

Holiday Party

NAMISLOCO's ANNUAL HOLIDAY PARTY and election of new officers will be held Tuesday December 8th at 6:00 PM. As in the past the party will be held at the San Luis Bay Estates Clubhouse (Lodge). You MUST call/leave a message with Lillian Bareither at 595-2821 and give the names of the people that will be attending (*please spell you name so that Lillian can get the correct information to security at the front gate*). NAMI will provide lasagna, desserts, punch, coffee and place settings. **PLEASE BRING your favorite **SALAD** for six. We look forward to seeing all of you and having a great party. (See map below.)**

Stanley Medical Research Institute Update

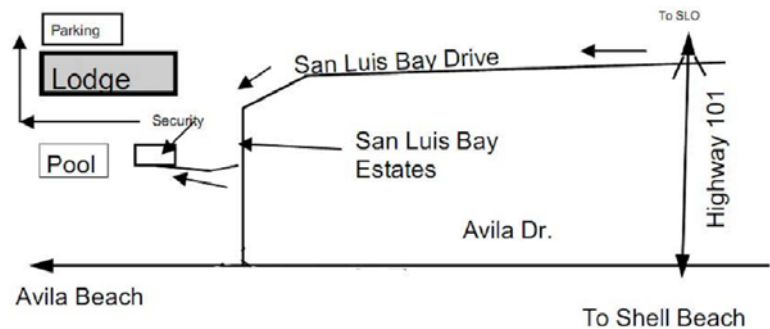
By Dr. Torrey
 From Treatment Advocacy Center Catalyst

A major research initiative of the Stanley Medical Research Institute (SMRI) is investigating infectious agents as a possible cause of schizophrenia and bipolar disorder. An infectious agent of great interest is *Toxoplasma gondii* (T.gondii), a protozoan parasite that is carried by cats but that also infects many other animals, including humans. Previous SMRI research has established in many studies that individuals with schizophrenia have more antibodies to T.gondii than controls.

Recent research has added a new and interesting twist to this research. It has been known for many years that individuals with schizophrenia appear to have an excess of dopamine. Most antipsychotics, in fact, are thought to be effective because they block dopamine. However, despite numerous studies, nobody has been able to figure out where the excess dopamine comes from.

Recently, two SMRI-funded studies independently reported that the parasite T.gondii has genes that allow it to synthesize dopamine. Thus, it is possible that the excess dopamine in individuals with schizophrenia is being introduced from the outside by the parasite rather than being made by the person. This would be a radically different way to look at the disease. One research group reporting this is Dr. Glenn McConkey et al. at the Uni-

Map to Dec. Holiday Party Location



Year at a Glance

January thru June: Support Group and General Mtg, 4th Tuesday
July: Annual Picnic, July 22 **no Support Group or General Meeting**
August: Summer Vacation: no meeting, newsletter or support group
September: Support Group and General Meeting 4th Tuesday
October 3rd: Beautiful Minds Walk
October: Mental Illness Awareness Event: 4th Tuesday of October.
November: Support Group and General Meeting 4th Tuesday
December: Holiday Party: Dec 8, 2009 no Support Group/Gen. Mtg

versity of Leeds in England; their report was published in the online journal PLoS ONE in March. The other research group is under Robert Sapolsky, Professor of Biological Sciences and Neurology at Stanford University. Dr. Sapolsky reported his finds at a February talk at NIMH.

The finding has obvious implications for new treatment approaches, and SMRI has underway some treatment trials using drugs that block T.gondii. A detailed account of the SMRI's research on T.gondii can be found on the SMRI website, www.stanelyresearch.org. (Click on Laboratory of Developmental Neurovirology, then on Toxoplasmosis-Schizophrenia Research.)

Mental Health Support Groups In SLO County

Facilitated FAMILY SUPPORT Groups

San Luis Obispo

4th Tuesday of the month 5:30 to 6:45 PM
 St. Stephen's Episcopal Church
 Pismo and Nipomo Sts. SLO

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
 San Luis Obispo
 452 Higuera St

**Peer Support
 Dual Recovery Anonymous**

**SLO Peer Run support groups are now also offering
 "W.R.A.P." - Group-Wellness and Recovery Action Plan:
 an educational journey to recovery.**

Atascadero
 5395 El Camino, Suite B.
 Peer Support

(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.

MEDI-CAL 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 President788-0869
 Ian Fenwick Vice-president543-9590
 Pam Zweifel Secretary543-1825
 Nancy Griffin Treasurer543-9399

Standing Committee Chairs

Naoma Wright Publicity.....543-5232
 Roger Gams Newsletter,Peer to Peer Liaison.....461-6590
 Ed &Kathy Garner Newsletter & Website.....550-3117
 Carole Wallace Librarian771-9063
 Pam Zweifel Membership543-1825
 Norma Hoffman Housing544-2725
 Rae Belle Gams Forensic.....461-6590
 Mary Jo Paxton-
 Support Group Facilitator.....489-0575

Special Committee Chairs

Lillian Bareither - Newsletter Mailing595-2821
 Jerry Howe - Farmers Market543-2261
 John Klimala-
 Family to Family Coordinator550-3889
 Lisa Kelley-
 Parents and Teachers as Allies Coordinator788-0869
 Carole Wallace NAMI Basics Coordinator.....771-9063
 Lisa Kelley NAMI Basics Coordinator788-0869

NAMI SLOCO WEBSITE: www.namislo.org

Christmas Party
 Dec. 8
 (www.namislo.org)

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

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