

GAMIGram



Volume 20 Issue 4

NAMI Glendale

May/June 2005

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.

MONTHLY NAMI MEETINGS AND EVENTS

Tuesday, June 7, 2005

We begin at 6 pm with a shortened Share and Care session. After a break for refreshments, we convene our monthly business/speaker meeting. On June 7 we will welcome Dr. Alex Kopelowicz, Medical Director of the San Fernando Mental Health Center and Associate Professor of Psychiatry at the UCLA School of Medicine. His brief presentation, allowing time for questions and answers, focuses on the "Integration of Medications and Psychosocial Approaches in the Treatment of Serious Mental Illness."

**SAVE THE DATE. TUESDAY, JULY 5, 2005
ANNUAL FAMILY POTLUCK DINNER
AT THE HOME OF FRED AND JANE HANCOCK
2980 Edmonton Road
Glendale, CA 91206
6:00 PM UNTIL 8 OR AFTER
BRING A SALAD, ENTRÉE, OR DESSERT
WE'LL FURNISH THE DRINKS
DON'T MISS THIS ONCE-A-YEAR TIME
TO "SHARE AND CARE"
IN A CASUAL SETTING**

**MAPS AVAILABLE AT MEETINGS OR CHECK YOUR
THOMAS GUIDE OR MAPQUEST**

**(On this one day of the year we do NOT meet at 1552
Colorado. NAMI members, family, friends – all are
welcome for an evening of food, fun, friendship.)**

WORDS FROM THE PRESIDENT

Jonée Shady

I lost my mother about 7 years ago to a tragic accident. Mother's Day has been a little hard for me each year and I have tried to ignore the day all together. I myself am not a mother but yesterday I attended a luncheon in honor of Mother's Day.

As I sat there, I realized that the mothers of those living with a severe mental illness were truly special. When I try to imagine what my mother went through with all of my brother's hospitalizations, incarcerations, late night phone calls, verbal barrages, damage to property among many other behaviors as a result of the symptoms of his illness, I am perplexed. I think I would've wanted to get as far away as possible from the situation.

My mother was a very vibrant energetic woman. She had a lot of outside interests and she loved to travel. I have always admired her for those reasons but now I think I must give credit where credit is due and honor her for the commitment and devotion to my brother, her son, Nicky. She was always there for him and never gave up hope.

I must also take the time to honor our mothers of those living with mental illness who continue to have hope and who have become great supporters and advocates of Nami Glendale. Carmen, Dorothy, Lyn, Jane, Kay, both Glorias, Malena, Maria, Lygia, Gina, Stephanie and any others that I don't personally know, I honor you for your strength and devotion and for all you have done and will continue to do for your family. You are truly an inspiration and role model to us all.

Committees and Volunteers Needed for Nami-Glendale

Earlier in the year our Board met and discussed the many needs that our organization has. We discussed possible uses for the funds raised last year in the walk. It seems that we feel that one of the most important issues is education. We must educate those in schools, the nurses, and the law enforcement about Mental Illness. Ideas have been tossed around but we need

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WORDS FROM THE PRESIDENT continued

your help in order to take action. We also need help for the NAMIWalks in October.

We would like to hear your ideas and we would like you to be part of a committee. We are looking to form educational, outreach, and walk committees. Please e-mail with your ideas and if you can give us some time in any capacity. No offer is too small. My e-mail address is sh8djb@earthlink.net. I would also like to start a group e-mail list for our members. Let me know if you would like to receive your GamiGram and/or other information electronically.

National Convention in Austin Texas

We would like to send a representative from NAMI Glendale to the National Convention in Austin, Texas on June 18-21. For more information on the conference visit www.nami.org. We have set aside some funds for travel expenses and registration. If you are interested, please contact me by e-mail at sh8djb@earthlink.net.

DID YOU MARK YOUR CALENDARS? FAMILY POTLUCK ON JULY 5, 2005!

DUES FOR 2005 ARE DUE! \$30.00 PER INDIVIDUAL OR FAMILY MEMBERSHIP MAKES YOU A MEMBER OF THE STATE AND NATIONAL ORGANIZATIONS.

Make checks payable to NAMI Glendale and mail to Membership Chairman, Kay Connus, 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.



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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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, 124-=-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: this is a toll free telephone help-line, run by people with mental illness seven days a week, 365 days a year. This line offers Peer to Peer Support information about mental health Resources and connection to crisis lines

May is Mental Health Month

*An estimated 22.1% of Americans ages 18 and older -- about 1 in 5 adults -- suffer from a diagnosable mental disorder in a given year.

*Approximately 18.8 million American adults, or about 9.5% of the U.S. population age 18 and older in a given year have a depressive disorder.

*Approximately 2.2 million American adults, or about 1.1% of the population age 18 or older in a given year, have schizophrenia.

*Approximately 19.1 million American adults ages 18-54, or about 13.3% of people in this age group in a given year, have an anxiety disorder.

*With appropriate treatment, 70-90% of individuals with serious mental illnesses have a significant reduction of symptoms and improved quality of life.



WALK FOR NAMI

OCTOBER 1, 2005