



NAMI- Albuquerque would like to extend warm wishes to all of our members and readers during these winter months. We wish everyone the best for the upcoming year in everything you do!

Some time has lapsed since your last issue and we hope to find all of our members and readers in good spirits. We would like to thank you for supporting NAMI-Albuquerque and we invite you to check out our website for new information on meetings and other information mentioned in this issue.

## A Relationships Website for People with Mental Illness is Coming Soon!!

By the folks at True Acceptance

The hardest part of building a new life in recovery from a mental illness, is in the beginning of new relationships. As a new relationship develops and ripens, the dreaded day comes closer and closer when it is time to reveal the troubles of the past. Wouldn't it be so much better to have that on the table from the very beginning? Well, it can be.

We would like to introduce you to a new dating/friendship website called TrueAcceptance.com, coming soon. This site is dedicated to providing a stigma free community for adults with mental illness. The truth is that social interaction is important and necessary to all of us, and finding those who relate to us allows for true connections. TrueAcceptance.com will allow for friendship and dating throughout the country and in your specific state. You can create a unique profile and search for other members on the site free of charge. Should you desire to contact other members through TrueAcceptance.com's mes-

saging system or chat with individuals across the country, an opportunity to become a premium member is available.

The creators of TrueAcceptance.com believe in recovery, change and self-determination. We want to be a big part of eliminating the societal restraints placed on people living with a mental illness. It is your and every human's right to desire and seek out friends or a special someone to share a committed relationship. So, what are you waiting for? Start living YOUR life the way YOU deserve and have always wanted!

The True Acceptance website will be up and running in December. NAMI- Albuquerque will be giving an Education Meeting on Tuesday, January 29th at

7PM to introduce the website and talk about the best way to put it to use. Put it on your calendar and watch the NAMI-ABQ website calendar to confirm the meeting in January ([www.nami.org/sites/albuquerque](http://www.nami.org/sites/albuquerque)).



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## Introducing The Endorphin Power Company

By Lynne Fullerton-Gleason,  
EPC Volunteer and UNM Research Scientist

Permit me to introduce you to EPC, whose acronym stands for Endorphin Power Company. Endorphins are produced in the brain and help us deal with both mental and physical pain by making us feel good. Athletes often credit endorphins for helping them succeed. Unfortunately, endorphins can also be produced in response

to extraneous factors like drugs, alcohol and risk-taking. They are addictive. Who doesn't want to feel good? The goal of EPC is to help folks break from their addictions by learning how to produce endorphins in healthy ways.

The Endorphin Power Company is located at 509 Cardenas St.

SE, across from the Metropolitan Assessment and Treatment Services (MATS). MATS is the 2005 reincarnation of the Albuquerque Sobering Services and currently provides short-term shelter and treatment for individuals with various addiction problems.

*Continued on page 2...*

## NAMI's New Missing Persons Service Online

By Laura Brooks, Rio Rancho

Having a missing loved one can be heartbreaking and frightening. Due to confusion and fear, it is all too often that a mentally ill person will go missing. They can be gone for days, months or even years.

The typical steps to take if a mentally ill loved one goes missing are common sense. The first

step is to notify the police; however, if the person is over 21, they cannot be held and returned against their will. The second step is to make fliers including as much information as possible about the missing person.

Now NAMI may be able to provide support in the location of missing persons. The NAMI

web page has a special section for individuals searching for missing persons. To find the NAMI missing person's page, go to the website and under the header of FIND SUPPORT, click on Missing Persons.

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## DONATIONS

NAMI-Albuquerque is delighted to announce the receipt of two very generous donations. The first is \$5,000 from the Gerald J. and Dorothy Friedman Foundation, to support our outreach programs. The second is a \$10,000 gift from the Stanley Family Foundation with no specifications for how it is to be spent.

We are very fortunate to have such generous foundation support. Without this help, we would be mostly dependent on support from the annual NAMI-Walks fundraiser and our membership dues. Having such extra input allows us to expand our activities, such as bringing Mental Illness Awareness Week materials to Albuquerque high schools and the Central New Mexico Community College for the first time this year!



### Calendar of Events for NAMI ABQ (all events to be held at the Marble Office)

December 11, 6 PM Party  
It's time.....to get your 2007 White Elephant gift item ready for the Christmas Party. Wrap it up, make your favorite main dish, salad or dessert and include some practical item for Drop In Center. You'll be sorry if you miss it!!!

January 21,  
Behavioral Health Day at the Legislature. Watch for information about specific activities on our Web site.

January 29 @ 7 PM.  
Relationship Web site

February 26 @ 7 PM  
Suzanne Rael, Value Options Recovery and Resiliency Department

Family Support Group, every Tuesday except the 4th, which is education, 7 pm at the office on Marble.

## Endorphin Power Company, *continued from page 1*

EPC offers a variety of services designed to help MATS "graduates" (and others with similar problems) gain the skills and confidence needed to live independently. Beginning in November, EPC's services will expand to include low-cost housing. Our doors will open as soon as the city gives us its blessing, that is, they will ensure that our buildings and premises are compliant with the dozens of city codes ranging from the number and location of toilets to the width of our parking spaces.

So why talk about EPC in the NAMI newsletter? The complex relationship between substance use and mental illness is undeniable. The body of evidence demonstrating that folks with mental illness frequently have problems with substance abuse, and that those addicted to alcohol and other drugs frequently have mental illness, is too large to be digested into a few sentences. Suffice it to say that a large proportion of our current clientele—probably in the range of half—experience depression, schizophrenia, bipolar disorder or other illnesses.

EPC is the brainchild of a visionary named Sam Slishman, who as an UNM Emergency Department physician, observed that a visit to the emergency room did little to help patients whose primary problems were substance abuse and homelessness. Patients were detoxified, informed of the available social services relevant to their particular problems and discharged. Many returned to the emergency room within a few days. They were again detoxified, counseled about available services and discharged. The cyclical nature of the problem seemed unlikely to change

without a change in the philosophy of treatment. Slishman thought that a philosophy focused on the power people have to make a difference in their own lives might be just what was needed.

To bring this idea to life, Slishman bought a building and brought together a group of volunteers. Over the past four years, hundreds of us have come by to spend a few hours, days, weeks, or years to help EPC achieve its goal: to provide transitional services to newly sober community members who want to live independently and stay sober over the long-term.



We gutted the building and rebuilt it inside and out; walls were built, floors tiled, plumbing installed, gas lines repaired. Funding from various philanthropic individuals and organizations supported the efforts, but the work has been done almost exclusively by volunteers. (Please visit <http://www.endorphinpower.org/photo%20index/index.html> to see photographs of volunteers at work.)

Over time, the building and neighborhood were transformed, and EPC now offers services such as twelve-step meetings, yoga, dance classes and access to the Internet. A well-stocked gym allows participants to see exactly how much power (in

watts) they can generate with their own endorphin-aided efforts.

With respect to substance use and mental health, endorphins can reduce the pain involved in recovery. EPC stresses exercise as one means of therapy, hence the inclusion of "endorphin power" in the company's name. EPC's therapeutic environment enables newly sober individuals to replace their prior addictions with their own endorphins. We also host art and photography shows, plant and "garage" sales and fun events such as community dinners, harvest festivals and an annual haunted house event. Community members from all walks of life participate, and the cost of participation ranges from nothing, to not a lot, to "Donations are welcome!"

I have volunteered at EPC for four years, and from this experience I know that EPC helps its volunteers as much as it helps its clientele. As EPC's landscaper, I had the privilege of working alongside dozens of others to replace the asphalt landscape with a lush, green environment. Whenever I felt discouraged about the state of the universe, I would find some time to spend at EPC. I knew that I would find comfort in the company of the extraordinary people who spend their precious free time helping others by digging trenches and ripping out wallboard. I am grateful, beyond words, for the experience.

In summary, EPC is a healthy place to be for both clients and volunteers. For more information about our services and events, or to volunteer, please visit the EPC website at <http://endorphinpower.org/index.html> or contact us by phone (505) 268-3EPC or email [EndorphinPower@yahoo.com](mailto:EndorphinPower@yahoo.com).

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## NAMI-ALBUQUERQUE Annual Report 2006-2007

Jane B. Lancaster, President, NAMI-Albuquerque

In August 2006 NAMI-Albuquerque decided to continue to support for the Assisted Outpatient Treatment (Kendra's Law) bill to be introduced in the January 2007 State legislative session by Representative Joni Gutierrez. To that end, we began a series of activities including contacts with local legislators, writing letters to the editor in local newspapers and interviews on radio and television.

In January we began visits to legislators in Santa Fe as well as regular appearances at committee hearings. This ended up to be a demanding schedule because the timetable for hearings was indefinite and last minute calls were regular. The bill passed the House and cleared Senate

hearings but never made it to a full vote. The Albuquerque City Council passed an ordinance along similar lines that is currently under a court challenge. We also expanded our October Mental Illness Awareness Week displays beyond the city's 19 public libraries into the public high schools and the Community College of New Mexico.

Our other accomplishments in the past year were that we made both our accounting and membership databases user friendly, so that we are better prepared to apply for grants and analyze expenditures and membership. We have also maintained our usual schedule of weekly support groups, monthly education meetings, three annual get-togethers (Fall Picnic, Winter Holiday Party, July Annual Meeting) as well as maintaining office hours (M-F, 10:00AM-1:00PM), and publishing the Challenger quarterly. Our current membership is



191, the Challenger circulation has a mailing list of 191 with an additional 910 copies distributed to hospitals, support centers, clinics, etc.

This year, 2007, has also been a productive year for In Our Own Voice, Living with Mental Illness. Approximately 1000 people from around the city have viewed the individual presentations. People have heard

presenters' recovery stories in the inpatient wards of Kase-man, Lovelace and UNMH, at Family to Family classes, at UNM Continuing Ed in Managing Occurring Disorders, in various faith communities, at Webster University, Apollo College, high school health classes, ARCA staff training, Turquoise Lodge, Joy Junction and Health Care for the Homeless. In October, seven new presenters were added in a two-day national training.

This brings our total to 15 Albuquerque presenters.

Our plans for 2007-2008 year, include further support of Assisted Out-Patient Treatment initiatives. Our full list of goals for the upcoming year has not yet been set. However, we will focus our energy on building our membership base. To this end we will take NAMI-Albuquerque out of our offices and into the various community centers and other venues. We will prepare a PowerPoint talk on mental illness and NAMI-Albuquerque services for presentation in all sectors of the City, investigate expansion of our support groups in response to the geographic distribution of our membership and set up a travel kit of materials and posters so that we can readily service tables at health fairs, sporting events, and other venues. These initiatives will both expand our membership base and our provision of services.

## Mental Health Legislative Initiatives Update

At this time, there is no new report on Legislative Initiatives for the upcoming sessions. Please call the NAMI Albuquerque office at 256-0288 to leave your name and phone number, if you would like to be updated as we get more information. Legislative Behavioral Health Day will be Monday, January 21st, 2008 in Santa Fe at the Legislative Round House. Put it on your calendar!

## NAMI's New Missing Persons Service Online, *continued from page 2*

The first link is an information section.

The page has suggestions on where

to find your missing person; churches, college campuses, and free meal sites are among some of the places to look.

The site also has suggestions for what to do when a missing person is found. Issues such as money, telephone calls and transportation are discussed in this section. Helpful Internet links, as well as phone numbers are included.

The second link on the main, missing persons, page leads to a discussion forum. At this forum you can share information with others searching for loved ones. The forum is for support, resources, or even to post information about the person you are looking for.

The third link is for state and local NAMIs. These links are provided so you can alert the NAMI in the state where your loved one was last seen, to start the search.

Two related resources are also provided on the page. There is a link to the National Center for Missing Persons, as well as the National Center for Missing or Exploited Children. These resources will hopefully serve to reconnect families and provide comfort to those who have someone missing. Go to the website, [www.nami.org](http://www.nami.org).



**National Alliance on Mental Illness- Albuquerque**

6001 Marble NE, Suite 7

Albuquerque, NM 87110

**Non-Profit Organization**

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**BECOME A MEMBER OF NAMI-ALBUQUERQUE  
2008 MEMBERSHIP AND/OR DONATION FORM**

Detach this form and make checks payable to : NAMI- Albuquerque

6001 Marble NE, Albuquerque, NM 87110

Phone (505) 256-0288 or e-mail NAMI\_ABQ@juno.com

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

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

e-mail \_\_\_\_\_ If you wish to receive NAMI urgent news or a PDF version of our Challenger newsletter.

Please Check One:

\_\_\_\_\_ **\$35** Individual/Family Annual Membership includes local, state and national newsletters and library privileges.

\_\_\_\_\_ **\$3** Consumer Annual Membership.

\_\_\_\_\_ Enclosed is a donation of \$ \_\_\_\_\_ (NAMI- Albuquerque is a 501 (c) (3) organization; donation are tax deductible).

\_\_\_\_\_ I prefer to donate and extend support as a non-member.