

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

Tuesday: **June 5, 2007**
Special Video
Facilitator: **Niki Davis**

Dr. Patricia Deegan, one of the leading consumer advocates from the National Empowerment Center, gave a speech to the Community Rehabilitation Division of the University of Arizona entitled "Beyond the Coke and Smoke Syndrome."

This lecture addresses working with people who appear to be unmotivated as part of a taped tele-conference to help train mental health workers. What Dr. Deegan has to say is not only relevant to mental health workers, but vital to those being treated by the mental health system and our loved ones.

She explains how we can help empower those in treatment for severe brain disorders to become engaged in their own recovery process. Dr. Deegan knows, for she too was once "stuck" in a chair day after day smoking cigarettes and drinking coke while dealing with treatment for Schizophrenia.

Niki Davis will show excerpts from the video and lead discussion around the issues of lack of motivation in recovery.

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NAMI GLENDALE JOINS VMH ON 50TH. BIRTHDAY CELEBRATION

Verdugo Mental Health celebrated 50 years of service to our community on May 31, 2007.

A special "groundbreaking" ceremony was held along with a birthday party to highlight this special day.

NAMI Glendale presented VMH with a special donation of \$5000.00 that will be used to benefit these two programs and others as needed.

Clients Helping Clients (CHC) empowers VMH clients in ways they can help each other with their wealth of experience and talents. Select clients are trained to become peer support and advisors for all adult clients. CHC is now an award-winning program headed by Dr. Tiffany Eichert.

Skills Building Institute. The other supportive program that helped clients advocate for themselves is the Skills Building Institute. When Arden House lost funding for its adult day program, Dr. George Eckhart and others created an adult out-patient program that emphasizes recovery and building of skills in an academic environment. Adult clients may choose, with their case worker, from a catalog of classes each quarter. Each class builds skills in self-recovery related subjects such as Assertiveness, Relationship Building, Money Management, Yoga, Tai Chi, Soothing Anxiety and Depression, Mind /Body Connection, and so much more. VMH clients must be able to commit to a 12 week semester with 80% attendance and full participation in order to take Skills Building classes. Each class offers unit credits like any university and are instructed by brilliant staff members and one client volunteer (NAMIGlendale's Niki Davis).

SPECIAL DBSA FUNDRAISER ANNOUNCED

DBSA GLENDALE (an affiliate of the national DBSA) Invites you to our 1ST ANNUAL FUNDRAISER!

Join us for food, a raffle & a lecture on living with Depression, Bipolar Disorder & other Mood Disorders
Featuring Speaker - NIKI DAVIS

A voice for people with Mood Disorders at conferences, on radio & television.

Continued next page

DATE: JUNE 3, 2007
 TIME: 1:00 TO 2:30 P.M.
 LOCATION: GLENDALE ADVENTIST HOSPITAL
 1509 Wilson Terrace
 Glendale, CA 91206
 Conference Room B on the ground floor
 \$15.00 suggested donation (\$1.00 and up for people with limited incomes)
 Please make all donations payable to DBSA Glendale and mail to Laura
 Kaufman, 1714 E. Chevy Chase Dr., # E, Glendale, CA 91206
 DBSA 's MISSION IS TO IMPROVE THE LIVES OF PEOPLE LIVING WITH MOOD DISORDERS. WE'VE BEEN THERE. WE CAN HELP.

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
db saglendale@yahoo.com
818.209.8442
Depression and Bipolar Support Alliance
www.dbsalliance

Verdugo Mental Health Parking Changes
Our New Building is Coming!

On or shortly after March 12, 2007, construction will begin on the new VMH clinic building. Construction will make the parking lot unavailable for use for one year.

VMH has made arrangements for parking at the Eagle Rock Plaza at the corner of the 2 Freeway and East Colorado Street. A shuttle will transfer people from the parking area to the clinic and back on an approximately every 15 minute schedule. The parking area is located to the rear of the West side of the plaza on the upper level adjacent to the Macy's store. An identified shuttle pick up point will be located near the Macy's store in an alcove which was previously an entrance to the building. The pick up point at VMH will be at the Glen Roberts Child Study Center driveway.

WORDS FROM THE PRESIDENT

Your Walk Dollars Put to Work

Jonée Shady

The Los Angeles County Coordinating Counsel has hired their first employee to assist with the tremendous growth that NAMI has been experiencing throughout the county. Last year, the county held a retreat to analyze the needs and wishes of NAMI members from all

affiliates. We came up with a needs assessment and it was determined that there was simply too much information that needs to be disseminated throughout the county that, quite frankly, cannot get completed with only volunteers.

A search committee was formed and through due diligence, a job description was drafted and then the search was on to find the perfect candidate for the position. After several months our wishes have come true and we have hired Tayhesia Darby to be our Administrative Coordinator. LA will now have a central figure representing NAMI and its mission. We hope to have a county website and newsletter.

Tayhesia will be available to visit the various agencies in an effort to form new partnerships that would join in the NAMI mission. We must continue to increase membership, fight stigma and advocate for better services for those who are affected by serious mental illness. She works for us, so if you have any pressing issues you feel would be appropriate to investigate, please contact me by e-mail (sh8djb@earthlink.net) and we'll see if we can get it done.

Supervisor Michael D. Antonovich

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The Department of Mental Health

Cordially invite you to attend the First Mental Health Community Forum Informing service providers and constituents on mental health issues and upcoming public policy changes in the field of mental health

Monday June 4, 2007

Hyatt Valencia

24500 Town Center Drive

Valencia, CA 91355

Program begins at 8:30am

Breakfast begins at 8:00am

Please RSVP by May 21, 2007 with Canetana Hurd

Phone: (213) 738-4926

<mailto:CHurd@dmh.lacounty.gov>

If you are a service provider and are interested in having a booth at the event please contact Canetana Hurd to RSVP a booth.

Congratulations!

By Jonee Shady

On May 10th, in celebration of Mental Illness Awareness Month, Los Angeles County Mental Health Commission held its annual Volunteer Service Award luncheon at the Dorothy Chandler Pavillion. Two of our county NAMI members were honored with distinguished awards. Rosina Erlich (NAMI Urban LA) was honored with the Family Advocate Award and John Griffin (NAMI Long Beach) was honored with a Lifetime Legacy Award.

John has worked for the Department of Mental Health as a social worker for over 20 years. He now runs the NAMI Office of the Family Advocate at DMH. John has taught F2F and has always been available to us as a speaker for all of the F2F classes sponsored by Glendale. He also represents NAMI Long Beach at the LACCC meetings and NAMI Walks LA planning committee.

Rosina Erlich has been heavily active serving on the Governor's Advisory Board at Patton State Hospital and the NAMI LA County Criminal Justice Committee. She advocates for families including those who speak Spanish, helping them navigate the court system so that the loved ones can avoid the penal system and be heard in Mental Health Court. She has traveled to Africa in order to study how some African cultures provide treatment those suffering from serious mental illness. In her acceptance speech, she recognized us, her NAMI family, as her true family.

Both John and Rosina have become dear friends, both of whom I would never have met had it not been for my involvement in NAMI. I congratulate them both and am deeply honored to be a part of our NAMI Family.



The GAMgram, 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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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**.



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NAMIWALKS LA 2007

Volunteer Information Training Luncheon

Hands on instructions for the Online Donation program and Team Captain Development

(Bring your wireless laptops)

When:

Saturday, June 9, 2007

Registration 11:30 am

Lunch and training 12:00 pm

Where:

St. Anne's Conference Center
 155 N. Occidental Blvd., Los Angeles
 90026

R.S.V.P 323.294.7814 or

ahenry@namiurbanla.org

Save the Date: Oct 7, 2007- Santa Monica Promenade

The Walk planning committee has hired a walk manager and secured a location for our 4th Annual NAMIWalks LA. I would like to thank Lyn Slotky who has stepped up to the plate and agreed to represent Glendale on the planning committee. We would still like to have one more representative share this responsibility.

Lynn will attend the monthly meetings and keep us posted on the various walk activities. The first activity is our Annual Volunteer Informational meeting on June 9th at St. Anne's (See above) If you would like to participate in the walk in any capacity, please mark your calendars and plan to attend. We need you!!!



JOIN NAMI – YOU ARE NOT ALONE

\$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.
GAMIgram only - \$10.00

Our Members Write Us from Carmen Fonseca

I would first like to say hello to everyone.

Sometimes we say things and we are not aware of what effect our words have. A couple of months ago at the Tuesday Share and Care meeting someone shared how they write to their loved one and never get a

reply from them; someone answered, "Yes, it's hard, but keep writing."

My son Peter had given me a telephone number to call, in case I wanted to get in touch with him. I always feel bad that I call and he doesn't call back. I remembered the comments made at the meeting and decided to call once or twice a week. I wanted him to know that I care and I am here in case he needs anything.

I would leave a message like, "Hey, Pete, just wanted to say hello.

Hope all is okay. Take care. Love you." I didn't expect a call back.

Then one day last week I decided to say, "Hey Pete, did you call me? 'Cause, someone called, didn't say anything and hung up. If that was you, I'm home now, so you can call me now." That evening around 9:30 the phone rings and it's my son Pete on the other end. I said, "Hi how are you?" I asked more questions to get him to talk. He answered my questions and made a comment or two and then was gone again. I hung up the phone and smiled. Yes, there is more than one way to skin a cat. I was a happy camper, I had made contact. I knew he was alive and went my merry way.

We take baby steps with our loved ones, one step at a time. We never give up because we don't know what will work. So, Tuesday Share and Care meetings, keep up the good work. Thank you.

Carmen.

Editor's Note: Do you have a helpful story like this one to tell? Send it to janelou@aol.com and you'll read it in the next GAMIgram.

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