

GAMIGram



Volume 19 Issue 1

NAMI Glendale

January/February 2004

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 Tuesdays at 6:00 PM at Arden House, 1552 Colorado Street, Glendale, at the corner of Colorado and Lincoln. We encourage you to come. Enter through the front or rear entrance. Parking is available behind the building or on the street.

Tuesday, January 6, 2004 Speaker's Meeting

NAMIWalks for the minds of America. You are invited to become a part of a history-making event! LA County prepares to fight stigma, raise awareness and generate funds on our largest scale ever by holding its 1st Annual NAMI WALK. As you know, each year thousands of walks raise considerable public awareness and hundreds of millions of dollars for a myriad of national health problems, but up to now, never for mental illness. Niki Davis will speak and show the NAMIWalks video. Come learn the steps needed to generate change and solvency in our troubled times. May 22, 2004, is not only a date, but a movement. Whether or not you have ever participated in a walkathon, a 5k race, or a huge fund-raising effort, your help is needed. We will also learn how to keep Verdugo Mental Health alive and well by supporting the 2nd annual VMH 5K/10K FUN WALK n' RUN on March 6, 2004.

Sunday, January 18, 2004, 2:00 pm.

NAMI Glendale Board Meeting at Jane Hancock's house. All invited. Light refreshments.

Tuesday, January, 27, 2004, 6:00 to 8:00

NAMI and Verdugo Mental Health Walks Pizza Party Kickoff. See Page 4 for details.

Tuesday, February 3, 2004

Speaker to be announced.

WORDS FROM THE PRESIDENT

Jane S. Hancock

Many of you already know about the Mental Health Initiative that we want to be on the November 2004 ballot. You know because you are carrying around petitions and getting them signed. If any readers out there want to help get signatures, call or email me at the addresses at the end of the article. What the initiative does is the following:

- Expands mental health care programs for children and adults. Provides services to persons currently disabled by mental illness, persons showing signs of mental illness in need of prevention services, and to families and caregivers of those affected.
- Provides much more than mental health counseling and care. Uses the "integrated services" model to provide a range of services. Services include outreach, medical care, short and long-term housing, prescription drugs, vocational training, and self-help and social rehabilitation.
- Offers services to persons and families without insurance, or for whom insurance coverage of mental health care has been exhausted.
- Creates children's services targeted to those not covered by existing programs, particularly those with untreated mental disorders placing them at risk of severe mental illness, removal from home, suicide or violent behavior.
- Assures that parents shall not be required to relinquish custody of a child in order to make the child eligible for medically necessary mental health care services.
- Pays for expanded programs through a surcharge on income above \$1 million per year. New 1% surcharge applies to each dollar earned over \$1 million. Surcharge would raise approximately \$600 million per year. Program phases in over a three-year period.
- Creates oversight and accountability commission to supervise new mental health care programs.
- Generates hundreds of millions of dollars in savings. Experience with AB 34 programs shows that, by treating mental illness earlier and more effectively, savings are generated in reduced hospital costs, jail costs, and medical and welfare costs.

To volunteer to get signatures on a petition (or to sign a petition) call Jane at 818.240.7279 or email janelou@aol.com.



WALK FOR NAMI in March and May!

NIKI'S NOTES

NAMIWALKS For The Mind of America 2004 LOS ANGELES COUNTY - SANTA FE DAM, SATURDAY, MAY 22, 2004.

Good news: NAMI/Glendale was one of the big winners in attendance for the Walk Rally on December 6. We tied for 4th with Whittier. 1st was Inglewood, 2nd San Fernando Valley and 3rd West Los Angeles. San Gabriel Valley, East San Gabriel Valley and Glendora followed Glendale.

NAMIWALKS FUNDRAISING IDEAS for our AFFILIATE: Group fundraising:

1. Penny jar drive
2. Recycle drive
3. Approach Baja Fresh chain (or any other merchant/charity special day we can arrange before March or April '04).

LETTER WRITING IDEAS: Do group "brainstorm chain lists" for family letters, letters to local merchants and businesses. Jane Hancock, NAMI Glendale President, has promised a dinner for two at a very nice restaurant to the first person who brings in a sponsor donation over \$5000 or more.

SPECIAL MEETING END OF JANUARY: Help create penny jars for penny drive, do group letter writing, stuffing, and stamping, serve as our own pep rally for the WALK. See Page 4 for details.

NIKI'S HOLIDAY WISH: 2-to-4 in 2004, a slogan of commitment to this walk and to this affiliate. Make a new year's resolution: make two (2) to four (4) phone calls, write two (2) to four (4) e-mails or letters, give two (2) to four (4) hours of volunteer time a month this year. That is my Holiday wish, my winter seeds to sow for a prosperous New Year. Health and Prosperity for us all, and all of VMH, and for all mental health facilities and all their clients and potential clients in our county. Serve so that we may be served. Thank you!



The GAMIGram, 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 and Editor: Jane S. Hancock

WALK PROGRAM COVER DESIGN COMPETITION

Our relatives diagnosed with a brain disorder are eligible for this contest. Design an original or computer generated cover design for NAMIWALKS 2004.

Size of the design submitted should be no larger than 8 inches by 11 inches and no smaller than 5 inches by 8 inches. Design may be in color or black ink on white paper. India ink or black roller ball pen.

The words - NAMIWALKS 2004 LOS ANGELES COUNTY - should be included in the design. Other words that might be included are - SANTA FE DAM and MAY 22, 2004.

All entries must be submitted to Charlotte Martin at LACCC no later than February 25, 2004.

A committee will be selected to judge all entries. The winning entry will be used as the program cover design and an award will be given to the designer at the WALK. Other entries will be displayed in an exhibit WALK day.

ADVOCATE MAGAZINES WANTED

The walk office is in desperate need of *Advocates* in order to complete the sponsor packets. We are expecting a shipment soon. If you have a supply of them catching dust, please let us know. We would prefer the most current edition but we'll take what we can. It would be ideal if you could bring them to a meeting but if necessary we can arrange to pick them up.

SILVER RIBBON POSTAGE STAMP CAMPAIGN

Dear Postmaster General, I want a Silver Ribbon on my letters!

The letter-writing campaign is over and the decision will be made in January 2004.

For ten years, Jean Liechy, who started and moved to fruition the anti-stigma Silver Ribbon campaign, has been trying to get a Silver Ribbon postage stamp reminding the public that people who have been disabled with mental illness deserve our help.

The Red Ribbon Stamp for AIDS stigma reduction and the Pink Ribbon Awareness Stamp for breast cancer awareness helped put those issues on the map. The Pink Ribbon campaign actually raised over \$13 million for breast cancer research.

Thank you to those who wrote letters of support.

SCRIP INFORMATION

It is easier than ever to buy groceries and contribute to NAMI Glendale at the same time. Ralphs' has a new program. All we need from you is the number on your Ralphs' card. We register that number with them and every time you buy, a certain percentage is credited to NAMI Glendale. You don't even have to come to the meetings. Just let Kay Connus (818.248.8045) know the number on your card and we are in business. This is an important fund-raiser for us and we need your help.

A check for our percentage (4 or 5 percent depending upon amount purchased) will be mailed quarterly to NAMI Glendale along with a quarterly statement. This statement will be available to you when you figure your taxes. Please sign up.

TWO FOR FOUR IN THE YEAR 2004

Jean Lee Scherkey

I have been a loyal member of NAMI Glendale for three years, and without this organization I believe I would not have come as far as I have. It is here I accepted my mother's schizophrenia and learned the freedom of anger, the release of mourning, and the strength of forgiveness. For the first time I began to KNOW my personal worth and capacity for excellence. But now, as I ponder the future of our beautiful organization, I am uncertain. NAMI Glendale is at a crossroads, and if the group stays complacent, it is not unforeseeable that our chapter may not exist two or three years down the road.

In the years I have been a member of NAMI Glendale, I have seen people come to "Care and Share" in crisis, and the majority of these people have been empowered and obtained skills and resources desperately needed. And this is why we are here. Some receive the help and support they need and never return, some become members, and of these members very few become active in the organization.

For more than fifteen years the same six people have shouldered the awesome responsibility of this organization. Jane and Fred Hancock, Kay Connus, Dorothy Meyer, Elaine Kaneshiro, and Linda Nakaishi have been and are the lights of NAMI Glendale, and without them this chapter would have been a memory years before. All of these people are struggling with burnout. Honestly, running NAMI Glendale with the excellence and compassion we are known for is just too much work for just a few hands.

NAMI Glendale needs resurgence. Now more than ever those suffering from brain disorders and their families will need our help and support. Our loved ones are facing drastic cuts in services and pharmaceuticals. These cuts are happening whether you or your loved one is on Medi-Cal, Medicare, SSI, SDI, or private insurance. Across the board medical insurance companies are cutting costs, and one of the first places they are looking to skim the budget is mental health. It is going to be the most devastating to those on Medi-Cal and clients who rely on services from Verdugo Mental Health and Pacific Clinics. Much of the funding the state has given places like Verdugo Mental Health is being slashed from the budget. If the budget passes the way it is now, doctors will be forced to close their doors to the neediest of the population. The only recourse our loved ones will have will be to rely on care through hospital emergency rooms. And this is no recourse at all, because due to a lack of funding, many Los Angeles emergency rooms have downsized or closed their doors.

I am imploring you as a consumer, daughter of a schizophrenic mother, and member of NAMI Glendale to help our chapter stay a vital and strong voice for mental illness. I want us to still be here five years down the road. I want us to stay a safe haven during the turmoil, tragedies, and victories of mental illness. I know we can be all these things as an organization, but we need the

help of everyone in order to survive and thrive. This is why I am asking everyone to contribute "two to four" for 2004. If everyone could help by making two (2) phone calls or writing two (2) e-mails a month for NAMI Glendale, contribute two (2) hours a month helping this organization, then the burden would not be so heavy. There are so many wonderful opportunities to help this year. We need active volunteers for the following projects in 2004:

- Letter writers to help obtain financial sponsorship for both the NAMI Walks in May and the Verdugo Mental Health Walk in March.
- Letter writers to promote mental health advocacy to our local, state and federal politicians.
- People willing to research local and corporate sponsorship for the NAMI and VMH walks.
- People willing to fund raise for both walks and for NAMI Glendale.
- For those who are able, we need financial contributions to finance the walks, ghost walkers, and our chapter.
- We need people to begin saving their empty coffee cans in order to make Penny Jars. They will be placed in stores and offices around the Glendale community to raise money for the walks.
- We need writers for the *Gamigram*. The articles can be about your own experiences, information you read about mental illness, tips for those walking the same path as you are, information about local resources, or even poetry that either you or your loved one has written about their triumphs or struggles.
- We people to design T-shirts for the Glendale group on NAMI Walks day.
- We need walkers and volunteers on the day of both walks.
- We need people willing to become petitioners for the Mental Health Initiative.
- We need all of you who are able to come to NAMI Glendale's fundraising events. We also need you to participate in the Ralph's script program. To enroll please phone Kay at 818-248-8045.
- We need more of you to come more regularly to the Share and Care and monthly board and speaker meetings. Lately the turnout has been sparse. We need your support in both bad and good times.
- We need more members. I have spoken with many people at places like Weight Watchers, my pharmacy, doctor offices, grocery stores, at social gatherings, and to my friends and family about NAMI, my struggle with major depression, and my mother's schizophrenia. You would be amazed at the number of people out there struggling with the same issues as you are. I have found most people grateful for my candor and for referring them to NAMI Glendale.
- We need you to buy NARSAD cards, ribbons, and bookmarks. The funds go to our organization and the cards, ribbons, and bookmarks are a beautiful reminder of what we are fighting for.

Please turn to Page 4.

Two for Four, continued from Page 3.

We need fresh ideas to keep our organization current and vital to our community. If you are homebound, you can still make a difference. By being "virtual helpers," you can write letters, make phone calls, e-mail or stuff envelopes. We will bring, phone, or send the information to you.

We are unique. Not all NAMI chapters welcome and encourage consumers to play an equal role along side their loved ones. Every one of our meetings is open to everyone, consumer, and loved one or professional. The advice, knowledge, and compassion our chapter has received from consumers is invaluable, in fact many of them sit on our Board of Directors. By doing this, NAMI Glendale has become a leader in the fight to permanently erase stigma once and for all. We are also one of the only chapters that meets for Share and Care on a weekly basis. Many chapters only meet once or twice a month. I do not want to see all the good we have done disappear. Please consider what your contribution can be and help us survive and thrive for years to come.

CONSUMER RECOGNITION AWARD

NAMI Glendale's first Consumer Recognition Award went to Richard Meyer at December's Holiday Party. He is an ever-present symbol of perseverance and success through adversity. He enriches all our lives and brings hope that life does not end once there is a diagnosis of mental illness.

Jean Scherkey, who presented the award, said, "Richard Meyer manages his life with astounding dignity and grace. He does not let the challenges in his life stop him from achieving his goals. While actively looking for full-time employment, Richard is helping others by volunteering at Glendale Adventist Hospital. He faithfully attends our Tuesday Share and Care meetings and has given many who attend valuable insight and advice. Richard is also a loving and caring brother who is always looking out for his brothers' best interests. To sum it all up, Richard Meyer's accomplishments are nothing short of amazing."

MEMBERSHIP FOR YEAR 2004

Membership in NAMI Glendale makes you a member of the state and national organizations.

Full membership for individual or family is \$30.00 yearly. Make checks payable to NAMI Glendale and mail to Membership Chairman, Kay Connus, c/o Verdugo Mental Health, 1540 E. Colorado, Glendale, CA 91205.

GAMlgram only - \$10.00.

SAVE THE DATES!**January 27, 2004**

Our usual "Care and Share" on January 27 will be a Pizza and Walk Party. Please bring your empty coffee cans, markers and crayons from home, pen and paper. We will be decorating the coffee cans so that they may be used as Penny Jars to raise money for the walks. Niki Davis will lead us in brainstorming all of the people and places in our community that we could approach for fundraising. Niki Davis will help us write the letters needed in the fundraising campaign. So come and get in touch with your creative side, enjoy a meal on us, and maybe meet a new member or two.

April 6, 2004

We are pleased to announce that our April speakers will be four outstanding leaders from California Clinical Trials. Timothy Welke, Vice President of Business Operations; Dr. Stanford Jhee, Vice President and Director of Research; Roger Rignack, Manager of Patient Recruitment Services; and Don Walters, Regional Community Liaison will give us a rare look into medical research and clinical studies. This promises to be an exceptional and informative evening.

L.E.A.P.**Four Steps to Creating a Treatment Agreement**

Listen. The first step involves walking in the other person's shoes to gain a clear idea of her experience of the illness and treatment.

Empathize. If you want someone to seriously consider your point of view, be certain he feels you have seriously considered his.

Agree. Your focus is on making observations together, identifying facts that you can ultimately agree upon.

Partnership. The aim of this step is to help you to collaborate in accomplishing the goals you agreed upon.

From I Am Not Sick by Xavier Amador

A.C.T.**ALLIANCE CRISIS TEAM**

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24 HOUR MOBILE

PSYCHIATRIC ASSESSMENT TEAM

Immediate Response Time

In order to serve you promptly, please have available the following: **name of client, date of birth, social security number, description of client's behavior.**

Medi-Cal, Medicare accepted.

Biosketch for M.F. Green

Michael Foster Green, Ph.D. is a Professor in the Department of Psychiatry and Biobehavioral Sciences at the Geffen School of Medicine at UCLA, and is Director of the Treatment Unit of the Department of Veteran Affairs VISN 22 Mental Illness Research, Education, and Clinical Center (MIRECC). Dr. Green obtained his B.A. in psychobiology at Oberlin College, his doctorate in neuropsychology at Cornell University, and he received postdoctoral training in neuropsychology at UCLA. He is on the editorial boards of *Cognitive Neuropsychiatry* and *Schizophrenia Research*, and has authored over 100 research publications. He has received numerous grants from NIMH, the Veterans Administration, and private foundations. His research activities have been devoted to aspects of neurocognitive dysfunction in schizophrenia, including neurocognitive indicators of vulnerability to schizophrenia, neural mechanisms of neurocognitive dysfunction, and markers of abnormal neurodevelopment. His laboratory has explored the relationship between neurocognitive deficits in schizophrenia and activities of daily living, and the neurocognitive effects of antipsychotic and adjunctive medications. He has written two books: *Schizophrenia from a Neurocognitive Perspective: Probing the Impenetrable Darkness*, published in 1998, and *Schizophrenia Revealed: From Neurons to Social Interactions*, published in 2001.

