



NEWSLETTER

NATIONAL ALLIANCE ON MENTAL ILLNESS

SAN LUIS OBISPO COUNTY (www.namislo.org)

Volume 25

October 2009

Number 10

General Meeting.

Annual Mental Illness Awareness Week Pizza Feed, TUESDAY, OCTOBER 27, 6:00 PM,.

The pizza feed will be held at the clubhouse at Meadow Park in San Luis Obispo. Meadow Park is at Meadow and South Street. Our speaker is Sandy Frelander from Mobile Crisis. Cost - Mental Health clients are guests of NAMI SLOCO. We ask a \$5.00 donation at the door for all others attending. If you would like to help set up and/or serve food and drinks, please arrive around 5:00 PM . **See map below for location**

November Speaker

Dr. Doug Murphy, psychiatrist in private practice in Morro Bay will speak on promising research on the brain and how it may help those with psychiatric disorders.

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. More information will be in next month's newsletter. Also many



Economic Downturn Taking Toll on Americans' Mental Health *New National Survey Finds Jobless Individuals Four Times as Likely To Report Serious Problems*

October 6, 2009 - From NAMI National Website (www.nami.org)

A new national survey shows the economic downturn is taking a toll on the mental health of Americans. Individuals who are unemployed are four times as likely as those with jobs to report symptoms consistent with severe mental illness.

Americans who experienced involuntary changes in their employment status, such as pay cuts or reduced hours, also are twice as likely to have these symptoms, even though they are employed full time.

The survey was conducted for Mental Health America and the National Alliance on Mental Illness in collaboration with the Depression is Real Coalition. The results come from telephone interviews of 1,002 adults nationwide from September 17-20.

The release of the findings coincides with Mental Illness Awareness Week (from October 4 to 10) and National Depression Screening Day, which takes place this Thursday, October 8.

"This survey clearly shows that economic difficulties are placing the public's mental health at serious risk and we need affirmative action to address these medical problems," said David L. Shern, Ph.D., president and CEO of Mental Health America. "Individuals confronting these problems should seek help for their problems – talk to their doctor, trusted friend or advisor or mental health professional."

"Unemployment today stands at almost 10 percent. Nationwide,

(Continued on page 2)

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

From NAMI WEBSITE WWW.NAMI.ORG

Anticipating the start of National Mental Illness Awareness Week, Oscar Kastner of the National Alliance on Mental Illness-Tulsa, first delivers to Tulsa World readers "good news": "Effective treatments have been developed during the past two or three decades, and we now know that recovery is possible in many, if not most, cases."

And yet, as Kastner adds in his Sept. 29 op-ed, because mental illness is a brain disorder, "it is often impossible for a person who has a mental illness to recognize his/her own need for treatment," a condition called **anosognosia**.

He or she may "refuse to take psychiatric medicines," despite their effectiveness and the potential that people with severe mental illness may become or already have been "a danger to themselves or others."

The good news in that regard is the model law developed by the Treatment Advocacy Center. It establishes strict criteria for a court to use in determining if a person who refuses medication for his untreated mental illness poses such a danger and, if so, allows the court to order **assisted outpatient treatment**.

NAMI-Tulsa, Kastner notes, advocates that Oklahoma adopt provisions of this model law -- and wisely become the 44th state to acknowledge the relatively rare but often urgent need for it.

(Continued from page 1) Economic Downturn

we face a mental health crisis as well as an economic crisis," said Michael J. Fitzpatrick, M.S.W., executive director of the National Alliance on Mental Illness. "There is no shame in seeking help to overcome unemployment or a medical illness. For the sake of all our loved ones, it's important to learn to recognize symptoms of depression and other mental illnesses. Screening helps. Talk with a doctor about any concerns."

Other key findings of the survey:

Thirteen percent of unemployed individuals report that they have thought of harming themselves which is four times more than reported by persons with full time work.

People who are unemployed are approximately six times as likely to have difficulty meeting household expenses – 22 percent report great difficulty paying their utilities and almost half have significant difficulty in obtaining healthcare further compounding their situation.

People who are unemployed are also twice as likely to report concern with their mental health or use of alcohol or drugs within the last six months than individuals working full time.

Of those who have not spoken to a health professional about these concerns, 42 percent cited cost or lack of insurance coverage as the main reason.

Nearly 20 percent of the sample reported that they had experienced a forced change (e.g. pay cuts, reduced hours) in their employment during the last year.

Although most of these individuals are employed, individuals with a forced change in employment are twice as likely to report symptoms consistent with severe mental illness than would be expected. They are also five times more likely to report feeling hopeless most or all of the time than individuals who hadn't experienced a forced change.

Major depression is a serious medical illness affecting 15 million American adults, or approximately 5 to 8 percent of the adult population in a given year, whether they are unemployed or not. Depression is also very treatable. In fact, treatment such as antidepressants and talk therapy is effective over 80 percent of the time.

But fewer than half of people confronting this medical illness seek treatment, regardless of economic or employment status.

Individuals can go to www.mentalhealthscreening.org to find out about free, confidential screenings behind conducted around the country on Thursday and take an anonymous screening online. An additional free, confidential, online screening test is also available at www.depression-screening.org. More information about depression is available at www.DepressionIsReal.org.

About the Survey

The survey was conducted via telephone among a national probability sample of 1,002 adults, comprising 500 men and 502 women 18 years of age and older, living in private households in the continental United States. Fieldwork for this study was conducted using Opinion Research Corporation's CARAVAN® Survey during the period September 17-20, 2009. It has a margin of error of plus or minus 3.1 percentage points for results based on the total sample.

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

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 Center

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.

Young Adults May Outgrow Bipolar Disorder Study reveals age component to the illness.

From Science Blog by Staff Writer, October 2, 2009 / NAMI CALIF.

Bipolar disorder, or manic-depression, causes severe and unusual shifts in mood and energy, affecting a person's ability to perform everyday tasks. With symptoms often starting in early adulthood, bipolar disorder has been thought of traditionally as a lifelong disorder. Now, University of Missouri researchers have found evidence that nearly half of those diagnosed between the ages of 18 and 25 may outgrow the disorder by the time they reach 30.

"Using two large nationally representative studies, we found that there was a strikingly high peak prevalence of bipolar disorders in emerging adulthood," said David Cicero, doctoral student in the Department of Psychological Sciences in the College of Arts and Science and lead author of the paper. "During the third decade of life, the prevalence of the disorder appears to resolve substantially, suggesting patients become less symptomatic and may have a greater chance of recovery."

By examining the results of two large national surveys, MU researchers found an "age gradient" in the prevalence of bipolar disorder, with part of the population appearing to outgrow the disorder. In the survey results, 5.5 to 6.2 percent of people between the ages of 18 and 24 suffer from bipolar disorder, but only about 3 percent of people older than 29 suffer from bipolar disorder.

"Young adults between the ages of 18 and 24 are going through significant life changes and social strain, which could influence both the onset and course of the disorder," said Kenneth J. Sher, Curators' Professor in the Department of Psychological Sciences and co-author of the study. "During this period of life, young adults are exploring new roles and relationships and begin to leave their parents' homes for school or work. By the mid 20s, adults have begun to adjust to these changes and begin to settle down and form committed relationships."

Researchers predict the prevalence of the disorder also could be affected by brain development, particularly the prefrontal cortex. The prefrontal cortex, the very front part of the brain, is thought to control perception, senses, personality and intelligence. In particular, it controls reactions to social situations, which can be a challenge for people with bipolar disorder.

"The maturing of the prefrontal cortex of the brain around 25 years of age could biologically explain the developmentally limited aspect of bipolar disorder," Cicero said. "Other researchers have found a similar pattern in young adults with alcohol or substance abuse disorders."

While some scholars suggest that the difference could be due to discounting factors such as early mortality, the sheer number of those who are recovering rules out this possibility, Sher said.

The study, "Are There Developmentally Limited Forms of Bipolar Disorder?" was published in the Journal of Abnormal Psychology. It was co-authored by Cicero, Sher and Amee Epler, a doctoral student in the Department of Psychological Sciences.

Source: Science Blog

Link: <http://www.scienceblog.com/cms/young-adults-may-outgrow-bipolar-disorder-25666.html>

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.

There are two vacancies on the mental health board for a consumer or family member. For more information, anyone interested could call **Jane at 781-4719**.

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 .



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.

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.

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.

NAMI 2009 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 _____

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PHONE (NIGHT) _____

EMAIL _____

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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

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
- 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
- Cindy Lamas Membership 466-4691
- 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
Oct. 27, 2009
(www.namislo.org)

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