

Kadima...a new year



Dan Serlin, President

As the new school year starts, it is a time of return to routine for many parents and children. Routine is often a comfort as it creates a stable and predictable environment. For persons with mental illness and their families, however, the routine may be different. These families frequently feel trapped in a destructive routine that is a frustrating and terrifying experience; an experience that leeches away hope and leaves only resignation. I have heard from many clients and their families that until they found Kadima, they did not believe that they had any options but rather a long, lonely journey ahead. I

often see families and clients with a wistful look on their faces as they describe how they first came to Kadima. The story is nearly always the same; the options and support provided by Kadima were life-changing and provided a way to break out of their destructive routines and to allow for the creation of new, productive patterns.

As I reflect on the past year, there is satisfaction in what Kadima has been able to accomplish; a fully functional, award-winning and growing program for children and adolescents. Twenty-five fully occupied adult residential homes and a thriving support services program that serves hundreds of individuals and their families. The need, however, is ever expanding.

When I think of the coming High Holidays and their mandated

introspection, I am filled with optimism as I ponder how Kadima will grow and improve in the coming year. Kadima will rise to meet the needs of its current and future clients through its continued commitment to educating the community and supporting those with mental illness and their families. As President, I am committed to the idea that those who seek help from Kadima will be able to break out of their routines that lead to feelings of isolation and helplessness and live richer and more fulfilling lives.

I hope than many of you will join us as we gather on September 13th for a night of laughter and music at our Annual Benefit, as we celebrate the end of another successful year of serving the needs of Michigan's persons with mental illness and the start of an even better year to come.

The Onset of Mental Illness

Mental illness has no boundaries; it impacts one in five families from the poor, to the wealthy, to the educated, to the illiterate.

People with mental illness are our neighbors, our friends, our relatives and our co-workers.

They are young, they are old...they are part of our lives.

John – "My parents did treat me slightly differently after the (mental) illnesses struck. I would describe it as being over protective and I think they had less faith that I could manage my affairs on my own, without the help of family, friends and mental health professionals. I felt in some ways like a helpless child, but fortunately, things in my life improved dramatically when I moved to my own apartment and found employment."

Jeffrey – "Today, after going through so much with my mental health problems and drug addiction, I feel that my parents have learned to take the bad with the good. They accept me for who I am and what I am, as they always have and I hope and think they are willing to stand by me. Kadima has helped mend our relationships a lot and will hopefully continue to in the future. Kadima gives me things too, like responsibilities to take care of and the ability to handle some things for myself. This helps me further prove to my family that I am able and willing to get better from my diseases of drug addiction and bi-polar."

Harold – "My ticket to this little (family) drama was a newly acquired diagnosis which neither my family nor I understood. Whatever bi-polar disease was, I only knew that somehow it and I were inseparable. Deliverance came in the form of a small Jewish agency which simply calls itself Kadima. Kadima provides an array of services to those affected by mental illness and their families. One thing it provided my family turned out to be the thing we needed most – hope. They showed us that caring is not just a message on a letterhead. They showed us the community cares. Yes, the challenge of mental illness is an ongoing battle to be sure. Yet, knowing we are part of the solution for each other gives us the joy to move on."

Parent Advocacy Group

Kadima offers a monthly support group for parents and family members of children with behavioral and emotional issues. The group meets the fourth Tuesday of every month. There is no fee for this service.

For information, please contact
Lisa Kaufman
248.559.8235, extension 104 or
lisak@kadimacenter.org

Wish List

- Stoves
- Refrigerators
- Dishwashers
- Microwave Ovens
- Washers/Dryers
- HDTVs
- Lawn Furniture


*All in Good or
Better Condition*

KADIMA'S 27TH ANNUAL GALA

HONORING **FLORINE MARK**

Sept. 13, 2011 | 7:30pm | Max M. Fisher Music Center

Back by popular demand!



Elon Gold comedian

with special guest Ari Gold

an award-winning, recording artist

PURCHASE TICKETS ONLINE AT www.kadimacenter.org

| for info call 248.559.8235 Ext. 118 | E-mail: paulas@kadimacenter.org

Biennial Educational Conference

**November 4, 2011,
8:30 AM - 12:45 PM
Anxiety in Children,
Teens and Young Adults:
Cutting Edge Research and Treatment**

Keynote Speaker
Daniel Pine, MD,
Specialist in Childhood Anxiety
National Institute of Mental Health
Bethesda, Maryland

Conference will focus on key signs of anxiety from childhood to young adulthood; treatment options; current data on medications and psychotherapies; research on potential novel treatments and therapeutics.

**For information, contact
Leah Foltyn,
248-559- 8235, x123**

CEUs available

JCC Book Fair - Save the Date

Kadima is sponsoring two books at the 60th Annual Jewish Book Fair.

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"The Rules of the Tunnel, My Brief Period of Madness" by Ned Zeman

Friday, November 4, 2011, 11:30 AM
JCC West Bloomfield

and

"The Memory Palace, A Memoir" by Mira Bartok
Thursday, November 10, 2011, 5:00 PM
JCC West Bloomfield