



NEWSLETTER

NATIONAL ALLIANCE ON MENTAL ILLNESS

SAN LUIS OBISPO COUNTY (www.namislo.org)

June 2010

Number 6

Volume 26

General Meeting.

Join us on Tuesday June 22 for a presentation by Denise Rea from Transitions-Mental Health Association (TMHA). Denise is the Director of Housing and Support Services for TMHA. She runs a very interesting housing program for those who are homeless and mentally ill. Refreshments will be served.

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.**

Don't forget the NAMISLOCO picnic on the 4th Tuesday of July (July 27). It will be held at Cuesta Park as in past years. Look for more information in the next newsletter.

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.

When Medicine Got it Wrong

A documentary film by Katie Cadigan & Laura Murray

(From NAMI National Website)

Rita Moreno narrates the story of a small group of middle-class parents who, in the 1970s, got sick and tired of being blamed for causing their children's schizophrenia. They built a grass-roots movement and launched a multi-pronged rebellion.

When Medicine Got it Wrong opens a hidden chapter of recent American history, one where parents declared "Yes We Can" and took on doctors, politicians and the cultural fear surrounding schizophrenia. Their battles played out amid the life-and-death consequences of medical misunderstanding – from the assassination attempt on President Reagan to rampant homelessness and incarceration for those not receiving treatment.

This family movement helped shape dramatic advances in brain research and an explosion of neuroscientific discoveries. By the 1990s the term "schizophrenogenic" mother disappeared from textbooks for good. Medicine now knows that people with schizophrenia can live fulfilling lives as long as good treatment, medications and services are in place.

The story is as much a human rights saga as a medical one, revealing one of the last acceptable prejudices in America: denying people with severe mental illnesses adequate care and treatment. 'Imagine if half the people with Alzheimer's disease were living on the streets or in jail: people would be outraged,' says one of the world's leading schizophrenia researchers. 'But that's the situation today for people with schizophrenia.'

Where is the outrage?

Editor's note. This recent documentary film by Katie and Laura reminds us of the past horrors of mental health treatment. Are we about to do something similar by cutting mental health funding once again to meet budget challenges in Washington and Sacramento? We still have a huge number of our mentally ill Loved Ones living on the streets.

What are the Symptoms of Borderline Personality Disorder?

Borderline Personality Disorder Diagnosis: DSM IV Diagnostic Criteria

A pervasive pattern of instability of interpersonal relationships, self image and affects, and marked impulsivity beginning by early adulthood ** and present in a variety of contexts, as indicated by five (or more) of the following:

1. Frantic efforts to avoid real or imagined abandonment.
2. A pattern of unstable and intense interpersonal relationships characterized by alternating between extremes of idealization and devaluation.
3. Identity disturbance: markedly and persistently unstable self-image or sense of self.
4. Impulsivity in at least two areas that are potentially self-damaging (e.g., spending, sex, substance abuse, reckless driving, binge eating).
5. Recurrent suicidal behavior, gestures, or threats, or self-mutilating behavior***.
6. Affective [mood] instability.
7. Chronic feelings of emptiness.
8. Inappropriate, intense anger or difficulty controlling anger (e.g., frequent displays of temper, constant anger, recurrent physical fights).
9. Transient, stress-related paranoid ideation or severe dissociative symptoms.

*Diagnostic and Statistical Manual of Mental Disorders, published by the American Psychiatric Association

** Data collected informally from many families indicate this pattern of symptoms may appear as early as the pre-teens

***The preferred term is self-harm or self-injury

(Continued on page 2)

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

(Continued from page 1) Borderline Personality Disorder

Important Considerations about Borderline Personality Disorder

(From NAMI National Website)

1. The five of nine criteria needed to diagnose the disorder may be present in a large number of different combinations. This results in the fact that the disorder often presents quite differently from one person to another, thus making accurate diagnosis somewhat confusing to a clinician not skilled in the area.
2. BPD rarely stands alone. There is high co-occurrence with other disorders.
3. BPD affects between 1 - 2 percent of the population. The highest estimation, 2 percent, approximates the number of persons diagnosed with schizophrenia and bipolar disorder.
4. Estimates are 10 percent of outpatients and 20 percent of inpatients who present for treatment have BPD
5. More females are diagnosed with BPD than males by a ratio of about 3-to-1, though some clinicians suspect that males are under diagnosed.
6. 75 percent of patients self-injure.
7. Approximately 10 percent of individuals with BPD complete suicide attempts.
8. A chronic disorder that is resistant to change, we now know that BPD has a good prognosis when treated properly. Such treatment usually consists of medications, psychotherapy and educational and support groups.
9. In many patients with BPD, medications have been shown to be very helpful in reducing the severity of symptoms and enabling effective psychotherapy to occur. Medications are also often essential in the proper treatment of disorders that commonly co-occur with BPD.
10. There are a growing number of psychotherapeutic approaches specifically developed for people with BPD. Dialectical behavioral therapy (DBT) is a relatively recent treatment, developed by Marsha Linehan, Ph.D. To date, DBT is the best-studied intervention for BPD. Find out more about DBT in [NAMI's Borderline Personality Disorder Brochure](#).
11. These and other treatments have been shown to be effective in the treatment of BPD, and **MANY PATIENTS DO GET BETTER!**

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 .

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"



NAMI PEER-TO-PEER

NAMI's Peer-to-Peer Recovery Education Course

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.

NAMISLOCO had a **hugely successful** public meeting in May in the community room at the county library. Many people attended that are not members and have not been to our meetings before. "Minds on the Edge" and the panel discussion were well received.

Special Thanks go to our panelists: Dr. Karen Baylor, Dan Sheridan, Darryl Elliott and Dr. James Fishback

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.)



New Study: Why People With Schizophrenia Are Not Being Treated

From Treatment Advocacy Center Website

Several American studies have shown that approximately half of all individuals with schizophrenia are not being treated at any given time. A new study sheds additional light on the question of why.

Dr. Mark Olfson, who has done much valuable work on such questions, and his colleagues at the Dept. of Psychiatry at Columbia University, analysed 2003 national Medicaid claims data for 49,239 individuals with schizophrenia who were hospitalized. They found that 41 percent of discharges received no follow-up outpatient care in the month following discharge. These are the individuals who are at highest risk for re-hospitalization, becoming homeless, being victimized, or committing minor or major crimes and becoming incarcerated in jails or prisons.

Olfson et al. then looked for things which predicted which patients received follow-up care and which ones did not. Not surprisingly, substance abuse was associated with less likelihood of receiving care, as was also living in counties with a high poverty rate and few psychiatrists. One of the strongest predictors was whether the individual was receiving treatment before they were hospitalized; those who were not receiving care prior to their hospitalization were also much more likely to also not receive care after their hospitalization. Individuals who were previously receiving long acting injectable antipsychotic medication were also more likely to receive follow-up care than those on oral medication. Perhaps the biggest surprise of the study was that individuals discharged from the psychiatric ward of general hospitals were more likely to receive care than those discharged from specialized psychiatric hospitals; this is a sad commentary on psychiatric hospitals.

The study is yet another reminder of why assisted outpatient treatment (AOT) is needed. Patients with schizophrenia who have not been receiving treatment prior to hospitalization are not likely to do so after hospitalization unless such treatment is mandated. AOT has been proven to work and avoids the unfortunate yet common outcomes of non-treatment. Opponents of AOT claim that it abridges individual civil liberties, but being psychotic and homeless is not civil and being in jail or prison is not liberty.

The report is being published in the June issue of the Journal of Clinical Psychiatry. The authors are Mark Olfson MD, PhD; Steven C. Marcus PhD, and Jalpa A. Doshi PhD and it is entitled "Continuity of Care After Inpatient Discharge of Patients With Schizophrenia in the Medicaid Program: A Retrospective Longitudinal Cohort Analysis."

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

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 X 113 for dates and times

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, 277 South St., Suite Y, SLO. Call Janice H. @ 541-5144 x 171 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 ext. 129

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 ext. 129

T-MHA Young Adult Family Support Group:
Wednesday Afternoons 3:30-5:00. T-MHA. Contact Cami Rouse at 541-5144 x 156 or rouse@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-MHA @ 541-5144 x 121, Shannon M.

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 ext's.-171, 129, 156
Youth Services 4	58-6388, 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 Gams 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 Gams 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

Next Meeting
Tuesday June 22
www.namislo.org

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