



The Nation's Voice on Mental Illness

## MULTICULTURAL ACTION CENTER NEWSLETTER

VOLUME 3, ISSUE 3

July 2005

### Mexican Organizations Come Together to Create Unified Voice on Mental Health



Five years ago, Hugo Garza, a banker from Monterrey, found information online about NAMI and the Family-to-Family education course. He contacted NAMI Texas, and arranged to take the 12-week course in Laredo, TX. Mr. Garza and his family traveled to Laredo every week to take this course. After the 12 weeks that changed his life, he realized the program had the potential of helping thousands of families in Mexico. He set out to

translate the curriculum and to start Family-to-

Family in Monterrey. Since then, other organizations have been formed throughout Mexico to administer the Family-to-Family course. To date, around 1,000 people have graduated from the course.

On June 23-24, 2005, Garza's organization, INGENIUM-Monterrey, hosted its first national conference. This successful event brought together psychiatrists, consumers and families to talk about mental illness and the importance of family education. Dr. Joyce Burland, director of NAMI Education, Support, and Peer Support Training and creator of Family-to-Family, gave several talks about the program and family psycho-education.

Just like NAMI 26 years ago, community organizations created by families affected by mental illness came together to discuss a joint future. The following nine organizations were part of this important event: INGENIUM-Cuernavaca, INGENIUM-Morelos, Voz Pro Salud Mental-Jalisco, Voz Pro Salud Mental-Mexico D.F., Voz Pro Salud Mental-Aguascalientes, Alianza Nacional por las Enfermedades Mentales-Chihuahua, INGENIUM-Durango, INGENIUM-Torreon, INGENIUM-San Luis Potosi, and the host city, INGENIUM-Monterrey.

All of them are committed to providing services and support for family members of people with mental illness and all are successfully using NAMI's Family-to-Family education program.

At the end of a half-day planning meeting that took place during the conference, these organizations decided to start the process for the creation of a unified group. Leaders from each organization were divided into action teams to develop proposals for a unified name, bylaws, a governing structure, mission, and goals to be considered by the entire group. NAMI congratulates all these organizations for their wonderful work and looks forward to working with them as a unified organization!

For more information, visit <http://portal.vozprosaludmental.org.mx/>

### Welcome to our Newest Multicultural Coalition Partner

The **Thessalian Association of Mental Health - Care - Rehabilitation** is a scientific, non-profit organization established in 1990 in Larissa of Thessaly, Greece. THEPSYPA provides primary care services to people will mental illness. The objectives of the organization are:

- To provide advice and psychological education to people with mental illness and their families
- To promote mental health and the prevention of mental disorders
- To inform the public about mental disorders and patients' rights
- To establish and operate protected residence homes, day centers, vocational training units, and partnership units.
- To collaborate with other organizations of the same kind.

## NAMI National Convention Report from Austin, Texas

NAMI's Multicultural Action Center hosted three successful events at the 2005 NAMI National Convention in Austin, Texas from June 18-22, 2005.

The Asian American and Pacific Islander Mental Health Seminar was truly a groundbreaking event, bringing together AAPI consumers, family members, and mental health professionals from around the country to discuss pressing issues relevant to mental illness in these communities. Presentation topics included cultural competence and the use of interpreters, examples of best practices and model organizations, and detailed tips on how to do mental health education and outreach to AAPI communities through local NAMI affiliates. As with other successful cultural seminars, an e-news distribution list has been created to keep interested parties abreast of upcoming events. In addition, an AAPI Leaders Working Group will be developed to continue the dialogue on how to involve more Asian Americans and Pacific Islanders in NAMI across the country.



*Presenters pose after successful workshop. From left-right; Dr. DJ Ida, Dr. Prabha Sunderajan, Dr. Toan Vuong, Gayathri Ramprasad, Kim Szeto*

The Multicultural Action Center also sponsored "Spirituality and Faith in Communities of Color: A Family Perspective," an opportunity for consumers, family members, and faith leaders to come together and discuss the importance of doing mental health outreach and education in African American churches. Scripture was quoted and analyzed on its message about mental illness and audience members reflected on spirituality and the healing process. Perhaps the most inspiring were the NAMI leaders who spoke regarding the work their affiliates have done to educate and involve the church.



*Participants reflect during Salud Mental: Una Realidad Posible*

Finally, the Multicultural Action Center debuted a track in Spanish entitled, "Salud Mental: Una Realidad Posible." Leading Latino presenters discussed mental illness issues specific to the Latino community, personal testimonies of recovery and support, and ways to effectively reach this community. NAMI's Multicultural Outreach Award was also presented during this session, to NAMI Southern Arizona. NAMI publicly applauded this affiliate for its exemplary outreach to the Latino community.

### Multicultural Partner Coalition Members

Action for Mental Illness (India)

Alianza Nacional por las Enfermedades Mentales (Mexico)

Alianza Nacional de Salud Mental (Mexico)

Alianza Para la Depresión (Spain)

American Psychiatric Association

American Society of Hispanic Psychiatry

APOIAR (Brazil)

Asian Community Mental Health Services

Asociación Argentina de Ayuda a la Persona que Padece de Esquizofrenia y su Familia (APEF)

Asociación Maníaco Depresivos (Colombia)

Asociación Salvadoreña de Familiares y Amigos de Pacientes Esquizofrenicos (El Salvador)

## NIMH Seeks Proposals for Outreach Partnership Program

The National Institute of Mental Health (NIMH) Outreach Partnership Program is a nationwide educational outreach initiative, with support from the National Institute on Drug Abuse (NIDA), and in cooperation with the Substance Abuse and Mental Health Services Administration's (SAMHSA) Center for Mental Health Services (CMHS). The program enlists organizations in every state and the District of Columbia to facilitate and increase the utilization of science-based information in their respective states.

NIMH invites applicants from the District of Columbia and the following states: Alabama, Alaska, Arkansas, Arizona, Delaware, Georgia, Hawaii, Illinois, Indiana, Iowa, Michigan, Mississippi, Missouri, Montana, New Mexico, Nevada, North Carolina, Oklahoma, Oregon, Rhode Island, South Dakota, Washington, West Virginia, and Wyoming to submit proposals for becoming an NIMH Outreach Partner. Proposals will be accepted from June 15, 2005 until September 6, 2005. Charitable non-profit organizations with statewide outreach that focus on mental illness or substance-abuse disorders are encouraged to apply. Each NIMH Outreach Partner will receive a \$7,500 yearly stipend in two equal increments of \$3,750.

Participation in the program ensures that Outreach Partners are quickly aware of the most recent advances in mental illness and substance abuse research. They, in turn, help NIMH disseminate that information throughout their state. The Program is also designed to ensure that Outreach Partners provide NIMH with feedback on the public health needs of their communities. This feedback becomes an essential part of the planning process for the NIMH research agenda and provides insights that will help NIMH meet the needs of an increasingly diverse population. Program benefits include networking opportunities, participation in the annual meeting, and easy access to relevant NIH publications.

The Solicitation will be available starting June 15 on the NIMH Outreach Partnership Program Web site at:

<http://www.nimh.nih.gov/outreach/partners/solicitation.cfm>

### Important Dates

- June 15, 2005: Solicitation for Proposals (SFP) posted on Web site.
- July 5, 2005: Letters of Intent due; optional.
- July 15, 2005: Last day to submit questions about the SFP.
- August 1, 2005: Questions and responses about the SFP posted on Web site.
- September 6, 2005: Proposals due.

### Multicultural Partner Coalition Members:

Black Psychiatrists of America

Center for Capacity Building for Minorities with Disabilities Research

Center for Psychiatric Rehabilitation (Boston University)

Circles of Care Evaluation Technical Assistance Center

District of Columbia Department of Mental Health

Federación Colombiana Para la Salud Mental (Colombia)

Fundación Contener (Argentina)

Fundación Costarr para Personas con Esquizofrenia (FUCOPEZ) (Paraguay)

Fundación Luz y Vida (Paraguay)

Health Watch Information and Promotion Services, Inc.

INGENIUM (Mexico)

## NAMI Southern Arizona Wins 2005 Multicultural Outreach Award

Every year, NAMI presents the Multicultural Outreach Award to recognize and encourage outstanding efforts to make diverse communities a strong and vital part of the NAMI family. This year, the NAMI National Board of Directors has chosen NAMI Southern Arizona to receive this honor.

Based in Tucson, this affiliate, known around town by its acronym, NAMISA, has demonstrated a strong commitment to reaching the entire Tucson community through educational programs, support groups, and advocacy efforts. Furthermore, NAMISA is committed to reflecting the community it serves by aggressively reaching out to the large Latino community in Southern Arizona.

NAMISA has reached out to underserved communities who often receive no support and no help for people with mental illness and their family members. They have created a coalition of community leaders to address Latino mental health issues. And, of course, they are developing new initiatives in Spanish to support the monolingual community in Tucson.



*George Leon accepted the award on behalf of NAMISA, presented by NAMI Board member Fred Sandoval*

## Break the Silence: Assessment and Prevention of Suicide Among Asian Americans

A national conference sponsored by the New York Coalition for Asian American Mental Health and the National Asian American Pacific Islander Mental Health Association; from October 21-22, 2005 in New York City.

Conference objectives include:

- Increasing the awareness of the scope of suicide and depression within the AAPI community
- Strengthening the voice of consumers and family members
- Improving the quality of care for Asian Americans and Pacific Islanders
- Increasing comfort level of clinicians in working with suicidal and depressed clients
- Developing a network of evaluators, researchers, service providers and consumers

For more information, please visit [www.naapimha.org](http://www.naapimha.org)

### Multicultural Partner Coalition Members

International Association of Psychological Rehabilitation Services

Latino Behavioral Health Institute

Malaysian Mental Health Association (Malaysia)

Massachusetts Mental Health Services Program for Youth

NAMI India

National Asian American Pacific Islander Mental Health Association

National Council of La Raza

National Latino Behavioral Health Association

National Medical Association

National Organization of People of Color Against Suicide

National Youth Advocacy Coalition

New Jersey Asian Association for Human Services, Inc.

## South Africa Initiates World First in Rural Health Care

Books of Hope, an initiative developed by the South African Depression and Anxiety Group (SADAG), will become the first-ever provider of “speaking books” in Africa, thereby adding an innovative, potent and cost-effective dimension to health care education for rural communities.



Zane Wilson

For more than a decade, the South African Depression and Anxiety Group, Africa’s leading mental health advocacy group, has led the way in empowering and educating rural communities on mental health and related issues. Their expertise and commitment has been recognized by numerous awards and funding, including the Woman of the Year for Health in 1998 and World Bank Grant Winner in 2003.

Reaching and retaining the interest of underserved communities has always been a huge challenge. The Books of Hope initiative represents a major breakthrough in presenting complex health issues in a user-friendly and easy-to-understand format. For the first time, communities with members who have a low level of literacy will be able to access vital health information through these multi-sensory, multilingual and effective educational learning tools.

These “speaking books” provide a refreshing and totally new way to impart crucial health care information and education, by empowering consumers and loved ones, irrespective of the users’ level of education and literacy. Combining easily recognized and culturally appropriate illustrations, simple text and a sound track read by well-known personalities, the message is clearly understood.

Each “speaking book” in the Books of Hope series consists of 16 pages of colorful illustrations supported by straightforward and easy-to-understand text. For each page, there is a corresponding push button that triggers a soundtrack of the text, so no matter what the level of comprehension, the information will be seen, read, and heard, to result in a powerful media combination.

Unlike other common health care pamphlets, which may not be read or fully appreciated, the hardcover “speaking books” will generate immense interest amongst the communities they are provided to. Each book is expected to reach up to 12 people, possibly more, with readers being asked to sign their names at the back of the book, before passing it on.

Although mental health issues are SADAG’s main role, other topics in the series include Tuberculosis, Trauma and Post-Traumatic Stress Disorder, AIDS, Malaria, and Substance Abuse. For more information, please contact Zane Wilson, Founder of SADAG, at [admin@anxiety.org.za](mailto:admin@anxiety.org.za)

### Multicultural Partner Coalition Members

New Jersey Mental Health Institute

New Vision Consumer Services

Richmond Fellowship (New Zealand)

Samaritans Nepal

Self Reliance Foundation

Student National Medical Association

The Alliance for the Mentally Ill of R.O.C (Taiwan)

Thessalian Association of Mental Health-Care - Rehabilitation (Greece)

South African Anxiety and Depression Group

West Virginia Substance Abuse Coalition

Voz Pro Salud Mental (Mexico)

Zenkaren (Japan)

## Upcoming Mental Health Diversity Events

### Latino Behavioral Health Institute Conference

The Latino Behavioral Health Institute is holding its 11<sup>th</sup> annual conference on September 20, 21 and 22. The conference features two pre-conference intensives (6 hours) on Monday, September 19, addressing “How to be an Interpreter” and “Recovery with Latino Population”. The conference will take place at the Universal Hilton in Los Angeles and will explore “Transformation Towards Access and Quality” in Latino Behavioral Health.

The 11<sup>th</sup> annual conference will feature three principal speakers, two plenary sessions and 45 workshops on Latino Behavioral Health. This event is one of the premier Latino behavioral health conferences in the country because of its quality. Attendance will be limited to 1,000 and is designed for consumers, family members and providers of mental health, substance, health, child welfare, social services, cultural competence specialists and those interested in Latino behavioral health.

For information on co-sponsors, program, products display opportunities and registration, visit [www.lbhi.org](http://www.lbhi.org).

### Mental Disorders Among Latinos: Biological and Social Differences in Diagnosis and Treatment

November 7-9, 2005; Princeton, New Jersey

A conference to bring promising young investigators together with distinguished and established researchers in the area of Latino mental health. The conference will feature a keynote speaker and a grant-writing workshop, and will provide the opportunity for several young investigators to present relevant research papers. Sponsored by NIMH, the Robert Wood Johnson Medical School, and the American Society of Hispanic Psychiatry. For more information, please visit:  
<http://www2.umdnj.edu/crlmhweb/index.htm>

### Society for the Study of Psychiatry and Culture Annual Meeting

October 9-12, 2005; Estes Park, Colorado

This meeting brings together major figures in cultural psychiatry to present their work and provide inspiration and support to trainees and junior faculty interested in cultural psychiatry from a multidisciplinary perspective.

Please see the Web site [www.psychiatryandculture.org](http://www.psychiatryandculture.org) for details. Francis Lu, MD, at [francislumd@aol.com](mailto:francislumd@aol.com) can provide additional information.

The NAMI Multicultural Action Center is proud to announce the creation of two new publications! The Asian American and Pacific Islander Outreach Resource Manual and Working with Congregations to Reach African American Families with Mental Illness are now available online at [www.nami.org/multicultural](http://www.nami.org/multicultural).

You may also request a hard copy by emailing [MACenter@nami.org](mailto:MACenter@nami.org).