



**nami**

National Alliance on Mental Illness

**New York State**

# Raising TD Awareness



**Building  
a Movement** by  
Learning Together,  
Sharing Our Stories and  
Strengthening Our Voice

**2019 Education Conference**

October 25-27 - The Wolf Road Marriott Hotel, Albany

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**SHARE YOUR STORY**  
Inspire, Educate, Advocate

## Saturday, October 26 (cont.)

years and is eager to share his discovery with others who may benefit from his experience. His wife Jan will share her insights during this period and demonstrate these two exercises with members from the audience. Handouts with information about these two holistic tools will be available to people attending this workshop.

**Sheldon Firstenberg, PsyD**

**Jan Firstenberg, Certified Energy Medicine Practitioner**

### **C E-Tardive Dyskinesia** .....Salon C

Tardive dyskinesia (TD) is a side effect of antipsychotic medications. TD causes involuntary stiff, jerky movements of the face and body. Not everyone who takes an antipsychotic drug will develop TD, but if it does occur, TD can be permanent. Dr. Leslie Lundt will detail the warning signs of TD, the importance of early intervention in addressing the disorder and the new breakthroughs in treating TD.

**Leslie Lundt, MD, Director of Medical Affairs, Neurocrine Biosciences**

Neurocrine Biosciences  
is proud to support  
**the NAMI New York State  
Education Conference**

Thank you for your commitment  
and continued efforts towards  
increasing awareness around  
mental health and tardive  
dyskinesia (TD) in the community.

Learn more about TD at [www.TalkAboutTD.com](http://www.TalkAboutTD.com)



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ENDING STIGMA: A CELEBRATION OF MENTAL WELLNESS



## MAY is Mental Health Awareness Month

**May 2, 2021**

[Join our mailing list!](#)

[Find your local](#)

[NAMI Affiliate](#)



As we continue to combat the impacts of COVID-19 on our community's mental health and the stigma surrounding mental illness, we are expanding our efforts to provide advocacy, education, support, and public awareness so that individuals and families affected by mental illness can build better lives. Our work to improve mental well-being is needed now, more than ever before.

To help address the needs of our communities, NAMI-NYS and affiliates are offering an array of events and activities to promote wellness and recovery in our communities. Learn how you can get involved below!

Of special note is recognition of Tardive Dyskinesia Awareness Week during this first week in May. Learn more about this movement disorder and ways to address it by clicking the link provided below.



## It's Tardive Dyskinesia Awareness Week!

NAMI-NYS is proud to support the 5th Annual #TDAwarenessWeek. Tardive dyskinesia (TD) is a condition of uncontrollable movements, which may develop from taking certain mental health medications.

Learn more at [TalkAboutTD.com](https://TalkAboutTD.com)



**NAMI**  
National Alliance on Mental Illness

**New York State**

# **NEWS ALERT**

**NAMI-NYS Launches New Tuesday Talks With Ann Series  
Tonight at 7pm on Instagram Live**

**Watch Latest NAMI-NYS Perspectives Episode  
with Series Leader Ann Canastra**

**Governor Hochul Announces New York State Landmarks  
to be Lit Blue Tonight for TD Awareness Week**

**Register Today for PALS United Webinar on  
TD Awareness Week**

## GOVERNOR HOCHUL ANNOUNCES NEW YORK STATE LANDMARKS TO BE LIT IN BLUE TONIGHT FOR TARDIVE DYSKINESIA AWARENESS WEEK

Governor Kathy Hochul has announced that New York State landmarks will be lit in blue on Tuesday, May 3, 2022 to help raise awareness of tardive dyskinesia (TD), a movement disorder characterized by a range of repetitive muscle movements in the face, neck, arms, and legs. TD primarily occurs as a side effect of long-term use of certain antipsychotic medications as well as medications used to treat nausea and neurological disorders, such as Parkinson's disease. People who are elderly, female, diabetic, or have a mental illness are at a greater risk of developing TD.

Fortunately, there are medical treatments available to address TD and individuals experiencing symptoms should talk to their healthcare provider.



**Dr. Ann Sullivan, Commissioner of the NYS Office of Mental Health**, said, “Almost every medication carries a risk of side-effects, even the most effective treatments that help people with very severe illnesses. Anyone who feels their medication may be causing TD should talk to their prescribing doctor, who may be able to provide different treatment options, or offer medication that will help to alleviate TD symptoms. Most people have never heard of TD, and I’m pleased Governor Hochul is helping to raise awareness.”

TD is also related to prolonged use of medications for nausea, and medications that treat neurological disorders, such as Parkinson’s disease. The National Alliance on Mental Illness (NAMI) estimates that more than 600,000 Americans suffer from TD, and people who are elderly, female, diabetic, or have a mental illness are at a greater risk of developing it. If you notice new, involuntary movements of your limbs, face or neck, talk to your healthcare provider.

### Landmarks to be lit:

- Empire State Building
- One World Trade Center
- Governor Mario M. Cuomo Bridge
- Kosciuszko Bridge
- The H. Carl McCall SUNY Building
- State Education Building
- Alfred E. Smith State Office Building
- State Fairgrounds - Main Gate and Expo Center
- Niagara Falls
- The "Franklin D. Roosevelt" Mid-Hudson Bridge
- Grand Central Terminal - Pershing Square Viaduct
- Albany International Airport Gateway
- MTA LIRR - East End Gateway at Penn Station



**Tardive Dyskinesia  
Awareness Week**

**May 1-7, 2022**

[TalkAboutTD.com](http://TalkAboutTD.com)  
[#TDAwarenessWeek](https://twitter.com/TDAwarenessWeek)





# New York State

## Welcome to NAMI-NYS E-newsletter

May 5, 2022



May is Mental Health Awareness Month and NAMI-NYS and the local NAMI affiliates are busy doing outreach and providing programming around mental health and mental health disorders.

NAMI-NYS has a series of events highlighted below, as well as some information about Tardive Dyskinesia Awareness Week taking place this first week of May.

In addition, you will find information on our upcoming NAMI Signature Programs, NAMI News, and information on research studies, surveys and more!

### New York State Landmarks Lit Blue for TD Awareness Week



On Tuesday, May 3<sup>rd</sup>, New York State landmarks including the Empire State Building, Niagara Falls and the Empire State Plaza were lit in blue in support of raising [Tardive Dyskinesia \(TD\) Awareness](#).

TD is a movement disorder characterized by a range of repetitive muscle movements in the face, neck, arms, and legs. It primarily occurs as a side effect of long-term use of certain antipsychotic medications as well as medications used to treat nausea and

neurological disorders, such as Parkinson's disease. People who are elderly, female, diabetic, or have a mental illness are at a greater risk of developing TD.

## Join NAMI-NYS and PALs for TD Education Event Next Thursday

On Thursday, May 12<sup>th</sup> from 1:30 pm – 3 pm, the Patient Advocacy Leaders United (PALs United), NAMI-NYS and partners are holding a special event in support of improving the lives of those affected by disease and chronic health conditions by educating and mobilizing health advocacy leaders to work collaboratively in developing impactful policy and advocacy solutions.

This event will:

- Showcase educational and awareness activities conducted during **TD Awareness Week**.
- Highlight best practices from TD Awareness Week to improve understanding of how to more effectively address TD/Movement Disorders.
- Continue to unite and strengthen the network of TD advocates to raise awareness and address issues impacting the well-being of persons and caregivers affected by TD.

[Click here](#) to register.

★ REGISTER NOW ★



Please join us for  
**PALs**  
UNITED  
*Patient Advocacy Leaders  
United for Movement Disorders*

*Showcasing TD Awareness Week Best Practices to Ignite a Movement*

**Date:** Thursday, May 12, 2022  
**Time:** 1:30 PM - 3:00 PM (ET)  
**Location:** Virtual Web-Based

This event will bring together health advocates and policy leaders to showcase educational and awareness activities conducted during Tardive Dyskinesia (TD) Awareness Week, with the goal of distilling best practices to help improve understanding of how to better address TD.

Questions? Contact Anne Easter @ CPALs

There is no cost to attend this event.  
Register at <https://tinyurl.com/2p93wamj>

*Thank  
you!*

**Matthew Shapiro**

**Matthew@naminy.org**

**518-245-9165**