



Celebration of Ten Year Anniversary of Olmstead Decision

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Special points of interest:

- Poetry
- Advocacy and rights
- Recipes
- Action at Advocates
- Peer Support & Recovery

For millions of Americans who have disabilities, the word “Olmstead” symbolizes the opportunity for a life in the community. The term comes from the U.S. Supreme Court’s 1999 decision in *Olmstead v. L.C.*, which will probably stand out in history as the most important legal decision affecting the rights of people with disabilities. Olmstead is also a



Hundreds with disabilities gather at Nurses hall at the Massachusetts State House .

case about integration, and some people have referred to it as the *Brown v. Board of Education* of the disability rights movement. In this landmark decision, the court ruled that, when appropriate, states must provide services to people with disabilities in the community rather than in institutions.

The case involved two women, Lois and Elaine, who had psychiatric and developmental disabilities. Both were living in a state-run hospital in Georgia, and although their doctors had told them that they could benefit from living in the community, they also said that the services they needed simply were not available in the community. Therefore, they continued to live in institutions.

With the help of local legal aid attorneys, the two women sued the state of Georgia, naming human resources commissioner Tommy Olmstead in the lawsuit. The case made it all the way to the Supreme Court, who ruled in Lois and Elaine’s favor. Their decision rested on the Americans with Disabilities Act (ADA), a 1990 law that prohibits its discrimination against people with disabilities. The U.S. Attorney General’s office, which enforces the ADA and other federal laws, had issued what it called the “integration regulation,” which requires states to provide services in a setting that allows people with disabilities to interact with people who do not have disabilities.

Olmstead Rally (Continued from Page 1)

The Court ruled that the integration regulation required the state of Georgia to provide Lois and Elaine with services in the community. The Court based its ruling on a finding that inappropriate institutionalization is a form of discrimination, giving

two reasons for its finding. First, institutionalization reinforces stereotypes about people with disabilities. Second, it denies people vital life opportunities such as school, work, friendship, and cultural enrichment.

The Only Road to China Dwayne V.

I saw an ostrich with his
Head in the sand, I said to
Him why is your head in
The sand, he said to me it's the
only way to get to China.

WARMLINES

Warmlines are a call in service that provides the community with a place to turn if they need someone to talk to.

**METRO
BOSTON
WARMLINE
TH., FRI. & SAT.
4-8PM
TOLL FREE
877-733-7563**

For more information, contact Amy Dwyer
617-414-8341

**SOUTH SHORE WARMLINE
M-TH 4-8PM
FR 5-9PM
SAT. & SUN
12-4PM
617-689-1050 or 617-689-1051**

For the crisis line call
800-528-4890

or
617-774-6036 *open 24 hours*

C.A.S.T.L.E WARM- LINE

**Sun.-Fri. 7PM-11PM
617-610-7907**

this is not a crisis line

EDINBURG CENTER WARMLINE

**M-F 5PM-10PM
SAT. & SUN. 1PM-10PM
1-800-243-5836**

SMOC

508-879-2250

x 131

Peer Support Groups

South Suburban Site - Quincy Area

Location: Recovery Learning Community, 460 Quincy Ave, Quincy MA, 2nd Floor, Activity Area B

- Metro Cafe: Tuesday's 10-11AM
- The Recovery Story Outreach Project: every other Thursday 11-1 pm.
- Craft and Crochet: 2nd and 4th Wednesday of the month. 2:30-3:15.
- Peer Support Worker Feedback Group: 2nd Saturday of each month 11-1 pm, 4th floor large conference room.

Location: St. Chrysostom's Church (Davidson Room), 1 Linden Street (corner of Hancock & Linden), North Quincy, MA

- Dual Recovery Peer Support Group: Weekly, Thursdays 7-8 pm (ASL Interpreter Provided).

Location: Emmanuel Parish Church, 519 Washington Street, Braintree, MA

- Mental Health Peer Support Group: Weekly, Saturdays 10:30-11:30.

Location: Baystate Community Services Building, Blue Chair Room-2nd Floor. 13 Temple St., Quincy MA.

- Dual Recovery: Weekly Tuesdays, beginning February 3rd from 12-1PM.
- Parent Peer Support group: Weekly Thursday's 10-11AM

The following groups are NOT sponsored by the RLC. Please take note of the contact information provided below:

Location: QMHC, 460 Quincy Ave, Quincy MA

- (NAMI) Support Group National Alliance on Mental Illness. For More information please contact Fanny Zambuto @ 781-878-4400 or Barbara Sullivan

617-773-6440

- Clay Room: Thursdays 2:30 - 4 pm, 2nd floor, Activity Area B. For more information, please contact Jackie Gates 617-626-9072

For Young Adults, age 16 to 25 (also at QMHC):

- Clay Studio: Open to Young Adults, 1st Monday of each month, 3:30-5 pm.
- Young Adult Peer Support Group: every other Thursday, 5-6 pm, 3rd floor large group room (# 311). For more information contact Michelle 617-689-2537.

Location: Quincy Medical Center, 114 Whitwell St., Quincy, MA

- "Safe Place" Peer Support Group for loss from suicide: 2nd and 4th Thursday of each month, 7-9 pm. For more information, contact Kim Kates (617) 536-2460

East Suburban Site - Waltham Area

Location: McLean Hospital, 15 Mill St., Belmont MA.

-DBSA: every Mon., Thurs., Fri., Sat. 1:30-3:30 pm., Weds. 7-9 pm, and Lectures from 7-8 pm on 2nd & 4th Weds. of each month. For more information contact us at 617-855-2795

Location: Advocates, Inc., 675 Main St., Waltham MA

-Peer Support Group, Fridays 5-6 pm

-WRAP Support Group, every Wednesday 6:30-8:00 pm, ** this group is sponsored by the Metro Suburban RLC**

Location: C.W. Potter Place, 15 Vernon St., Waltham MA

-5 Fundamental Rights Work Group, every other Tuesday starting July 7th from 6-8PM. For more information, contact Jonathan Dosick (617) 947-6624

Location: The Asperger's Association of New England, 85 Main St., Suite 101, Watertown MA 02472. The Asperger's Association of New England is offering numerous support groups, an ongoing Book Club, Film Series, Speaker Series and Anime Club, as well as a variety of pizza and game nights and weekly strolls. Additionally, the Asperger's Association of New England will try to offer events and activities that appeal to all individuals of the Asperger's community. For more information, please call Max Sederer, Coordinator of Adult Services, Asperger's Association of New England at (617) 393-3824 x 302 85

West Suburban Site - Natick Area

Location: 2 East Central Street, Natick, MA (First Congregational Church)

-DBSA, 1st & 3rd Thursdays of each month, 7-9 pm, Contact: Diane at (508) 820-4352 for more information.

Location: Metro West Supported Housing, 340 Maple St. 4th Floor, Marlborough MA

-Parent Peer Support Group, Wednesday's 10AM -11:30AM,

Call Chip Wilder, Director of Family Options, to register at 508-485-5051, x240.

Location: Leahy Conference Center, Marlboro Hospital

-NAMI Peer Support Group, 1st Wednesday of each month, 6-7 pm

Southwest Suburban Site - Norwood Area

Location: Riverside Community Care, 190 Lennox St., Norwood

-Young Adult Peer Support Group, every other Thursday, 4-5PM, For more information, contact Michelle 617-689-2537

Anti-Semitism Growing Globally

Arthur G.

There's a problem these days of increasing anti-Semitism around the world in places like the Middle East, Gaza, the United Kingdom, the United States of America, Germany, France, and others.

It's observed on the internet and in colleges and universities. As a 1960

U.S. Army veteran of the Cold War, private first class, and a former reservist with two years of leadership training at UMass Amherst, Class of 1959, I have a military background.

Recently, I had a discussion with a high-ranking U.S. Army officer. We discussed anti-Semitism and he said the army educates its soldiers in these

matters.

He informed me that the U.S. Constitution Guarantees freedom of religion and the army defends that right.

(Originally published in a letter to the editor in the Worcester Telegram & Gazette on April 2, 2009. Arthur enjoys writing to area newspapers as much as he can.)



Heather's Last Newsletter

This will be my last edition of SPEAK YOUR MIND! As I will be moving to Cape Cod at the end of the summer to be with my family. I have enjoyed working with everyone on the newsletter these last eight months, and will keep fond memories of this experience and everyone who has worked with me on the newsletter. The newsletter will continue

uninterrupted as Julie will continue to be the editor and the peer support team will continue to work on the newsletter with her.

The final words I would like to offer are that recovery is possible, and never to give up that hope that you can have a better life. You can pursue your hopes and dreams, no matter what they are. It is important

to advocate for yourself to get the best care possible, and to know that you deserve it. I hope that our newsletter has both inspired and entertained you and promise that it will continue to do so in the future.

Heather Bustos
Peer Specialist

"recovery is possible, and never to give up that hope that you can have a better life. You can pursue your hopes and dreams, no matter what they are."

Advocates Camping Trip



John B.

The water was cold, the campground was quiet. We swam, we ate, we had a good time in the park.

The campground was warm during the day. We were at the beach. I fished for the longest time. I slept the first

night in the sleeping bag in the cold. The next day we went to the movies. It rained that day. I had lunch and rained and we came home.

The following day it was an enjoyable time. The campground was wet as it was for two days. It was fun even in the rain. We packed and headed home.

The trip was good, the campers were okay, the time we had was good.

Cooking With Bob

Sausage, Onion and Pepper Pizza

Olive Oil Cooking Spray

2 hot or sweet Italian-Style turkey sausage, casings removed

1 large green bell pepper, cut into thin strips

1 large red bell pepper, cut into thin strips

1 medium onion, cut into thin wedges

1 garlic clove, minced

1 teaspoon dried marjoram

1/8 teaspoon crushed red pepper

1 cup Basic Tomato sauce

Low-fat pizza crust

1 tablespoon grated Parmesan cheese

1. Preheat oven to 500. Coat a

nonstick skillet with cooking spray. Add sausage and flatten with a spoon. Cook over medium-high heat, breaking up sausage with a wooded spoon into small pieces until browned, about 5 minutes. Drain sausage on paper towels. Wipe out skillet if necessary.

2. Coat skillet with cooking spray, heat over medium high heat. Add green and red bell peppers, onion, and garlic. Coat vegetables lightly with cooking spray. Cook, stirring often, until crisp-tended, about 5 minutes. Stir in marjoram and hop pepper.

3. Spread tomato sauce over crust. Top with vegetable mixture. Dot with sausages and sprinkle cheese over all.
4. Bake pizza about 12 minutes, until crust is golden. Slide pizza onto a large cutting board, let rest 5 minutes. Cut into wedges to serve.

Per Serving: Calories 239 Total fat: 4g Saturated Fat: 0g Cholesterol 15 mg Percentage calories from fat 15%

Young Adult Portraits Of Culture, Diagnosis And Mental Health Recovery

**12:30-3 pm
August 13th 2009**

**Framingham Public Li-
brary
49 Lexington St
Framingham MA**

**A Transformation Center
Production
Sponsored by the Sub-
stance Abuse and Mental
Health Administration
(SAMSHA)**

This video documen-
tary shares the per-
sonal stories of
young adults whose
recovery has
been impacted
by culture and a men-
tal health diagno-
sis. The documentary
will also highlight the
foundational building
blocks of recovery
that was developed
by SAMHSA. The

showing will include
discussion along
with personal recov-
ery stories shared by
presenters,
and (hopefully) au-
dience members!

Light snacks and
beverages will be
provided.
For more info, contact
Scott Francis at
617.442.4111x314
ASL Interpreters have
been requested

Advocates Kenyan Outreach Project

Recently, a group named **Advocates Kenyan Outreach** was formed to create special needs awareness in Kenya. The group chose a school in Central Kenya called Kiriko Special Scool to be a starting ground for this effort. The group found the school was lacking in a lot of basic needs including clean water, cloth-

ing, and proper housing. Under the guidance of Advocates CEO and president, Bill Taylor, Kenya Outreach project contacted Advocates employees asking for help for the school and a lot of them responded. It was decided that Kenyan Outreach Project should collect donations around Advocates and find a

means to ship them to the school. The donations the group intends to send include toys, sports equipment, clothes, books, training materials, and other items that may be found among a home. An account has been set up and anyone wishing to send a check can send it to the main office addressed to the Advocates

Kenya Outreach Project. Anyone wishing to donate can get in touch with James Irungu at 774-253-2953 or email him at ji-rungu@advocatesinc.org. You can also contact your program manager. The Kiriko Special School can be accessed at <http://kirikospecial.org>

Music Auditions for Consumer Run Music Group!!!



Tunefoolery Concert Ensembles from Boston, Massachusetts is a unique and courageous group of over 50 musicians with psychiatric disabilities who play and perform music as a way towards healing and recovery. We perform in ensembles and solo acts (folk, classical, blues, rock, showtunes, etc.) mostly for other consumers of mental health services and social agency clients, but also for the general public, bringing hope and inspiration to thousands of other consumers every year. We also visit schools and other institutions where we educate children and adults about the talents and vast capabilities of people with psychiatric disabilities.

Tunefoolery Concert Ensembles is a musical group composed of and run by **consumers**

(people receiving mental health services) who play and perform music to establish identities based on musical achievement rather than mental illness.

Tunefoolery was developed in 1994 at the Cambridge/Somerville Social Club in Massachusetts, a [North Charles, Inc.](#) drop-in center for adults with psychiatric disabilities. The program was created through the joint vision of Theresa Thompson, the Social Club's assistant director, as well as a musician, and a Social Club member, Mark Irwin, also a musician. Beginning in 1994, Tunefoolery had just four musicians. Today we are [50 musicians](#) performing in ensembles or as solo acts playing a variety of music, from Classical to Folk and Rock. Also employed are a Project Leader, a Communications Coordinator, a Di-

rector of Development, a Concert Manager, and an Artistic Director (the only non-consumer employed).

Musicians would have to play for at least 30 minutes.

Auditions are **Monday's, Thursday's and Friday's at Midday, from July 27-August 21 at Solomon Carter Fuller Building, 85 East Newton Street, Boston.**

Contact Susanna at 617-910-8375 from 9-5, Mon-Fri, to set up a time for an audition.

"Tunefoolery Concert Ensembles is a musical group composed of and run by consumers (people receiving mental health services) who play and perform music to establish identities based on musical achievement rather than mental illness."

Advocates Consumer Community Meeting



On Friday, August 7th from 1pm-3pm at the Plymouth Church on Edgell Road in Framingham we will be having a community meeting open to all Advocates clients. The purpose of the meet-

ing is to talk about the results Recovery Enhancing Environment (REE) survey done earlier this year, the new community based flexible supports model, and to be a general discussion forum re-

garding medication reduction/elimination, in home respite, and other recovery topics. We are hoping to have these meeting every three months. Meeting is open to CLIENTS ONLY.

Consumer Rights Bills Hearings on Sept 23

The Fundamental Rights/Fresh Air bills (House Bill #1945/Senate Bill #743) have a tentative hearing date at the State House, along with several other consumer/survivor rights bills.

These bills will be heard before the Joint Committee on Mental Health and Substance Abuse on Wednesday, September 23, at 1:00pm. The location is TBA.

The "Five Fundamental Rights" hearing is a CRITICAL opportunity to speak out about the human rights situation in inpatient facilities and residences in Mass. We will demand an end to brazen violations of our basic civil rights under law. The "Five Fundamental Rights" are:

- 1.) The right to access to telephones, in privacy;
- 2.) The right to send and receive sealed, unopened mail;

- 3.) The right to have visitors, in privacy;
- 4.) The right to a humane physical and psychological environment; and
- 5.) The right to meet with an attorney, doctor, or clergy.

The Declaration of Independence declares that "We hold these truths to be self-evident; that all men are created equal." Yet we are STILL seen as "less than." Using the excuses of safety and cost, we are not equal in many hospital administrators' eyes. H.1945/S.743 (Sponsored in the House bill Rep. Denise Provost and in the Senate by Sen. Patricia Jehlen) will create a means to enforce the law. It also calls for a sixth right - access to tremendous healing power of fresh air and the outdoors, which is a proven way to provide wellness and recovery.

Two other important bills are scheduled to

be heard at this hearing:

- House #3585, the "Emergency Room Rights" bill (Sponsored by Rep. Ruth Balser), builds on the progress of last years' bill, calling for fair treatment in Emergency Rooms, by requesting that the Dept. of Public Health (DPH) release information on restraint and seclusion in ERs; and

- House #3584, the "Peer Respite" bill (Also sponsored by Rep. Ruth Balser), calls for a feasibility study for respite houses for consumer/survivors, RUN BY consumer/survivors, who can provide the sort of warm and receptive conditions that are all-too-often absent at crisis centers and hospital units - for much less money!

Jonathan Dosick
Coordinator, Five Fundamental Rights/Fresh Air effort



"We will demand an end to brazen violations of our basic civil rights under law."



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