals, communities and our world.

This August, wit & whim celebrates NAMI Queens/Nassau. Shop anytime this month and 100% of the profits will go to NAMI Queens/Nassau.

Join us at the kick-off shopping party on Thursday, August 3 from 2—6pm!

6 Carlton Avenue
(3/4 mile down from Main St. train station)
Port Washington

wit-and-whim.com
516.944.9200
NAMI Queens/Nassau Donation & Membership Form

Yes! I want to join NAMI Queens/Nassau to receive useful information and to help improve conditions for those with mental illness. I will receive newsletters from NAMI Queens/Nassau, NAMI, and NAMI-NYS.

MEMBERSHIP DUES:  
- Open Door $5  
- Regular Membership $40  
- Household Membership $60

*(A portion of the dues goes to NAMI and NAMI-NYS)*

ADDITIONAL DONATION:________ TOTAL:________

Name ____________________________
Address ____________________________
City ____________________________ State _____ Zip ______
Phone Number ______________________
E-Mail Address ______________________

DONATION IN MEMORY OR HONOR OF (please indicate by circling)
Name of honoree or decedent: ____________________________
Name of person to be notified of your gift: ____________________________
Address ____________________________
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Please send form and check made payable to NAMI Queens/Nassau, 1981 Marcus Avenue, Suite C117, Lake Success, NY 11042.

Save a tree! If you would prefer to receive a digital copy of the newsletter, email office@namiqn.org to indicate your preference.

Nassau County NAMI Affiliates Meeting Info

<table>
<thead>
<tr>
<th>Affiliate</th>
<th>Location</th>
<th>Date/Time</th>
<th>Contact</th>
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<tbody>
<tr>
<td>NAMI Long Island Regional Council, Inc.</td>
<td>North Shore University Hospital 888 Old Country Rd. Plainview</td>
<td>3rd Thursdays 7:00 p.m. Support 7:30 p.m. Business 8:00 p.m. Speaker</td>
<td>Barbara Roth (516) 694-7327</td>
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<tr>
<td>NAMI North Shore</td>
<td>Glen Cove Hospital 101 St. Andrew’s Lane Glen Cove, NY 11542</td>
<td>3rd Tuesday 7:00—9:00 p.m.</td>
<td>Al Dunlop (516) 671-3957</td>
</tr>
<tr>
<td>South Oaks NAMI</td>
<td>South Oaks Hospital 400 Sunrise Highway Amityville</td>
<td>4th Thursdays 7:00—9:00 p.m.</td>
<td>Una Ward (631) 264-4000 Ext. 1-2004</td>
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<td>NAMI LAMP/ SW NASSAU</td>
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<td>Maureen Hennessy (516) 572-6888 <a href="mailto:libaqmbh@hofstra.edu">libaqmbh@hofstra.edu</a></td>
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