



National Alliance on Mental Illness

**nami**

**Memphis**

**JANUARY - FEBRUARY 2017**

**NAMI Memphis NEWSLETTER**

## **January is National Mental Wellness Month**

### **NAMI MEMPHIS BOOK DRIVE**

**NAMI Memphis will be accepting gently used books during the month of January for donation to local mental health facilities to assist in stocking their book shelves with books for patients**

**If you have books you would like to drop off at our office for donation, please call [901-725-0305](tel:901-725-0305) and schedule a time**

**Upcoming NAMI Memphis Annual Business Meeting and Board Elections**

**Tuesday, February 28<sup>th</sup> at 6:30 PM**

**Ridgeway Baptist Church, 2500 Ridgeway Rd, Memphis TN 38119**

**Christian Living Center, Fireside Room**

**Please be sure your membership is current to vote**

## EDUCATION UPDATE

**BRIDGES:** (Building Recovery of Individual Dreams and Goals through Education and Support)

For anyone with a mental health diagnosis

**WHM:** (With Hope In Mind)

For family members, friends and caregivers of individuals who have a mental health diagnosis

**WHM Basics:**

For families with children diagnosed with a mental illness under the age of 18.

**Beginnings:**

For families/caregivers with children diagnosed under Age 25

### **NEW CLASSES:**

**Basics :**

Location: must pre-register

Please call to get locations and times

Call to Register: (901) 725-0305

**WHM : Please call to register**

**901-725-0305**

**NAMI Homefront**

Free 6 week educational program for families, caregivers and friends of military service members and veterans with mental health conditions

**BRIDGES:** (Building Recovery of Individual Dreams and Goals through Education and Support)

For anyone with a mental health diagnosis

**WHM:** (With Hope In Mind)

For family members, friends and caregivers of individuals who have a mental health diagnosis

WHM Class starting January 10th

Hope Presbyterian Church; 6:30-8:00; 8 weeks

WHM Class starting January 17<sup>th</sup>, 2017

Christ United Methodist Church

6-8 PM; 8 weeks

Pre-registration required for classes

(901) 725-0305

## SUPPORT GROUPS

### **ONGOING SUPPORT GROUPS**

**BRIDGES**

Location: Lakeside Hospital, Room 7, Cresthaven Bldg

Date & Time: 7 – 8:00 pm

2<sup>nd</sup> Tuesday of the month

Call for information: (901) 725-0305

Location; Hope Presbyterian Church, Room 226

Date & Time: 6:30-8:30 pm

1<sup>st</sup> and 3<sup>rd</sup> Tuesdays

Call for more information: Wanda 751-2026

**S.O.S. Group**

Schizophrenia/Schizoaffective Disorder Support Group

NAMI Memphis Office

3<sup>rd</sup> Thursday monthly, 6:00 pm

901-725-0305

**WHM**

Location: Lakeside Hospital, Cresthaven Bldg., Room 1

Date & Time: 7:00 p.m. to 8:30 p.m.

2nd Tuesday of the month

Call for Information: (901) 725-0305

Location: Germantown Presbyterian Church

2363 South Germantown Rd, 38138

Date & Time: 6:45 p.m. to 8:45 p.m.

1<sup>st</sup> & 3<sup>rd</sup> Tuesdays (901) 725-0305

Educational Speaker Meeting -

4<sup>th</sup> Tuesday of the month, Ridgeway Baptist Church 6:30pm

Contact (901) 725-0305

January 24<sup>th</sup>, Willie Liddell & Katherine Lewis

Case Management, Inc. Topic: Housing

February 28<sup>th</sup>, Annual Business Meeting

## "Beyond "Released, Relapsed, Rehospitalized"

The dire shortage of beds for individuals in psychiatric crisis is the most obvious byproduct of a half-century of public policy designed to incentivize the closure of psychiatric hospitals. But it is not the only one. Closely related is the shrinkage of psychiatric "length of stay" or LOS - the duration of the patient's hospital stay.

In the latest original study from the Office of Research and Public Affairs, the Treatment Advocacy Center conducted a novel comparative analysis of state hospital data reporting LOS and readmission to the hospitals with 30 and 180 days.

*Released, Relapsed, Rehospitalized* found states that hospitalized severely ill psychiatric patients for shorter periods of time in 2015 had significantly higher hospital readmission rates within six months of discharge than states with longer median stays. The findings suggest that discharging patients "quicker but sicker" may have the unintended consequence of fueling revolving-door hospitalization, a pattern that disrupts mental health recovery and increases treatment costs.

### "Quicker but Sicker?"

Reducing how long patients remain hospitalized is a common tactic for treating more patients without providing more beds. LOS reductions have been ongoing for decades: From 1980 to 2013, the average hospital stays for acute schizophrenia shrank from 42 days to seven days. At the same time, rehospitalization rates rose.

The inevitable question the twin trends raise - do shorter lengths of stay result in higher rehospitalization rates? - has been studied sporadically since the early 1990s, without producing a clear answer. Different researchers using different methods with different patient populations arrive, probably unsurprisingly, at different conclusions.

In *Released, Relapsed, Rehospitalized*, we call on Congress to fund the necessary research to assess the role of shorter hospital stays on psychiatric readmission. We also call for federal analysis to determine the comprehensive cost of rapid rehospitalization, including emergency, criminal justice and homelessness services delivered between hospital discharge and readmission.

### Why "More Research"?

The individual, social and economic costs of severe psychiatric diseases such as schizophrenia and bipolar disorder are staggering. Individuals diagnosed with these conditions live shorter lives with vastly greater likelihood of experiencing innumerable negative consequences. The direct and indirect costs of schizophrenia alone were \$155 billion in 2013, or about \$44,773 per individual with the disease.

Yet, unlike a host of other diseases, the prognosis and outcomes of serious mental illness are not improving, and some are worsening. Scratching the surface of a topic like rehospitalization rates immediately uncovers an information void that complicates addressing the problem. "More research" is a common recommendation in studies of mental health issues.

What are the components of psychiatric hospitalization that promote stabilization and recovery? What is the optimum hospital LOS to minimize risk of relapse and rehospitalization? Do sub-optimum stays reduce the chances of successful recovery? What community-based services, medications and other support lower the risk of relapse?

Without answers, solutions remain elusive.

### Also Newly Reported

Since *Released, Relapsed, Rehospitalized* went to print, two new studies have been published in the psychiatric literature looking at the issue of rehospitalization and means of reducing it.

Joanna P. MacEwan and colleagues looked at the Medicaid records of more than 17,000 patients to assess whether patients who receive antipsychotic medications by injection rather than orally are less likely to return to the hospital within 60 days. They arrived at an unequivocal conclusion: Yes. Patients with either a sole or a comorbid diagnosis of schizophrenia who received long-acting injectable antipsychotics were significantly less likely to be readmitted to the hospital than those taking oral medications.

"Although the absolute differences may appear relatively small (approximately 5%), they can be of great value to patients and payers alike," the authors concluded.

In the same November 2016 issue of *Psychiatric Services*, Catherine A. Fullerton and colleagues looked at how services after hospital discharge influence rehospitalization risk and emergency department visits. Their findings were less encouraging. Use of intermediate services following hospital discharge was not significant in reducing readmission to the hospital within 90 days.

Just as the Treatment Advocacy Center did, the authors concluded that identifying the "levers" that could reduce hospital readmissions and improve mental health outcomes is important. They called for additional research to "develop an understanding of the impact of the type and number of intermediate services on outcomes."

Article from Treatment Advocacy Center, by Doris A. Fuller, Chief of Research & Public Affairs

# **FUND RAISING- HAVE YOU REGISTERED YOUR KROGER REWARDS CARD IN NAMI MEMPHIS' NAME? – TIME TO RENEW FOR THE NEW YEAR!**

The Kroger Gift Card Fundraising program has ended. If you have a reloadable gift card which you obtained through the NAMI Memphis office you can continue to use the money that is already loaded on the gift card but you will be unable to continue to re-load the card in future. The NEW fund raising program is even simpler and we are hoping that ALL NAMI Memphis Members, and friends will support us.

## **KROGER COMMUNITY REWARDS PROGRAM**

### **How does the Kroger Community Rewards Program Work?**

NAMI Memphis can earn 5% of Kroger purchases by linking your Kroger Plus Cards to NAMI Memphis.

*Exclusions* include: alcohol, tobacco, government-assisted pharmacy expenses, postage stamps, Kroger gift cards, Green Dot Prepaid Cards, gift certificates, bottle deposits, lottery tickets, promotional tickets, fuel, fuel center purchases, office services and Sales Tax.

*Eligible Pharmacy* purchases includes "out-of-pocket" co-pays for non-government-assisted pharmacy programs.

### **How do I register my Kroger Plus card on-line to link to NAMI Memphis?**

- Simply register online at [krogercommunityrewards.com](http://krogercommunityrewards.com)
- Be sure to have your Kroger Plus card handy and register your card with your organization after you sign up.
- If a member does not yet have a Kroger Plus card, please let them know that they are available at the customer service desk at any Kroger.
- Click on Sign In/Register
- Most participants are new online customers, so they must click on SIGN UP TODAY in the 'New Customer?' box.
- Sign up for a Kroger Rewards Account by entering zip code, clicking on favorite store, entering your email address and creating a password, agreeing to the terms and conditions
- You will then get a message to check your email inbox and click on the link within the body of the email.
- Click on My Account and use your email address and password to proceed to the next step.
- Click on Edit Kroger Community Rewards information and input your Kroger Plus card number.
- Update or confirm your information.
- Enter NPO number (NAMI Memphis NPO number is 80370) or name of organization, select organization from list and click on confirm.
- To verify you are enrolled correctly, you will see your organization's name on the right side of your information page.
- REMEMBER, purchases will not count for your group until after your card(s) are registered.
- Do you use your phone number at the register? Call 800-576-4377, select option 4 to get your Kroger Plus card number.
- Members must swipe their registered Kroger Plus card or use the phone number that is related to their registered Kroger Plus card when shopping for each purchase to count.

### **What if I do not have access to a computer or have an email account?**

Call Veronique Black in the office with your Kroger Plus Card number and your name and she will get you linked. 901.725.0305

# AmazonSmile

## **What is AmazonSmile?**

AmazonSmile is a simple and automatic way for you to support your favorite charitable organization every time you shop, at no cost to you. When you shop at [smile.amazon.com](https://smile.amazon.com), you'll find the exact same low prices, vast selection and convenient shopping experience as Amazon.com, with the added bonus that Amazon will donate a portion of the purchase price to your favorite charitable organization. You can choose from nearly one million organizations to support.

## **How do I shop at AmazonSmile?**

To shop at AmazonSmile simply go to [smile.amazon.com](https://smile.amazon.com) from the web browser on your computer or mobile device. You may also want to add a bookmark to [smile.amazon.com](https://smile.amazon.com) to make it even easier to return and start your shopping at AmazonSmile.

## **Which products on AmazonSmile are eligible for charitable donations?**

Tens of millions of products on AmazonSmile are eligible for donations. You will see eligible products marked "Eligible for AmazonSmile donation" on their product detail pages. Recurring Subscribe-and-Save purchases and subscription renewals are not currently eligible.

## **Can I use my existing Amazon.com account on AmazonSmile?**

Yes, you use the same account on Amazon.com and AmazonSmile. Your shopping cart, Wish List, wedding or baby registry, and other account settings are also the same.

## **How do I select a charitable organization to support when shopping on AmazonSmile?**

On your first visit to AmazonSmile ([smile.amazon.com](https://smile.amazon.com)), you need to select a charitable organization to receive donations from eligible purchases before you begin shopping. We will remember your selection, and then every eligible purchase you make at [smile.amazon.com](https://smile.amazon.com) will result in a donation.

## **Can I change my charity?**

Yes, you can change your charity any time. Your AmazonSmile purchases after the change count towards your newly selected charity. To change your charity, sign in to [smile.amazon.com](https://smile.amazon.com) on your desktop or mobile phone browser and simply select "Change your Charity" in "Your Account."

## **What charities can I choose from?**

You can choose from almost one million eligible 501(c)(3) public charitable organizations.

## **How much of my purchase does Amazon donate?**

The AmazonSmile Foundation will donate 0.5% of the purchase price from your eligible AmazonSmile purchases. The purchase price is the amount paid for the item minus any rebates and excluding shipping & handling, gift-wrapping fees, taxes, or service charges. From time to time, we may offer special, limited time promotions that increase the donation amount on one or more products or services or provide for additional donations to charitable organizations. Special terms and restrictions may apply. Please see the relevant promotion for complete details.

## **Can I receive a tax deduction for amounts donated from my purchases on AmazonSmile?**

Donations are made by the AmazonSmile Foundation and are not tax deductible by you.

**How can I learn more about AmazonSmile?** Please see complete AmazonSmile [program details](#).

**JANUARY 2017**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 New Year's Day	2	3 BRIDGES Support (Hope Church Room 226) <u>6:30-8:30</u> WHM Support (Germantown Presbyterian Church) 6:45 pm <u>901-725-0305</u> WHM Support Christ United Methodist Church Room 405, 6 pm	4	5	6	7
8	9	10 BRIDGES Support (Lakeside- Cresthaven Bldg, Room 7) <u>7 pm</u> WHIM Support (Lakeside, Room 5) <u>7 pm</u> 901-725-0305	11	12	13	14
15	16 Martin Luther King, Jr's Birthday	17 BRIDGES Support (Hope Church Room 226) <u>6:30-8:30</u> WHM Support (Germantown Presbyterian Church) 6:45 pm <u>901-725-0305</u> WHM Support Christ United Methodist Church Room 405, 6 pm	18	19 Schizophrenia/ Schizoaffective Disorder (SOS) Support Group NAMI Office 5830 Mt. Moriah Rd., Suite #6 6:30-8 PM 901-725-0305	20	21
22	23	24 Educational Speaker Meeting Ridgeway Baptist Church 6:30	25	26	27	28
29	30	31				

**FEBRUARY 2017**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7 BRIDGES Support (Hope Church Room 226) 6:30-8:30 <u>Wanda 751-2026</u> WHM Support (Germantown Presbyterian Church) 6:45 pm 901-725-0305	8	9	10	11
12	13	14 BRIDGES Support (Lakeside- Cresthaven Bldg, Room 7) <u>7 pm</u> WHIM Support ( <u>Lakeside, Room 5</u> ) <u>7 pm</u> 901-725-0305 Valentine's Day	15	16 Schizophrenia/ Schizoaffective Disorder (SOS) Support Group NAMI Office 5830 Mt. Moriah Rd., Suite #6 6:30-8 PM 901-725-0305	17	18
19	20 Presidents' Day Washington's Birthday	21 BRIDGES Support (Hope Church Room 226) 6:30-8:30 <u>Wanda 751-2026</u> WHM Support (Germantown Presbyterian Church) 6:45 pm 901-725-0305	22	23	24	25
26	27	28 <b>Annual Business Meeting Ridgeway Baptist Church 6:30 PM</b>				