

Dates and Events

SHARE AND CARE

Do you need someone to talk to? Would you like some of your questions about mental illness answered? Our support group for family and friends of the mentally ill meets **every** Tuesday at 6:00 PM at Arden House, 1552 Colorado Street, Glendale, at the corner of Colorado and Lincoln. We encourage you to come. Limited parking is available on the street. Please enter through the front door.

MONTHLY NAMI MEETINGS AND EVENTS

February 5, 2008 General Business and Budget Meeting to be held. This meeting for our members is an opportunity to learn about and give input into the plans for NAMI Glendale for 2008. We are asking that all members attend this important meeting.

March 4, 2008 Dr. Kopelowicz will be our guest speaker. Dr. Kopelowicz was born in Buenos Aires, Argentina and immigrated with his family to New York City at a young age. However, he remains fluent in Spanish, which has been enormously helpful in his work at SFMHC. He graduated Haverford College with a B.A. in Psychology, and went on to receive his medical education at Rutgers Medical School in New Jersey. He completed his psychiatric residency at the UCLA/San Fernando Valley program.

Family to Family Classes to start on February 11, 2008. The free 12 week program will meet at Glendale Memorial for enrollment and details contact Jonee at sh8djb@earthlink.net or phone 310-663-3844.

NEWS FROM VERDUGO MENTAL HEALTH

Lynn Brandstater

VMH's Board of Directors is prioritizing its planning function with a new Board Planning Committee. Three members, Carl Povilaitis, a Lt. with Glendale's Police Department, Sarkis Ghazarian, Transfer Center Coordinator for Glendale Community College, and John Adam, the Director of Behavioral Medicine Services at Glendale Adventist Medical Center will work with me,

consultant Dr. Chuck Gabbert, and Chief Operating Officer, Dr. Jeff Smith. VMH has had fifty years of success, and the new building brings new opportunities. What should VMH offer to the community in the years ahead? You are key stakeholders to the agency, and this community, so call or email me your recommendations for things our committee should explore. The Prevention and Early Intervention dollars in the Mental Health Services Act offer us an opportunity to do things we haven't done before, and we want to be ready with plans when the dollars are actually available. And, we want to look outside the government "box" of funding at other possibilities. So, what do your loved ones need that isn't there? My e mail is brandstaterceo@vmhc.org, and my phone is 818-244-7257, ext. 1140. Or, let Dorothy know and she can give your input to the full VMH Board.

I personally want to thank all of the NAMI Glendale members who supported the ACHSA annual luncheon on October 18. What a great thing to have a whole table, along with our VMH table. It's my last year as the Board President of ACHSA, so I was proud to have the



whole "family" there. For those of you who couldn't attend, you missed a stunning description from our annual Inspiration Client Award winner of her life with bipolar disorder and alcoholism. Now she's a NAMI advocate, member, and supporter, and a clubhouse director. She gave me hope.

CANVAS, the film to be released on DVD January 27, 2008

NAMI Glendale sponsored a screening of the film, "Canvas" starring Joey Pantoliano, Marcia Gay Harden and Devon Gearhart written and directed by Joe D. Greco, NAMI member, when it premiered in Los Angeles in October. The film was attended by members of the Screen Actor's Guild and was followed by a Q & A featuring Joey Pantoliano, Devon Gearhart, and Joe D. Greco. The film has been nominated for a Voice Award and won the audience award at the Rome Film Festival.

Many of our family members and their loved ones attended the screening. If you weren't able to see the film at the theatre, you can catch it on DVD on January 27, 2008. Below are comments from our member, Dorothy Meyer, mother of two sons with Schizophrenia.

This was a most powerful film depicting a mother and wife with schizophrenia and how the family had to cope with her illness. It also illustrates the interactions, interrelationships between husband/father with the mother/wife and the son with both.

It is certainly a movie to be seen by families who have loved ones with mental illness. They can relate to the anger, agony, chaos and love that are shown by the family members and eventually close friends.

The film is a very important tool for the education of the population that do not understand mental illness and the toll it takes on families and friends; hopefully the more people that see it the less Stigma we will have.

The actors (father and son) showed their deep emotions that evolve when dealing with a loved one with the illness; and how they learned to understand the illness, deal with it and come together as a family.

Marcia Gay Harden, the mother performed her role with deep emotions and really bared her soul as the mentally ill person. Devon Gearhart, who played the son, did a unbelievable job always trying to understand why his mother acted the way she did and finally comes to terms with the illness and how he eventually began to relate and enjoy his mom again, of course, still not being able to predict the future.

Joe Pantoliano, who portrayed the father, really gave a most inspiring performance; and as we learned, he suffers from depression; one could see his acting was so real; with his true feelings being very obvious. Joe Greco wrote the script from the heart, relating /illustrating the experiences growing up with a mother with schizophrenia.

From the Hancocks



I think it's time that I re-surfaced. Sorry to be away so long. Since Fred went into the hospital on October 13, we have had to get used to a new life, a new way of living. He looks good, even though he still hasn't gained any weight, but the Alzheimer's only gets worse day by day. He can't be left alone a minute and when we do, we usually regret it.

In order to go back to work, which I have, I have hired Romeo, a Filipino young man who comes in several

days a week and stays over night. He watches over Fred like a hawk (Fred thinks he overdoes it!), makes sure he eats and takes his pills, and does light housework. Fred goes to chemo every third Wednesday, to the lab for lab tests every third Monday. He's also has had every kind of scope that there is, I'm sure. He has a urologist, an oncologist, a surgeon, a primary, a cardiologist, a gastro-something-ologist and, of course, a dentist and an eye-doctor. Romeo doesn't drive and I want to be with Fred during all these appointments anyway, so just seeing the doctors keeps me busy.

UCLA has been great about my time. I have not had to use any sick days or vacation days. As long as I do work at home each day, I can stay home, unless I have meetings or classes. I'm home today because a meeting was canceled.

My new life demands that I give up some things that have been a part of my life for years. And one of those is the work I do for NAMI. I'm sorry about the newsletter, but I don't think anyone really misses it. I have had no emails saying so, anyway. Maybe we were doing all that work for ourselves and not for the larger audience out there. But I'm sure you can pick it up. Wayne does a wonderful job formatting it. Someone else can read the articles. We have lots of literate, intelligent people in our group, some of them teachers. It's time to pass the baton. I have in my files Michael's last article which is still good. I also have Jonee's which is out-dated by now and Dorothy's, also way out-dated.

What I will do is make a complete copy of the by-laws for you and email it to you when I get it done. Then someone else will have to be in charge of the by-laws.

Fred wants to come to a meeting. He often goes to bed by six o'clock but I'll see if next Tuesday night he can stay awake a little while longer. We may not stay for the whole time.

Know that I miss you all, think about you often, still get phone calls from strangers asking for help, will come when I can. Are we in the new building yet?

Oh, one more thing. I was watching TV last night and saw a clip of an awful video by Ashlee Simpson called, I think, Out of My Mind. She was strapped into a straight jacket and it was terrible! Someone please pass this on to Stigma Busters. Maybe they are already on it, but if not, they should be.

Thanks for all your cards and phone calls.

Jane

A Follow-up to Jane's letter from the GAMIGram Team

We are all going to miss Jane, her thoughtfulness, kindness and tireless devotion to the NAMI cause. We have expressed to her she and Fred will continue to be in our hearts and minds often.

As you can see the GAMIGram will continue. For now we will publish a quarterly edition. This

could change in the future but that would be up to you.

If you have an interest in helping put the GAMIGram together please contact Jonee.

The GAMIGram Team

WORDS FROM THE PRESIDENT

Jonee Shady

I wanted to focus this message on our last year's accomplishments as an affiliate and look forward to the New Year as we set goals for the future of NAMI Glendale. I would like to thank all of our wonderful volunteers who have helped keep our affiliate going and growing. Many of our volunteers are behind the scenes helping out and I would like to recognize them here.

Mario Bodnia has been answering the phones for us and relays information about our weekly support group and F2F programs. Bertha Garcia and her daughter Karla manned our registration table at the annual NAMI walk, Bertha trained as a F2F teacher and has agreed to co-teach with me, the upcoming class starting in February. Glorianne Mar has done some outreach in the community including locating places for classes and information tables. Lynn Slotkey manned a table at a health fair in Los Angeles. Aida Bagdasaryan brought a team to the walk, volunteered at the walk, and is distributing information about F2F to the community. We don't see them very often at our meetings but they are part of us behind the scenes and I thank them dearly for their support.

I want to thank my fellow board members, Wayne Baldaro, Niki Davis, Mike Miller, Denise Hyatt-Burghdorf, and Linda Gibson for their ongoing participation and support and of course, I can't forget our speaker's night and refreshment committee, Dorothy, Kay, Linda and Elaine.


As you know, our newsletter took a little break due to Jane's personal circumstances but she has allowed us to publish her personal progress in this newsletter. We will miss her input and are forever grateful for her many years of dedication to our affiliate. I can't thank her enough and am so honored to have had her influence and caring in my life. Jane will be no stranger and we will do what we can to ensure that the Newsletter keeps going with as much passion as she has put into it all these years. I know that she is very proud of this newsletter as it is unique in that this newsletter is written by the membership.

Although the NAMI Walks was bigger than ever, NAMI Glendale didn't do as well as in previous years but our goal this year is to get back on track and get more participation. One of the challenges will be to outreach to those who have gone through our programs, know the benefits, and encourage them to let the public know how it has influenced them. We hope to host a F2F reunion with all the graduates of our past classes.

CANVAS was released in October and will soon be out on DVD and it was NAMI Glendale who was instrumental in outreaching to the community so that people outside the

Mental Health field would see this film. Films such as these can be an extraordinary way to fight stigma and we must continue the fight against stigma so that we can improve the system and educate the public of the need for better services.

I hope that with our efforts we can continue the great work that this affiliate has done in addition to our weekly support groups. We need all of our members' input in order to do so and you haven't let us down yet. For that I thank you and look forward to a great year of Support, Education, and Advocacy.



JOIN NAMI – YOU ARE NOT ALONE
\$35.00 PER INDIVIDUAL OR FAMILY
MEMBERSHIP MAKES YOU A MEMBER OF THE
STATE AND NATIONAL ORGANIZATIONS.
 Please make checks payable to:
 NAMI Glendale
 Mail to: NAMI Glendale Treasurer, Wayne Baldaro, c/o
 Verdugo Mental Health, 1540 E. Colorado, Glendale, CA
 91205.
 GAMIGram only - \$10.00
www.namiglendale.org

RESOURCE INFORMATION

(PMRT) Psychiatric Mobile Response Team

(626) 258-2004 for crisis management, Monday-Friday 8 am – 5pm. At other times use the Access Line.

Access Line, 24-hr: (800) 854-7771 for information and consultation, and for Psychiatric Mobile Response Team after Hours and Week ends.

(MET) operates 5 PM to 1 AM. Call Local Sheriff Station (or 911 if dire emergency) to request MET response. For general information: (562) 903-7530.

Family Advocate: John Griffin (213) 637-2311.

LA Police/Mental Assessment Response Team System – wide **Mental Assessment Response Team** (SMART.)

Mental Evaluation Unit (MEU) call (911) to request the MEU response.

IF YOUR LOVED ONE IS ARRESTED CALL: DMH Jail Mental Health Services: John Davis, District Chief (213) 229-9991.

Inmate Information Center (213) 473-6080 or (213) 473-6100.

Jail Inpatient Unit: Neil Ortego, MD (213) 893-5391.

Suicide Prevention Center, Crisis Line 24hrs 7 days (310) 391-1253.

Friendship Line: a toll free telephone help-line, run by people with mental illnesses seven days a week, 365 days a year, offers information about mental health resources and connection to crisis lines. Specially trained peer supporters are now available from 6 a.m. to 10 p.m. during the week and from 10 a.m. to 10 p.m. on weekends and holidays. Give us a call at 888-448-9777.

Service Agencies

L. A. County Mental Health Referrals
800-854-7771
L.A. Human Service Agency Referrals
800-339-6993
Access Transportation
800-883-1295
Protection and Advocacy
213-427-8747
Service Agencies continued
California Youth Crisis Hotline
800-843-5200
Child Abuse Hotline
800-540-4000
Domestic Violence / Sexual Assault Hotline
800-339-3940
Elder Abuse Hotline
800-992-1660
Substance Abuse Hotline
800-564-6600
Vocational Rehabilitation
www.dor.ca.gov
916-263-7365
Sober Living Referral Center
800-799-2084
Social Security Administration
800-772-1213

Medi-Cal Application
626-791-6334
General Relief
626-791-6222
In-Home Support Medi-Cal
888-944-4477
Legal Assistance
Free: 800-399-4529
Low Cost: 800-233-5129
Shelter Hotline
800-548-6047
Homeless Health Care
213-744-0724
Senior Referrals
800-777-7575
In Home Health Care
800-908-7030
Access / Psychiatric Mobile Response Team
800-854-7771
Suicide Prevention & Survivor Hotline
877-727-4747

Support Groups

National Depressive Association
800-248-4344
National Mental Health Association
800-969-6642
Al-Anon
818-760-7122

National Alliance on Mental Illness
800-950-6264
Glendale 310-663-3844
National Manic and Depressive Association
800-826-3632
Dual Recovery Anonymous
877-883-2332
Support Group Referral
877-742-7349
Alcoholics Anonymous
800-923-8722
Narcotics Anonymous
626-359-0084
Cocaine Anonymous
310-216-4444
Emotional Health Anonymous
626-287-6260
Co-Dependents Anonymous
818-906-6608
323-969-4995
Anxiety/Fear Support
310-306-0766
Divorce Support Group
626-583-2715
Anger Management
626-795-9172
Overeaters Anonymous
626-795-9901



The **GAMlgram**, the Community's Voice on Mental Illness, is published by NAMI Glendale to educate its members and the general public about issues affecting the mentally ill.

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Missed an issue? Want to share a GAMlgram with someone? Use the online GAMlgram Archive to view previous issues and share great articles and information with others. Here is the link:
http://namiglendale.org/gamigram_archives.htm



Save the Date: October 4, 2008
Santa Monica Promenade

Although it may seem far away we are making plans already for this year's walk. We need team captains, sponsors, volunteers and of course donations.

NAMIWALK Manager
NAMIWALKS Los Angeles County

Email:
Phone: 213/251-6519
Web: <http://www.namiwalkslac.org/>