



NEWSLETTER

NATIONAL ALLIANCE ON MENTAL ILLNESS

SAN LUIS OBISPO COUNTY (www.namislo.org)

JULY 2010

Number 7

Volume 26

General Meeting.

Join us for the annual NAMISLOCO Picnic at Cuesta Park on July 27 at 5:30 until dusk. Please bring a salad for 8 if you can. Fun and good food will be available for all.

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.**

TRANSITIONS-MENTAL HEALTH IS MOVING !

Transitions-Mental Health Association is moving their main office in San Luis Obispo. Beginning on July 12th the T-MHA **administration offices** will be located at 784 High Street (corner of High and Santa Barbara Streets.) Due to the move some of T-MHA's programs are off schedule so please call for details.

Electric Switch fixes Brain Circuits: An understanding of how deep brain stimulation works is changing our view of Mental Illness.

(Summary of an Article by Dr. Helen Mayberg)

Summary written by **Ewen Callaway**. It is available on the NARSAD Website under Brain Matters: Breakthroughs and the News

This once fringe treatment is now creating a new view of mental illness as a condition affecting an interconnected network rather than arising from chemical imbalances in specific regions. "The brain works on a circuit board," says Helen Mayberg of Emory University in Atlanta, Georgia, whose team is lifting the veil on DBS.

DBS involves continually delivering high-frequency pulses of weak current to a particular region via stimulators...Although invasive, it works so well for Parkinson's disease and other movement disorders that it is now mainstream...

In the last decade, researchers have tested DBS on a variety of other conditions. It has proved effective at reducing some symptoms of bipolar disorder...It was recently approved by the US Food and Drug Administration to treat obsessive compulsive disorder.

Meanwhile, firms that manufacture DBS devices are looking to get the technique approved to treat depression, for which it seems to work well. In 2005, Mayberg's team showed that DBS could help people with a type of depression thought to be completely untreatable.

The researchers implanted the stimulators into the subgenual area, which is involved in emotion, in six severely depressed patients for whom all other treatments had failed...

The region was selected because brain imaging studies

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.

had shown it to be hyperactive in many people with depression. Most researchers thought that DBS worked by silencing activity in that area. This would explain why so many patients responded as soon as their stimulators were switched on: many said the operating room looked brighter than when they had gone in, for example, a sign of a changed outlook on life. It was as if "something painful had suddenly stopped", Mayberg said at a recent lecture on her work at the Massachusetts Institute of Technology.

Mayberg cautions that the results are preliminary, but she thinks she may be onto something...The ability to predict who will and won't benefit from DBS should mean the treatment can be offered to a greater number of severely depressed patients.

...The technology could have much wider implications, The NIMH...Is launching an initiative soon to encourage researchers to describe mental illnesses as disorders of networks rather than by how they make people feel - part of a broader shift across neuroscience.

DBS is helping to map these networks, says Tom Insel, Director of the institute. "For us not to understand the parts of the brain involved in mental illness is really unacceptable", he adds...

Insel and Mayberg hope that a better understanding of how brain regions form networks will improve doctors' ability to match drugs and therapies to patients. It could even lead to drugs that target specific networks.

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

A Non-Invasive Way to Treat Serious Depression When Drug Therapy Fails

Mark George and Repetitive Transcranial Magnetic Stimulation (From NARSAD website.) www.NARSAD.org

Severe depression is sometimes called "refractory" by doctors, meaning that it defies their efforts to combat it through a variety of means. These range from antidepressant pharmaceuticals to, in the most pronounced cases, the application of electrical impulses, either directly or indirectly, to areas of the brain believed to be important in depression.

NARSAD grants have energized the work of hundreds of scientists in a decades-long quest for safer and more effective treatments for refractory depression. Sometimes, NARSAD grants have proven critical to the early advancement of scientific discoveries that otherwise might have foundered. For Mark George, M.D., NARSAD's aid helped him salvage a promising technology that others in the field were giving up on. Today, that technology, called rTMS, is a powerful non-invasive therapy for treatment-resistant depression.

During a research fellowship in London in 1990-91, Dr. George learned of a new technique called transcranial magnetic stimulation (TMS), then being used to study the brain's motor cortex. In TMS, a focused magnetic field painlessly enters the brain and generates electrical currents inside specifically targeted brain cells, or neurons. During this stimulation, TMS blocks brain functioning for brief periods in the targeted area.

Joining the National Institute of Mental Health after his fellowship, Dr. George pioneered TMS, first as a way to study the role of neurons in regulating mood. Later, he tested it as a non-invasive therapy, first in a single depressed patient, and subsequently in a double-blind clinical trial. That trial gave the exciting result that daily magnetic stimulation of the prefrontal cortex over a treatment period of three weeks significantly alleviated depression in some patients. The treatment became known as repetitive TMS (rTMS).

Dr. George moved in 1995 to the Medical University of South Carolina — where he is now Distinguished Professor of Psychiatry, Radiology and Neuroscience — at

(Continued on page 3)

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.namislo.org> and click on "Library"



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

A huge thanks to Denise Rea for her informative and interesting talk about the housing program she runs for Transitions-Mental Health Association.

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 .

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)

a time when the bright hope of rTMS as an antidepressant was dimming if not dying. One team of researchers had reported remarkable success in lifting depression in patients by treating them with rTMS for only one week. "I didn't understand then, and I don't understand now, how they got those results," Dr. George says. "Researchers around the world followed up by treating patients for one week, but none of them got better. The word spread: repetitive TMS doesn't work."

It was at this point that Dr. George sought federal and private support for a study to further demonstrate the effectiveness of rTMS. Only NARSAD responded. A Young Investigator Award enabled him to replicate his earlier NIMH clinical trial findings. "The NARSAD trial was important at a time when people were being skeptical about repetitive TMS," he says.

Dr. George pioneered rTMS first as a way to study the role of neurons in regulating mood. Later, he tested it as a non-invasive therapy for depressed patients.

Since then, Dr. George and others have improved rTMS and gained a better understanding of it. They've found, for example, that the success of rTMS depends on the degree of treatment resistance, not the severity of a patient's depression. People who have failed one to three medications often improve with TMS, while patients who had no improvement from seven or ten treatments do not. For these patients, electroconvulsive therapy, or ECT, remains the best hope. However, much remains to be resolved about rTMS, including where best to focus the magnetic waves.

"I credit NARSAD grants as extremely crucial for the development of repetitive TMS as an antidepressant," Dr. George says. "It has supported me and others around the world in moving this technology from an idea to something I think will soon become an important mainstay of clinical practice."

NARSAD Understands the Importance of work in the recovery of patients with brain and behavior disorders .

(From the NARSAD website www.narsad.org)

To honor those who are creating new workplace opportunities for people with brain and behavioral disorders, NARSAD has inaugurated a Productive Lives Award. We were very pleased to present the first to J. Randolph Lewis, Senior Vice President of Supply Chain and Logistics for Walgreens, who has made that company a world leader in providing new opportunities for people with these illnesses.

Support NAMI shop at Ralph's Grocery Stores. We now have a non-profit code which will yield 4% of what ever shoppers using the code spend at Ralph's. The code is:

92279

Shop at Ralphs and use our code to support all the wonderful things NAMISLOCO does for our community and our mentally ill loved ones and their families.

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.

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.

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 Dan Sheridan, 541-5144 ext. 105 or dsheridan@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

**SLO Co. Mental Illness Referral,
Contact and Location Information:**

1. EDUCATIONAL, SUPPORT, WELLNESS AND RECOVERY PROGRAMS FOR PEOPLE LIVING WITH MENTAL ILLNESSES

NAMI Peer-to-Peer Education Class (9 week education class for people living with mental illnesses);

Call Betty M., Transitions-Mental Health Association @ 541-5144 x 113

Dual Recovery Anonymous:

452 Higuera St., SLO, 2:30-3:30 Friday.

8600 Atascadero Ave. Atascadero, 2:30-3:30 Thursday

203 ½ Bridge St. Arroyo Grande, 2:30-3:30 pm, Tuesday

WRAP - Group Wellness and Recovery Action Plan:

TMHA, 277 South St., Suite "Y", SLO, call Betty M @ 541-5144 for more information

Women's Support Group:

There are no classes/meetings now.

Peer Support:

5395 El Camino Real B, Atascadero, Fri. 9:30-11:00 am

452 Higuera St. SLO, 12:30-2:00 pm, Wednesday

2. EDUCATIONAL AND SUPPORT PROGRAMS FOR FAMILIES AND FRIENDS OF PEOPLE LIVING WITH MENTAL ILLNESSES

NAMI San Luis Obispo County MEETINGS/PROGRAMS:

4th Tuesday every month (except Jul. Aug. Dec); Program: 7:00 PM in the multi-purpose room at St. Stephen's Episcopal Church (Pismo and Nipomo streets, San Luis Obispo, CA.) Follow signs from parking lot off Pismo Street

T-MHA Family Orientation Class and Family Support Group:

Tuesday Afternoons; Orientation – 12:00-1:00; Family Support Group – 1:00-3:00. T-MHA. Call Janice H. @ 541-5144 or jholmes@t-mha.org for more information.

T-MHA Family Support Group in Spanish: For families and loved ones of persons with mental illness; this is a drop in group no charge and no need to call for attendance. Call Henry Herrera, Family Advocate, Bilingual/ Spanish @514-5144

T-MHA Grupo de Apoyo Familiar: Para Familias y seres queridos que tienen personas con problemas mentales; visite el grupo sin hacer cita – no hay costo y no es necesario llamar para asistir. Para más información llame a Enrique (Henry) Herrera, Asesoría Familiar, Se habla español - Bilingual/Spanish 514-5144

T-MHA Young Adult Family Support Group:

Wednesday Afternoons 3:30-5:00. T-MHA. Contact Cami Rouse at 541-5144 or crouse@t-mha.org for more information.

T-MHA Youth Family Support Group:

Multiple groups meet weekly throughout the county. Call Youth Family Partners Jackie G. or Patty R. @ 458-6388, 458-2596, or 503-0009 for more information.

NAMI Facilitated Family Support Groups:

3rd Monday of every month 6:30-8:00 PM, at the T-MHA MHSA Support Center, 5395 "B" El Camino Real, Atascadero. Call James or Diane @ 461-1286 for more information. For updated support group information, please visit < www.namislo.org > and click on the Resources/Support tab.

NAMI Family-to-Family Education Class(12 week education class for families and friends of people living with mental illnesses):

Call John K. @ 550-3889 for time and place of next 12 week education class.

NAMI Basics Class (6 week education class for families and caregivers of children and youth living with mental illnesses); Call Carole @ 771-9063 for next 6 week class.

3. MENTAL ILLNESS AWARENESS AND RECOVERY PRESENTATION FOR THE PUBLIC

NAMI In Our Own Voice Program (2 hour public mental illness awareness and recovery presentation);

Call T-MShannon M. with T-MHA @ 541-5144 or Shannon@t-mha.org.

4. MENTAL ILLNESS EDUCATION PRESENTATION FOR PROFESSIONAL EDUCATORS

NAMI Parents and Teachers as Allies (2 hour mental illness education presentation for professional educators); Call Lisa @ 788-0869

5. WHERE CAN YOU GET HELP IN SAN LUIS OBISPO COUNTY?

Mental Health Department 1-800-838-1381

24-Hr. MHD Crisis Service 781-4700

Behavioral Health Admin. 781-4700

Arroyo Grande Clinic 473-7060

Atascadero Clinic 461-6060

San Luis Obispo Outpatient Clinic 781-4700

Inpatient Service 781-4711

Youth Services (Vicente Dr.) 781-4179

Forensic MH Services (CON REP) 781-4190

Hotline 24-hour Info., Referral, Listening 211

SLO Hotline 24/7 Crisis and support line 1-800-549-4499

Grievance Coordinator 781-4738

T-MHA Family Services Program

Adult Services 541-1-5144

Youth Services 4 458-6388, 458-2596, 503-0009

6. Useful Websites

San Luis Obispo County Behavioral Health Dept.

<http://www.slocounty.ca.gov/health/mentalhealthservices.htm>

Transitions-Mental Health Association

<http://www.t-mha.org/>

NAMI San Luis Obispo County

<http://www.namislo.org>

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 Coordinator788-0869

NAMI SLOCO WEBSITE: www.namislo.org

Next Meeting
Picnic
July 27, 2010

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