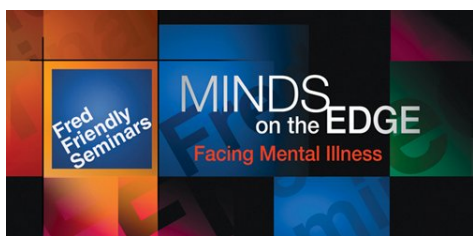


### General Meeting.

**GENERAL MEETING: NO Regular 4th Tuesday meeting this month. Instead we will be holding the special Meeting shown below on MONDAY May 24 at 6:00PM at the County Library Community room. Please come and help NAMISLOCO present this important program to the public. The panel discussion should also be excellent.**

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.

### Cognitive-Behavioral Therapy

From NAMI National Website

Cognitive-Behavioral Therapy (CBT) is an empirically supported treatment that focuses on patterns of thinking that are maladaptive and the beliefs that underlie such thinking. For example, a person who is depressed may have the belief, "I'm worthless," and a person with a phobia may have the belief, "I am in danger." While the person in distress likely holds such beliefs with great conviction, with a therapist's help, the individual is encouraged to view such beliefs as hypotheses rather than facts and to test out such beliefs by running experiments. Furthermore, those in distress are encouraged to monitor and log thoughts that pop into their minds (called "automatic thoughts") in order to enable them to determine what patterns of biases in thinking may exist and to develop more adaptive alternatives to their thoughts. People who seek CBT can expect their therapist to be active, problem-focused, and goal-directed.

Studies of CBT have demonstrated its usefulness for a wide variety of problems, including mood disorders, anxiety disorders, personality disorders, eating disorders, substance abuse disorders, and psychotic disorders. While a full description of the treatment and presenting problems for which it is useful is beyond the scope of this brief overview, a brief summary of several treatments will be presented.

CBT has been shown to be as useful as antidepressant medication for individuals with depression and is superior in preventing relapse. Patients receiving CBT for depression are encouraged to schedule activities in order to increase the amount of pleasure they experience. In addition, depressed patients learn how to restructure negative thought patterns in order to interpret their environment in a less biased way. CBT for Bipolar Disorder is used as an adjunct to medication treatment and focuses on psychoeducation about the disorder and understanding cues and triggers for relapse. Studies indicate that patients who receive CBT in addition to treatment with medication have better outcomes than patients who do not receive CBT as an adjunctive treatment.

CBT is also a useful treatment for anxiety disorders. Patients who

*(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)*

experience persistent panic attacks are encouraged to test out beliefs they have related to such attacks, such as specific fears related to bodily sensations, and to develop realistic responses to such beliefs. This treatment is very effective for those who experience such problems. Patients who experience obsessions and compulsions are guided to expose themselves to what they fear and beliefs surrounding their fears are identified and modified. The same is true for people with phobias, including phobias of animals or phobias of evaluation by others (termed Social Phobia). Those in treatment are exposed to what they fear and beliefs that have served to maintain such fears are targeted for modification.

Over the past 10 years, CBT for schizophrenia has received considerable attention in the United Kingdom. While this treatment continues to be in its infancy in the United States, the results from studies in the United Kingdom have stimulated considerable interest in therapists in the U.S., and more therapists are conducting the treatment now than just a few years ago. In this treatment, patients are encouraged to identify beliefs and their impact and to engage in experiments to test their beliefs. Treatment focuses on thought patterns that cause distress and also on developing more adaptive, realistic interpretations of events. Delusions are treated by developing an understanding of the kind of evidence the person uses to support the belief and encouraging the patient to recognize evidence that may have been overlooked that does not support the belief. Furthermore, the assumed omnipotence of "voices" is tested, and patients are encouraged to utilize various coping mechanisms to test the controllability of auditory hallucinations.

While the above summary is certainly not comprehensive, it provides a brief overview of the principles of CBT and how it applies to various presenting problems. CBT's focus on thoughts and beliefs are applicable to a wide array of issues. Because CBT has excellent empirical support, it has achieved wide popularity both for therapists and consumers. Those who may receive CBT training include psychologists, psychiatrists, social workers, and psychiatric nurses. Those seeking treatment using a CBT approach are encouraged to ask their therapist what CBT training they have had or to contact a Center for Cognitive Therapy and request a referral in their geographical location.

*Reviewed by Debbie M. Warman, Ph.D. and Aaron T. Beck, M.D*

### **The Stanley Medical Research Center**

The Stanley Medical Research Institute (SMRI) is a nonprofit organization supporting research on the **causes of, and treatments for, schizophrenia and bipolar disorder**. Since it began in 1989, SMRI has supported more than \$300 million in research in over 30 countries around the world. It is the largest nongovernmental source of funds for research on these diseases in the United States.

Schizophrenia and bipolar disorder are the most important

*(Continued on page 3)*

### **HELP NEEDED**

Please call Kathy Garner (541-0490) if you can volunteer to bring the coffee and juice to the General Meetings until Nov. 1st.

### **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](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 Chuck Croster for his presentation of the new Homeless Center planned for Prado Rd. Chuck thank you also for your wonderful efforts on behalf of our homeless community members, many of which are mentally ill. Thanks also to Dick Zweifel who saved the evening by running home for his projector!

### **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.)

**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 .**



(Continued from page 2)

psychiatric disorders in the United States, affecting more than 4 million people at any given time. Until recent years, little research had been done on these diseases, and the treatment of them was unsatisfactory. The neuroscience revolution has brought with it great opportunities for increased understanding of brain diseases such as schizophrenia and bipolar disorder. SMRI is on the leading edge of this exciting research.

**Approximately 75 percent of SMRI expenditures goes towards the development of new treatments for schizophrenia and bipolar disorder.** The remaining funds are used for research on the causes of these diseases.

SMRI has a close relationship with and is the supporting organization for the [Treatment Advocacy Center](#) (TAC). The Treatment Advocacy Center is a nonprofit organization dedicated to eliminating barriers to the timely and effective treatment of severe psychiatric disorders. TAC promotes laws, policies, and practices for the delivery of psychiatric care and supports the development of innovative treatments for and research into the causes of severe and persistent psychiatric disorders, such as schizophrenia and bipolar disorder.

**California Counties Faulted in not providing Bedell Proactive Treatment Unimplemented law might have prevented Pentagon tragedy**

From Treatment Advocacy Center News Release

John Patrick Bedell did not have to rock the nation's sense of calm and security by meeting his death on the Pentagon steps" Jim Pavle, Executive Director of the Treatment Advocacy Center said today. "Like many of our citizens with mental illness, Bedell was just too sick to stay in treatment on his own and another preventable tragedy occurred."

"California has a law that could have prevented Bedell's death and the officers' injuries," said Carla Jacobs, California Board Member of the Treatment Advocacy Center. "Unfortunately, neither of the counties where Bedell lived has implemented it."

Since its passage by the California State Legislature in 2002, Laura's Law has been implemented in two counties only-Los Angeles and Nevada County. Laura's Law allows counties to place ill individuals with severe mental illness into a court-ordered community based treatment program known as Assisted Outpatient Treatment. Each County Board of Supervisors must pass a resolution to use the law in their specific county.

Eligibility for Assisted Outpatient Treatment is based upon the individual's past history of hospitalization or arrests. It allows a community to intervene with help before that person is in danger or becomes dangerous.

California's Laura's Law was modeled after Kendra's Law in New York. A recent independent evaluation in New York found that for those in the Kendra's Law program: \* 74 percent fewer experienced homelessness;

- 77 percent fewer experienced psychiatric hospitalization, reducing the most expensive form of psychiatric treatment;
- 83 percent fewer experienced arrest; and
- 87 percent fewer experienced incarceration.

"Requiring a separate act of implementation by each county to establish Laura's Law has resulted in a political stalemate and discrimination against those individuals who are too ill to accept or access treatment

in the current community mental health system," said Carla Jacobs, "Laura's Law will save counties money by stopping the expensive revolving door of failed psychiatric hospitalizations, homelessness, arrests and death."

The Treatment Advocacy Center is dedicated to eliminating barriers to timely and humane treatment for the mentally ill. Current federal and state policies hinder treatment for psychiatrically ill individuals who are most at risk for homelessness, arrest or suicide. An estimated 1.5 million individuals with severe mental illness are not being treated at any given time in the United States. The Treatment Advocacy Center is a catalyst to achieve proper balance in judicial, legislative and policy decisions that affect the lives of those suffering from serious brain disorders.

**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 \_\_\_\_\_

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P.O. Box 3158  
San Luis Obispo, Ca  
93403

- New
- Renewal

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

DONATION \_\_\_\_\_

**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 1/2 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 for dates/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.  
Transitions-Mental Health Association, 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 through April '10 – 3:30-5:00. Transitions-Mental Health Association, 277 South St., Suite Y, SLO. In May '10, the group will move to the Cal Poly campus. Contact Cami Rouse at 541-5144 x 156 or [crouse@t-mha.org](mailto: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:**

3<sup>rd</sup> 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.namisol.org](http://www.namisol.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 Transitions-Mental Health Association @ 541-5144 x 105, Dan Sheridan.

**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
<b>24-Hr. MHD Crisis Service</b>	<b>781-4700</b>
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
Grievance Coordinator	781-4738
T-MHA Family Services Program	
Adult Services	541-5144 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.namisol.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 Coordinator .....	788-0869

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

Next Meeting  
Monday May 24  
([www.namisol.org](http://www.namisol.org))

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