

GAMIgram



Volume 19 Issue 5

NAMI Glendale

September/October 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, September 7, 2004

We begin at 6 pm with Share and Care, a shortened version because the first Tuesday of each month is speaker night. After a refreshment break, we have a short business meeting and then welcome our guests. In September they will be Ron Schrarber, Director of Consumer Affairs for the Department of Mental Health and Gwen Lewis Reid, Assistant Director, who will speak on "Client Culture and Self-Help Resources."

Tuesday, October 5, 2004

Speaker: Myrna Samuels, PhD, Director Senior Peer Counseling Program. Her topic will be "Mind Body Connection: How to Deal with Personal Stress Reduction and How to Cope with Difficult Challenges."

Wednesday, October 6, 2004.

13th Annual M.I.L.E.S Conference (Mental Illness and Law Enforcement Systems) at Faith Community Church in West Covina. "The Psychology and Prosecution of Stalking" presented by Reid Meloy, Ph.D. who specializes in the criminology and psychology of stalking.

September 28 through December 22, 2004.

Family to Family series taught by Niki Davis and Jonee Shady begins on September 28 and meets weekly from 7-9:30 each Tuesday. Meetings are held in the Green Room of Verdugo Mental Health, 1540 E. Colorado, adjacent to Arden House where NAMI Glendale meets.

DON'T FORGET TO VOTE ON NOV. 2

WORDS FROM THE PRESIDENT

Jane S. Hancock

Updates. We had a nice little cheering section for Niki Davis at the California NAMI Convention when she received her award as Consumer of the Year. At our table in the stomping and cheering and standing-O section were her parents who came out from Pennsylvania for the big occasion, the VanGelders, and Melena Madrid, Jonee Shady, and I. Other representatives from local affiliates cheered right along with us.

NAMIWalks. You can't imagine how proud I was to have our little affiliate singled out at the Conference for our participation in NAMIWalks. So these are the final figures. According to the official records (which we think are a little low) we contributed \$10,339.00, nine per cent of the grand total. Not bad. And that doesn't include our \$1000.00 seed money which was returned to us. So what was our share? In addition to the thousand, I accepted on your behalf a check for \$5689.15.

Campaign for Mental Health. We go from one adventure to another. The Campaign for Mental Health Initiative now has a number—Proposition 63. This is the initiative that will appear on the November 2, 2004, ballot which will expand mental health care programs for children and adults and will add over six hundred million dollars each year to funding for mental health care in California. We want you to help getting this message out by telling your friends how important this is to you and your family members, by hosting parties to get out the message, and by donating, becoming a Mental Health Hero. Glendale NAMI voted to contribute \$1000 to the cause. If you contribute, please mention your affiliate. See yeson63.org for information. Get involved.

Another Advocate? Will Jane Pauley help the cause of those suffering from mental illness? The NBC journalist discussed it in her new book and on *Dateline*. We need all the help we can get.

If you saw the *Dateline* interview, know that Dr. Ken Duckworth, NAMI medical director, was a primary consultant to *Dateline NBC* and assisted them with their research in understanding bipolar disorder.

Pauley's autobiographical book, *Skywriting: A Life Out of the Blue*, now available in bookstores, covers her three weeks in the hospital for treatment for bipolar disorder as well as her three decades in television.

For more information on bipolar disorder, visit nami.org.

FROM OUR MEMBERS

Hi Jane

First I would like to thank you for your patience and understanding in facilitating the meetings. I also want to thank the group. I have put this thank you letter together in case you might want to use it for the *GAMlgram*.

A year ago, when I had my first crisis with my son's illness, I was in a state of panic. I did not know where to turn for help, didn't even know where to start looking. I was seeking help for my son. I heard about NAMI, called the number and after about an hour on the phone with the most understanding and comforting voice on the other end, Kay. I got the address, meeting times, and walked into my first meeting. I kept thinking I was there to get educated on how to help my son. Instead I found, that as I continued to breakdown at the meetings due to one situation or another with my son, there was always, a kind word to help me with my pain, understanding and friendship to hold me up till the next meeting or the next crisis.

Now after a year (I'm a slow learner) I have realized that I was the one who was being helped, that I could not do much for my son, I learned with the patient assistance of the Glendale NAMI group to accept the fact that **for now** my son is lost to me, that there is nothing I can do to take this terrible illness away, that while I wait for my son's return I've been released from the heart ache of fighting to fix his problem. I have learned to let go. So, with a calm heart and a new view towards living I want to thank all of you at Glendale NAMI for your patience and long suffering along the way, as I grow into this new place of acceptance and letting go.

Again, thank you all. Carmen

Dear Carmen,

For the past twenty years on Tuesday evenings, I have often thought, "Why don't I stay home? I could read a book or watch television or go to a movie?" But I come to the meetings. You have told me why I do it and why I will continue to give back what others gave me twenty years ago. Thank you. Jane



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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COMMUNICATING DEPRESSED

Submitted by Michael Miller

My daughter, Carrie R. Miller suffers from severe depression which to date has been largely treatment resistant. She writes a lot and finds it therapeutic. Recently, I came across one of her writings. She agreed that I could share it with NAMI. Although the short piece which follows seems sad, she felt better after writing "Communicating Depressed." Also, I believe it is a vehicle to help the well get a feeling for what those with mental illness experience. It helps us empathize- I hope.

Communicating Depressed
Carrie R. Miller

I feel my mouth move and hear words coming out, but they mean nothing to me. I feel as if I am watching a corpse talk...and sometimes, there is only silence, even though I know the words are still coming out. My speech feels scrambled-it is as if strings of beads have been broken and now all the beads have fallen to the ground, scattered. It feels impossible to link my words together in ways that make sense--first to locate the "right" words and then to put them in the "right" order. All that is left before me is a chaotic array of beads scattered on the floor. As I desperately reach into the pile of beads, I am trying so hard to remember what the chains looked like before they broke-once so beautiful, so fluid, so effortless-but now any thoughts about how things were are vague and ghostlike, as if they are a part of a memory that is on the verge of extinction. I realize that I can only hope to choose the right words for the moment or ones that are close enough to it so that, although nothing is making much sense to me, hopefully, I'm still making some sense to the outside world with which I am communicating.

THE STARK NIGHT
Submitted by Alfredo Madrid

It is confusing,
 sitting, watching the
 joy stroll by

Leaving me behind to
 think of a slow mirage

They play tricks on me,
 these feelings of mine

I am controlled by a
 deep dawn, destined to never
 fully rise

In the last *GAMlgram*, Alfredo Madrid contributed an article on bipolar disorder. See Page 4 for another poem by Alfredo Madrid. Ed.

VOICES FROM THE CALIFORNIA CONFERENCE AUGUST 2004

From Malena Madrid

Among the workshops I attended, "Taking Charge," led by Sharon Dunas, was the best for people who have to deal with mentally ill loved ones. This session taught some easy-to-follow steps to follow and remember to take charge of stressful situations without losing our cool or ruining our day.

For example, is misplacing your car keys distressing or dangerous? If a doctor does not return your call, is that distressing or dangerous? Your loved one is in the hospital. He calls you 8 – 12 times a day. Can you control him? Is this distressing or dangerous? What can you control? We can take charge by learning the skills to maintain inner peace no matter what is happening around us.

"Taking Charge" classes are currently being taught to consumers at a variety of locations. Closest ones to Glendale are at the Verdugo Mental Health (contact Bob D. at 323.850.5797), and at the Roger Barkley Community Center in La Canada (contact Mary S. 881.790.2485).

We can change our attitude by changing our thoughts.

Notes from Jonee Shady

Stephen W. Mayberg, PhD., Director, California Mental Health, made the following points.

- 103 million will be cut from 186 current state budget
- Prop 63 could raise these funds and more
- Where have we come in the last 10 years?
- Cost has gone from 1 billion to 3.2 billion
- From clinic driven and limited to rehabilitative services and bio-social services
- From adversarial relationship between physician and consumer
- Acknowledgment of cultural issues and cultural diversity
- 40% of Americans now get info about disease from the Internet
- Family to Family classes
- Stigma and discrimination still rampant
- 2/3 of people are still reluctant to work with someone with schizophrenia
- There is a proposal to merge mental disorders and drug/alcohol services
- Talk of DMH taking over MH services in state prisons
- Re-examining of state and county relationships

How do we make progress without change?

NAMI has lobbied, advocated and raised the bar of expectations for services in an effort to evoke change.

From Jane Hancock

James and Leah Stout, Presbyterian ministers, have been married almost 40 years; half of that time he has suffered from bipolar disorder. The question? How did their marriage survive? It wasn't easy. Their faith had much to do with it, their commitment, but as Leah said, if James had not been willing to work on his illness, the result might have been different. She had to detach emotionally, deal with co-dependent issues, not go up and down with him, detach personally and move on with her own life, let him be responsible for his own care, set boundaries.

They are healing and rebuilding now, learning to love again. Dr. James T. Stout's book, *Rebuilding Your Life: Bipolar Disorder*, includes practical strategies, techniques and tips for managing moods. We have two copies in our NAMI Glendale library.

UCLA RESEARCH STUDY

Have you or someone you know experienced recent worrisome changes in thoughts and/or feelings? If so, maybe CAPPs can help.

CAPPs is the Center for the Assessment and Prevention of Prodromal States and is located at the Neuropsychiatric Institute at UCLA.

We are looking for individuals ages 12-35 who are experiencing recent changes in their thoughts, feelings, and behavior, such as unusual thoughts, distorted or heightened perceptions, ideas of special identity or abilities, suspiciousness, or odd behavior. Other changes may include reduced concentration, reduced energy, depressed mood, sleep disturbance, withdrawal from family or friends, trouble with work or school, anxiety, or irritability.

Individuals who are experiencing difficulty functioning and who have a first-degree family member with a psychotic illness, such as schizophrenia, are also encouraged to contact us.

The procedures consist of an interview, neurocognitive testing, psychophysiological evaluation, magnetic resonance imaging brain scans, psychosocial evaluation, and genetic testing, conducted at no cost, with evaluations repeating on several occasions over a period of up to 2 years. Psychological treatment is available in our center to participants in the research study at no cost.

Please contact the staff of CAPPs at (310) 206-3466 for further information. A confidential phone screen will be conducted to determine initial eligibility.

Principal Investigator: Tyrone D. Cannon, Ph.D.

AN ARMED SOLDIER
Alfredo Madrid

It deals with an
undernourished feeling

It pleads to cause
languish

Deep, within a wound,
it dwells

It is spun out of anger
and sadness

It attacks the most
willing souls,

The loosened shoulder
The patriotic shudder

"Aimlessly preparing the torch"

Bite my enemy's hand,
and sew the truth back onto
my wallet

Let it be that I am astray,
From the point condensed in my ears

That I am unaware,
Of the sullen fear,
of creating appeal

I stand before my
wicked tempest,

Frowning in delight
and praying for the
sun and its peaceful descend

To free me of all despair.

COUNTING THE MAD
Donald Justice
1925-2004

Poet and Pulitzer Prize Winner who died in August 2004.

According to his obituary in the *Los Angeles Times*, August 16, 2004, Donald Justice's "early poem about madness and despair . . . owes much to the architecture of a children's ditty, 'This Little Piggy':"

This one was put in a jacket,
This one was sent home,
This one was given bread and meat
But would eat none,
And this one cried No No No No
All day long.

STIGMA
Jane Hancock

people with
schizophrenia experience delusions
hear voices

people with
bipolar disorder experience extreme highs
and lows
whirl down from their highs
into great depression.

they hear voices
some choose to live on the street
whirling down from their highs
into great depression
with medication many lead normal lives

some choose to live on the street
stigma follows them . . . wherever they go
with medication, many lead normal lives
without medication life becomes unbearable

stigma follows them . . . wherever they go
people with

bipolar disorder experience extreme highs
and lows

without medication life becomes unbearable
people with

schizophrenia experience delusions,
hear voices

Substance Abuse Makes Mental Illness More Likely

A recently released government report (from the Substance Abuse and Mental Health Services Administration), shows that adults who had a substance abuse disorder in 2002 were about three times as likely to have a serious mental illness as those who were not substance abusers (20.4% of users, vs. 7% of non-users). Within the substance abuse population, the highest prevalence of mental illness occurred in those who used both drugs and alcohol (30.1%), followed closely by drug abusers (29.1%). Alcohol dependants had a 19% rate of mental illness. Overall, an estimated 4 million adults have both a substance abuse problem and a serious mental disorder.

The report also revealed a serious lack of services to address these co-morbid diagnoses; although 47.9% of adults with both disorders had received some kind of treatment, only 11.8% had been treated for both mental health and substance abuse problems.

For research showing that substance abuse raises a person's risk for mental illness and/or psychotic episodes, please see [Causes and Prevention](#) on the Schizophrenia.com website

(<http://www.schizophrenia.com/prevent2.htm#street>).

For resources to help deal with these co-occurring diagnoses, see the [Dual Diagnosis Website](#) (<http://users.erols.com/ksciacca/>)