



NEWSLETTER

NATIONAL ALLIANCE ON MENTAL ILLNESS

SAN LUIS OBISPO COUNTY (www.namislo.org)

November 2009

Number 11

Volume 25

General Meeting.

GENERAL MEETING: Tuesday November 24. Dr. Doug Murphy, psychiatrist in private practice in Morro Bay will speak about promising research on the brain and how it may help those with psychiatric disorders. You are welcome to bring a snack to share. **Coffee and juice are provided.**

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. The *Facilitated Family Support Group* starts at 5:30 PM on the same evening and runs until 6:45 PM, so that those who want can attend both the support group and the meeting.

Mark your Calendars!
NAMI SLOCO Holiday Party is going to be on December 8, 2009.

There will be no support group on Dec. 8, 2009 also

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

What is PTSD?

The following is from the United States Department of Veterans Affairs

Posttraumatic stress disorder (PTSD) is an anxiety disorder that can occur after you have been through a traumatic event. A traumatic event is something horrible and scary that you see or that happens to you. During this type of event, you think that your life or others' lives are in danger. You may feel afraid or feel that you have no control over what is happening.

Anyone who has gone through a life-threatening event can develop PTSD. These events can include:

- Combat or military exposure
- Child sexual or physical abuse
- Terrorist attacks
- Sexual or physical assault
- Serious accidents, such as a car wreck.

Natural disasters, such as a fire, tornado, hurricane, flood, or earthquake.

After the event, you may feel scared, confused, or angry. If these feelings don't go away or they get worse, you may have PTSD. These symptoms may disrupt your life, making it hard to continue with your daily activities.

How does PTSD develop?

All people with PTSD have lived through a traumatic event that caused them to fear for their lives, see horrible things, and feel helpless. Strong emotions caused by the event create changes in the brain that may result in PTSD.

Most people who go through a traumatic event have some symptoms at

the beginning. Yet only some will develop PTSD. It isn't clear why some people develop PTSD and others don't. How likely you are to get PTSD depends on many things. These include:

- How intense the trauma was or how long it lasted
- If you lost someone you were close to or were hurt
- How close you were to the event
- How strong your reaction was
- How much you felt in control of events

How much help and support you got after the event

Many people who develop PTSD get better at some time. But about 1 out of 3 people with PTSD may continue to have some symptoms. Even if you continue to have symptoms, treatment can help you cope. Your symptoms don't have to interfere with your everyday activities, work, and relationships.

What are the symptoms of PTSD?

Symptoms of posttraumatic stress disorder (PTSD) can be terrifying. They may disrupt your life and make it hard to continue with your daily activities. It may be hard just to get through the day.

PTSD symptoms usually start soon after the traumatic event, but they may not happen until months or years later. They also may come and go over many years. If the symptoms last longer than 4 weeks, cause you great distress, or interfere with your work or home life, you probably have PTSD.

There are four types of symptoms: reliving the event, avoidance, numbing, and feeling keyed up.

What are other common problems?

People with PTSD may also have other problems. These include:

- Drinking or drug problems

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(Continued from page 1) PTSD

- Feelings of hopelessness, shame, or despair
- Employment problems
- Relationships problems including divorce and violence
- Physical symptoms

Can children have PTSD?

Children can have PTSD too. They may have the symptoms described above or other symptoms depending on how old they are. As children get older their symptoms are more like those of adults.

- Young children may become upset if their parents are not close by, have trouble sleeping, or suddenly have trouble with toilet training or going to the bathroom.
- Children who are in the first few years of elementary school (ages 6 to 9) may act out the trauma through play, drawings, or stories. They may complain of physical problems or become more irritable or aggressive. They also may develop fears and anxiety that don't seem to be caused by the traumatic event.

What treatments are available?

When you have PTSD, dealing with the past can be hard. Instead of telling others how you feel, you may keep your feelings bottled up. **But treatment can help you get better.**

There are good treatments available for PTSD. Cognitive-behavioral therapy (CBT) is one type of counseling. It appears to be the most effective type of counseling for PTSD. There are different types of cognitive behavioral therapies such as cognitive therapy and exposure therapy. A similar kind of therapy called EMDR, or eye movement desensitization and reprocessing, is also used for PTSD. Medications can be effective too. A type of drug known as a selective serotonin reuptake inhibitor (SSRI), which is also used for depression, is effective for PTSD.

Break the Stalemate Laura's Law

From the Treatment Advocacy Center Website

It is now time to implement Laura's Law in every California county. The time for delay is over.

Laura's Law was passed in 2002. The state left it up to each county to put the law in place, to avoid future tragedies, like the death of Laura Wilcox, from happening again. Laura's Law will put in place assisted outpatient treatment, an extremely effective tool that allows for the sickest patients to get help before its too late.

Nevada County, where Laura Wilcox lived, put in place Laura's Law. It shows it can be done.

Laura's Law will bring real treatment to people who need it most. By providing assisted outpatient treatment, Laura's Law will create an effective tool for people with severe mental illnesses like schizophrenia to get help before they become a danger to themselves or others. It will help stop the revolving door that spins too many people in and out of hospital emergency rooms and jails. It will save counties from provide those expensive and least wanted services. It will give people treatment that will make life worth living.

California Standards

California like each state has its own rules governing when there can be a legal intervention to get treatment for a person with a severe mental illness. California rules apply to someone who needs treatment but is unable to seek it voluntarily. California mental health laws outline what steps must be followed and what standards must be met before someone can be ordered into treatment in the hospital or in the community. Although California law does allow for inpatient and outpatient treatment, outpatient treatment is only available in counties that have adopted

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Have You Paid Your Dues?

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 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. 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

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.

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 2008/2009 Family-to-Family Coordinator – John Klimala 805-550-3889 JohnKlimala@aol.com.

(Continued from page 2) *Laura's Law*

provisions established by Laura's Law. California still uses a treatment standard based primarily on a person's likelihood of being dangerous instead of using a more progressive "need for treatment" standard as in many states." The following summary can be helpful for a family member trying to get court-ordered treatment for a loved one.

For inpatient care a person must be either be a (1) Danger to self/others or (2) unable to provide for basic personal needs for food, clothing, or shelter. - (see top of next column)

For counties that have adopted Laura's Law, a person is eligible for outpatient care if: condition likely to substantially deteriorate, unlikely to survive safely in community without supervision, history of noncompliance which includes two hospitalizations in past 36 months or act/threat/attempt of violence to self/others in 48 months immediately preceding petition filing, likely needs to prevent meeting inpatient standard, and likely to benefit from assisted treatment.

The Beautiful Minds WALK was a great success. Over 150 people walked! Many thanks to Marcia Bess and all those who helped with the organization and operation of the walk. See a partial list of sponsors on page three.

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.

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

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 .

New Frontiers Natural Market Place

DONATIONS GREATLY APPRECIATED. PLEASE MAKE DONATIONS TO: NAMI SLOCO, P.O. BOX 3158, SAN LUIS OBISPO, CA 93403.

Cal Fire	San Luis Obispo Police Dept.
United Blood Services	Batteries Plus
Kennedy Club Fitness	SESLOC
Ride On	Hair District
Broad Street Automotive	California Hwy Patrol
Barbara Bradley	Tina Balaban
Wally's Bicycle Shop	Madeline & Gary Downs
North County Cloud R.C. Club	Eagle Castle Winery
EOS Estate Winery	Paso Robles Swim & Tennis Club
Avila Valley Barn	Froggies Cafe
Family Services Program	The Pit
Cafe Andreini	The Music Machine
Keller Williams Realty	Crushed Grape
Steve & Tammy Becker	Marcia & David Carter
Kathleen Cohl	Sheila Frishman
Kim Foley	Victoria Heussen
Joe and Madeleine Johnson	Kaye Rasban
David & Joanne Riester	Margaret Collier

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 Klimala@ 550-3889/929-3299 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.

More Sponsors will be listed next Month

NAMI 2009 Membership (membership in NAMI SLO CO also includes mebership in NAMI Cal. & NAMI Nat'l.)

NATIONAL ALLIANCE ON MENTAL ILLNESS
SAN LUIS OBISPO COUNTY

NAMI SLO CO is a charitable, nonprofit, tax-exempt organization affiliated with the NAMI California and NAMI.

PLEASE PRINT

NAME(S) _____

DATE _____

ADDRESS _____

NAMI SLO CO
P.O. Box 3158
San Luis Obispo, Ca
93403

New
 Renewal

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

CITY/ZIP _____

PHONE (DAY) _____

PHONE (NIGHT) _____ EMAIL _____

DONATION _____

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 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
Mary Jo Paxton—
Support Group Facilitator 489-0575

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
Nov. 24, 2009
(www.namislo.org)

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