



# NEWSLETTER

## NATIONAL ALLIANCE ON MENTAL ILLNESS

SAN LUIS OBISPO COUNTY ([www.namislo.org](http://www.namislo.org))

January 2010

Number 1

Volume 26

### General Meeting.

Happy New Year! We start off 2010 with a program called Minds on the Edge—Facing Mental Illness. This video explains dilemmas faced when living with mental illness. There will be time for discussion after the presentation. You are welcome to bring a snack to share. **Coffee and juice are provided. The meeting is on Tuesday January 26 at 7:00PM.**

The NAMISLOCO General Meetings are held on the 4th Tuesday of the month (except December and July) 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. (see below)**

#### Thank you Mary Jo

Mary Jo Paxton has facilitated the family support group held just before the monthly general meetings for many years. Due to illness Mary Jo will not be able to facilitate the group this year. We are very grateful to Mary Jo for her dedication to and compassionate leadership of the support group. Thank you, Mary Jo, and our best wishes for your complete recovery to good health. You will be missed.

#### 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

**October :** 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.

#### How Cuts Would Affect NAMI Consumers and Families

News Release: Raid on Proposition 63 funds and deep cuts to Medi-cal are proposed.

For Immediate Release, January 10, 2009

Contact: NAMI California, 916-567-0163

Sacramento--Protesters stood in the rain on the Capital grounds yesterday to protest cuts planned for social services in 2010. If the budget proposals made by Governor Arnold Schwarzenegger are realized, California's residents who suffer from mental illnesses and their families may be gravely affected.

One principle action that concerns many in the mental healthcare services community is Schwarzenegger's plan to reverse voter denial of a proposal last year to divert \$847 million in Mental Health Services Act funds designated for new services in order to fund existing ones. He would need legislative approval to put such a measure on the June ballot.

An immediate response came from Rusty Silex, Executive Director and Legislative Representative for The California Council of Community Mental Health Agencies.

Speaking to the Sacramento Bee, Silex said, "Just as he did a year ago, the governor has proposed diverting voter approved Prop 63 community mental health funds to balance the budget. ... Not only is this a proposal that flies in the face of the voters expressions, both in passing the measure in 2004 and rejecting similar cuts in 2009, but it also won't save money and would wind up costing the state more in health social services and prison costs and make future budget problems even worse."

A second troubling proposal from the governor directly applies to Medi-Cal benefits. The governor would cut Medi-Cal healthcare for the poor while raising premiums and patient co-payments. And Medi-Cal benefits for new, legal immigrants who have lived in the country less than five years would be eliminated.

Details are to "eliminate all optional benefits; reduce eligibility to federal minimum – \$532 million and to limit services and increase cost sharing – \$750 million.

For NAMI consumers and families who are poor and rely on Medi-cal for treatment and medications, the proposed cuts could be devastating.

Source: NAMI California

#### Pay Psychiatric Patients to Take Meds?

Written by E. Fuller Torrey, M.D.

A team at Queen Mary Hospital in London has begun a study of the effectiveness of paying individuals with schizophrenia and bipolar disorder to take their medication. The study will include 136 patients who "have a very poor track record for taking their medication" and who are all on long-acting antipsychotics, which they receive by injection every two weeks or so. Half of them will be paid £15 (about \$24) each time they come in for their injection, and half will receive no money and will thus be controls. Both groups will then be followed to see whether the payments make a difference in preventing relapses and rehospitalizations.

Paying patients to take their prescribed medication or to otherwise follow up their medical care, immunizations, etc., is not a new idea but has been little used in psychiatry. A 1997 article in the British Medical Journal analyzed 11 such studies published between 1976 and 1996; in 10 of the 11 studies, the individuals who received payments did significantly better than those who did not. For example, in a study of hypertension, patients were paid on a sliding scale from \$4 to \$16 depending on how close their blood pressure was to the target number. Payments have also been demonstrated to be effective in patients with tuberculosis, thus reducing rehospitalizations.

Objections to such studies have focused mostly on ethical issues such as, is it coercive? MIND, a politically correct British mental health charity, opposes the Queen Mary Hospital program because they claim "it runs counter to informed decision making." Most patients involved in the study are in it, of course, because they have anosognosia and do not know they are sick; thus, they are anatomically unable to carry out "informed decision making." But groups like MIND do not pay attention to such issues. Arguments in favor of payment programs include the fact that patients in such programs are likely to lead much better-quality lives and spend less time homeless, incarcerated, or rehospitalized. It is thought that the modest cost of such programs will be more than offset by savings in decreased rehospitalization alone.

We need more data on such programs for individuals with severe psychiatric disorders. Theoretically, the federal Substance Abuse and Mental Health Services Administration (SAMHSA) should be supporting such demonstration projects, but this is a hopelessly politically correct agency and is unlikely to do so. We will have to wait for the braver Brits to show us the way .

### **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

### **Family to Family Program News**

John Klimala has been sick and John Lamas has taken over for him temporarily. John Lamas' phone number is 461-1635. John Lamas is currently looking for teachers to teach in all parts of the county. If you are a Family-to Family teacher please consider teaching this winter and let John know either via an answer to his email or by phone. He also request that if you want to teach you look for a partner for you team. Many families in our community need your help!

**Very special thanks go to Barry Johnson, Jessica Vieira and Betty McGraw** for their work in preparing the application for a Peer to Peer expansion grant that was awarded to NAMISLOCO. The full amount of the grant (\$1,725.00) will be transferred to Transitions Mental Health Association (TMHA).

We acknowledge TMHA's excellent collaboration with NAMISLOCO on Peer to Peer (P2P), In our Own Voice (IOOV) and Family to Family. (F2F).

Also our appreciation and thanks to Barry, Jessica and Betty for keeping P2P and IOOV reinvigorated with new mentors and presenters.

### **Mental Illness Stigma In The Family**

#### **What do you say when a relative fails to understand?**

From The Tucson Citizen by Staff Writer, November 28, 2009

Discrimination against people with mental illness is all too prevalent, but what does someone do when someone in your family is being stigmatized by their own family members?

A member of the family, we'll call him the Father, was diagnosed with schizophrenia approximately fifteen years ago, but it wasn't until this week that his sister was given that information. They live across the country from each other and don't see each other often, but the sister has always know that her brother was "quirky."

She knew he was brilliant and that he had scored very high on a IQ test while in high school and always considered him a genius. Over the last several years she often wondered if her brother had a mental illness diagnosis, but no one else in the family thought it possible. That is, no one besides her sister-in-law who finally shared the information after living with him for over twenty years and raising a family.

The sister, who believes that mental illness should not be kept in the closet and needs to be spoken about feels frustrated and saddened by her brother's family's inability to share openly an illness that needs to be discussed. It is the first step in reducing stigma.

All that can be done is to encourage the family to be open. This is an issue that they must come to grips with on their own, but here are some suggestions to anyone interested in reducing mental illness stigma.

#### **Use of Language is Most Important**

\* Protest usage of single words like "crazy" "psycho" "wacko" or "loony" unless they refer directly to individuals struggling with mental illnesses or to the illness itself.

\* "Schizophrenic" to describe a split decision made by Congress or any organization has become part of our cultural language. However, its misuse is being heard and corrected

*(Continued on page 3)*

### **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 a force we can become!  
Pam Zweifel, Membership Chair

[www.nami.org](http://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](mailto: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](mailto: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"



**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.

### **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.

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.)

**NAMI Beautiful Minds Walk Sponsors..  
Thank you for your support!!**

**New Frontiers Natural Market Place**

Janet & Malcom DeMille	John & Chris Edgerton, DDS, Inc
Frank's Famous Hot Dogs	Norma Hoffman
Chet & Linda Hogoboom	Karin & Les Katz
Kirkpatrick & Boswell	Stacy Korsgaden Farmer's Insurance
Bob & Toni Mermer	Robert Mott, Attorney
Greg & Kathy Pritchard	Becky Nelson
Rapp Electric	Joan Wallace
Sylvia Leap	Ingrid English
Robin & Curt Shaffer	Rabobank
NAMI SLO CO	Chuck & Coleen Arndt
Gin & Rusty Fielder	Rober & Kathlene Snyder
Transitions Mental Health Association	

insurance coverage is equal for mental illnesses with physical illnesses. Bottom line is we need to accept people for who they are, with or without any illness and be there to support and encourage them as equal human beings.

Source: The Tucson Citizen

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.

(Continued from page 2)

by many in the public arena.

\* Protest calling a person a "schizophrenic": NAMI policy calls for PEOPLE FIRST: people, persons, individuals with a mental illness, schizophrenia, bipolar, clinical depression, OCD, panic disorder.

Above all else, get educated and know that mental illness, like any other illness is a biological disorder; it can be successfully treated and recovery is more than possible, it's probable. Ignorance has caused people to abandon their family members and encouraged the person with the diagnosis to isolate themselves.

Just like a person living with cancer or diabetes, a person with mental illness needs support and acceptance from their family and friends.

There is a genetic predisposition, so everyone in the family needs to know what the symptoms and "red flags" are. Sometimes it takes years, even decades before a person is diagnosed. It is proven that the earlier a person receives treatment, the better the outcome.

Encourage our legislators to treat mental illnesses with parity so that

**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  
 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.

**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  
 Jan 26, 2010  
 (www.namislo.org)

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