

## Word Search

See if you can find 15 words from this issue of New Oakland News

N	Q	I	D	A	F	U	N	Z	V	V	Q	V	R	G
A	B	A	A	M	N	T	S	Y	J	J	W	K	T	C
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Advocacy	Asian	Health	Mental	Native American
African American	Biden	Latino	Minority	Obama
Anniversary	Communities	LGBTQ	Month	Stigma

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Summer 2016, Issue 22



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To learn more about New Oakland's state of Michigan-licensed FACE to FACE day program, visit us online at [www.NewOakland.org](http://www.NewOakland.org)

## Speaking up for the "Silent Minority"

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Of late, as we've witnessed these many political debates, we've heard a lot about taxes, jobs, the economy, immigrants and terrorism. On the Republican side, we've also heard about continuing the attack to repeal the Affordable Care Act or "Obamacare." But we hear nothing about how to deal with an ongoing epidemic of mental illness and the tens of millions among us who suffer in silence.

The Affordable Care Act expanded mental health and substance use disorder benefits and required the new plans to cover depression screenings for adults and behavioral assessments for kids.

Mrs. Obama wrote that by bringing together this diverse group of leaders they planned to spark a movement that:

- Frees us to see our mental health as having equal value to our physical health
- Creates a common language to recognize the signs of emotional suffering in ourselves and others
- Encourages us to care for our mental well-being and the mental well-being of others



First Lady Michelle Obama and Dr. Jill Biden

"More Americans are expected to die this year by suicide than in car accidents," wrote Mrs. Obama. "While many of us are comfortable acknowledging publicly our physical suffering, for which we almost always seek help, many more of us privately experience mental suffering, for which we almost never reach out.

"Sadly, too often, the stigma around mental health prevents people who need help from seeking it. But that simply doesn't make any sense. . . . We would never tell someone with a broken leg

that they should stop wallowing and get it together. We don't consider taking medication for an ear infection something to be ashamed of. We shouldn't treat mental health conditions any differently. Instead, we should make it clear that getting help isn't a sign of weakness — it's a sign of strength — and we should ensure that people can get the treatment they need."

Dr. Biden and Mrs. Obama ask all of us to pledge to learn the Five Signs of emotional suffering listed above. Her words echo those of New Oakland founder Dr. Ismail Sendi: "We need to have the courage to reach out and have tough conversations with our friends and family members — and get help ourselves when we need it. And we need to recognize that our mental health is just as important as our physical health, and start treating it that way."

Through my work at New Oakland, I've felt empowered to help spread the word about recognizing the signs of mental illness and fighting the stigma and stereotypes that force so many people to suffer in silence. One thing we can all do to help is to take the simple pledge and demand that our leaders not ignore the serious issue of mental health in America.

## July is Minority Mental Health Month

by Dr. David Harris,  
New Oakland  
Medical Director



Happy summer, everyone! It's finally here, thank goodness.

While you're enjoying all the things you spend time doing with your summers, I hope you'll take a little time to use this edition of New Oakland News to reflect on the fact that July is not only our country's birthday month, it is also, by congressional acclamation, **Minority Mental Health Month**.

It's a recognition that minority communities across our country face challenges when it comes to finding something we talk a lot about at New Oakland . . . **the right care at the right time**.

Sometimes there are unique social and economic pressures on minority com-

munities. Sometimes there are cultural challenges or stigmas that make it less likely that someone from an ethnic or cultural minority group will find the care they need. Sometimes language can be a barrier. Sometimes minority communities face pressures at home, at work and in their communities that make mental health challenges more likely to occur.

There are no simple or easy answers for addressing the needs of minority communities because, of course, minority communities are not one thing. They are as diverse as the hundreds of cultures and millions of individuals who live in them.

But this makes identifying those needs and meeting them head-on all the more important.

In our 25 years, we at New Oakland have made it an important part of our mission always to respect the unique needs of all the people who come to us for help . . . and to do our part to ensure our minority communities all receive the best care, attention and insight we can provide.

# Speaking up for the “Silent Minority”



By Eli Zaret  
New Oakland  
Community Liaison

Imagine a teacher standing in front of her class and asking the question, “Students, what’s the largest minority in America? Is it African-Americans? Is it Latinos? Is it the LGBTQ population or something else altogether?”

When the students all guess incorrectly she replies, “The right answer is: People with mental health issues. They are in every family, including yours, suffering from diagnosable mental health conditions like depression or anxiety. That adds up to more than 40 million people or roughly 1 in every 5 adults.”

The teacher then tells them that this figure doesn’t even include children like themselves, who, among other things, also experience ADHD, eating disorders and learning disabilities.

In 2013, Michelle Obama and Dr. Jill Biden (wife of Vice President Joe Biden)

got together with leaders in business, medicine, education and the faith community and launched the Campaign to Change Direction. The goal was to raise awareness, give people tools to help those in need and change the conversation about mental health in this country.

The First Lady and Dr. Biden were initially drawn to the deplorable condition of the thousands of our soldiers who were coming home with Post Traumatic Stress Disorder and committing suicide, and the alarm we all felt on the heels of the gun violence tragedy in Newtown, Conn.

The Campaign to Change Direction released a list of Five Signs to help people recognize when someone needs help:

- Agitation
- Withdrawal
- Hopelessness
- Decline in personal care
- Change in personality

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## New Oakland Celebrates Our 25th Anniversary in 2016

This year New Oakland Family Centers is celebrating its **25th anniversary serving people and communities** in the Detroit area.

In that time, we’re proud and honored to have helped hundreds of thousands of adults, children and teens address their mental health challenges and needs. We’ve grown to become one of Michigan’s most effective resources for quality mental health services and care.

We were founded in 1991 by Dr. Ismail Sendi, one of our region’s leading psychiatrists and a man with a vision for what family focused-mental health care could be and should be.

An important part of Dr. Sendi’s vision was the belief that people should receive the right care at the right time.

But too often the mental health system has forced people to conform to inflexible ideas based on what individual therapists or hospitals had to offer, rather than what was truly right for people. That’s something Dr. Sendi always sought to change.



Dr. Ismail Sendi  
(1935-2015)

And “the right time” is just as important. You wouldn’t wait months to get a broken arm attended to or treat a high fever . . . yet mental health services too often make people wait

for care rather than work as hard as possible to meet people at their moment of greatest need.

Dr. Sendi passed away just one year ago this month . . . and sadly isn’t here to celebrate this significant milestone with us.

But if he were here, he wouldn’t want us to be spending too much time patting ourselves on the back for 25 years in our communities.

Instead, he’d simply say there’s much more work to do and would be back at his desk into the wee hours just like always.

## 10 Things You Should Know About Minority Mental Health

By Alyse Ruriani  
(from *Active Minds Blog*, July 2015)

July is Minority Mental Health Month! It is dedicated to creating awareness and discussion about mental health in minority communities in order to increase their access to mental health care and treatment. We know that mental illness affects everyone despite their differences, so we want everyone to work towards equality in mental health care.

Here are 10 facts about Minority Mental Health to get you thinking. Read and then join the discussion on social media using #MMHM.

1. Teenage Latinas are more likely to commit suicide than female teens from any other racial group. (2012 CDC Report)
2. Less than 1 in 11 Latinos with mental disorders contact mental health care specialists. (2001 Surgeon General Report)
3. The suicide rate for adolescent Native Americans is 2-5 times the rate for whites in the same age group. (Office of Minority Mental Health)
4. LGBTQ youth are 4 times more likely to attempt suicide compared to their straight peers. (2011 CDC Report)
5. Native American males aged 15-24 account for 64 percent of all suicides among Native Americans. (2001 Surgeon General Report)
6. Among women aged 15-24, Asian American females have the highest suicide rates across all racial/ethnic groups. (National Alliance on Mental Illness)
7. From 1999 to 2004, suicide was the third leading cause of death for African-Americans between the ages of 15 and 24. (Centers for Disease Control and Prevention)
8. Only 1 out of 3 African-Americans who need mental health care receive it. (American Psychiatric Association)
9. In 2012, 14 percent of American Indians and Alaska Natives aged 18+ had co-occurring mental and substance use disorders. (SAMHSA)
10. Last on the list, but most importantly, **recovery is possible for everyone!**

## Bebe Moore Campbell: The Driving Force Behind Minority Mental Health Month

*“We need a national campaign to destigmatize mental illness, especially one targeted toward African Americans . . . It’s not shameful to have a mental illness. Get treatment. Recovery is possible.”*

— Bebe Moore Campbell, 2005

Bebe Moore Campbell was an author, advocate and national spokesperson for mental illness awareness, who passed away in November 2006.

Campbell’s interest in mental health was the catalyst for her first children’s book, *Sometimes My Mommy Gets Angry*, published in September 2003. The book won the National Alliance on Mental Illness (NAMI) Outstanding Literature Award, telling the story of a little girl coping with being raised by her mentally ill mother.

As a journalist, Campbell wrote for many publications, including *The New York Times Magazine*, *The Washington Post*, *Los Angeles Times*, *Essence*, *Ebony*, *Black Enterprise* and was also a regular commentator for Morning Edition on National Public Radio.

In 2005, inspired by Campbell’s charge to end stigma and provide mental health information, longtime friend Linda Wharton-Boyd suggested dedicating a month to the effort. With the support of the Washington, DC Department of



Mental Health and then-mayor Anthony Williams, they held a news conference in Washington where they encouraged residents to get mental health checkups.

Support continued to build as Campbell and Wharton-Boyd held book signings, spoke in churches and created a National Minority Mental Health Taskforce of friends and allies. However, the effort came to a halt when Campbell became too ill to continue.

## Meet Dr. Shama Patil: New Oakland Child and Adolescent Psychiatrist



Among the physicians who have been most committed to New Oakland’s vision of delivering “the right care at the right time” has been New Oakland team psychiatrist, Dr. Shama Patil.

Dr. Patil has been a member of New Oakland’s medical team since 2012 and currently divides her time between all seven New Oakland facilities. She serves patients by providing services in both outpatient treatment and New Oakland’s FACE to FACE Partial Hospital Program (PHP).

Dr. Patil graduated from India’s KLE University with a Doctorate in

Medicine and received specialized training in child-adolescent psychiatry from the University of Michigan.

“It’s truly an exciting time to be working in mental health today and especially to be part of the New Oakland team,” Dr. Patil says. “There are so many opportunities to be making a difference in the lives of people. I think, collectively, our goal must always be to find new ways to meet the needs of individuals and communities with the highest quality care we can provide.”

A member of numerous psychiatric associations, Dr. Patil has more than 15 years of experience in psychiatry, and provides treatment primarily to child and adolescent populations.

In her free time Dr. Patil enjoys traveling, singing, reading, camping, hiking and relaxing at home with her two children.

When Campbell lost her battle to cancer, Wharton-Boyd, friends, family and allied advocates reignited their cause, inspired by the passion of the life of an extraordinary woman.

The result of their effort was the May 2008 resolution by the US House of Representatives designating July as Bebe Moore Campbell National Minority Mental Health Awareness Month.

The bipartisan resolution has sought to achieve the goal of improving access to mental health treatment and services and promoting public awareness of mental illness and enhance public awareness of mental illness and mental illness among minorities.

## New Oakland locations to serve you

**Center Line Center**  
26522 Van Dyke Avenue  
Center Line, MI 48015  
586-759-4400

**Clarkston Center**  
6549 Town Center Drive  
Clarkston, MI 48346  
248-620-6400

**Clinton Township Center**  
42669 Garfield Road  
Clinton Township, MI 48038  
586-412-5321

**Farmington Hills Center**  
32961 Middlebelt Road  
Farmington Hills, MI 48334  
248-855-1540

**Livonia Center**  
31500 Schoolcraft Road  
Livonia, MI 48150  
734-422-9340

**Southgate Center**  
13305 Reeck Road  
Southgate, MI 48195  
734-225-2090

**Warren Center**  
8150 E. 13 Mile Road  
Warren, MI 48093  
586-825-9700

**FACE to FACE Crisis Stabilization Services**  
877-800-1650  
(24 hours/day)