



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, Verdugo Mental Health 1550 Colorado Street, Glendale, at the corner of Colorado and Lincoln. We encourage you to come.

NAMI Support Group in Spanish

Starting in July NAMI Glendale will offer twice monthly a support group for those whose primary language is Spanish. The group will meet on the 2nd and 4th. Tuesdays of each month in Room 107 at Verdugo Mental Health at 6 PM.

GRUPO DE APOYO EN ESPANOL

SE REUNE EL SEGUNDO Y CUARTO MARTES DE MES A LAS 6 PM EN EL CUARTO 107 en Verdugo mental Health
Este es un grupo de apoyo para los miembros de familia que tienen un ser querido con enfermedad mental.
Se comparte experiencias y se ayudan unos con otros.
Lider Rose Eguino

MONTHLY NAMI MEETINGS AND EVENTS

Tuesday, October 7th, Speaker's Meeting Set

Cari M. Schwartz and Megan F. DiTolla of West Coast Disability Law Group, LLP will join NAMI Glendale the night of October 7th to share their legal insight into the Social Security Disability and Supplemental Security Income claims process. Their presentation entitled, "Documenting Disability: Navigating the Social Security Claims Process" emphasizes crucial information and tips that can lead to a successful outcome of a claim based on mental illness. In addition to discussing all the stages and standards associated with an application for benefits, Cari and Megan will be available to answer any questions that you may have regarding Social Security Disability benefits and Supplemental Security Income.

Glendale Depression and Bi-Polar Group

The Glendale chapter of the DBSA meets each Thursday evening at Glendale Adventist Hospital. For times and directions visit:
http://health.groups.yahoo.com/group/DBSA_Glendale/



National Alliance on Mental Illness

NAMI Walks for the Mind of America

Save the Date: October 4, 2008
Santa Monica Promenade

(More on the walk inside)

Email: wbaldaro@nami.org

Phone: 213/251-6519

Web: <http://www.nami.org/namiwalks/ca/los>

NAMI Walks is just around the corner & we want to bring your attention to those involved in this years walk and how you can support this important event now.

The Glendale affiliate has 8 teams signed up to walk. You can support a team by going to the link above and on the top of the page it says "Support a Walker" type the name of the Team Captain you wish to donate to and follow the directions. Here are the teams and their captains:

Team

Bi-Polar Babes

Cathy's Walk Warriors

Family to Family Glendale

Letty's Go Team

VMHCare

Walk for Change

Walk with the Hancocks

We Walk they Live

Captain

Emilia Platas

Cathy Tempkin

Jonee Shady

Letty Baldaro

Lisa Staab Shadburn

Margaret Siegel

Jane Hancock

Gwen Medina

The goal for this years walk is \$300,000 as of September 21, 2008 \$129,000 has been raised. Come walk with us on October 4, 2008 at the Third Street Promenade in Santa Monica.

Contact wbaldaro@nami.org if you need information on how to become a walker.

Our walk supports the programs that NAMI offers all over Los Angeles County. This is an important event and our 5th. walk to support our cause. Be a part of this event, walk, give generously and help up fight stigma.

Patience and Parking

A Note from Lynn Brandstater, CEO, VMHCare

Our new parking lot is open! Thank you for being so patient while this phase of our project was completed. Please enter off Lincoln. The parking lot lights are on a timer, so you should be safe going to your cars in the dark. We'll now regrade and resurface the lot facing the administrative wing. So, please be careful for a bit longer when you visit, and avoid the trucks and equipment on that side.

And, thanks for being patient while we wait for your storage unit and bulletin board. With a tight budget, I am trying to have furniture and office items delivered in bulk to avoid multiple delivery charges. So, it takes time to get a truckload together.

We are waiting for the City to take a look at some proposed changes to our original plan about how we'll finish the street details, fencing, and landscaping. So, our party date is yet to be set to show off our new facility to our neighbors. You'll be one of the first to know!

WORDS FROM THE PRESIDENT

Joneè Shady

Monopoly is the Key

I realized that it has been awhile since I have written about my brother Nicky. I went to visit him at Patton last weekend and had the most pleasant visit ever. I had called him the previous day and asked what he wanted me to bring him to eat. He requested a hamburger and French fries. That would be easy to fulfill.

I arrived around 9 am, went through security, and waited for him to come out. While waiting I found us a nice table outside and asked for the Monopoly game. The last time I was there, I couldn't stay long but we had started a game of Monopoly and I was astonished that he could recall all the rules which I had to look up because I couldn't remember them all. In fact, I couldn't recall the last time I had played the game. At that prior visit, my brother couldn't remember being to Angel Stadium, a place we'd gone to many times as children but he certainly remembered those rules. I was disappointed that I couldn't stay longer as it seemed that he was enjoying the game.

So this time, after he ate, we proceeded to play Monopoly. I had to chuckle that even in the game; he would not tolerate staying in jail. He had even sold me one of his get out of jail free card only to find that he was sent there more than five times during the course of the game. He immediately paid the \$50 bucks to get out of jail. (If it were only that easy.) Anyway, at one point we were asked to leave the patio for the count. We left the game as is as I didn't realize how long we would have to wait before going back outside to continue our game.

An interesting thing happened though during this time we were stuck inside. My brother talked to me about his case. He said he had gone to court but was not taken to the court room and didn't really know what happened there. He told me that he had spoken to his doctor. He told me that they had

cancelled one of his classes, the one on case management due to the teacher no longer working there. I was starting to explain the procedure and reason why he was at Patton. He asked me questions for clarifications and listened intently without arguing. Even when he told me they had the facts wrong, I replied that these were the facts according to the hospital and that he had to comply with his treatment as there was nothing we could do about the facts that were in his file, true or not. I mentioned that I was hoping that they would let him be released to Anne Sippi Ranch. He recognized the name and said that his doctor had asked him to talk to me about being admitted to Anne Sippi.

After the count, we returned outside and finished our game. He spent almost the entire visiting time with me. We even played some cards before he said he should go back. I was so grateful to spend so much time with him.

This visit could've taken place in my living room. I mean it felt like I was talking to my brother, Nicky, not a patient at a State Mental Institution. He was attentive, he was interested in what I had to say, he was not argumentative, and he seemed to sincerely grasp what I was telling him. I had not seen this in him previously. I mean he always found a way to avoid discussing the truth about his situation.

I share this with you because I have a new ray of hope as to his future in this system that has been so hard to navigate. I want the best for him and I know that I have to continue to fight for him but now it seems he might be able to comprehend what his part in this is his responsibility. Maybe he will recover to a point where he won't always be institutionalized. I mean before, I was sure that this was his fate, I thought he would never gain enough insight but now it appears he is gaining some insight. I cannot give up on that chance that he will have a better quality of life despite his diagnosis.

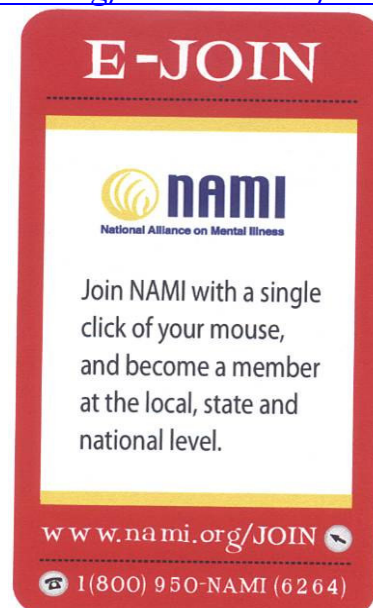
And to think, it all started with a simple game of Monopoly.

Walk with me on October 4th on the Santa Monica Promenade.

www.nami.org/namiwalks08/LOS/jShadyTeam

Sponsor me on October 4th

www.nami.org/namiwalks08/LOS/jbs



Some Recent Letters to the GAMI Gram

Dear Mr. Bodnia:

I am writing to you this afternoon because I know that you are concerned about persons of all ages who are afflicted with mental illness. As you know, the Surgeon General has reported that twenty percent of our country's children under the age of 18 have mental illnesses, and between six and nine million of those children have a serious emotional disturbance. Each year, hundreds of thousands of those children and adolescents are confined to inpatient psychiatric hospitals, residential treatment centers, therapeutic foster homes, treatment academies, and behavioral boot camps.

I have worked with children and adolescents in the mental health field for more than twenty years, and I believe that despite those extraordinary numbers, many of our children are not receiving optimal treatment for their mental health issues. I have written *The Forgotten Future: Adolescents in Crisis* to provide an unprecedented insider's look into a system which has serious inadequacies.

The Forgotten Future is reader-friendly and provides insight into what life inside an acute psychiatric hospital is really like, for the patients and for the staff. It tells the stories of some of the teens with whom I have worked in Connecticut, Alaska, and Virginia. The stories are all true, although I have placed all of the patients into a composite hospital which I have called "Oak Haven".

The book features adolescents suffering from a variety of disorders and demonstrates the dangers of physical and mechanical restraints as I tell of the death of one of my patients who died during such a restraint. As an assist to parents, *The Forgotten Future* provides appendices with resources and important information about how, when, and where to seek help for troubled children, as well as specific questions to ask of providers and mental health facilities.

As someone who is profoundly concerned about children, I wanted to tell you about *The Forgotten Future*. I do hope that you'll order a copy and, after a read, recommend it to your friends and colleagues. Further, I am available for limited speaking engagements. It's easy to order copies online at my web site at www.debebel.com or at www.amazon.com, www.BarnesandNoble.com, and other online booksellers. It can also be special-ordered through local bookstores.

A portion of the proceeds from each retail sale of *The Forgotten Future: Adolescents in Crisis* will go to the National Children's Advocacy Center (NCAC) in Huntsville, Alabama. A link to the NCAC can be found at my web site at www.debebel.com.

I wish you and your colleagues continued success in your work with those facing mental health challenges.

Very sincerely yours,

Deborah Clark Ebel, R.N.
Norfolk, Virginia

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The Forgotten Future: Adolescents in Crisis by Deborah Clark Ebel, R.N., is now available at www.debebel.com or at Amazon.com or your favorite online bookseller. It can also be special-ordered at your neighborhood book store. You won't want to miss this disturbing new look at America's mental health care system.

Hi Wayne

I went to hear Pete Earley, here my comments for the newsletter.

I attended the talk of Pete Earley on his book "CRAZY; A father's search through America's mental health Madness" at the California Endowment.

Pete Earley, is a reporter for the Washington Post, and author of several nonfiction books, told other's people stories, and now he is telling his son's story. He detail his family's struggle with the system and to expose the criminalization of the mentally ill in a Florida jail. He shared his experience as a journalist, father and now advocate, and a member of NAMI.

His son jus finished his Bachelor and he had his first Manic episode and told his dad "How would you feel Dad, if someone you loved killed himself" Pete was driving in the freeway in his way to take him to the hospital, but in the hospital because he denied trying to hurt himself or others, was not admitted. His son was only 23 years old when he was diagnosed Bipolar! He asked his son's permission to write about him and the broken Mental health system. He told through changing policies have led to the release of 80 percent of mentally ill patients into the streets, and now and now those are in the streets but also in the jails, where the mentally ill patients endure an experience like the horrors of a century ago. What he recommends is that NAMI gets more involved in policy making!

Rose

Wayne,

Thought you might be interested in checking out this website that I am starting to develop. Just getting it started, but it already has some nice links to video-based mental health information.

www.ReelMentalHealth.com

Regards, Dennis
Dennis Lowe, Ph.D.
Professor of Psychology
Pepperdine University
(310) 506-4609

What is a healthy relationship with your Mentally Ill loved one

By Rose Eguino

My son was born 3 years later than my daughter their father and I were very happy. My son was very sweet, and very sensitive. Soon I noticed that his father and he were not very close. When he was 4 year' old he called him mama's boy. When he was 5 year' old his father left us!

I was a mother and a father I worked full time as a registered nurse, my son had two strong women as role models, my daughter show her strength very early, and used to boss him around and sometimes hit him. I was not fair or objective, I prefer my son sometimes, because he was younger.

I remarried to forget my first husband and to give my son a role model, because my son and I we were very close. The second husband did not turn out to be a good role model, he drunk on weekends and gamble. He took my son to fishing. He really cared for my son, and not for my daughter. We divorced when my son graduated from High School, my son cried we had to move where the house he grew up. So my son had 2 year of living with me, my daughter moved away far to N.Y. When he was accepted at Cal State Northridge, I push him to go live near school. He seemed very normal that he visit me on weekends, and then he graduated and started to work as a teacher. My daughter came back from NY and started her own business, and she needed a little help so we rented a house together.

This is when my son started to have symptoms, and he felt that I and my daughter did not support him on his first job. Unfortunately when the board of Education did not accept him back, he had his first mild breakdown. Since we did not know why he would sleep till 12, his sister and friends use to call him lazy and say he was a mama's boy. They blamed me for not being tough. A few years later we had a name for his disorder, he was diagnosed with Schizophrenia. Although I was divorced I still own 2 houses on a lot with my ex-husband, so my son lived in the house he grew up.

Of course I had to get over involved with my son he was Mentally Ill. After 10 years of fighting, and over involvement my son NOT accepting his disease, I got so tired and frustrated, that I begun to believe that maybe we are too enmeshed, too over involved and I sent him to Bolivia to live with my brother. He reached bottom, because he was not being monitored closely and was hospitalized two times, only then he accepted he had the illness.

In the meanwhile I worked on my own to have a healthy involvement with my son thanks to NAMI. I found NAMI on the internet and I promptly attended family to family and Jonee was the excellent teacher! I was able to have the courage to tell my son. I was able to put my conditions before he came

back. He accepted, and he came back after being away one and a half year. There was a change in him; he was more of a man, a little fuller, chubbier because of the Resperidol. So now we have and interdependent relationship it is a healthy involvement. I occasionally count his pills; he lives alone in his own bachelor apartment. He lives near me, and I am in a happy third relationship. My son went back to get his credentials for teaching at Cal state Northridge, he gets along with my Ben, and I feel we are not enmeshed anymore



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.

GAMlgram only - \$10.00

www.namiglendale.org

Helpful Checklist for Parents of College Aged Students

Go to the link below from The JED Foundation to see **A Check List for Parents – Getting to Know Your Child's College**. What mental health services does your young adult's college have in place? <http://jedfoundation.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.

President: Joneè Shady

Editor: Wayne Baldaro

justplainwayne@yahoo.com

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

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October 4, 2008 Santa Monica