



# Boulder County

## Mission Statement

To provide support, education and advocacy for persons with mental illness and their families. To promote better quality of care, rights and interest of citizens with mental illness, particularly of those who cannot speak for themselves, and to advocate policies at the local, state and national levels to accomplish these objectives. To help families and friends of persons with mental illness by providing emotional support, education and information.

## Board of Directors

### President

Greg Coleman

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Nancy Coleman

### Program Director

Helen Todd

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Anna Kim

### Board Members

Phoebe Norton  
Barbara Hancock  
John Stringfellow

If you are interested in becoming a board member of NAMI Boulder County, please contact us at 303-443-4591.

## President's Corner

### Greetings!

A lot of great events are happening at NAMI Boulder and in the surrounding communities regarding mental illness. The NAMI Boulder County board is thrilled to have two new members join the board, Anna Kim and John Stringfellow. Each provides a tremendous benefit to the board through their unique skillsets. Anna began volunteering for NAMI Boulder County in 2017 after completing the Family-to-Family class. Her professional role is the Sr. Advocate Program Manager for a local cybersecurity company, and her volunteer role with NAMI Boulder County is the Communications Coordinator, managing NAMI Boulder County's social media accounts and website. She is passionate about increasing education about mental illness and building community and systems of support for those affected by it. Anna has completely revamped our website which you can check out at [www.namibouldercounty.org](http://www.namibouldercounty.org), and she is working on improving the ways we interact with our members, all while currently facilitating a Family-to-Family class.

John joined the NAMI board in November 2017 after learning about NAMI's mission while attending the NAMI Basics course. A veteran of the US Navy, he has held leadership roles in both service and manufacturing sector companies. He is currently president of Stringfellow Insurance Agency in Boulder. John became active in mental health advocacy after watching a family member experience a mental health crisis. He has testified in front of CO State Senate and House committee hearings on behalf of mental health bills. John's passion for legislative reform (FUNDING) will complement the efforts of our other two advocates, Phoebe Norton and Barbara Hancock. His experience in the business world will also greatly improve opportunities to reach out to the business sector.

NAMI Boulder is continuing to make a concerted effort to provide educational speakers at our monthly meetings. Please watch for announcements for upcoming speakers. We accomplish what we do only through dedicated volunteers. You might be able to help. **We have an immediate need for an attorney to do a cursory review of our bylaws. We are also looking for a CPA willing to help with our audit, either as a volunteer or at a favorable rate.** Please contact us if you'd be willing to share your time.

Greg C. Coleman  
President  
NAMI Boulder County

## From Our Program Director



We are delighted to announce that ten of our NAMI Boulder County members attended the NAMI Colorado Family Support Group Facilitator Training in Denver. I want to personally thank each person who gave up an entire weekend to attend the 2-day, 18-hour training down in Denver. This is a wonderful gift from each of you to our NAMI members and we truly appreciate your time and dedication. THANK YOU!!!

We are now able to offer a NAMI Family Support Group in Boulder County and have the human resources to grow even further in the future.

### **NAMI Boulder County Support Group Info**

What: NAMI Family Support Group

Where: 715 Cabrini Drive in Lafayette (across from the Walmart on 287, south of Arapahoe). THANK YOU Immaculate Conception Church for hosting us!

When: 1st and 3rd Wednesdays of each month

Cost: \$0 - all NAMI events are FREE!

RSVP: Not needed, just drop-in anytime

I would like to mention that at the same time as our NAMI Family Support group takes place, Immaculate Conception has two other groups available: Peer to Peer group for adults as well as a Teen Support Group. Both are for individuals living with mental illness. In essence, if you attend the NAMI Family Support Group, you can also bring your family member who is living with mental illness and they can attend the adult or teen support groups onsite at the same time. Make it a family night out!

Should you have any questions or concerns, feel free to contact me at [htodd@namibouldercounty.org](mailto:htodd@namibouldercounty.org) or 303.601.4330.

We look forward to seeing you at support group meetings!

Helen Todd  
Program Director  
NAMI Boulder Colorado

## NAMI Boulder County Presentation: The Importance of Sleep



At our September meeting, Vyga Kaufmann, PhD, spoke to our group about Insomnia. She is a psychologist specializing in behavioral treatment for sleep disorders.

Dr. Kaufmann told us that insomnia is not a symptom of something else but is in fact an actual disorder on its own. It co-occurs with almost all psychiatric disorders, especially depression. Sleep should be assessed and treated immediately as a part of every psychiatric assessment.

She said that sleep consists of several different stages that can be identified by distinct types of electrical activity in the brain. We are used to thinking about measuring sleep by overall duration but a more accurate view is to measure it by the timing of the

individual stages of sleep. All of the stages are critical for health; a deficit in one or more of the stages results in illness. Certain mental health treatments seem to target certain stages of sleep. For example, antidepressants correct the specific imbalance in the timing of sleep stages that occurs in major depression.

Dr. Kaufmann spoke about circadian rhythms, the daily rise and fall of myriad internal rhythms of the body. These rhythms take place in specific patterns and are influenced by sunlight during the day and darkness at night. Although light exposure is fundamental to circadian rhythms, the timing of many other activities also affects them. Waking up at the same time every day is the most crucial piece of regulating circadian rhythms, but many other activities are influential, such as the timing of eating, exercising, and social contact.

Insomnia can be effectively treated with a special type of CBT (cognitive behavioral therapy) called CBT-I (for Insomnia). The treatment takes about 4 weeks and involves entraining the body's many circadian rhythms to occur in accordance with one another at regular times each day. Studies have shown that people's sleep continues to improve for at least 2 years following the training. Dr. Kaufmann mentioned two models that have been developed to treat insomnia, "CBT-I Coach" and "Sleepio." She cautioned that although CBT-I works very well in many situations, it is not suitable for bipolar disorder or seizure disorders.

Dr. Kaufmann also touched on melatonin since it is something that many people use to help with sleep. She pointed out that melatonin has a powerful influence on multiple body functions, not just sleep, so it is not wise to use it casually. She also noted that if a person takes melatonin for an extended time, it causes the body to produce less melatonin of its own.

You can learn more at Dr. Kaufmann's website, [SummitSleep.net](http://SummitSleep.net).

Thank you again to Dr. Kaufmann for this incredibly informative presentation!



## NAMI Member Profile

*NAMI Boulder County is grateful to our wonderful members who share their stories so that they may help others. This edition of the newsletter features our long-time members Karen and Bob Yudnich*

Karen and Bob Yudnich discovered NAMI through an internet search in 2009. They signed up for a NAMI Family-to-Family class where they learned a lot and found support from other families who also had a member suffering with a mental illness. The class made such a difference for them that they began teaching Family-to-Family classes themselves.

Years before that, their son had begun to have difficulties with marijuana in junior high school. After treatment at a rehab facility, he remained drug-free through high school, although he was unhappy and had little motivation. After high school he was unable to get a job and ended up mostly homeless, drifting in and out of his parents' household for several years. It was clear to his parents that something was wrong but they were unable to help him. When Karen was diagnosed with breast cancer in 2008, Karen and Bob were no longer able to cope with their son's behavior in addition to Karen's illness. Bob drove him to Denver and left him. He was 24 years old.

Their son stole a car and drove to Las Cruces, New Mexico, where he was arrested and taken to jail. His parents paid for a bus ticket for him to return to Colorado. He was hospitalized at Denver Health for a few days until he was stabilized on medication and then released. He was hospitalized again about a year later at Boulder Community Health where he stayed for two weeks.

After that his life began to turn around. When he was in jail in New Mexico he was in solitary confinement and began reading the Bible. He gained a sense of purpose and found a steady community in his church. He applied to Red Rocks Community College and began by taking one class at a time. After receiving an Associate's Degree he went on to Metro State in Denver, and is about to graduate with a Bachelor's Degree in engineering. He tutors other students in his field and is president of a college special interest group related to his major. He now lives in an apartment with a friend. He and his parents have a good relationship and they see a bright future for him.

The NAMI Family-to-Family class that Bob and Karen took in 2009 made an enormous difference in their lives. Karen is in her ninth year of teaching Family-to-Family classes and Bob started teaching this year. They are hoping to help develop an additional NAMI Family support group in Broomfield County for family members who have a loved one who suffers from mental illness.

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## Have you seen our new website?

Take a look at [www.namibouldercounty.org](http://www.namibouldercounty.org) and let us know what you think!

And be sure to connect with us on Twitter and Facebook:



@NAMIBoulderCo



NAMIBoulderCounty

# NAMI Support & Education Programs

Serving Boulder and Broomfield Counties

*Recovery is a journey, and there is hope*

Please contact our **Program Director, Helen Todd**, at [htodd@namibouldercounty.org](mailto:htodd@namibouldercounty.org) or [303.601.4330](tel:303.601.4330) with questions or to register.



**NAMI Basics** is a free, 6-week education program for parents and family caregivers of children and teens who are experiencing symptoms of a mental illness or have already been diagnosed. You'll learn the facts about mental health conditions and how best to support your child at home, at school and when they're getting medical care. <https://www.nami.org/basics>.



**NAMI Family-to-Family** is a free, 12-session educational program for family, significant others and friends of people living with mental illness. The group setting provides mutual support and shared positive impact—you can experience compassion and reinforcement from people who understand your situation. This program significantly improves the coping and problem-solving abilities of the people closest to an individual living with a mental health condition. <https://www.nami.org/f2f>

**NAMI Basics** and **Family-to-Family** classes are taught by NAMI-trained facilitators who have been there, and includes presentations, discussion and interactive exercises. 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.



**NAMI Family Support Group** is a support group for family members/loved ones of someone living with a mental illness. This group will help you find support and hope.

Meets the first and third Wednesday of the month, 7:00 pm – 8:30 pm. 715 Cabrini Drive, Lafayette, CO 80027. FREE.



**NAMI on Campus at CU Boulder** is a student-led chapter of NAMI that aims to raise mental health awareness on campus. Contact Janie Strouss-Tallman, [mast3634@colorado.edu](mailto:mast3634@colorado.edu), 719-287-0802.

#### Upcoming NAMI on Campus Events:

NAMI on Campus will be holding their second annual **Miles for Mental Health 5k** on April 21, 2018 at CU Boulder. All proceeds from the walk go to the Mental Health Assistance Fund, which aims to help students pay for extra counseling that they are unable to afford.

NAMI on Campus is also partnering with the CU Boulder Collegiate Chapter of MTNA to put on a **night of performances centered around mental health** which will be held at Laughing Goat on Pearl St.

For more information about either event, please contact [namiboulder@colorado.edu](mailto:namiboulder@colorado.edu).



That's right, it's time to register for **NAMIWalks Colorado**! NAMIWalks is NAMI's largest mental health awareness and fundraising event in the nation.

Register now at [www.namiwalks.org](http://www.namiwalks.org) and you'll start receiving Walk updates and have more time to spread the word to family and friends. Plus, you'll get a head start on reaching the fundraising goal you set.

#### **NAMIWalks Colorado**

Date: 05/19/2018 at 10:00 am

Location: Centennial Central Park, Centennial

Once you register, we'll be there to support you each step of the way!

# NAMI Boulder County & Community Support Groups

## NAMI BOULDER COUNTY SUPPORT GROUPS

### NAMI Family Support Group

Support group for family members/loved ones of someone living with a mental illness. Meets the first and third Wednesday of the month, 7:00 pm – 8:30 pm. 715 Cabrini Drive, Lafayette, CO 80027. For more information call Helen at 303.601.4330 or email [htodd@namibouldercounty.org](mailto:htodd@namibouldercounty.org).

## PEER SUPPORT GROUPS

### Adult Group and Teen Group

Recovery support group programs for teens and adults living with mental illness (separate groups) that provide a place for respect, understanding, encouragement, and hope. Meets the first and third Wednesday of the month, 7:00 pm – 8:30 pm. 715 Cabrini Drive, Lafayette, CO 80027. For more information call Helen at 303.601.4330 or email [htodd@namibouldercounty.org](mailto:htodd@namibouldercounty.org).

## DEPRESSION AND BIPOLAR DISORDER

### Longmont/Firestone Longs Peak Bipolar Support and Recovery Group (DBSA)

Meets Wednesdays 6-8pm at the Longmont Perkins restaurant. Second Wednesday of the month in Firestone at Carbon Valley Library. Contact Laurie for more information, 303-810-9626, [DBSALongspeak@gmail.com](mailto:DBSALongspeak@gmail.com). See [www.DBSALongspeak.org](http://www.DBSALongspeak.org) for additional info.

### Depression and Bipolar Support Alliance (DBSA)

Meets in Boulder and Broomfield, weekly peer-only meetings and one friends and family meeting per month. [www.boulderdbsa.com](http://www.boulderdbsa.com). Contact for more information, 720-443-2849, [boulderdbsa@gmail.com](mailto:boulderdbsa@gmail.com).

### The Sutherland Bipolar Center

The Sutherland Seminar Series offers 8 drop-in seminars on bipolar disorder, open to anyone in the community. Mondays, 6:30-7:30 pm in Boulder. Audio downloads available! More info at [info@rdsfoundation.org](mailto:info@rdsfoundation.org) or 303-492-5680.

## SUICIDE SURVIVORS

Free support group for family and friends of someone who has died from suicide. Longmont Senior Center, 1st and 3rd Wednesdays, 5:30-7:30 p.m. Contact is Betsy Owens. Call 970-978-6802.

## OBSESSIVE COMPULSIVE DISORDER

### Adult OCD Support Group

Support for people with OCD, their families and friends. First and third Monday, 7:00-9:00 p.m., Alfalfa's Market Community Room, 1651 Broadway, Boulder, Contact Brent, 303-422-9704.

### Teen OCD Support Group

For teens with OCD ages 12-19. First Wednesday of the month, 6:00-8:00. Call 303-815-8076 or email [lilyangelina44@gmail.com](mailto:lilyangelina44@gmail.com).

## FAITH-BASED SUPPORT GROUPS

**Spiritual Support Group** for Mental Health and Wellness for persons in recovery and family members, 2nd and 4th Monday, every month throughout the year, 7:00-8:30 p.m. First Congregational Church, Boulder. Call 720-839-4139 or email [anne.weiherr@gmail.com](mailto:anne.weiherr@gmail.com).

“Shift” groups every Friday night at Flatirons Community Church. Learn more at [www.flatironschurch.com/shift](http://www.flatironschurch.com/shift)

## OTHER SUPPORT GROUPS

### “Soft Voices” Drop-In Center, Longmont

Resource and friendship center for adults with mental illness, Tuesday – Friday afternoons 1:00 pm to 3pm; crafts on Wed afternoons; art on Fridays and music once a month usually on the 3rd Thursday of the month.

### Together Against Addiction - Teen group

This FREE teen group is on Tuesdays, 4pm at Naropa Community Counseling, 3400 Table Mesa, Suite 102, Boulder. Call 303.546.3589 for more info.



# NAMI Boulder County

## Join the National Alliance on Mental Illness (NAMI)

Your dues include membership in NAMI National, NAMI Colorado and NAMI Boulder County. You will get the newsletters published by NAMI National and NAMI Boulder County. If it is more convenient for you, you can join online at [www.nami.org](http://www.nami.org) using a credit card.

- \$40 per year individual/\$60 per year family membership
- \$5 per year for people with a limited income
- I want to support NAMI Boulder County with a tax-deductible gift of \$\_\_\_\_\_

- *Does your employer have a matching gifts program?*

Your membership dues and gifts will help provide support, education and advocacy for Boulder County Individuals and families who are coping with serious mental illness.

I am interested in:

- Learning about volunteer opportunities, either ongoing or one-time only
- Arranging for speaker or presentations on mental illness for my club, church, work, or other group
- Helping with advocacy efforts by writing letters/making phone calls to my elected representatives

Name \_\_\_\_\_ Email Address \_\_\_\_\_

Street Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home phone \_\_\_\_\_ Alternate phone \_\_\_\_\_

Mail this form with your check to: NAMI Boulder County, 1333 Iris Avenue, Boulder, CO 80304