

# Kalamazoo Hope

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“Helping Individuals to Survive and Live Healthy, Quality Lives” (SM)

## Family, Friends, and Community

A psychological condition can be a very frustrating situation for those close to someone diagnosed, both that the person is experiencing difficulty and suffering, but also that one cannot fully grasp or understand what they are experiencing.

This document is specifically meant to help family, friends, and others better understand, as well as interact with and help, someone they care about who has a psychological diagnosis, as well as offer information related to making their community a more accepting and safe place for those with psychological condition. Information for a community in general, as well as individuals in the media, is also present. Additionally, the Treatment document may also be of assistance.

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13) Suicide

### 1) A Beginning

[APA Dictionary of Psychology \(American Psychological Association – APA\)](#)

[DSM-5: Frequently Asked Questions \(American Psychiatric Association – APA\)](#)

[Health Topics \(National Institute of Mental Health – NIMH\)](#)

[Learn More \(National Alliance on Mental Illness - NAMI\)](#)

[Mental Health - Patients & Families \(American Psychiatric Association\)](#)

[Health Topics \(National Institute of Mental Health – NIMH\)](#)

[What is Mental Illness \(American Psychiatric Association – APA\)](#)

### 2) Children and Youth

[ASK Family Services](#)

[Association for Children’s Mental Health \(ACMH\)](#)

[Change Your Mind About Mental Health \(American Psychological Association – APA\)](#)

[Learning to Help Your Child and Your Family \(National Alliance on Mental Illness – NAMI\)](#)

[Mental Illness in Families \(American Academy of Child and Adolescent Psychology\)](#)

[My Child Without Limits](#) – provides assistance to families whose children have a disability or disabilities.

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### 3) Historical Individuals

[Carrie Fisher \(New York Times\)](#) – (Bipolar Disorder) – the actress of both stage and screen known the world over as Princess Leia from Star Wars, author, and, most importantly, a mental health advocate.

[Dick Cavett – Psychology Today](#) – (Depression) - television show host, actor, author.

[Ellen DeGeneres \(Smooth\)](#) - (Depression) - established comedienne and social activist for LGBTQ individuals; also presented with the [Presidential Medal of Freedom](#), the highest award a United States civilian can receive.

[Mariah Carey \(CNN\)](#) – (Bipolar Disorder) – actress, songwriter, and singer.

[Patty Duke – \(HuffPost\)](#) – (Bipolar Disorder) – actress, singer, and mental health advocate.

[Ronald Reagan \(Time\)](#) – (Alzheimer’s) - actor and 40<sup>th</sup> President of the United States.

### 4) Difficult Decisions

Unfortunately, some situations may arise where, due to their medical condition, a family member may need to step in and make decisions for or affecting someone they care about; example of this would include involuntary hospitalization, contacting law enforcement, or having health diminish to the point where the person can no longer care for themselves (or be properly cared for by their family).

[Being Prepared For A Crisis \(National Alliance on Mental Illness – NAMI\)](#)

[Crisis Intervention Team Programs \(National Alliance on Mental Illness – NAMI\)](#)

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[KDPS releases open letter outlining changes in how it fights crime \(Training and Education section\)](#) – discusses law enforcement organizations in Kalamazoo County (the [Kalamazoo Public Safety](#), the [Kalamazoo County Sheriff's Office](#), the [Township of Kalamazoo Police Department](#), and [Portage Public Safety](#)).

[Mental Health Proceedings \(Kalamazoo County Probate Court\)](#) – discusses voluntary and involuntary hospitalization.

[Michigan Crisis Intervention System \(MI-CIS\)](#) – a program currently being taught to various first responder agencies in Kalamazoo County (agencies involved include the Portage Department of Public Safety, the Richland Police Department, and Life EMS Ambulance); its curriculum is meant to show said individuals how to approach situations involving those with a psychological condition more effectively and with more consideration for the person's medical situation.

[Michigan Mental Health Code – Act 258 of 1974 \(Michigan Legislature\)](#)

[Police, mental health professionals teaming up to help people in crisis \(WWMT Newschannel 3\)](#) – discusses training and mental health specialists that have been integrated into Portage Public Safety's department to help address mental health crises in a more understanding manner.

[Residential Care \(Alzheimer's Association\)](#)

### 5) Discrimination and Terms

[Dispelling Myths on Mental Illness \(National Alliance on Mental Illness - NAMI\)](#)

[It's Time To Stop Using These Phrases When It Comes To Mental Illness \(HuffPost News\)](#)

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[Fact vs. myth: mental illness and violence \(SANE Australia\)](#)

[Mental Health Myths and Facts \(mentalhealth.gov\)](#)

[OMG, I'm so OCD \(National Alliance for Mental Illness - NAMI\)](#)

[Responsible Media Reporting \(Suicide Awareness Voices of America – SAVE\)](#)

[Stigmatizing Media Portrayals: What Can We Do? \(National Alliance on Mental Illness – NAMI\)](#)

[Words Matter: Reporting On Mental Health Conditions \(American Psychiatric Association – APA\)](#)

### **6) LGBTQ**

Being lesbian, gay, bisexual, transgender, or queer is not an illness (despite the fact that it was once categorized as such). Between such categorization, cultural perception, stigma, and discrimination, numerous LGBTQ individuals suffer various psychological conditions, such as depression, anxiety, and gender dysphoria.

[AAECT Position on Sexual Orientation and Reparative Therapy \(American Association of Sexuality Educators, Counselors and Therapists\)](#)

[APA Applauds Supreme Court Decision Supporting Same-Sex Marriage \(American Psychiatric Association - APA\)](#)

[Just the Facts about Sexual Orientation & Youth \(American Psychological Association - APA\)](#) - includes information regarding conversion/reparative therapy.

[Transgender People, Gender Identity and Gender Expression \(American Psychological Association - APA\)](#)

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[Understand Sexual Orientation and Gender Identity \(American Psychological Association - APA\)](#)

### **7) Missing and Wandering Individuals**

[AngelSense](#)

[Autism Plus Wandering \(Child Mind Institute\)](#)

[Finding A Missing Loved One \(National Alliance on Mental Illness – NAMI\)](#)

[MedicAlert](#)

[Michigan State Police \(MSP\) Missing Persons](#)

[National Crime Information Center \(NCIC\) \(FBI\)](#)

[National Missing and Unidentified Person’s System \(NamUs\) \(Department of Justice\)](#)

[Project Lifesaver](#) – a national program focused on helping locate lost individuals; the [Kalamazoo County Sheriff’s Office \(KCSO\)](#) is involved in this effort.

[Safety and Children with Disability – Wandering \(Elopement\) \(CDC\)](#)

[Wandering and Alzheimer’s Disease \(National Institute on Aging\)](#)

[Wandering and Getting Lost \(Alzheimer’s Association\)](#)

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### **8) Recharging Yourself**

In addition, the Leisure and Socializing document provides a range of leisure activities, both local and for at home.

[Alzheimer’s Association – Helping You](#)

[Caring for Yourself While Helping Support Your Service Member \(Real Warriors\)](#)

[NAMI Kalamazoo – Upcoming Events](#)

[National Alliance for Law Enforcement Support \(NALES\)](#) – provides support to law enforcement officers and their families.

[Survivors of Suicide Support Group \(SOS\) \(Gryphon Place\)](#) - a group for individual who have lost someone to suicide.

[Taking Care of Yourself \(National Alliance on Mental Illness – NAMI\)](#)

### **9) Relationships**

[Family Members and Caregivers \(National Alliance on Mental Illness – NAMI\)](#)

[Maintaining A Healthy Relationship \(National Alliance on Mental Illness – NAMI\)](#)

[Supporting Your Service Member with Psychological Health Concerns \(Real Warriors\)](#)

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### 10) Recovering and Remembering

[Bereaved Parents of the USA](#)

[Burial Flags \(U.S. Department of Veterans Affairs - VA\)](#)

[The Compassionate Friends](#) - aids individuals who have lost their child.

[Concerns of Police Survivors \(C.O.P.S.\)](#)

[LifeGem](#) - allows one to create a gemstone with the cremated remains or hair of a loved one.

[Michigan Concerns of Police Survivors \(MI-C.O.P.S.\)](#) - aids families and co-workers in overcoming the difficulties that can accompany the loss of a loved one.

[Mourning Badge Protocol \(Officer Down Memorial Page – ODMP\)](#)

[Practical Information for Immediately After a Loss \(American Foundation for Suicide Prevention\)](#)

### 11) Self-Harm (Non-Suicidal Self-Injury)

[Self-Harm \(U.S. National Library of Medicine\)](#)

[Self-Harm \(National Alliance on Mental Illness – NAMI\)](#)

[Understanding Self-Harm \(National Alliance on Mental Illness – NAMI\)](#)

[Who Self-Injures? \(American Psychological Association\)](#)



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### **12) Special Needs Trusts**

A Special Needs Trust (SNT) is created in order to provide long-term assistance to an individual; the trust itself is structured so that the person being helped is still able to receive various types of benefits (such as Medicare or Social Security) by taking into account disqualifiers such as income and financial status.

[Government Benefits and Special Needs Trusts \(Autism Society\)](#)

[How to Create a Special Needs Trust With an Inheritance \(LegalZoom.com\)](#)

[MiABLE](#)

[Spotlight On Trusts \(Social Security\)](#)

### **13) Suicide**

[7 ways to prevent police suicide by focusing on overall officer well-being \(PoliceOne\)](#)

[About Suicide \(American Foundation for Suicide Prevention\)](#)

[Preventing Law Enforcement Officer Suicide \(Department of Justice\)](#)

[Suicide in Children and Teens \(American Academy of Child & Adolescent Psychology – AACAP\)](#)

[Suicide Prevention \(National Institute of Mental Health – NIMH\)](#)

[Suicide Prevention Resources for Military Families \(Real Warriors\)](#)

[Suicide Statistics \(American Foundation for Suicide Prevention\)](#)

[What to Do If You're Worried About Suicide \(Child Mind Institute\)](#)