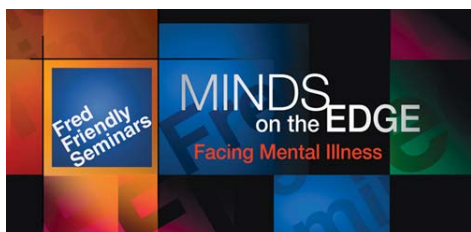


### General Meeting.

**GENERAL MEETING: Tuesday April 27th at 7:00 P.M.** Chuck Crotser a Cal Poly Professor involved with the design of the new Homeless Center on Prado Rd will present a Power Point Presentation on the new Homeless Center. Refreshments will be served. You are welcome to bring a snack to share.

The NAMISLOCO General Meetings are held on the 4th Tuesday of the month (except December, July and August) at St. Stephen's Episcopal Church on the corner of Pismo and Nipomo Sts., SLO. **There is no facilitated, Family support group meeting this month.**



### **Breaking the Silence: Mental Illness and the Family**

Do you have a family member suffering from bipolar disorder, schizophrenia, or other serious mental illness?

Do you know where to find help?  
Do you think enough support is available?

**NAMI San Luis Obispo County presents a screening and discussion of the eye-opening public television program**

### **MINDS ON THE EDGE: Facing Mental Illness**

#### **PANEL QUESTION AND ANSWER TO FOLLOW WITH:**

Behavioral Health Administrator: Karen Baylor, Ph. D., MFT  
 Division Manager Youth Services: Brad Sunseri  
 TMHA Wellness and Recovery Outreach Coord.: Dan Sheridan  
 TMHA Peer Advisory/Advocacy Team Coordinator: Darryl Elliott  
 James Fishback, PhD Clinical Psychologist

San Luis Obispo PUBLIC LIBRARY  
 Community Room  
 995 Palm Street, San Luis Obispo

**Monday May 24, 2010 6:00-8:30 pm**

**Let's talk about improving support and treatment for people with mental illness in our community!**

Learn more about mental illness at  
[www.mindsontheedge.org](http://www.mindsontheedge.org)

Funding for *MINDS ON THE EDGE: Facing Mental Illness* provided by the Alfred P. Sloan Foundation to enhance public understanding of science and technology in the modern world. Additional Funding for outreach initiatives provided by the van Ameringen Foundation.

### Year at a Glance

**January thru June:** General Mtg, 4th Tuesday of the month  
**July:** Annual Picnic, no **General Meeting**  
**August:** Summer Vacation: no meeting, newsletter or support group  
**September:** General Meeting 4th Tuesday of the month  
**Sept. 25th :** Beautiful Minds Walk  
**October:** Mental Illness Awareness Event: 4th Tuesday of October.  
**November:** General Meeting 4th Tuesday of the month  
**December:** Holiday Party: no Gen. Mtg.

### Mental Health Forum

A Journey of Hope and Recovery  
 Sunday, May 16, 2010, at 2:00 pm

Featuring the  
 Acclaimed  
 Documentary  
*The Shaken Tree:*  
 Families Living with  
 Mental Illness



Do you know anyone suffering from mental illness, a biological brain disorder, such as bipolar disorder, depression, or schizophrenia? This free forum will provide information, help, and support from local organizations for those with a mental illness and for their families and friends.

#### Program

Transitions Mental Health Association - Family Services  
 Janice Holmes and Henry Herrera  
 National Alliance on Mental Illness (NAMI)  
 Diane O'Neil  
 Questions and Answers

#### Location

Fellowship Hall  
 Community Church of Atascadero  
 The United Church of Christ  
 5850 Rosario Ave.  
 Atascadero, Ca  
 For more information, phone: 805-466- 9108, email:  
[ccaucc@sbcglobal.net](mailto:ccaucc@sbcglobal.net)

### **Trained Facilitator Needed**

In order to continue the Family Support group a trained facilitator is needed. Please call Lisa Kelly 788-0869 to volunteer and for more information

### **Have You Paid Your 2010 Dues?**

**Check the date on the front of your newsletter.**

A big THANK YOU to all of you who renewed your memberships and a big WELCOME to our new members! Your active memberships allow NAMI to continue to advocate for the mentally ill on the local, state and national level. The more active members we have, the more of a force we can become!

Pam Zweifel, Membership Chair

### **Poor Communication In The Brain Linked To Schizophrenia**

Short circuit may lend a clue to the causes of schizophrenia in humans.

From NPR by Nadja Popovich, April 1, 2010

New evidence suggests that schizophrenia can be caused by a lack of synchronization between regions of the brain. In a study, just published in the journal Nature, researchers from Columbia University compared mice bred to have a genetic mutation linked to schizophrenia in humans with healthy mice and found that mutant mice had more trouble completing spatial tasks -- like getting through a maze.

Though most people associate schizophrenia most strongly with hallucinations and delusions, the disease also impairs cognitive abilities, including working memory. The Columbia researchers found that the two regions of the brain associated with working memory in the mutant mice -- the hippocampus and the prefrontal cortex -- weren't communicating the way they do in normal animals.

The short circuit may lend a clue to the causes of schizophrenia in humans.

We caught up with Dr. Joshua Gordon, a psychiatrist at Columbia University Medical Center and a senior author of the study, to learn more. Here are edited highlights from the interview.

How did you get interested in this line of research?

Obviously when you have a gene that you've identified that contributes to an illness -- especially a psychiatric illness -- that's the first step to understanding how the disease develops.

So, we first started with this gene that's very clearly associated to schizophrenia -- this particular gene is actually a deletion of 20-some-odd genes that gives individuals a 30 percent greater risk for developing schizophrenia. That's the strongest link of any gene.

And so we looked at mice that were lacking those same genes. They had some of the cognitive deficits that schizophrenic patients have. In particular, we studied working memory. That's the ability to hold information for short periods of time and then use it to complete tasks.

And how was the experiment carried out?

We asked the mice to hold spatial information in their memory and use it to help decide their way through a maze. And we found that the mice carrying the deletion can't do that as well.

What intrigued me is that this kind of behavior is actually one that we know a whole lot about. The hippocampus and the prefrontal cortex need to communicate with each other to complete the tasks we're asking the mice to do. So, we wondered if the connections between these two regions weren't

*(Continued on page 3)*

### **WWW.NAMI.ORG IS A GREAT SOURCE OF INFORMATION ON THE INTERNET**

### **SLO County / T-MHA FAMILY ADVOCACY PROGRAMS**

The County Family Advocates for Adult Mental Health Services offer CONFIDENTIAL ASSISTANCE, INFORMATION, AND SUPPORT to help improve the quality of life for families and caregivers, to help families and caregivers navigate the Mental Health system, and to help families and caregivers cope with the many challenges they face. Family Advocates also provide referrals and resources for further support and education.

### **San Luis Obispo County**

Contact: Janice Holmes, Lead Family Advocate, Adult Services: 805-541-5144 x.171 or jholmes@t-mha.org. Office: 277 South St. Suite Y, San Luis Obispo, CA or Henry Herrera, Family Advocate, Adult Services (Se habla espanol), 805-541-5144 X 129 or hherrera@t-mha.org.

### **NAMI-SLOCO Library:**

We now have an on-line catalog of the books, tapes, CDs and DVDs in our extensive library.

Go to <http://www.namisolco.org> and click on "Library"



**NAMI PEER-TO-PEER**

**PEER TO PEER NEWS:** Peer-to-Peer Classes are led by mentors who have achieved recovery from mental illness and are now able to teach recovery coping strategies to others.

CALL FOR DETAILS AND RESERVATIONS (Required).

Peer-to-Peer Coordinator - Betty McGraw (541-5144 X 113)

Email [BMcgraw@t-mha.org](mailto:BMcgraw@t-mha.org)

**NEW**-Peer to Peer is now offering "WRAP" Group-Wellness and Recovery Action Plan: an educational course in the journey to recovery.

A huge THANK YOU to all the NAMISLO members who helped set up for the movie at our March Meeting. Everyone enjoyed **A Summer in the Cage** and the discussion afterward was very educational.

### **NAMI-SLOCO Presents**

### **"FAMILY-TO-FAMILY"**

A Class offering:

Education and Support for Family Members

Whose Relative or Loved One Suffers from:

- MAJOR DEPRESSION
- BIPOLAR DISORDER (MANIC DEPRESSION)
- SCHIZOPHRENIA
- SCHIZOAFFECTIVE DISORDER
- PANIC DISORDER, or
- OBSESSIVE-COMPULSIVE DISORDER
- OTHER RELATED DISORDERS

"Family-to-Family" provides up-to-date information & education on the diseases, their causes, & treatments available, as well as help & coping tools for you **as the caregiver or loved one**. The class is presented in 12 weekly meetings of 2.5 hours per evening. Over 550 San Luis Obispo County families have been helped by the support and knowledge offered by this class.

**THE CLASS IS FREE BUT PRE-REGISTRATION IS REQUIRED! CALL FOR DETAILS & RESERVATIONS for 2010**

**Family-to-Family Coordinator – John Lamas at 461-1635**

for the North County, South county and SLO classes. (John Klimala is ill and John Lamas is filling in for now.)



(Continued from page 2)

working as well in these mice, and we attached electrodes to the mice to see those connections.

In normal mice, the hippocampus and the prefrontal cortex work together during the task -- the activity becomes synchronized. In the mutant mice, the activity between the two areas did not become synchronized to the same extent; they weren't able to use these two areas together.

Whether the wiring is incorrect or if the wiring is there but not functional, the link between the two areas cannot be established to the same degree.

But we were also able to show that, for each individual animal, the mutants that had more difficulty synchronizing the two areas had more difficulty doing the behavioral task. So this isn't two different phenomena -- a behavioral one and one in brain communication. They're linked.

Is this genetic deletion that predisposes humans to schizophrenia the same one in mice?

It's as identical as we could possibly make it. Ninety-five percent of the genes deleted in the human are deleted in the mice.

So how can you reconcile these findings in mice with what to expect in humans?

People have looked at connectivity between brain regions and schizophrenia before. In fact, the hypothesis that the brain regions can't communicate as a cause for schizophrenia has been around for 100 years. What this study does is move it along and says that this particular gene leads to this particular dysfunction in connectivity between these particular brain regions.

This also tells us that in the subset of schizophrenics who carry this mutation, it's quite likely that they have connectivity problems between these brain regions. That gives us two ways to go forward. Now that we know which brain regions and which populations of patients to look at, we can use imaging techniques to verify this model found in the mice. We now know what specific questions we need to be asking.

If we verify that this is the case, we can use the mice to develop a treatment that will enhance the ability of the brain regions to communicate and then take that back to humans.

Are there any such treatments that focus on brain connectivity?

Actually, no. And that's a big problem in the treatment of schizophrenia right now. Our treatments are very good at helping the most obvious symptoms -- hallucinations and all -- but the treatments don't help make brain function more fluid.

Many schizophrenic patients may not be hearing voices, but they may have trouble balancing a checkbook or taking the Metro -- cognitive problems -- and we don't have treatments for this. So, if we could develop treatments [to improve cognition] we could really change the lives of many schizophrenic patients today.

Source: NPR

**ARE YOU CONCERNED ABOUT THE MENTAL HEALTH OF A CHILD OR TEEN?**

**NAMI Basics can help.** NAMI Basics is a FREE 6-week education class for Caregivers of Children and Adolescents with Behavioral/ Mental Health issues. The next class will be offered during the July. If you are interested in taking this class please contact Carol Wallace at 771-9063.



The **San Luis County Mental Health Board** meets at 3:00 PM on the 3rd Wednesday of the month at the Behavioral Health Campus (old General Hospital). Contact the MHD office (Phone: 781-4719) to confirm date and room location.

The **NAMI SLOCO executive board** meets from 11:30 - 1:30 on the second Friday of the month at The Boysdon Room, Saint Stephen's Episcopal Church, SLO .

**DONATIONS GREATLY APPRECIATED. PLEASE MAKE DONATIONS TO: NAMI SLOCO, P.O. BOX 3158, SAN LUIS OBISPO, CA 93403.**

NAMI SLOCO (IRS ID# 77-0099671, CA non-profit # C1535087) is a 501(c)(3), charitable, non-profit, tax-exempt organization. Donations and contributions are tax-deductible as provided by law.

**REQUEST FOR A SPANISH-SPEAKING MEMBER INTERESTED IN TAKING TEACHER TRAINING FOR THE SPANISH FAMILY - TO - FAMILY CLASS.**

Please contact John Lamas at 461-1635 if you are interested or know someone who is interested in training to become a Family-to-Family teacher in the Spanish-speaking community.

**T-MHA YOUTH FAMILY PARTNER, FAMILY SUPPORT GROUP. For parents, guardians, and caregivers of minor children who experience emotional or behavioral problems**

For more information please contact either Jackie Garza, Ph: 805-458-6388, email: jgarza@t-mha.org or Patty Ramirez, Ph: 805-541-5144 x129, email: pramirez@t-mha.org.

**Consider inviting "IN OUR OWN VOICE" TO MAKE A PRESENTATION TO YOUR GROUP.**

This program is a 1.5 hour presentation on stages of mental illness recovery by 2 people that have achieved recovery. For information, contact Betty McGraw, 541-5144 ext. 113 or BMcGraw@t-mha.org .



**Our Librarian, Carole Wallace requests that we return library books at the monthly meetings.** Please help Carole by returning your books so they can be shared with other members.

**NAMI 2010 Membership** ( membership in NAMI SLO CO also includes membership in NAMI Cal. & NAMI Nat'l.)

NATIONAL ALLIANCE ON MENTAL ILLNESS  
SAN LUIS OBISPO COUNTY

PLEASE PRINT

NAME(S) \_\_\_\_\_

DATE \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY/ZIP \_\_\_\_\_

PHONE (DAY) \_\_\_\_\_

PHONE (NIGHT) \_\_\_\_\_

EMAIL \_\_\_\_\_

DONATION \_\_\_\_\_

NAMI SLO CO is a charitable, nonprofit, tax-exempt organization affiliated with the NAMI California and NAMI.

NAMI SLO CO  
P.O. Box 3158  
San Luis Obispo, Ca  
93403

New  
 Renewal

- \$30 Individual
- \$35 Family
- \$50 Friend
- \$7 Client

## Mental Health Support Groups In SLO County

### Facilitated FAMILY SUPPORT Groups

#### **San Luis Obispo**

There will be **no** NAMISLOCO family support group before our monthly meetings until we find a new facilitator (see page 2)

#### **San Luis Obispo**

Tuesday Afternoons T-MHA Orientation Class 12:00-1:00  
Tuesday Afternoons T-MHA Family Support Group 1:00-3:00 PM  
Facilitated by Janice Holmes

Transitions Mental Health Association  
277 South St. Suite Y, SLO.

Any questions Contact:  
Janice Holmes, Family Advocate  
805 541-5144 X 171

#### **Atascadero**

Third Monday of every month  
6:30 -8:00 PM  
5395 El Camino Real "B" (parking behind bldg.)  
Info. Call James or Diane @ 461-1286

#### **Youth Family Support Group**

Multiple Groups meet weekly throughout the county.

T-MHA Youth Family Partners  
Contacts: **Jackie Garza**, Ph: 805-458-6388, email: jgarza@t-mha.org or  
**Patty Ramirez**, Ph: 805-458-2596, email: pramirez@t-mha.org

### PEER RUN SUPPORT GROUPS

*Support for individuals with all major mental illnesses or co-occurring disorders are invited to attend.  
(No Charge for attending)*

The times for these meetings change often so please call  
**Jessica Vieira** TMHA's Socialization/Peer Programs Manager  
541-5144 EXT 165 JVieira@tmha.org  
452 Higuera St, San Luis Obispo

#### Peer Support

#### **Dual Recovery Anonymous**

452 Higuera St. SLO 2:30 to 3:30 Fridays  
5395 El Camino Real B, Atascadero 2:00 to 3:00 Tuesdays  
"W.R.A.P." - **Group-Wellness and Recovery Action Plan**

458 Higuera St SLO 10:00 to 11:30 Mondays  
203 Bridge St. Arroyo Grande 2:30 to 4:00 Fridays

#### **Womens Support Group**

5395 El Camino Real, B, Atascadero 1:30 to 2:30 Thursday

#### **Peer Support**

5395 El Camino Real B Atascadero  
12:00 to 1:30 Mondays & 2:00 to 3:00 Wednesdays  
452 Higuera St. SLO 12:30 to 1:30 Wednesdays

#### **Faithnet**

452 Higuera St., SLO 2:00 to 3:00 Tuesdays  
(Continued in next column)

#### **Paso Robles**

Paso Robles Library Storybook Rm.  
1000 Spring St.  
Peer Support

For info call Betty McGraw, 541-5144 x 113 or  
BMcGraw@t-mha.org.

#### **PATIENTS' RIGHTS ADVOCATE**

Gerald Clare 781-4700

T-MHA Special Projects Coordinator for: "**The Shaken Tree: Families Living with Mental Illness**". John Klimala, Special Projects Coordinator, Transitions-Mental Health Association Phone: 541-5144 ext. 125;  
Email: jklimala@t-mha.org

#### **Family Advocate, Adult Services**

Janice Holmes, Lead Family Advocate  
T-MHA Phone 541-5144 X 171  
Henry Herrera, Family Advocate, Adult Services (Se habla espanol)  
T-MHA Phone 805-541-5144 X 129 or hherrera@t-mha.org

For corrections to this section please contact  
Ed Garner - egarner@calpoly.edu

### Officers

Lisa Kelley President..... 788-0869  
Ian Fenwick Vice-president ..... 543-9590  
Pam Zweifel Secretary ..... 543-1825  
Nancy Griffin Treasurer..... 543-9399

### Standing Committee Chairs

Naoma Wright Publicity.....543-5232  
Roger Gambs Newsletter, Peer to Peer Liaison.....461-6590  
Ed & Kathy Garner Newsletter & Website.....550-3117  
Carole Wallace Librarian..... 771-9063  
Pam Zweifel Membership..... 543-1825  
Norma Hoffman Housing..... 544-2725  
Rae Belle Gambs Forensic.....461-6590

Support Group Facilitator ..... OPEN

### Special Committee Chairs

Lillian Bareither - Newsletter Mailing..... 595-2821  
Jerry Howe - Farmers Market..... 543-2261  
John Klimala-  
Family to Family Coordinator ..... 550-3889  
Lisa Kelley—  
Parents and Teachers as Allies Coordinator ..... 788-0869  
Carole Wallace NAMI Basics Coordinator.....771-9063  
Lisa Kelley NAMI Basics Coordinator .....788-0869

**NAMI SLOCO WEBSITE: [www.namislo.org](http://www.namislo.org)**

Next Meeting  
April 27, 2010  
([www.namislo.org](http://www.namislo.org))

NON-PROFIT ORGANIZATION  
U.S. POSTAGE  
Paid  
SAN LUIS OBISPO COUNTY, CA  
PERMIT NO. 19

NATIONAL ALLIANCE ON MENTAL ILLNESS  
SAN LUIS OBISPO COUNTY  
P.O. Box 3158  
SAN LUIS OBISPO, CA 93403