



## 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. Parking is still available behind the building or on the street. When construction starts on the new Verdugo Mental Health, parking will no longer be available behind the building. Please enter through the front door.

### MONTHLY NAMI MEETINGS AND EVENTS

**Tuesday, February 6, 2007, Speaker Meeting.**

**Michael W. Deaktor of Melby & Anderson LLP.**

**You won't want to miss this one!**

The following is a quote from a recent publication for attorneys: "Millions of American households include pets. Although many people may worry about what will happen to these pets, they may not realize that they can discuss with their attorney issues relating to their pet's welfare and that various estate planning options exist. In fact, a person can best ensure a pet's welfare only by consulting an attorney who has the expertise to draft appropriate documents. Learn what concrete recommendations can be offered for ensuring the care of a beloved companion animal in the case of death or disability."

Unfortunately, there are more legal articles written about the family pet than the mentally ill child. As a parent or grandparent, you can provide a better life for your child or grandchild through a properly drafted Special Needs Trust. We will go over the basics: why have a Living Trust or a Special Needs Trust? Compare the Planned Special Needs Trust versus the Court created Special Needs Trust. We will conclude with common issues that arise in Special Needs Trusts.

**Tuesday, March 6, 2007, Speaker Meeting.**

**Dr. Karen M. Cornelius, Program Manager, PROTOTYPES I-CAN. Homeless Cal works Families Project (HCFP).**

## WORDS FROM THE PRESIDENT

**Jonée Shady**

**(Editor's Note:** Since we have not had an election yet, we are giving Jonée this space again.)

### Sheriffs Wanted:

### No Personality, Tact, or Empathy Necessary

I see the recruitment poster on the wall as I sit and wait to be allowed to visit my brother at Riverside County Jail. What I had to go through to have the "privilege" to see Nick after several months. I spent hours on the phone finding him, finally made my appointment, woke up at the crack of dawn, and drove the 70 miles to get to the facility on time. God forbid I should be late and have the lovely sheriff deny me the visit.

Do I sound cynical? I just want to relate another frustrating story about our wonderful system that forgets our loved ones have families who care.

I hadn't heard from my brother since our last visit on his birthday in November. I remember voicing my frustration that our visit had been cut short by Nick because he had to "go to lunch." No, he didn't want anything from the vending machines and no, it didn't matter that I woke up at the crack of dawn and drove three and half hours to visit. I should be used to this by now. I kept telling myself to call the social worker to see if she could shed some light as to why Nick's visits got shorter and shorter.

Well I never made that call and as the holidays drew nearer, I dreaded Christmas where I felt obligated to visit my brother. I mean after all, he has no one else. I decided that I would send him a card, some money, and permission to call me collect if he wanted me to visit. I also told myself that I would start calling him instead of making the long trek.

And then yesterday, his card came back, stamped "no such name." What, what do you mean? Did I write the wrong number on the address? I immediately called Atascadero and a woman told me that he was there and did I want to talk to him. She put me through to the unit. A young man answered and I asked for my brother. "Oh he isn't here anymore; I think he's in county." "What do you mean?" "Uh, let me get someone who can help you because he is no longer on this unit." He gave me the name of Nick's social worker and her phone number. I called and got her voice mail, left a message and waited for her to call me back. She didn't.

**Please turn to Page 2.**

## WORDS FROM THE PRESIDENT

### Continued from Page 1.

The next morning I called and left a message again. I called the main line and was told that Nick was on court leave in Riverside County. I called Riverside County Jail and was told that they had no one by that name there. I called my friend Rosina and she gave me the name of a community liaison at Patton who told me that Nick had been on a court leave since the 7<sup>th</sup> of December. "Okay, but Riverside says he's not there." She went on to explain all the possible scenarios with regard to parolees such as my brother. So I called Riverside again and again was told that he wasn't there.

Okay, now I want to talk to a supervisor in charge of the social workers at Atascadero. Another voice mail but with a number and name of someone if you must speak to a person. Hello? Don't we all want to talk to a person when we make a call? Well, the woman who answered proceeded to tell me that she was not the person to be inquiring from but that she would try to figure out who I should speak to. After several connections to different offices, I was directed back to unit two and the same young man who answered before answered.

"We can't verify that you really are his sister; the only person who can give you information is the social worker." She hasn't returned my calls! "Oh, she's been promoted and she is doing two jobs. I see her on the phone. Why don't you hold on and I will put you through when she hangs up?" After some time, a message was finally taken and I was promised that it would be walked down to the social worker as soon as she was off the phone.

The social worker called and guess what she told me? "Your brother has been on court leave since 12/07 and he's in Riverside." Now I am hysterical as I tell her that I have called several times and they say he's not there!! She assures me that she will find out what is going on and call me back.

She does and gives me his booking number at where? Riverside County Jail. I called yet again and guess what? He was there!! I was told that I had to call another number if I was interested in visiting. Oh, did I mention that the three times that I had called I got a busy signal for at least 15 minutes before connecting? So the

sheriff on the line gives me the number and says, "If you think it was hard getting through to us, visiting is twice as hard." Did I need to hear this?

I get through the first time; make an appointment for the following day. I then ask the deputy if there was a dress code. "Oh no, you can wear what you want." "Oh, then you can wear jeans?" I ask. "Sure as long as you don't come dressed all gang banger then we won't let you in." Do I need to hear this? I mean who does she think she is talking to? Oh and I was told to arrive by 7:44 am and not one minute later or my visit will be denied.

The next day, I arrive, on time and proceed to check-in. "Who are you here to see? What floor is he on?" I didn't know what floor he was on. I gave her a piece of paper with the booking number on it. She shoved it back to me and stated, "This doesn't help. I need the floor. Okay, 5<sup>th</sup> floor, remember that the next time you visit." A thought goes continuously through my head. It is a thought I have never forgotten. Why are we, the family members, the loved ones, treated in such a disrespectful manner as if we were criminals. And if they treat us this way on the outside, what are they doing on the inside?

I go back to wait quietly and I see that recruitment poster on the wall. It says, "Women, you can make a difference. Join the Riverside County Sheriff's Department." Yeah, some difference you will make as I wonder about the minimal qualifications required -- including being rude, inconsiderate, judgmental. Need I go on?

### SLATE OF OFFICERS FOR 2007

**President – Jonée Shady  
(after a change in by-laws)  
Vice-President – Mike Miller  
Secretary – Denise Hyatt-Burghdorf  
Corresponding Secretary – Linda Gibson  
Treasurer – Wayne Baldaro**



**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: Jonée Shady  
Editor: Jane S. Hancock  
[janelou@aol.com](mailto:janelou@aol.com)**

**DUES FOR 2007 ARE DUE!  
\$35.00 PER INDIVIDUAL OR FAMILY  
MEMBERSHIP MAKES YOU A MEMBER OF THE  
STATE AND NATIONAL ORGANIZATIONS.**

Make checks payable to NAMI Glendale and mail to NAMI Glendale Treasurer, Wayne Baldaro, c/o Verdugo Mental Health, 1540 E. Colorado, Glendale, CA 91205.

*GAMlgram* only - \$10.00

Or better yet –

Come to a meeting and hand-deliver the check.

## RESOURCE INFORMATION

- ❑ (PMRT) Psychiatric Mobile **Response Team**, (626) 2582004 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) 9037530.
- ❑ 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 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**.

## NARSAD ARTWORKS

Kay Connus

NARSAD Artworks, which began in September 1989, is a non-profit organization created under the auspices of the National Alliance for Research on Schizophrenia and Depression (NARSAD). The sole mission of NARSAD Artworks is to raise and distribute money to fund research into severe mental illnesses.

Associations benefiting from sales are NARSAD, NAMI, NMHA (National Mental Health Association), and NDMDA (National Depressive/Manic Depressive Association).

Designs for NARSAD Artworks are all created by people who have a mental illness. They are compensated for the use of their design and their works are sometimes placed in professional journals and magazines.

We have on hand a selection of products for sale which include note cards, silver pins, bumper stickers, caps, and T-shirts. Other items may be ordered with delivery in a few days. You can see these on display at our meetings. Just ask.

## LONELINESS

Contributed by Pat Connus

By the time you read this, it will be after Christmas and a New Year, so I won't be too sentimental. I'm writing this for the *GAMlgram* because I feel lonely and this is my way of connecting.

The holidays are supposed to be a family time. Well, I've done plenty of that! But it's not enough. I am still a social coward—a wimp. I am anxious in social situations, and even those people I am familiar with haven't seen the worst in me. I am not honest. I cover myself up.

Lately my dad and I have been bickering. But I know he's just trying to help me, to get to the root of my problems. He wants me to relax and be myself. But I don't want anyone to get too close. I have built a wall around me.

How far can one go in social situations? I have gone too far in the past, been too intimate with strangers, and now I don't trust anyone. To me, every new face I meet is the Big Bad Wolf. I try to get beyond the mask and be real with people, but I realize I often stereotype them.

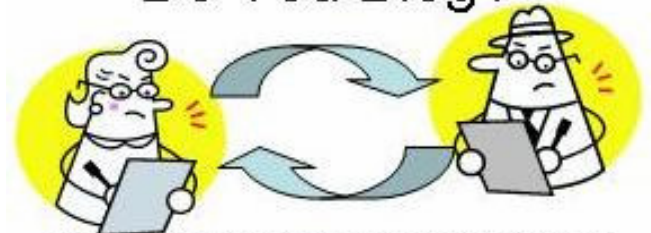
How does one get past initial fears and build lasting friendships? I don't know how to do this and feel safe at the same time. So I get drunk. Or smoke. Or do other "socially acceptable" things. To be accepted.

And it doesn't always work. So I am still lonely and still I fight with my dad.

I wish there was a happy ending to this article, but I still have not been "shown the way." Maybe religion is the answer, or therapy, or support groups. Maybe just taking one step at a time, making an effort to get through that wall.

So It's after the holidays and I wish everyone joy in their endeavors in the New Year. And I ask everyone for moral support and to come to NAMI meetings. Maybe we'll all feel a little less lonely this year.

## Do You Blog?



Do you have something to share or journal? Join the crowd at [www.namiglendale.blogspot.com](http://www.namiglendale.blogspot.com)

## By-Law Changes

Jane Hancock

According to the current by-laws Article XIV, by-laws can be amended by a two-thirds (2/3) vote of a Quorum after at least (30) days written notice is given to all members-in-good-standing.

### To NAMI Glendale Membership:

**The NAMI Glendale Executive Board recommends the following changes in the official By-laws of the Organization. Rewritten partial text appears below the explanation. We will vote on these at the meeting on February 20, 2007.**

Articles I through III remain as they are.

4.3 deleted making 4.4 the new 4.3, changing the by-law that allows officers to serve only two years in a row.

Article V. Changed from "General Meetings" to "Business Meetings." All references in the article have been changed.

5.1 changes the amount of business meetings required, from monthly to "as needed."

5.5 changes the amount of financial commitment from \$400.00 to \$1000.00.

5.8 deleted

Article VII. Remove the words "thrift shop volunteers" from 7.1.

Article IX. Delete entire article which refers to the Care and Share Thrift Shop which is no more. This changes the number of all the rest of the Articles. (For easy reference until we vote on the change, we'll keep them the way they are for now.)

10.10 changes \$400.00 to \$1000.00 in keeping with the previous change.

Article XII.

12.1. Change "quorum" to "membership."

President's Responsibilities.

A. Change monthly meetings, add Share and Care meetings.

B. Change monthly meetings

G. Change to approve and/or sign from sign.

Vice President.

C. Delete end of sentence and add "to appoint someone to chair"

Corresponding Secretary

Add B. To expend petty cash.

Treasurer.

Change "general meetings" to "business meetings."

### ARTICLE 1V: ELECTED OFFICERS

~~4.3 Officers shall serve for a period of one (1) calendar year starting in January. They may be re-elected to the same office for an additional one (1) year term.~~

4.4 If for any reason an elected officer is unable to perform his/her duties or serve out his/her

term, the president will appoint a member to serve the remaining term of office.

### ARTICLE V: BUSINESS MEETINGS

5.1 Business meetings shall be called as determined by the President and/or the Board as needed.

5.2 The time and place of each business meeting shall be announced at the previous meeting and published in a monthly newsletter.

5.3 A "quorum" for the business meetings shall consist of at least fifteen percent (15%) of the membership-in-good-standing on the day of the meeting.

5.4 A "quorum" is required to transact official organization business.

5.5 Official organization business is any business that affects (1) a change of organization policy, (2) a financial commitment in excess of \$1000.00, (3) amendments to the by-laws and (4) nomination and election of officers.

5.6 Official organization business shall be voted upon by oral ballot.

5.7 Any member in good standing can challenge the chair and request a quorum for a particular discussion and decision whereupon if a quorum is not present the discussion shall be postponed and every effort shall be made to assemble a quorum at the next meeting. If no quorum can be assembled for the next meeting, then a simple majority of those present shall be empowered to discuss and decide the issue.

~~5.8 Special business meetings may be called by the president at his/her discretion, or if requested by ten percent (10%) of the members in good standing.~~

### ARTICLE VII: STANDING COMMITTEES

7.1 The standing committees may include, but not be limited to, the following: hospitality, legislation, library, membership, newsletter, program, publicity, share/care facilitation, ~~thrift shop volunteers~~, fund raising.

### ARTICLE IX. CARE AND SHARE THRIFT SHOP DELETE ENTIRE ARTICLE

### ARTICLE X. EXECUTIVE BOARD

10.10 Any expenditure over \$1000.00 needs board approval.

### ARTICLE XII. MEMBER RESPONSIBILITIES

12.1 No member or Board member may commit the organization to anything not agreeable to the majority of the membership.

**Continued on Next Page.**

**By-Law Amendments. Continued**

**RESPONSIBILITY AND AUTHORITY OF OFFICERS AND COMMITTEES:**

**PRESIDENT:**

1. Responsibility:
  - A. To provide a suitable meeting place for all meetings of the general membership, for the Board meetings, and for Share and Care meetings.
  - B. To select Chairpersons for the Standing Committees and the special committees.
  - C. To call and chair the general membership business meetings as determined by the President and/or the Board.
  - D. To call and chair board meetings at least twice a year.
  - E. To serve as an ex-officio member of all committees.
  - F. To give an annual report to the general membership on the accomplishments of the past year and the goals and plans for the coming year.
  - G. To approve and/or sign all official correspondence from the Organization.
  - H. To attend, or send a representative to, the monthly Los Angeles County Coordinating Committee Meetings.
  - I. To attend, or send a representative to, the monthly meeting of the Verdugo Mental Health Board.
  - J. DELETED

2. Authority:

- A. Under Robert's Rules of Order, as Chair of the general business meetings and the Board meetings.
- B. To establish special committees and appoint the Chairperson of each committee.
- C. To represent the Organization as its official spokesperson.
- D. To commit the Organization to activities and programs not in conflict with the purpose and the ability of the Organization.
- E. To delegate this authority to others when not in conflict with the by-laws or specified directives of the Board.
- F. To be a signatory with other officers with the organization's depositories of funds.

**VICE PRESIDENT:**

1. Responsibility
  - A. To assume the responsibility of the Presidency during the official absence of the President and when this assumption of duty is appropriate.
  - B. To assist the President in running the organization by serving as his first proxy at Board and Committee meetings.
  - C. To serve as the Chairperson of the Program Committee or to appoint someone to chair the Committee.

**CORRESPONDING SECRETARY:**

2. Authority
  - A. To format and store the official correspondence of the Organization
  - B. To expend petty cash for necessary supplies associated with the office.
  - C. To delegate this authority to others when not in conflict with the by-laws or specific directives of the Board.

**TREASURER:**

1. Responsibility:
  - A. To safe keep and account for the funds and financial records of the Organization.
  - B. To keep a permanent record of all expenditures and receipts of the Organization.
  - C. To be prepared to report the financial condition of the Organization at business meetings and to make such reports at the request of the President.
  - D. To prepare and present an annual financial report at the business meetings.
  - E. To prepare and present such interim financial reports as requested by the President and any authorized Chairperson.

**DBSA GLENDALE – A SUPPORT GROUP**  
 for those suffering from depression and bi-polar disorder  
 and their loved ones  
**Glendale Adventist Medical Center**  
**1509 Wilson terrace, Glendale**  
**Thursdays 6 – 8 pm**  
**dbsaglendale@yahoo.com**  
**818.209.8442**  
**Depression and Bipolar Support Alliance**  
[www.dbsalliance](http://www.dbsalliance.com)

## COMMENTARY: MIKE MILLER

**Not Everyone Is Mentally Ill**

In the June 2006 issue of the Atlantic Monthly magazine, a summary of a Duke University study was set forth under the heading "The Presidential Mind." The so-called study was prepared by two psychiatrists using the title "Mental Illness in U.S. Presidents Between 1776 and 1974."

As set forth in the magazine, the study reported this: "Of the thirty-seven U.S. presidents from George Washington to Richard Nixon, almost half may have suffered from a mental illness..." The article presented a list showing, for example, that John Adams had bipolar disorder, Thomas Jefferson was a social phobic, John Quincy Adams suffered from depression, Theodore Roosevelt was bipolar as was Lyndon Johnson, and Richard Nixon was branded as afflicted with alcohol abuse. Twelve other presidents are included in the list including Dwight Eisenhower (depression) and Woodrow Wilson (anxiety, depression).

My reaction to this article and the study was a letter to Atlantic Monthly. Some excerpts follow:

"The mental health community has been struggling for decades to explain mental illness and de-stigmatize it. Although people may suffer bouts of depression or experience highs and lows, may sometimes drink too much, and may periodically exhibit anxiety, this does not mean they are mentally ill. The mentally ill have chronic and severe conditions, often painful and debilitating. I am sure John Adams had his highs and lows, but does this mean he was bipolar? Many of the truly ill are unable to function at the level of those on the list. In fact, many of them are truly disabled. . . . Mental illness represents a brain disorder not a passing problem like situational depression.

"I am a lay person with a daughter who suffered with severe, chronic depression. I am also a member of the National Alliance for the Mentally Ill (NAMI). . . . As a father of a person with a serious continuing illness, I have experienced the tremendous anguish of any parent who has a chronically ill child. . . . I am not writing with scientific certitude; however, I am pretty sure that none of those on your (presidential) list really had mental illness. Your article treats the subject as a pop-psychology game to assign a serious illness to famous people. To the people who really suffer from mental illness, this is no joke. . . . Your suggestion that 18 out of 37 presidents had mental illness is a serious untruth about these presidents and the millions of people with real mental illness."

In the October 2006 Atlantic Monthly, the magazine published a letter response to the same article, similar in tenor to my response. More meaningful, it was from a California psychiatrist. Some excerpts follow:

"Your item regarding the occurrence of mental illness in former U.S. presidents encourages readers to accept the popular notion that 50% of Americans suffer from one kind of mental illness or another. In particular, diagnosing bipolar disorder in Presidents John Adams and Lyndon Johnson, both known by historians to be men of passion and drama, is a reflection of the current absurdities of the U.S. mental-health care system. The common feature of all mental illness is not the presence or absence of any particular symptom, but the inability to function normally. Men who have achieved the presidency have conclusively demonstrated their ability to function. . . . This is a fundamental feature of diagnosing mental illness... The author's failure to point this out is telling example of how the U.S. mental-health community overreaches in its quest for influence and legitimacy."

The cited article and letter responses point to a major concern that should be a focus of NAMI and all of us involved with mental health issues. That concern is to avoid branding every symptom or personal problem as mental illness and to make sure that mental illness is applied to those who have serious conditions that truly impair their abilities to function. To spread the afflictions of real mental illness to those who are not ill is dangerous and profoundly unfair to those who really suffer. For example, such practices may sell drugs to those identified with something described by the drug companies as an illness, but it won't enlighten the public as to the real problems with the mental health world, and it certainly will not alleviate those who suffer from real mental illness.

Too many people and organizations seem to be branding too many others as having this or that mental illness. After all, if 18 out of 37 presidents have it, who can doubt the rest of us! We must all be on guard concerning this trend and NAMI should continue to fight it as part of their program to de-stigmatize. The easy attribution of mental illness where it does not really exist should not be allowed any more than the wholesale false branding of people as having cancer or heart disease.

FOR IMMEDIATE RELEASE

**INVEGA™ APPROVED BY FDA AS NEW  
TREATMENT FOR SCHIZOPHRENIA**

*First Oral Extended Release Medication to Treat Schizophrenia*

TITUSVILLE, N.J., December 20, 2006 – The U.S. Food and Drug Administration (FDA) has approved *INVEGA™* (paliperidone) Extended-Release Tablets, a new atypical antipsychotic, for the treatment of schizophrenia. The once-daily oral medication is specifically designed to deliver paliperidone – the active ingredient derived from risperidone – through the innovative OROS® extended-release technology, demonstrating powerful efficacy and a proven safety and tolerability profile. *INVEGA* will be marketed by Janssen, L.P., based in Titusville, N.J. and will be available in the U.S. in January 2007.