



## DATES AND EVENTS

### SHARE AND CARE

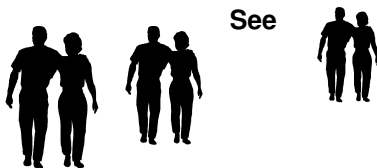
Do you need someone to talk to? Would you like some of your questions about mental illness answered? Our support group for family and friends of the mentally ill meets Tuesdays at 6:00 PM at Arden House, 1552 Colorado Street, Glendale, at the corner of Colorado and Lincoln. We encourage you to come. Parking is available behind the building or on the street. Enter through the front door.

### MONTHLY NAMI MEETINGS AND EVENTS

- **Tuesday, September 5, 2006**  
**Share and Care: 6:00 pm – 7:30 pm**  
**No speaker this month.**
- **Tuesday, September 12, 2006**  
**Share and Care: 6:00 pm – 7:30 pm**
- **Tuesday, September 19, 2006**  
**Share and Care: 6:00 pm – 7:00 pm**  
**Business Meeting – 7 pm**
- **Tuesday, September 26, 2006**  
**Share and Care: 6:00 pm – 7:30 pm**
- **Tuesday, October 3, 2006**  
**Share and Care: 6:00 pm – 7:00 pm**

**Speaker: Joy Lunt from Brain Potential, Inc.** New Advances in Brain Imaging and How to Use This Information. "Self regulation is the single most important thing we do to maintain our mental and physical well being."

**October 7, 2006. NAMIWALKS on Third Street Promenade.** See **Page 3** for details.



**November 7, 2006.** Title: An update on initiatives from NIMH to improve cognition and enhance recovery in schizophrenia. Dr. Green will speak on initiatives from NIMH that is designed to simulate drug development for cognition in schizophrenia. Cognition is an aspect of schizophrenia that is related to community functioning. Dr. Green will also discuss how cognition can be used to discover genetic risk factors for schizophrenia.

## WORDS FROM THE PRESIDENT

**Jonée Shady**

Can one person make a difference? I have just reread last month's message and I want to continue along this theme. I would like to remind every member about the upcoming NAMI Walks LA in Santa Monica on October 7. This event is more than just a fundraising event; it is a Mental Illness awareness event.

The first week in October is Mental Health Awareness Week. NAMI's mission includes fighting stigma and that is done through education and awareness. We need every member to participate in some way for this walk. If all you can do is walk, then that is so much. Imagine that 50,000 people pass through the Santa Monica Promenade on any given day. We as individuals can walk together as a mass to spread awareness about Mental Illness and we will be fighting stigma. Stigma is one of the obstacles that these diseases face that prevents us from getting better services, treatment and empathy for our loved ones. Please join us on the Promenade and walk and bring your friends; registration is free. We can arrange for transportation to the walk if the numbers are there.

Can't make it that day? Can you put up a flyer in one of your local businesses so that others will be aware of the walk? Can you place a coffee can or soda bottle in a local business so that contributions can be made to the walk? Can you take recyclables and bring the funds to us or drop off your recyclables at a meeting and we will take them? Can you write a small check as a donation?

Of course there is still time to become a team captain. Team captains will bring 5 people to the walk and ask those people to raise \$100 each. Ask them to bring 5 people or more. Don't want to leave your house? How about writing one letter or e-mail soliciting small contributions and sending the letters and messages to all your dear friends? You would be so surprised at the positive response you will receive and you will be raising much needed funds with a small amount of effort. It will pay off I promise you.

All funds raised will be distributed to State, National, County and our local affiliates. We have been doing some good work throughout Los Angeles. NAMI Glendale has had two Family to Family classes this year and we are starting a third in Spanish. We have reached out into the Hollywood community and the Spanish speaking community as well. We have expanded our

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## Office Paper for the Minds of America

**Niki Davis**

"White office paper for NAMI only." This is what the signs say on the recycle bins for the staff at the Glendale Community College Library. An entire department at our local college is fundraising year-round for our NAMI Glendale affiliate in support of NAMI Walks. I love it!

How did this happen? Several years ago, I met a wonderful instructional librarian as I struggled to return to college as an adult. As many of you might know, I used going back to school as therapy--a way to retrain and stimulate brain cells while challenging disability and a deep sense of loss caused by years of living with stigma, symptoms of Bipolar Disorder, Post-Traumatic Stress Disorder, and the consequences of psych med side-effects. I could barely read or retain a paragraph at the age of 38. During my time on campus, Shelley Aronoff, now the Collections Librarian at G.C.C., became not only one of my most effective and compassionate teachers, but a friend and NAMI supporter as well.

First, Shelley taught me, and an entire class of students and other G.C.C. instructors, about doing research effectively on the internet and in the library. Then I taught Shelley about a hidden world of living with a severe psychiatric diagnosis in a state of poverty. Trust, empathy and mutual interests sparked our friendship beyond the classroom. Before I knew it, my work with NAMI was supported by an entire library staff as I accepted an unforgettable opportunity to work my new research and focus skills under a new library grant.

Even after the grant and my few hours working at the library ended, Shelley's support of NAMI did not. She and her husband Michael (another brilliant professor at GCC) have been NAMI Walks sponsors for our DBSA (the Glendale Depression and Bipolar Support Alliance) WALK team.



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

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Shelley also set up and still maintains the white office paper recycling fundraising program for the library staff. We just finished loading her big SUV (hybrid, of course) with bags and bags of collected paper and whisking it off to the Glendale City Recycle Center to weigh in \$12 dollars worth of office paper trash!

Shelley has put sweat and commitment to changing the world one piece of office paper at a time. It's just one staff member in one department working with one type of recycling material keeping the NAMI name visible and our mission with a consistent, year-round source of support. I wonder where the "Shelleys" of the Psych Department, Pre-med and Nursing Department, the Health Department, the Social Studies Department, and the Administration of Justice Department are? Until we find those other awakened active advocates, please know about Shelley Aronoff and the Librarians of GCC. The next time you get a chance to visit our beautiful college on the hill, perhaps you can stop by the Library and say, "Thanks."

## NAMI Glendale Graduates Class Number 5 Jonée Shady

On August 17, 2006, we completed another Family to Family class. It is always such an overwhelming experience to go through twelve weeks with the most caring and loving people one can imagine. The impact of these classes is always the same: all graduates are so grateful, open, much changed, and so generous with their experience and feelings and I in turn always learn something new.

This time I shared the teaching with Robin More from NAMI Los Angeles. Recently trained as a teacher, she was eager to teach in the area where she worked. Guess what? She works in Hollywood and I live in Hollywood, so together we taught the class. Guess where? In Hollywood at the Church of the Blessed Sacrament. Ironically our students came from all over Los Angeles.

I congratulate our graduates and new NAMI members: Pat and Candy, Armida, Paul, and Marjorie, Martha and Lila, Elbiss and Garnick, Linda, Jane, Rose, Cecilia, Jennifer, and Mimi who joined NAMI Glendale; John and Lucille, Sharon, and Kerry who joined NAMI Los Angeles.



And thanks to our guests -- Dave and Laura, John Griffin, and our own Kay and Jane-- for making this class a success.

## WORDS FROM THE PRESIDENT Continued

library; we have operated a website. We doubled in membership. Let's continue to do this great work to improve services and quality of life for our dear relatives suffering with these serious brain disorders.

I was at a baseball game this weekend and I opened up a fortune cookie and my fortune read, "True happiness comes from helping others." I found the timing to be ironic but the sentiment is so true, don't you think?

We will be having WALK work meetings weekly following all share and care meetings up until the WALK. Make a difference by joining us and telling us how you will help. No gesture is too small. We need each and every "ONE" of us!

### READ ON FOR MORE WALK DETAILS

#### Walk Update Jonée Shady

NAMI Glendale currently has 8 team captains but we want more. It is not too late to become a team captain. Do you have five friends who would like to walk with us in Santa Monica on October 7? If so, visit [www.namiwalkslac.org](http://www.namiwalkslac.org) and view more information on the walk and how you can create your own team page with a direct link to join your team. You will also receive your own personal fundraising link that you can e-mail to friends to sponsor you as a walker.

Or you could join my team. My team name is Glendale President's Team. Go to the following link and join my team and walk for NAMI Glendale [www.nami.org/namiwalks06/LOS/jbshady](http://www.nami.org/namiwalks06/LOS/jbshady). Or would you simply like to donate to the walk? Go to [www.nami.org/namiwalks06/LOS/jbshadyW](http://www.nami.org/namiwalks06/LOS/jbshadyW) and sponsor me as a walker.

Or you could go to Jane Hancock's team. Her team is Team *GAMlgram* and you reach her page the same way you reach mine at [www.nami.org/namiwalks06/LOS/hancock](http://www.nami.org/namiwalks06/LOS/hancock). The only thing that changes is the name at the end. It really doesn't matter. What does matter is that you do something.

For those of you who cannot use the website to contribute, just mail your contribution in to us at NAMI Glendale, 1540 Colorado Street, Glendale, CA 91205 and we will see that it gets to the right place.

We will be holding weekly WALK work meetings immediately after Share and Care up until the WALK. We can put our heads together to see how this walk can be even better than the last two put together.

I want to thank Judyrose Erpenbeck for her dedication and participation on the walk planning committee, Michael Miller and Bertha and Karla Garcia for volunteering to register and count the donations from WALK day, and Dorothy and Jane for becoming Memorial Sponsors. Our team captains so far are Judy Erpenbeck, Lynn Slotky, Jane Hancock, Cecilia Romero, Jennifer Jernigan, Armida and Paul Ishii. Verdugo Mental Health will also provide us with a WALK team.

We have 80 members here in Glendale; all of us can participate in some way. Come join us on Tuesdays. We need your ideas to make this a most successful walk. Any questions or if you just want to let me know that you will walk, e-mail me at [sh8djb@earthlink.net](mailto:sh8djb@earthlink.net).

## So Where In the World Do I Find You at the Walk?



Have you been to Third Street Promenade? Are you wondering where we park and how we find each other? Not to worry. On Saturday October 7, head for the 10 Freeway going west, exit at the the 4<sup>th</sup>/5<sup>th</sup> Streets off-ramp and stay with the 4<sup>th</sup> Street exit all the way. Pass Colorado, pass Broadway, pass Santa Monica. Look for parking on the left side as you drive on 4<sup>th</sup> Street.



Walk along Santa Monica to 3<sup>rd</sup> Street, turn right and within a few feet you will see the registration booths.

Registration begins at 8 am and the actual walk begins at 10:00 am. This information courtesy of JudiRose Erpenbeck.

## 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**.

### HOPE by Mike Miller

I despair, life is unfair, why me?

I live, people care,

I breathe the air of a new tomorrow—maybe.

**COMMENTARY: MIKE MILLER****The Drug Industry and Influence**

NAMI is not just a support group whose main function is to help people through share and care sessions. NAMI is also a legislative advocate and educational source for those who face the challenges posed by mental health issues.

There is no doubt that the drug industry through its research, development and marketing has helped thousands, perhaps millions, afflicted with mental illness. These are costly ventures that merit a return on investment. In terms of safety and efficacy, the government largely through the Food and Drug Administration (FDA) polices the industry with approval and oversight authority under the auspices of the Congress and the Executive Branch of government. To assure safety and protect itself from liability the industry also polices itself. To the extent these processes and protections are biased or less than objective, we all lose. Since I am not a medical specialist, my concerns do not have to do directly with medical issues such as side effects and medical need for the product. As a consumer, however, I have observed and been advised of certain practices and problems that bear scrutiny.

Recently, my daughter Carrie, who has experienced severe depression, and I were contacted by a public relations firm that was arranging a press conference to discuss the impact of depression including economic and social consequences. This contact was made pursuant to direction from NAMI National. Carrie's depression is treatment resistant meaning that she had not responded in a favorable way to drug therapy. When I advised the public relations firm of this reality, they lost interest. It turns out that the real client for the firm is a drug company who had given NAMI National money to promote the press conference. Based on 12 years of experience there is no doubt that Carrie and I could have expounded on the consequences of depression. Nevertheless, because medications were not part of her gains in fighting depression, we were not afforded this opportunity and the public would only hear from people who have had meds as part of their treatment. I am sure that the public is not aware of this factor with regard to the press conferences that were scheduled.

Recent news reports indicate that the drug industry quietly footed the bill for a multimillion dollar ad campaign praising lawmakers who support the new Medicare prescription drug benefit. The U.S. Chamber of Commerce claims credit for the ads, although a spokesman refused to say whether it had received funds from the Pharmaceutical Research and Manufacturers of America. This situation is currently under discussion. Although no laws may have been broken, the issue of who is paying for what calls for some kind of disclosure.

I am not anti-medications, nor am I accusing the drug industry or medical profession of wrong-doing. I am,

however, concerned about the tremendous influence afforded the drug industry based on their substantial resources. At the very least, more disclosure should occur so that the public, including those seeking mental health treatments, are fully informed. For example, has the recent lack of good information concerning new treatments, not involving drugs, been influenced by the drug industry's financial influence? I see far more news about drug advances than I do about some new approved treatments, even in publications by NAMI and other impartial groups. Why is this? For example, the FDA approved vagus nerve stimulator (VNS), a treatment for those with depression who have not experienced significant benefits from medications, seems to be fighting an uphill battle to get the word out. To what extent, if any, is this because of the financial clout of the drug industry?

Drug therapy can be highly beneficial, but it is not the only game in town. The consumer needs information on all treatment possibilities and should also be afforded the perspective to evaluate publications and public pronouncements. This is the reason for complete disclosure.

As part of NAMI's goal to educate, communicate and engender hope, this Commentary is to suggest some concern and skepticism about the ability to assure these goals without complete candor about who is behind what. I am sure that NAMI needs and appreciates financial contributions from interested parties, including drug companies. Nevertheless, such groups need to afford disclosure and assure that they do not necessarily taint their message, even if done innocently, because they do not want to upset the donors.

The cost and consequences of prescribed medications for mental illness is a significant issue that calls for care, objectivity, and multiple sources of valid information. Full disclosure and honesty about the sources of this information, who contributed what, and whether the responsible entity is unduly influenced by financial interests are part of the evaluation process. It is also possible to receive large amounts of money and financial support without mitigating the result. This is often assured by responsible company management and governmental oversight. Such management and oversight is more likely with heightened public awareness resulting from complete disclosure.

**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.com](http://www.dbsalliance.com)