

August 2010 INMI Updates

Provided by the Interfaith Network on Mental Illness

New

1. Learn what it is like to have a mental illness and work toward recovery. The In Our Own Voice program, sponsored by INMI to highlight Mental Illness Awareness Week, will be offered on Thursday, October 7 at 7 p.m. at the First Congregational Church, Boulder. *In Our Own Voice* is a unique NAMI public education presentation that offers insight into the hope and recovery possible for people living with mental illness. Trained individuals living with mental illness lead a brief, yet comprehensive and interactive, presentation about mental illness. Following the presentation that includes the use of professionally made videos, those who are interested are invited to stay for a dialogue with local faith leaders on the role of faith in recovery.
2. On Monday 8/23 the topic for the Sutherland Seminar Series is Parenting a Child/Adolescent with Bipolar Disorder, featuring Dr. Liz George. Because most of our series is focused on adults, many people interested in Dr. George's talk may be unaware of it. See the attached schedule. This series is led by Dr. Alisha Brosse and it is a stimulating and informing program. It is free.
3. HOPE Lights the Night: Remembering Those Lost to Us by Suicide –This event, scheduled will be held on September 16th at 6:30 pm at the Central Park band shell in downtown Boulder. It honors those who have lost their lives to suicide and offers a time of healing to family, friends, and other survivors. The program consists of music, responsive readings, an inspirational address, and a symbolic lighting of candles. Attendees are invited to bring a picture of the person who has died of suicide to post on a bulletin board. After the ceremony, there will be various materials related to mental health, depression and suicide available. For more information, contact Susan Marine at swdkm321@comcast.net or (303)444-6970.
4. Suicide is one of the leading causes of death among our youth. On Sunday, September 12, at 9 a.m., please join Faye Peterson, Executive Director of Second Wind Fund of Boulder County and Annie O'Donnell, Board Member of SWF of Boulder and Peer Educator of Colie's Closet for their presentation of the latest data about our youth in Boulder on the topic of mental health and suicide prevention. Faye and Annie are part of the collaboration between Second Wind Fund of Boulder County—a local non-profit in Boulder that focuses on providing free counseling services for youth that are risk for suicide and Colie's Closet, an organization that provides youth education in the schools to destigmatize depression and recognize suicide risks. They will engage the audience in a conversation about recognition, resources and treatment around the issue of suicide in Boulder County. This free program will be at First Congregational Church, Boulder, 1128 Pine Street.
5. The Misunderstood Epidemic: Depression with Susan Polis Schutz and introduction by Jared Polis. Sunday, August 29, 7 p.m. at the Jewish Community Center, 3800 Kalmia, Boulder. From 28th and Kalmia, head east on Kalmia to the end of the street that dead ends into the parking lot. Susan Polis Schutz's new documentary reveals the powerful, heartbreaking stories of men, women and teens trapped by clinical depression. They tell of the stigma and lack of understanding, the stress on their families and relationships, the

inability to function at work or school, the struggles with medication and their side-effects, and the value of support groups. Their stories also speak of survival and hope, showing that there is a path to wellness for victims of depression and their families. The film helps viewers understand depression, where to get further information, and how to reach out to others. One viewer commented, "It's undoubtedly going to be a call to action for many, many people who are suffering - and a wake-up call to their family and friends." \$5. Co-sponsored by Nevei Kodesh and the JCC. Questions? Contact Kathryn Bernheimer at kathryn@boulderjcc.org, or 303-998-1021.

6. A festive and supportive event benefiting the Mental Health Center serving Boulder and Broomfield Counties. The Dandelion Ball is Saturday, September 11, 5:30 p.m.-11:30 p.m. at the Stadium Club at University of Colorado's Folsom Field. "Just as dandelions are stigmatized within the genre of flowers, people with mental illness are also stigmatized within communities. However, there are many medicinal uses for the dandelion flower, just as many of those suffering with mental illness have the ability to recover and blossom." For more information, contact Kitty DeKieffer, 303-413-6275 or kdekieffer@mhcbbc.org.
7. Interface is a community forum for exploring the common interface of spirituality and psychotherapy among care providers of religious, spiritual and therapeutic helping professionals in Boulder. Discussions and sharing of inspirational ideas are a hallmark of these monthly breakfast meetings. The 2010-2011 Program Schedule is now available. www.InterfaceBoulder.org (The forum on Wednesday, January 19, 2011 is "*I Don't Want to Talk about it! Spirituality & Mental Illness in Faith Communities*" with Anne Weiher, Ph.D, President., NAMI Board of Directors and Alan Johnson, M.Div., cofounder of the Interfaith Network on Mental Illness.)

Reminders

1. All are welcome to attend a nondenominational *Spiritual Support Group* on the 2nd and the 4th Monday of every month in the FAITH Center of the First Congregational Church, Boulder, from 7 to 8:30 p.m. This free meeting is for people who are touched with mental illness as well as family and friends. It is facilitated by Anne Weiher, psychologist, family member, and consumer and Alan Johnson, former chaplain at University and The Children's Hospitals in Denver. This confidential and safe group is to share, learn, and grow in a supportive environment. More information from Anne at anne.weiher@gmail.com or Alan at revalan2004@comcast.net.
2. "*Shift*" groups every Friday night at Flatirons Community Church. Learn more at www.flatironschurch.com/shift.
3. *First Presbyterian Mental Illness Support Group* (for family members and friends) 3rd Sunday of every month at First Presbyterian Church, Boulder. Call 303-442-1925.
If your faith community offers support groups for people with mental illnesses, please send us details if you would like us to include the information in our updates. (See contact information below.)
4. A national gathering "*Widening the Welcome: Inclusion of All,*" will be held in St. Louis, Sept. 23-25, 2010. Keynote speakers include Nancy Kehoe and Debbie Creamer, both nationally recognized for their work in mental illness and disabilities. This conference is

coordinated by Alan Johnson of INMI. For more info and the registration form, go to wideningthewelcome.com and/or email Alan at revalan2004@comcast.net. The registration form is attached, too.

5. The summaries and the handouts from the “*Resilience and Hope for those who Suffer: Resources for Living a Full Life*,” held during last May’s Mental Health Month, May 22-24, with Dr. Carrie Doehring are available. Email revalan2004@comcast.net for copies.
6. “*Mental Health Resource Guide for Faith Communities*,” is a notebook of resources to help people in Boulder and Broomfield Counties cope with mental health issues. The guide is designed for faith congregations to place in a spot where congregants can leaf through it and find information on particular topics. It contains information on more than 39 conditions. It also contains a listing of local services and resources that can help clergy and congregants deal with mental illnesses. This full compilation of resources is \$25. For more information, and/or to receive a copy, please email revalan2004@comcast.net.

Please send mental-illness related information from your faith community/organization that you would like us to share with others. Send to Alan Johnson at revalan2004@comcast.net

The Interfaith Network on Mental Illness sends these periodic updates to individuals and congregations who have requested their names be added to our email list. If you no longer wish to receive these notices, please send your name and email address to Alan Johnson at revalan2004@comcast.net

The Interfaith Network on Mental Illness is an outreach program of NAMI Boulder County (serving Boulder and Broomfield Counties).