



EMPATHIZE



EDUCATE



ENCOURAGE



INSPIRE

## EDUCATION EFFORTS MATTER!

Northern Illinois University researchers recently studied 129 mothers of adult children diagnosed with schizophrenia. “We found that when those with mental illness exhibited greater levels of initial symptoms, lower self-confidence and quality of life, their mothers tended to view them in more stigmatized terms—for example, seeing them as ‘incompetent,’ ‘unpredictable’ and ‘unreliable,’” said a lead NIU researcher. “When mothers held these views, their sons and daughters with mental illness were more likely to come to see themselves in similar terms...and their symptoms became somewhat greater and levels of self-confidence and quality of life lower.” *To read more, visit [http://www.niu.edu/mediarelations/news/2011/06/what\\_mom\\_thinks.shtml](http://www.niu.edu/mediarelations/news/2011/06/what_mom_thinks.shtml).*

## THANK YOU

Thank you to **Ms. Leah Okimoto** for her very generous donation. It enables us to carry on our mission of education and advocacy around the issues of mental illness.

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### FREE SEMINAR:

### “WHAT TO DO IF SOMEONE YOU CARE FOR HAS A PSYCHOTIC BREAK: PRACTICAL ANSWERS”

**WHERE:** Middlesex Community College, Lowell, MA campus, Lowell Federal building, 50 Kearney Sq, Lowell, MA

**WHEN:** Wednesday, October 19th, 7:00 PM

**COST:** Free

**WHY:** “About  $\frac{2}{3}$  of all states have made cuts recently to their mental health systems and clinics, with most being drastic. This is a double-whammy in that economic recession can facilitate detrimental mental health conditions. With states facing financial cutbacks and systems for handling mental illness being pared down, we (you, me, family) will need to step up and do more to meet the needs of ‘our own.’ To reach out and help our local communities, KSM will be co-sponsoring (with Middlesex Community College) an open-to-the-public one-evening seminar on how to deal with someone who has had a psychotic break. Join us to learn more.”  
—Ken Lambert

## CONFERENCE REGISTRATION IS OPEN

Registration for **Alternatives 2011 (October 26–30 in Orlando, FL)** is now open. Organized by the **National Mental Health Consumers’ Self-Help Clearinghouse** and funded in part by the **Substance Abuse and Mental Health Services Administration, Center for Mental Health Services**, this year’s theme is “Coming Home: Creating Our Own Communities of Wellness and Recovery.” Visit <http://www.alternatives2011.org> to register. Register by **August 15th** to get a discounted rate. For paper-copy registration, contact Lisa Gallo at [lisa.gallo@horizonmeetings.com](mailto:lisa.gallo@horizonmeetings.com) or 888-776-1286, ext. 105.

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*Keep Sound Minds is dedicated to promoting mental health awareness by targeting:*

1. Mental Health Discharge Procedures
2. Law Enforcement Procedures
3. Education Curriculum

## LOVE THIS NEWSLETTER?

If you love this newsletter, please forward it to at least five of your friends today. Thanks for giving the gift of education to the world!

## 2ND ANNUAL COMEDY NIGHT!

**WHERE:** Thomson Country Club, 20 Elm St., North Reading, MA 01864

**WHEN:** Saturday, November 12th. Doors open at 7 p.m.

**COST:** \$30.00 per person; includes hors d'oeuvres. Cash Bar Available

## KEEP SOUND MINDS ANNOUNCES 2011 SCHOLARSHIP PROGRAM

The KSM Scholarship Program is open to current university or college students enrolled in an accredited Psychology undergraduate or graduate degree program, and either living or going to school in New Hampshire or Massachusetts, who are committed to pursuing careers in the mental health field. A \$1,500 first prize and a \$500 runner-up scholarship will be awarded. Funds from these scholarships can be used to participate in mental health conferences, acquire books or manuals, defray the cost of research, purchase essential equipment or for direct college or university costs. The scholarship deadline is August 15, 2011. *For more information please visit the Keep Sound Minds website at [www.keepsoundminds.org](http://www.keepsoundminds.org).*

## IN THE NEWS

### MASSACHUSETTS

- **House Approves Budget Increasing Mental Health Funding:** The House budget includes \$1.4 million for mental health services not originally included. The budget now goes before the **Massachusetts Senate** (AP via *Business Week*, 4/29).
- **Senate Approves \$30.5 Billion Budget.** The budget would reduce Medicaid spending by \$775 million but maintain full funding for inpatient and community mental health services. The budget now goes before a legislative conference committee.
- **WBUR Finds Individual Mandate Fine Raised \$65 Million Since 2007.** Part of the state's 2006 health care reform law, individuals who can obtain affordable coverage are required to enroll in a plan or pay a fine, which has increased from \$219 in 2007 to \$1,212 in 2011. Funds raised through the fine help subsidize coverage for low and moderate-income individuals.

### NEW HAMPSHIRE

- **Senate Approves \$4.45 Billion Budget,** a decrease of 11 percent from current biennium levels. The budget includes more mental health funding than approved by the **New Hampshire House**, but would reduce hospital payments for services provided to Medicaid beneficiaries and uninsured individuals by \$250 million. The budget now goes before the New Hampshire House.
- **Governor Allows Budget to Take Effect.** For the first time in 20 years, New Hampshire will retain all of the funds raised by the state's hospital tax, allocating all of the funds for Medicaid, resulting in an additional \$115 for the program.

*Look for our new and improved website starting August 1st.*