

GAMgram



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NAMI Glendale

November/December 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

November 1, 2005 – Speaker/Business Meeting

Instead of a speaker, we plan to talk about books this month. After our Share and Care and a short break for refreshments, join us to discuss books about mental illness, the main focus on *Seventy-Two-Hour Hold* by Bebe Moore Campbell. Bring books that you own to talk about. We will also have books available. Why are these books important? What do they do to help erase the stigma of having a mental illness? We want to hear your voices in this discussion, but you are also welcome to just listen. See page 4 for reprints of reviews we have had in the *GAMgram*.



NAMI Glendale members gather at the START line for NAMIWalks to begin. See article on Page 2.

WORDS FROM THE PRESIDENT

Jonée Shady

Letter writing, as you know, is the main communication that I have with my brother, Nick. I am always happy to receive correspondence from him because usually I can tell how he is doing by how his letters are written and what he says. I recently heard from my brother and he says mostly the same things. Please come visit, please send money, you know the usual requests that we seem to get from our ill relatives. On the other hand, he wrote, "I went to court but they didn't let me out. I'll have a chance next year. They said Dr. Dean said he's going to let me out some day." I realize that this may not seem like it is saying much but to me it says a lot. Is it possible that he is gaining some insight? He doesn't ever talk to me about medical issues let alone give the name of a doctor. Secondly, he has hope of getting released. This may or may not include his hope of recovery but it is hope. I am sure that he knows he must be stable in order to get released and maybe this is the beginning of that recovery process for him. So now he has given me hope and as our principles of support say, "We will never give up hope".

I will go to Atascadero on the weekend of his birthday and celebrate his 43rd year. He sent me a birthday card last month and stated that he hoped I had cake and ice cream. Must be important to him, yet such a simple request. Maybe those vending machines will have cake and ice cream.

This makes me think of the upcoming holidays and how difficult it must be for so many of our family members but if we can have hope, think of the simple things that shine the light on our families, it might make it easier for all of us involved. So as we go into November, I will try to keep the stress to a minimum, write more letters to my brother, and appreciate those simple things as I make the journey to visit him for his birthday and upcoming holidays.

NAMI WEBSITE UP AND RUNNING!

www.namiglendale.org

Check it out to find the latest *GAMgrams*, updates on Family to Family classes and NAMIWalks, as well as information about our meetings and how to join. More details on Page 3.

LATEST NAMIWALKS REPORT

The count is in on NAMIWalks LA and the news is good with regard to our fundraising efforts. The walk this year raised close to \$250,000, which surpassed last year's efforts. On a local level NAMI Glendale raised almost \$6,000, less than last year, but we still have time to collect donations. Namesakes LA will continue to accept checks and online donations through the end of the year. Remember the more we raise, the more our share will be.

We must look ahead on how best to serve our family members and consumers in the Glendale/Burbank area. We need funds if we wish to increase awareness and involvement in this organization. Thank you to all who came to walk for NAMI Glendale and those who provided rides. Although, there seemed to be fewer walkers than last year, we can say that this walk was a success. Thank you, Wayne and Letty for taking so many pictures on walk day. Some are posted on our new website, www.namiglendale.org.



Letty and Jane join the walkers.

We need more volunteers for the third annual NAMIWalks LA next year. Please contact us with your interest. A little time can go a long way.



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: Jonée Shady
Editor: Jane S. Hancock**

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, I24=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.

CONGRATULATIONS

NAMI Glendale would like to commend John Griffin and Alex Kopelowicz, M.D. for being honored by **NAMI California** as part of the **2005 Mental Awareness Week Thank You Campaign**.

In addition to the Family Advocacy that John Griffin does for the county, he has co-taught the Family-to-Family class in Glendale and always makes himself available as a guest speaker for classes and support groups. He also served on the planning committee for NAMIWalks LA.

Dr. Kopelowicz recently spoke at one of our speaker's nights and offered to assist our affiliate with our upcoming Spanish language Family-to-Family course. He also made himself available to us at the state convention where he hosted an "Ask the Doctor" session.

We are proud to have these two persons working with us to fight stigma and to educate the public on mental health issues. A heartfelt thanks you from NAMI Glendale.

REMEMBER. YOUR NAMI AFFILIATE MEETS EVERY TUESDAY FROM 6 PM TO 7:30 PM AT 1552 COLORADO IN GLENDALE. COME SUPPORT THOSE WHO NEED US AS YOU ONCE DID.

Family-to-Family Classes Begin

The Family-to-Family course scheduled to begin in September has been postponed until January. We plan to begin on January 9 and run 12 consecutive weeks from 7:00-9:30 p.m. in Glendale. If you would like to register for this class, please contact Jonée B. Shady at sh8djb@earthlink.net or call 323 461-3891 x 243 daytime or 323 610-1009 evening only. No charge for the class.

A Spanish language class will also begin soon.

If you have already taken Family-to-Family and would like to be trained to teach the course, there will be a training on the weekend of January 27th. The training will be at the Claretian Center and all meals and accommodations are provided. Please contact Sharon Dunas at 310-471-2341. Space is limited so call quickly!

MORE WALK PICTURES



Kay Connus with Debra Dills.



Richard Meyer in his NAMI Glendale shirt.

NAMI GLENDALE HAS A WEBSITE!

The Glendale Chapter of NAMI (National Alliance for Mental Illness) now has a website for visitors and members to keep up to date and discover what is occurring with this vital support group. You can discover us at www.namiglendale.org and when you visit you can gain some valuable information.

Read the latest *GAMIgram*. Learn about Family-to-Family. Get meeting times and directions to Arden House. Check out some pictures from our recent NAMI walk. Even contribute to our cause by using the links to Amazon and Barnes and Noble, each purchase earning a percentage for NAMI Glendale.

The site is new and needs your input and ideas. Please take a moment to visit us and write us. Let us know how we are doing and how we can improve.

Many thanks to webmaster Wayne Baldaro who has made this all possible.



Even Harvey, the dog, walked for NAMI.

DBSA GLENDALE - A SUPPORT GROUP
 for those suffering from
 depression, manic depression, bipolar disorder
 Glendale Adventist Medical Center
 1509 Wilson terrace, Glendale
 Tuesdays/Thursdays 6 – 8 pm
dbsaglendale@earthlink.net
 626.358.6587 or 626.794.9751

ALL ABOUT BOOKS

Many of the following are excerpted from previously printed reviews in the *GAMlgram*.

Chronically Happy by Lori Hartwell, subtitled Joyful living in spite of a chronic illness, contains her four principles for living a chronically happy life and practical, easy-to-understand examples of "how to do it." Recommended by NAMI member Robert O'Donnell. Full review in January/February 2003 *GAMlgram*.

Unholy Ghost, an anthology reviewed by Cynthia Helpfrey in the September/October 2003 *GAMlgram*, includes the writings of Russell Banks, William Styron, and Ann Beatie, among others, who find words to describe their struggles with depression. The connection is especially valuable for the victims of depression and those who care about them.

Sometimes My Mommy Gets Angry by Bebe Moore Campbell, tells the story of a little girl named Annie whose mother struggles with bipolar disorder. This picture book explores a subject rarely seen in children's literature.

Speaking of Sadness—Depression, Disconnection and the Meaning of Illness by David A. Karp, Oxford University Press. Recommended by NAMI member Michael Miller. The book provides an open challenge to wrestle with difficult questions. The reality of the fifty people with depression he interviewed jumps from the pages. See November/December 2003 *GAMlgram*.

An Unquiet Mind by Kay Redfield Jamison, reviewed by Betty Payton in the June 2001 *GAMlgram*. "This easy-to-read real-life story leaves the reader hopeful for others suffering with manic depression (bi-polar disorder)." Betty gives it two thumbs up.

I Am Not Sick. I Don't Need Help! By Xavier Amador and Anna-Lisa Johanson and reviewed by NAMI member Betty Payton. She calls it "an excellent tutor that will help the reader deal with understanding the problems of mental illness and how to overcome them. It's a reference book to return to, often."

Surviving Schizophrenia, 4th edition by E. Fuller Torrey, MD. Contributed by Carla Jacobs to the June 2001 *GAMlgram*. The book includes the latest research findings on the causes of schizophrenia and a comparison of schizophrenia with manic-depressive illness (bipolar disorder). Also included are summaries of 9 commercial films portraying individuals with schizophrenia, evaluations of the 9 best websites for information on schizophrenia, and summaries of 18 good videotapes and 50 useful books on this disease." You might also find it interesting that he lists the 15 worst books on schizophrenia!

The Professor and the Madman by Simon Winchester, reviewed by Jane Hancock in the July 2001 *GAMlgram*. The "madman" is Dr. W. C. Minor, an inmate at a hospital for the criminally insane, who contributed over 10,000 entries to the Oxford English Dictionary. A fascinating read, an extraordinary tale, a thought-provoking subject.

His Bright Light by Danielle Steel, reviewed by Karin Tadjiki in the May 2000 *GAMlgram*, tells the story of Steel's son Nick and how his mental illness affected the whole family of nine children and three husbands.

When Helping You Is Hurting Me by Carmen Renee Berry, recommended by Cliff and Betty Payton in the November 2000 *GAMlgram*. This book is about how we fall into the Messiah Trap, a term used to describe individuals who believe their main function in life is to help others, putting their own needs on hold while doing so. The book will explain what you need to do to bring a greater balance in your life.

Night Falls Fast (Understanding Suicide) by Kay Redfield Jamison.

Street Crazy (The Tragedy of the Homeless Mentally Ill) by Stephen B. Seager, MD.

Undercurrents (A therapists Reckoning with Her Own Depression) by Martha Manning.

The Quiet Room by Lori Schiller.

Schizophrenia and Manic Depressive Illness by E. Fuller Torrey: biological roots of mental illness as revealed by a study of identical twins.

The Outsider by Nathaniel Lachenmeyer, which describes the gradual bewildering, and relentless transformation of his father from a brilliant sociology professor to an frightening victim of paranoid schizophrenia and alcoholism.

What to Do When Someone You Love Is Depressed by Mitch Goland, PhD, recommended by Debra Dills. This new book covers what to do when someone you love is depressed, what depression is, and what therapies and treatments are available.

IN MEMORY
ALBERTO L. SCHMIDT
1930 – 2005
NAMI MEMBER AND FRIEND