



Mission Statement

The National Alliance on Mental Illness Jeffco is a non-profit, all volunteer organization established in 1987. We are affiliated with the National Alliance on Mental Illness (NAMI) and NAMI Colorado. Our mission is to gain a comprehensive and effective system of care and treatment for people experiencing a mental illness, and their families, by promoting community support programs.

Board of Directors

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Leona Paul

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Karen Keeran

Secretary
Vacant

Education Night Coordinator
Maggie Torley

Special Events Coordinator
Red Torley

Board Member
Margaret Elmer

If you are interested in becoming a board member of NAMI Jeffco, please contact us at namijeffco2015@gmail.com.

Become a Member!
[NAMI Jeffco Membership](#)
Indicate NAMI Jeffco as your affiliate.

President’s Corner

Greetings,

As summer approaches, well maybe I should say as Winter tries hard to hold on, I want to share a few new things happening at NAMI Jeffco.

We have had several people contact us about joining our board, and boy are we excited about that. At this time our board has five official members, however, we hope we can grow the board to include more individuals in the coming months. A strong board made up of individuals with new ideas and experiences will strengthen our organization and help ensure we remain strong and visible for years to come. If you are interested in learning more about being on our board, contact us at namijeffco2015@gmail.com and we will contact you with more details.

I want to send a personal thank you to all the teachers of our new Family-to-Family class in Evergreen. The class started on May 7 and brings a much-needed resource to families living in that area. Thank you Cindy Coy, Cheryl Smith, Joy Brodsky, and Nancy Plant!

We launched our new website recently and I hope you are finding it easy to navigate and containing a lot more useful information. Our website is located at <https://namijeffco.org>.

Margaret Elmer and I attended the Rotary District 5450 Conference on April 27 at the Arvada Center. I had the opportunity to roundtable about mental health initiatives. Did you know that there is a coalition of Rotary clubs working on mental health advocacy? Rotarians for Mental Health brings together resources and information from Rotary Clubs around the country with the purpose of bringing awareness and taking action around mental health and substance use disorders. I continue to work with Rotary to see where we can partner and create mental health initiatives in the counties we serve. To learn more about Rotarians for Mental Health go to <https://r4mh.org/>

Sincerely,

Leona Paul, President

Quarterly Updates



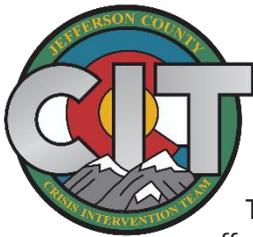
Our new program Ending the Silence is now in progress; however, **we need help!** We need more presenters and we need contacts to reach out to about scheduling presentations.

The program has been expanded to three programs; Students, Family and School Staff. It's a great opportunity for churches, youth groups, or any community outreach program to sponsor a 50-minute presentation. This is an engaging presentation that helps audience members learn about the warning signs of mental health conditions and what steps to take if you or a loved

one are showing symptoms of a mental health condition.

If you are interested in helping by becoming an adult presenter (age over 35) or a young adult presenter (age 18 to 35) or if you know of anyone we may contact about scheduling a presentation, please contact us right away at namijeffco2015@gmail.com.

Upcoming Events



CIT Awards Recognition Banquet – September 29, 2019

NAMI Jeffco will hold our first annual CIT (Crisis Intervention Team) Awards Recognition Banquet for Jefferson county on September 28, 2019.

This banquet is being held to recognize police officers who have demonstrated the effective use of CIT skills and individuals who support that training. We recognize the effort and work done in the counties we serve to educate and support officers with the tools and techniques they use to effectively de-escalate crises in the community while also offering help, hope and resources to the individuals and families they contact.

At this time we are gathering nominations from the different law enforcement agencies. As we make our final arrangements, we will share more details on our website and Facebook page in the coming weeks. If you want to support this effort, either in time or money, please contact us at namijeffco2015@gmail.com.

NAMI Convention 2019



Registration is open and the program looks outstanding! You may register at <https://www.nami.org/Get-Involved/2019-NAMI-National-Convention/Registration-Information>



We want to thank everyone who joined us at the NAMI Walks on Saturday, May 18, and who donated to our affiliate. Your generosity in both your time and money inspires us to continue to broaden our reach and expand our programs. Our main team name is Walking Warriors and we have raised \$1,160 so far with a goal of \$1,500. There were other teams also who were supporting NAMI Jeffco and we thank them so much!

Remember that we are still collecting donations through June 15 so please encourage others to donate too! To donate go to <https://www.namiwalks.org/index.cfm?fuseaction=donorDrive.participant&participantID=226497#donate>

Health and Wellness

NAMI Jeffco is happy to include in this quarter's newsletter an article written by Kym Shaffner. Kym is a retired elementary school teacher, a grandma, a blogger, and someone who has seen what a difference whole food makes in behavior and learning. Kym has also presented at our Education Night. We hope you find her article enlightening and helpful.



By Kym Shaffner
Goodness Grandma

When my daughter began school, she struggled academically. Her teachers also suggested that she may be ADD. She was diagnosed with dyslexia. By the time she was in high school, she was failing classes and suffering from depression. Then, the summer before her senior year, we tried some new strategies that worked in a remarkable way. She no longer was failing classes and her depression lifted. She received straight A's her first year of college and no longer felt that she was dyslexic. What happened? The answers were in our refrigerator!

When I saw the amazing difference that diet played in her behavior, mood and learning, I knew other parents would want to know this information, too. I began researching more and speaking to teachers, parents, youth groups, conferences...anyone who would listen! I also began consulting with parents about their children. It was so rewarding to see other parents make positive changes in their own children. When I retired from teaching, I couldn't let go of the research and sharing the information that is so valuable to struggling families. Goodness Grandma was born.

Goodnessgrandma.com is a website which shares information about how certain foods can affect behavior, mood and learning. Recipes which support learning and behavior are regularly added. Research is being shared. People are asking questions and getting answers! It is becoming a real community. Join the [monthly email newsletter](#) to keep updated! I'd love to have you join the family!

Suicide Prevention

Article by Charlotte Tankersley
 Founder of the Hope Group, Program Manager,
 Facilitator & Suicide Intervention Skills Instructor

On Wednesday, May 8th, The Hope Group, in partnership with the generous support of NAMI Jeffco, hosted a screening of the documentary *Suicide: The Ripple Effect* at the Regal Cinemas River Point 14 in Englewood. Despite the wet Wednesday evening and the impending snowstorm, we had almost 50 people come together to view the film and discuss the topic of suicide.

Attendees received resource bags which included information from over 25 local organizations across the Denver-metro area as well as from several national organizations that serve suicidal individuals and their families. There were also individuals available who work with suicide loss survivors and who have gone through suicide intervention skills training in case anyone needed to speak with someone before, during, or after the event.

The film *Suicide: The Ripple Effect* chronicles the story of Kevin Hines, who at age 19 attempted to take his life by jumping from the Golden Gate Bridge. Since then, Kevin has been on a mission to use his story to help others find recovery and stay alive and has become the world's most prominent suicide prevention speaker and advocate. The film also features some of the world's leading suicide prevention experts and shines a light on people who are using personal experiences with suicide to help others find the hope they need to stay alive.

The event was held in part as a fundraiser for The Hope Group (<http://www.hope-group.org>) and to raise awareness to the impact of suicide on our community which has one of the highest suicide rates in our nation. According to the American Foundation for

Suicide Prevention, Colorado is currently ranked 11th based on 2017 data collected by the Center for Disease Control and Prevention (CDC). We wanted to provide people in crisis hope and an opportunity to get resources for help before it is too late.

The Hope Group, which is a local organization dedicated to reducing the suicide rate in the State of Colorado by providing peer support to individuals impacted by suicide, was started to support individuals, like myself, who have been impacted by suicide. I am a three-time suicide loss survivor, a suicide attempt survivor, and the family member of someone who has struggled with suicidal thoughts and chronic mental health conditions. After dealing with these experiences, I knew that others could benefit from the support of people who had gone through similar experiences as well and I started The Hope Group to provide a safe space to share similar experiences with others who have been there too. We wanted to show *Suicide: The Ripple Effect* to show that people can not only survive a suicide attempt but thrive afterward and go on to help others and lead meaningful lives.

Suicide: The Ripple Effect is now available for pre-order on iTunes, and its official release date is May 30th, 2019 when it will be available on iTunes, Google Play, Amazon Video, and Vudu. Find out more about the film, watch the trailer, and find a link to preorder the film at www.suicidetherippleeffect.com.

If you or a loved one is having thoughts of suicide or is in crisis, please call Colorado Crisis Services at 844-493-TALK (8255) or the National Suicide Prevention Lifeline at 800-273-TALK (8255); text TALK to 38255 or HOPE to 741-741; dial 911; or visit your local emergency room or the nearest crisis center. In Colorado, for a list of crisis centers near you, please visit www.coloradocrisisservices.org

Colorado's 8 New Mental Health Laws

An article appeared on May 24 on the 9news website. It stated "This legislative session, advocates for more mental health resources helped craft eight new bills which are now law. The article can be found at

<https://www.9news.com/article/news/a-look-at-colorados-8-new-laws-related-to-mental-health/73-d4da707b-b5f4-41fb-bd99-e11dd5b25185/>

Here's a summary of the bills:

Senate Bill 19-010

This bill focuses on health professionals in Colorado schools.

"Somewhere around 70% of our schools in the state do not meet the nationally recommended ratios for health professionals to staff," VanDeMark said. "This program is very important to help schools provide

access to health professionals that students need in order to promote mental health in their schools."

This bill would expand the "School Health Professionals Grant Program" and add an additional \$3 million to increase the number of school health professionals.

Senate Bill 19-1269

This bill focuses on insurance coverage and bolstering what are called "parity laws."

"House Bill 1269 is a bill that requires mental health services be treated in the same way as physical health," VanDeMark said.

"We heard from families. They were putting \$85,000 to \$90,000 on their credit cards," VanDeMark said.

She said this was when families thought insurance would cover the treatment costs but realized they wouldn't or their approval for coverage was denied.

According to the bill's fiscal note found online, the bill would require the following:

"This bill requires coverage of behavioral, mental health and substance use disorder services in parity with physical health services provided through private health insurance and Medicaid. It will increase state expenditures and create a diversion from the General Fund on an ongoing basis. It may also increase state and local expenditures related to employee health insurance."

Senate Bill 19-222

his bill asks the Department of Health Care Policy and Financing as well as the Department of Human Services to improve access to behavioral health services for people at risk of being institutionalized.

Mental Health Colorado said the bill would create a behavioral health safety-net system that wouldn't turn people away because they are "hard to serve" or are involved in other systems like child welfare or the criminal justice system.

It would also ask the state to find ways to expand the number of providers who accept Medicaid.

Senate Bill 19-223

Senate Bill 19-223 focuses on helping people found not competent to stand trial because of mental illness get treatment sooner.

The bill summary online says it would also require the following:

- Develop an electronic system to track the status of defendants for whom competency to proceed has been raised.
- Convene a group of experts to create a placement guideline for use in determining where restoration services should be provided.
- Partner with an institution of higher education to develop and provide training in competency evaluations.

Senate 19-1009

This bill puts more money toward housing and support services for people experiencing homelessness and dealing with addiction.

It also would direct settlement money or damages from opioid-related litigation toward an opioid crisis recovery fund.

The bill would also set up safeguards for recovery and sober living homes.

Senate Bill 10-1044

According to the fiscal note found online associated with this bill, it would allow someone 18 or older to set up a behavioral health order that dictates what kind of treatment they would prefer, as well as their behavioral health history to be used at a time that person might not be able to make that decision.

It essentially allows people to dictate what treatment they would like in the same way they can for physical medical treatment.



We want to hear from YOU!

As part of this newsletter, we would like to invite you to share your experiences with mental health conditions and how NAMI Jeffco has made a difference in your life. If you would like to contribute and be featured in the next newsletter, please send us an email to namijeffco2015@gmail.com with the subject *My Voice Matters*. We will not publish your story, or any photographs, without your consent, so please provide your consent along with your email. Every story is unique, and we would love to hear yours!

Do you want to stay current on the latest NAMI Jeffco updates?

Check out our website at <https://www.namijeffco.org> and for current schedules and classes!

And be sure to connect with us on Facebook:



NAMI Support & Education Programs



NAMI Family-to-Family Classes are free, 12-session educational program for family, significant others and friends of people living with mental illness taught by NAMI-trained facilitators. These programs provide critical information and strategies for taking care of the person you love, taking care of yourself and you'll come to discover that you're not alone. Recovery is a journey, and there is hope.

We typically hold two classes at both locations once in the early part of the year and once in the fall. **Due to the impact of this transformational course, the registration is already closed for our classes that begin in January and May 2019. But, please stay tuned in our future newsletters for announcements about our fall classes**

Registration is required for the course. Starting dates vary, three locations, and registration can be done on our website.

First Location
Thursday evenings, 6:30 to 9 pm
Jefferson Center for Mental Health
Clear Creek Conference Room
4851 Independence Street
Wheatridge CO 80033

Second Location
Tuesday evenings, 6:30 to 9:00 pm
9200 West Cross Drive
Between Southwest Plaza and
Target via West Bowles
Littleton CO 80123

Third Location
Tuesday evenings, 6:30 to 9 pm
RE/Max Alliance
30480 Stagecoach Blvd
Evergreen, CO



NAMI Family-to-Family Support Group is an important resource for families who have a loved one with a mental illness. Knowing that others have had the same experience is a relief to families who have seldom spoken about mental illness to neighbors, friends, or often, even relatives. Learning that other have been able to work out some common issues can inspire hope. Through the NAMI Family Support Groups, you will find a network of friends who care and understand, ideas that help you take care of yourself and your family, and a chance to share your experience and learn from others who have been there.

First Location

Third Wednesday of every month
7:00 to 8:30 pm
Jefferson Center for Mental Health
Clear Creek Conference Room
4851 Independence Street
Wheatridge CO 80033

Second Location

First and Third Thursday of every month
6:30 to 8:30 pm
Red Rocks Fellowship Church
11195 W Belleview Ave
Littleton CO 80127.
(The church is between Simms and
Kipling on W Belleview.)

Join our Wheatridge Meeting Up Group at <https://www.meetup.com/NAMI-Jeffco-Family-to-Family-Support-Group-WR/>

Additional NAMI Jeffco Programs

EDUCATION NIGHT

The first Wednesday of every month, except July, August, December and January, we host a free education night on a wide variety of topics. The doors to the Jefferson Center are locked at 6 pm. For late arrivals contact us at 720-809-5060.

Location and Time

7:00 to 8:00 pm
Jefferson Center for Mental Health
4851 Independence St.
Coal Creek Conference Room
Wheat Ridge, CO 80033

Join our Meeting Up Group at <https://www.meetup.com/NAMI-Jeffco-Education-Night-Meetup/>