

Rhode Island's free resource for health care information and mental health and addiction services

www.RInetworkofcare.com

Rhode Island Network of Care for Behavioral Health provides valuable information to those in Rhode Island struggling with mental health and addiction issues either personally or within their families. This extensive website provides access to information, advocacy and other resources to empower consumers and their families to make the best, most informed decisions possible regarding needed care in their lives.

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COFFEE MAY PREVENT ALZHEIMERS

See how much coffee the experts are suggesting you drink daily and how studies are showing it can benefit you in life changing ways.

Recession Causes Health Risks

If financial troubles are keeping you awake at night, you are not alone. Climbing unemployment rates, home foreclosures, increases in fuel prices, and budget cuts in services are causing many people to worry. Read the article, "[Recession, Economic Worries Exacerbate Sleep Problems](#)," dated January 7, 2009.

Quiz: [Are you depressed?](#) Use this [interactive tool](#) to you assess your symptoms.

Find the Care that You and your Family Need

Navigating through the healthcare system can be challenging and confusing. Many of us do not know where to begin to get the behavioral health and addiction services that we need for ourselves and our family members. Click [HERE](#) to find services in your community.

The [Service Directory](#) on the website was created to improve the coordination of patient care and **get the right service to the right person at the right time.**

Quiz: Are You at Risk for a Heart Attack?

If you, a family member, or friend were having a [heart attack](#), would you recognize the symptoms?

Do you know if you are at risk for a heart attack?

[FULL ARTICLE](#)

Community Voices

"The Rhode Island Network of Care is an innovative resource in assisting families and consumers of mental health services to privately seek out and receive appropriate treatment for mental illness. The value of the site lies in connecting those in need with the services they need, promoting the ideas of self determination and recovery-oriented services by allowing those seeking services to be at the very center of the entire treatment system."

Chaz Gross
Executive
Director
NAMI Rhode
Island



Try the quick and easy [interactive tool](#) to measure your chance of having a heart attack in the next 10 years.

Your New Year's Resolution for Weight "loss" may result in Memory "Gain"

Did you make a New Year's Resolution to cut those nagging 10lbs?

An additional incentive to get you to start exercising and eating right is a new study published in the Proceedings of the National Academy of Sciences that found that eating less can help older adults improve their memory and prevent or delay the onset of Alzheimer's. To read more, [click here](#).

Let Your Voice Be Heard

Do you want a quick and easy way to learn about the most current bills being debated on the state and national level? This site provides [legislative bill-tracking](#) so that you can:

- View State and Federal bills from the current legislative session
- Follow daily amendments and votes
- Form your own opinions and communicate your views directly with lawmakers through email.

Funding for Mental Health Services

The Medicaid program is the single largest source of funding for mental health services in the U.S. It provides a lifeline of support for millions of low-income Americans who need mental health care.

An economic stimulus package, called the American Recovery and Reinvestment Act of 2009, has been announced in the House that would provide a temporary increase in federal support for Medicaid of 4.9% for two years and an additional increase for states with large increases in unemployment.

The Rhode Island delegation has been in strong support of the economic stimulus package. You can thank your senators and representatives for recognizing the need to include Medicaid in the economic stimulus by going [here](#).

PARTNER SPOTLIGHT:

Newly Approved, Non-invasive Treatment for Depression Available at Butler Hospital

Butler Hospital is one of the first hospitals in the country to offer Transcranial Magnetic Stimulation (TMS), a groundbreaking treatment for depression recently approved by the U.S. Food and Drug Administration (FDA). With the new treatment, an electronic device beams magnetic pulses through the skull to trigger small electrical charges that stimulate the brain in a region thought to be involved in depression. TMS therapy is given by a series of non-invasive treatments while patients are awake. Over 50 percent of patients who participated in TMS clinical trials, showed marked improvement and the treatments were well tolerated without the side effects commonly associated with antidepressant medications.

"TMS is a safe and non-invasive option that offers hope to patients who have depression, but have not responded to medication," says Linda Carpenter, MD, chief of the mood disorders program and neuromodulation clinic at Butler Hospital.

To learn more, visit our [partner page](#) and click on "Butler Hospital."

We welcome feedback on the RINOC newsletter. Please [click here](#) to share your comments. Thank you.

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