



NAMI Westside LA Newsletter

www.namila.org

824 Moraga Drive, Los Angeles, CA, 90049, (310) 889-7200

September 2010

Join NAMIWalks for the Mind of America on Saturday, October 2



On Saturday, October 2, join us on the bluffs overlooking the ocean in Santa Monica for the 5K NAMIWalks for the Mind of America to raise money for a great cause. Walk to fight stigma, raise awareness, and help fund NAMI's programs throughout the year. Walkers will be out all over the country, but few will have such a beautiful route, so come out, take advantage of the weather and the beautiful scenery, and help NAMI raise the funds necessary to support, educate, and advocate for those affected by brain illnesses.

You may wonder why this Walk is so important, and why we're so eager for you to be a part of it. It's because all of NAMI's free programs are funded by this Walk. This past year, NAMI Westside LA has offered:

- ✓ Family-to-Family Classes
- ✓ Peer-to-Peer Classes
- ✓ De Familia a Familia Classes (Family-to-Family in Spanish)
- ✓ Courses educating Mental Health Clinicians
- ✓ 20 support groups per month, including two in Spanish!
- ✓ NAMI Basics, a new class for families of children with behavioral issues, coming this month

Membership dues and NAMIWalks donations have enabled us to offer these services free to anyone in need of them. If you have benefitted from our programs and want to express your support, joining NAMIWalks is a great way to give back. You can create your own team of walkers or join a NAMI Westside LA team, such as Heal the Brain, the team of NAMI Westside LA's President,

Sharon Dunas. To join Sharon's team, Heal the Brain, go to: www.nami.org/namiwalks10/los/dunas-healthebrain.

To create your own Walk team, go to our website, www.namila.org, and click on the walking figure at the top of the page. You will be directed to a page where you have the option to form a team, join an existing team, or walk as an individual. If you won't be able to walk with us, you can still be with us in spirit. On that page, you'll also have the ability to support a walker with donations, sponsor the event, or donate. If you wish to donate by check, make it out to NAMIWalks – NAMI Westside LA and send it to NAMI Westside LA, 824 Moraga Drive, Suite 1, Los Angeles, CA 90049.

Registration for the Walk will begin at 8:00 AM, and the Walk itself will begin at 9:30 AM. You will find us on the Third Street Promenade in Santa Monica. Please join us!

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Are You Still a NAMI Member?

If you have not yet renewed your membership, please complete the Application for Membership form at the back of this newsletter. As mentioned on the form, send it to NAMI Westside LA, Membership, P.O. Box 491216, Los Angeles, CA, 90049.

We are deleting those with lapsed memberships from our membership rolls, so unless you renew your membership, you will no longer receive this newsletter.

The number of members we have determines the funds we receive, so please join.

Support Groups and Speaker Presentations

All events (except where noted) are held on the first floor of the Ed Edelman Westside Mental Health Center, 11080 W. Olympic Blvd., at the SE Corner of Olympic & Sepulveda in West LA. Entrance is through the garage.

Secure parking is available in the garage in the evenings only; use the Olympic entrance. Call (310) 889-7200 for information.

The **Family Share & Care Support Group** meets every month on the first and third Wednesdays from 8:00-9:30 PM, on the second and fourth Wednesdays from 6:30-8:30 PM, and on the second Monday from 1:00-3:00 PM.

Family Support Groups are also held at:

- ✓ Step Up on Second, 1328 Second Street in Santa Monica, (310) 394-6889, on the first Tuesday of every month from 7:00 PM to 9:00 PM
- ✓ Didi Hirsch Community Mental Health Center, 4760 Sepulveda Blvd in Culver City, every Monday night at 6:30 PM. For more information, contact Dr. Hirschman at (310) 836-7849 or Tony Packard at (310) 390-6612
- ✓ Counseling and Psychological Services at UCLA's John Wooden Center West, first floor conference room, on Tuesdays at 7:00 PM. For more information, contact Brian Diedrick at bdiedrick@gmail.com for information

The **NAMI Connections Support Group for Consumers** meets every Wednesday at 7:00 PM. Contact Janet at (310) 990-1338 or Sanjeet at (310) 963-0714 for more information.

Speaker Presentations are held every month on the first and third Wednesdays from 7:00-8:00 PM.

Wednesday, September 1, 2010

"An Overview of S. H. A. R. E. - Self-Help and Recovery Exchange"

S. H. A. R. E. will present a panel on self-help, the type of self-help groups they offer, and the importance of self-help in all types of recovery. You can learn more about S.H.A.R.E. at their website, www.shareselfhelp.org.

Wednesday, September 15, 2010

"The Genetics of Schizophrenia: Mental Health and Mental Illness – Dimensional Strategies to Overcome Stigma"

Dr. Robert Bilder will discuss the genetic bases and brain functions that underlie mental illnesses. By studying areas of overlap among different illnesses, researchers are making progress toward understanding the biological bases of mental illness and erasing the stigma associated with these diagnoses. Dr. Bilder is the Michael E. Tennenbaum Professor of Psychiatry and Bio-behavioral Sciences, Professor of Psychology, and Chief of Medical Psychology – Neuropsychology at the Semel Institute, Geffen School of Medicine at UCLA. He has 30 years of experience in research on the brain and behavior, particularly using neuro-psychological and neuroimaging methods in studies of people with schizophrenia and other disorders.

Wednesday, October 6, 2010

"Life Unveiled: Turning a Mental Breakdown into a Mental Breakthrough"

By sharing her personal experiences, Tanya Brown, sister of the late Nicole Brown Simpson, will enlighten her audience on how to turn mental illness

into mental health. She teaches and promotes effective self-care to manage stress, depression, and anxiety to achieve the optimum quality of life.

Wednesday, October 20, 2010

"The Kitchen Shrink: A Book Reading and Discussion of Health Care Reform"

Dr. Dora Calott Wang, a blogger for the Huffington Post and PsychologyToday.com, will join us to discuss her memoir, *The Kitchen Shrink: A Psychiatrist's Reflections on Healing in a Changing World*. The book is described as a "beautifully written memoir about the author's frustration with the transformation of the profession of medicine into the business of health care, and the unraveling of the doctor-patient bond." Dr. Wang, a Los Angeles native and former Chief Resident at the UCLA Neuropsychiatric Institute, is Assistant Professor of Psychiatry at the University of New Mexico School of Medicine.

Wednesday, November 3, 2010

"Pre-employment Training"

Cecile Gordon will discuss programs funded by the federal government to help pay for education, teach resume writing, and offer other pre-employment training. Find out what's available to enhance your employment opportunities.

Wednesday, November 17, 2010

"Brain Matters"

Marsha Gifford, Executive Director of Mental Health Alliance for Teenagers (MHAT), will speak about the peer support groups that MHAT offers for teenagers who suffer from bipolar disorder or recurrent depression. Ms. Gifford holds a bachelor's degree in Math and an MBA from Carnegie-Mellon University.

Recent Grants to NAMI Westside LA



Roberta Deutsch Foundation, The Lilly Grant Office, the Kaiser Community

NAMI Westside LA was recently awarded grants by The Carl and

Foundation, the Johnson and Johnson Foundation, and the Robert Wishnick Foundation. In underwriting our programs and services, these foundations have recognized the work we do as vitally beneficial and have become partners in creating better mental health in our community.

Programs that have benefitted from these grants include our Family-to-Family Class and Teacher Training, Peer-to-Peer Class, new NAMI BASICS Class, and De Familia a Familia Class and Teacher Training.



The Isolation Caused by Stigma is Alive and Well

This week in my office I met a young man who reminded me of Rocky Balboa. He had a face that was warm and inviting, a charming personality, and a body that any weight lifter would be proud of. He also spent two years of high school in bed with depression. He managed to graduate and went on to college, but he spent many of his college days hiding out in his car because of his depression. It trapped him, telling him he was ugly and worthless.

He graduated, but for the last five years he has not been able to work. His depression has taken him out of the loop. Although he has much to offer, his feeling that he doesn't belong has made him believe otherwise. And so he feels isolated, alone, and unloved.

He didn't know that the day we met was his lucky day. I told him that he could co-exist with his illness. I told him about our NAMI Connections support group, facilitated by Sanjeet Sihota, MSW, and Leslie Rothstein, two of our inspirational NAMI team members. Sanjeet, as some of you know, was diagnosed with schizoaffective disorder while he was in college. Leslie was diagnosed with major depression in high school. Now, both work to help others understand their illnesses, cope with challenges, and leave behind the isolation that so often accompanies a brain illness. The NAMI Connections support group is a lifeline to those who need this help. It shows folks how to handle their own brain disorders, and live a full life in spite of the illness.

I also told this young man about our Peer-to-Peer Class in which he could learn how to live better with his diagnosis. This class, taught by those who have recovered from a brain illness, teaches individuals how to get their life back, and not be deterred or ashamed because the illness has temporarily waylaid them from their goals. It helps them with issues like how much do you disclose about your illness and when is it better to say nothing? How do you fix relationships that have been strained? How can you manage your symptoms when you feel overstimulated? It teaches about medications, relapse prevention, and enjoying the moment.

Above all, the course lets individuals with a diagnosis know that they are not alone, and there is no cause for shame.

Hearing this, this beautiful young man said that for the first time in 10 years he felt hopeful. But he wondered about the cost of all this. His illness had made working impossible; he didn't have the funds. Then I told him it was free – that NAMI would pay for him to get this help and education – and reminded him that he has a life worth living and a future ahead to enjoy. He nearly started to cry, overwhelmed at the goodness of the human spirit.

I cannot express to you how proud I was at that moment. And you should be proud as well. This is what your NAMI membership provides. This is what your participation in NAMIWalks for the Mind of America has created. **NAMIWalks to fight stigma and to change one mind at a time is occurring during Mental Health Month on Saturday, October 2, at the Santa Monica Promenade.** The start time is 9:00 AM, and I hope to see many of you there.

Funding for many of our programs comes from this annual event, programs we are proud to provide, including two free speaker meetings each month with top psychiatrists, psychologists, and healers in the city; the free psychological Family-to-Family Class for families with mental illness in their midst; a free class for family members who have relatives with Borderline Personality Disorder; free family counseling in our Share and Care meetings, which as of this month are available 20 times monthly; a free NAMI Westside LA "warm line," where you can get your crisis and resource calls answered all week long by Mindy Glazer and Lou Goldsmith. And this month, we will be adding a free class for parents of young children with behavioral disorders.

I am proud that you have made it possible for us to offer these vital services. The National Institute of Mental Health says that one in four of us has a mental illness; *21% of all children have a diagnosable mental illness and only 5% of them ever make their way to treatment.* The third leading cause of death between the ages of 14 and 25 is suicide, surpassing death from AIDS,

cancer, pneumonia, influenza, heart attacks, stroke, and birth defects combined. Each day 18 returning vets commit suicide from untreated mental illness. *Calls to hotlines in America have increased 60% in recent years due to the stress of life in America.*

But I am hopeful that you will help us continue providing these free services for those grappling with a brain illness. You can help by walking with us on October 2. Walk to fight the stigma around mental illness – stigma that is so intense it makes those with a brain illness avoid life, so debilitating that it shatters self-esteem, and so widespread that it prevents the public from wanting to pay for mental health care and results in outright discrimination and abuse, denying those with a brain illness their basic human dignity.

I am hopeful that you will join us to let the public know that *mental illnesses are treatable illnesses and recovery is possible.* Please help us advocate for access to treatment for all in need. The more who walk on Saturday, October 2, the sooner we will be heard. And the more who donate funds, the more our free NAMI Westside LA educational and support services will expand until every beautiful young person who has lost hope can come out of isolation and shame and reclaim his or her life.

So as your NAMI Westside LA President, I ask you for your help. Donate to NAMIWalks - NAMI Westside LA. Every donation helps set someone on the path to wellness and a zest for life and all it has to offer. For every gift you give, someone in your community is thanking you for being able to reclaim his/her life, the peace of his/her home and family, and the joy of each new, positive adventure.

I am so proud of the work you have allowed us to do by your kindness, generosity, and support. And you should be too.

Help us raise the funds through NAMIWalks on October 2 to continue our many free services and support groups. Sign up to walk with my team, Heal the Brain at www.nami.org/namiwalks10/los/dunas-healthebrain.

The NAMI Westside LA Newsletter Is Going Green!



In our last few issues, we asked those of you who wanted to continue to receive your newsletter via mail, rather than email, to return the

orange postcard included with the newsletter. We are discovering that we do not have current or correct email addresses for many of our members who are opting to receive their newsletters via email.

If you have received a copy of this newsletter in the mail, and would like to receive it via email, we do not have your current email address. Please send an

email to Mindy Glazer at mglazer@namila.org with your name, street address, and the email address to which you'd like the newsletter sent. If you wish to continue to receive a hard copy in the mail, and have not yet returned the orange postcard to us, please mail back the postcard included in this edition of the newsletter.

Thanks!

Are you receiving NAMI Westside LA's political action emails? If you are not receiving our emails about notifying your congressional representative and the governor of your views on mental health funding, please email Mindy at mglazer@namila.org, and we'll put you on our mailing list.

Need Help with your Computer?

Are you having problems with your computer? NAMI Westside LA's computer guru, Dan Zivetz, can help you with your computer problems. He solves all of ours! His website is www.pcjourneyworks.com.

New This Fall at NAMI Westside LA

This fall NAMI Westside LA is adding yet another family support group to its roster, this time in the Venice area. The group will meet at the Clearview Center, 911 Coeur D'Alene Avenue, on Tuesdays, beginning October 5, from 7:30-9:00 PM.

Our first NAMI BASICS Class, for parents of children (to age 13) with a behavior disorder, attention disorder, or

mental illness is beginning in September. You can sign up at www.namila.org. It is not necessary that your child has received a specific diagnosis to take this class. Caretakers who suspect their child is experiencing symptoms of a mental illness can also benefit from the course as they begin to navigate the evaluation and treatment process. Please tell anyone you know who might benefit from this class.

We will also be running a Family-to-Family Class, in English and in Spanish (De Familia a Familia), for families of those with brain illnesses; a Family Connections Class for those with Borderline Personality Disorder in their family; a Peer-to-Peer Class for people with brain illnesses, and our Provider Course for Clinicians. For information on any of our classes, or to register, visit www.namila.org, or call (310) 889-7200.

Are You Interested in Becoming a Family Connections Leader?



Hundreds of families and individuals across the country are wanting and waiting to take this class, designed to

help those who have a loved one suffering from Borderline Personality Disorder (BPD).

If you haven't yet registered for the Family Connection Leader Training at UCLA, September 10-12, led by Drs. Alan Fruzzetti and Perry Hoffman, send an email to Dr. Perry Hoffman at phdhoffman@aol.com. Please tell her your relationship to your loved one suffering from BPD, and a little about your current situation. Tell her if you have taken (or are taking) either the Family Connections Class or the Family-to-Family Class. If you are a clinician tell

her your training and professional situation.

Family Connection leaders conduct both in-person classes and classes over the phone (Teleconnections). We will help you get started, whichever class you decide to conduct.

Space is limited. Do it today!

Questions? Please email Michael Sachs and Louvina Wong at info@bpdla.com.



Next time you search the Internet, you can raise money for NAMI Westside LA! Make www.goodsearch.com your search engine of choice. The first time you sign on, choose NAMI LA as your charity. Then, each time you search for anything online using GoodSearch, NAMI Westside LA will make a little money! GoodSearch is powered by Yahoo, so you know the search will yield the results you're looking for. And it's a painless, easy way to help NAMI Westside LA raise funds for all our programs. Thanks for using

www.goodsearch.com.

"Grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference."

- Serenity Prayer

Recent Speakers at NAMI Westside LA



The Use of "Medical Food" in the Treatment of Brain Illnesses

Medical food is "food which is formulated to be consumed or administered under the supervision of a physician and which is intended for the specific dietary management of a disease or condition for which distinctive nutritional requirements, based on recognized scientific principles, are established by medical evaluation." Harvey Karchmer of PamLab spoke on July 7 about using medical food as a treatment for major depression. He presented information indicating that the severity of a depressive episode, the length of an episode, and the later onset of clinical improvement were correlated with folate levels, and that nutritional support could improve outcomes. PamLab has created these medical foods, which over 30 states now cover in their Medicaid plans. California is not one of them, though the cost of treating with this therapy is actually cheaper than the cost of many medications in the formulary.

A genetic condition reduces the ability of many suffering with depression to break down folic acid into a usable form (depressed individuals with low red blood cell folate are six times more likely not to respond to antidepressant therapy, and less likely to achieve remission). This condition also affects schizophrenic patients (low folate levels are associated with a 6.9 times greater risk of having schizophrenia), making it harder for them to be effectively treated. Certain ethnicities are more prone to be adversely affected by this condition; between 18-25% of Hispanic and Mediterranean populations fall into this category.

PamLab's medical food allows the body to bypass this defect. Deplin is a prescription medical food that helps address low folate levels in the central nervous system. PamLab is asking California consumers and legislators to support the inclusion of prescription vitamins in Medi-Cal Prescription Drug Benefits, and to support the coverage of L-methylfolate containing medical food to manage serious illness.

BiPolar Bare

Carlton Davis is a Yale and University of London graduate, a successful architect and architecture professor, and a well-known author on art and architecture. He also suffers from bipolar disorder, and his book, *Bipolar Bare*, tells his story of "riding the edge of madness with two selves," 40 years of living with undiagnosed bipolar disorder, his illness, and his recovery.

The two selves is a condition Mr. Davis sees reflected in culture from very early times. The Roman god Janus had two faces, and we see this continued throughout art and culture, to Dr. Jekyll and Mr. Hyde, and even up to the right brain and left brain view of ourselves.

Mr. Davis's bipolar disorder led him to develop two distinct selves, Carlton and Carlotta; he became the latter when he was manic. Sexually abused in a foster home as a boy, he also became a cross-dresser in his manic phase. Carlotta was fearless, full of energy, and grandiose. Carlton was his depressed self. Mr. Davis attempted suicide twice, and he has also battled with addictions. Yet undiagnosed and untreated, he managed to become a successful architect whose work dots the L.A. landscape. His recovery is based on medication, meditation, therapy, and support systems.

All his life he thought his problems were caused by a difficult childhood, but discovered that medication "took my bad childhood away." He now has mood stability, knows his stresses, gets a good night's sleep, and tries not to get too wound up in anything.

Life Planning for Those With Disabilities

On August 4, Marc Schulman, of the National Center on Life Planning, spoke on life planning for those with disabilities. Mr. Schulman, who has provided life and estate planning counseling since 1969, works with both individuals as well as professional and non-profit groups.

He suggests that all of us consider that at some point we may no longer be able to care for the person with a disability in our family due to our illness or death. Will this person still be able to enjoy the same standard of living he or she now enjoys? If you answer "no" to any of the following questions, you may need the services of a planning professional:

- ✓ Do you have a written plan to let others know what you want in the future for your relative?

- ✓ Have you asked someone to serve as an advocate or a guardian for your relative?
- ✓ Do you understand all the government benefits that are available for basic care and supervision?
- ✓ Have you set aside any additional funds so the person will have a comfortable lifestyle with dignity, self-esteem, and quality of life?
- ✓ Have you prepared written instructions for the person's final arrangements?
- ✓ Do you and your spouse have current wills that exclude your loved one with a disability?
- ✓ Do you have a Special Needs Trust to manage current and future resources?
- ✓ Have you met with relatives and friends to let them know about your plan?
- ✓ Have you reviewed your plan in the last year?
- ✓ Do you feel that you have done everything possible for the person's future?

If you feel it would be beneficial for you to speak with a professional, you can contact Mr. Schulman at (818) 881-8113.

NAMI Westside LA Greets 300 at Pathways to Wellness Conference



NAMI's Pathways to Wellness Conference was held on Sunday, June 13, 2010, at American Jewish University in Los Angeles. It was a day full of education, information, and connection for attendees. Keynote speaker Dr. Michelle Golland, clinical psychologist, writer, personal coach, and

television commentator, gave a fascinating presentation on "The Media, Mental Illness and Family Relationships." This was followed by a day of illustrious speakers in the health and wellness field.

The speakers were diverse: Dr. Robert Liberman of UCLA spoke on empowering people with mental disabilities through rehabilitation and spiritual interventions; head of the LA County Department of Mental Health, Dr. Roderick Shaner, spoke on mental health medications and treatments; Dr. Jennifer Robles offered a seminar on Dialectical Behavior Skills and using radical acceptance and validation to improve important relationships; Dr. Michael Levitan spoke of post-traumatic stress disorder in a traumatized world; Andy Behrman spoke on suicide

warnings and what a family needs to know; and Sharon S. Dunas, NAMI Westside LA's President spoke on communicating with your relative when he is psychotic.

There were sixteen speakers and panels in all, covering many aspects of brain illness, wellness, and treatment, from the 72-hour hold to acupuncture for wellness. The only problem conference attendees had was deciding which of the many sessions to attend.

This is the third annual Pathways to Wellness Conference put on by NAMI Westside LA. In all, over 1,200 community members have participated.

A special thanks to Eddie Silberman for organizing the conference!

The Heart of a Social Worker: A Poem

By David G. Stearns (Dedicated to Amy Diamond)



She helps me feel well, like living still
When I don't feel well, she can tell,
shines life's will
Of outgoing, refreshing, talents pursued
- rehabilitation

The heart of a social worker, she
presses for summation.

On occasion I have let my life run
I care about health and fun, and then
light comes
Then I think on it again, deductive
thought,
With her I'm productive, progressive,
and sing songs.

There is a lot to say about goals and
dreams
She kindly sorts through those
possibilities
Choosing hobbies of health, artistic
therapy,
Music lessons, sports...therapies, and
physical ed.

With her wisdom and education a plus

Enriched experience, she blesses here,
with us

She helps us all live better lives, self-
esteem,
These encourage us with her friendship,
insight, and care.

She helps family and friends stay eager
in life
She sorts through health projects to
decide
The brightest star shining among us she
can be
For life is made for living and activity.

*This poem was inspired by a woman
who overcame her affliction with the
support and intervention of her family.*

Help Ralphs and Food4Less Help NAMI Westside LA



If you shop at Ralphs or Food4Less, you can ensure that a portion of your total bill is donated to NAMI Westside LA by signing up on their website. If you have already registered NAMI Westside LA as your charity of choice, you will need to **register again** beginning September 1,

2010. You can re-register at www.Ralphs.com, or by using the scanbar letter at the register. If you shop at Food4Less, you can also benefit NAMI. Register your card at Food4Less.com, using NAMI Westside LA's nonprofit number - 90369.

How Exercise Improves Mental Health

Regular exercise is now a common element in many treatment plans for those with depression and anxiety, and may help counteract the effects of metabolic syndrome in those with other brain illnesses. Studies have shown that those who engage in physical activity on a regular basis are less stressed. The Canadian Mental Health Association says that therapists report

that patients who exercise feel better and are less likely to abuse drugs and alcohol.

Some studies have found that exercise boosts activity in the brain's frontal lobes and the hippocampus, although it is not understood how or why this occurs. Animal studies have found that exercise increases levels of serotonin, dopamine, and norepinephrine. These neurotransmitters have been associated with elevated mood, and it is thought that antidepressant medications also work by boosting these chemicals.

Exercise has also been found to increase levels of the "brain-derived neurotrophic factor" (BDNF), a substance thought to improve mood, and it may play a role in the beneficial effects of exercise. BDNF's primary role seems to be to help brain cells survive longer, so this may also explain some of the beneficial effects of exercise on dementia.

Exercise can improve body image and increase self-esteem. It also provides opportunities for creating friendships, social relationships, and supports that can significantly affect emotional and mental health.

Strenuous exercise isn't necessary for positive impact. A pleasant walk can be a great way to gain aerobic benefit. Choosing activities that are fun will help ensure a continuing exercise plan.



Have you or someone you know been diagnosed with **Schizophrenia or Bipolar Disorder?** OR **do you think you have ADHD?**

The LA5C Project is a research study associated with the Departments of Psychology and Psychiatry & Biobehavioral Sciences at the University of California, Los Angeles. The purpose of the study is to examine selected "phenotypes" (characteristics of brain and behavior) and determine how these may be related to genetic makeup or "genotype" among people of European or Hispanic/ Latino descent.

Research procedures in the LA5C Project include interviews, neurocognitive testing, magnetic resonance imaging (MRI) brain scans, urinalysis, and genetic testing. Assessments are performed at no cost to participants. Procedures last approximately 15-20 hours total and are completed on six or seven separate days.

Research participants are compensated for their time at a rate of \$15 per hour.

You may be eligible if you:

- Have bipolar disorder, schizophrenia or ADHD
- Are between the ages of 21 and 50
- Are right handed
- Do not have any metal in your body
- Are in one of the targeted ethnic groups
- Completed 8 or more years of education

Please contact the staff of the LA5C Project at 310-206-5459 for more information.

A confidential phone screen will be conducted to determine initial eligibility.

UCLA #81 #08 03 068 03A
Expiration Date: 02/24/2011

NAMI Westside LA's Spanish-Language Program is Growing!

If you've been reading our email blasts, or taking advantage of this new program for Spanish-speaking family members, you know that NAMI Westside LA's Spanish-language program is growing quickly. Under the leadership of John Fruttero and Rosina Guzman-Ehrlich, the program now includes not only De

Familia a Familia classes, but a bi-monthly Spanish-language family support group, which is being held at the Didi Hirsch Community Mental Health Center on the first and third Tuesday of the month. The growth of this program is partially sponsored by grants from the

Kaiser Community Foundation and the Lilly Grant Office.

If you know of anyone who might benefit from these classes or support groups, please refer them to us at www.namila.org, or have them call the office at (310) 889-7200.

Have a Story to Share?

Please send us your personal stories for publication in the *NAMI Westside LA Newsletter*. Your story might help others on the road to recovery. We also welcome book and speaker

reviews. Items should be 250 words or less and may be edited. Email your ideas to Mindy Glazer at mglazer@namila.org.

Moving? Let Us Know!



If you're planning to move, and you receive our newsletter through the mail, please call our office and let us know. It will save us the cost of mailing the newsletter out to your incorrect address, and having it returned to us. And if you give us your new address, we'll make sure your mail reaches you in a timely fashion at your new home! Thanks!

The Research Corner



According to a study published online in the *Journal of Affective Disorders*, **eating disorders appear to occur more frequently in individuals with**

bipolar disorder. According to a recent study, more than 14 percent of patients with bipolar disorder also suffer from an eating disorder, and these individuals are likely to have a more severe course of illness. Bipolar disorder, characterized by constantly changing moods, affects approximately 5.7 million American adults, and the median age of onset for bipolar disorder is 25 years. Eating disorders, which are more likely to affect women, affect slightly over four percent of the population, according to the National Institute of Mental Health. Eating disorder diagnoses include anorexia nervosa, bulimia nervosa, and binge-eating disorder.

The researchers found that 14.2 percent (125) of the study participants also had at least one eating disorder, with binge-eating disorder (77) being the most common, followed by bulimia nervosa (42) and anorexia nervosa (27). Bipolar I and bipolar II patients had eating

disorders at the same rate. The individuals who also had an eating disorder were more often women, and tended to have a more severe course of bipolar disorder, with more mixed episodes, more prior episodes, more rapid cycling, and more suicide attempts. They also had, on average, a higher body mass index (BMI), more obesity, or severe obesity. In addition, they were more likely to have a family history of substance abuse or mood disorders.

* * *

Americans with severe mental illness are now three times as likely to be in jail as they are to be in a hospital, according to a report published in May by the Treatment Advocacy Center (TAC). The estimate is based on state jail and prison surveys, surveys of inpatient psychiatric beds, and the assumption - based on published data - that 16 percent of people in jails and prisons have a serious mental illness. The TAC report is titled "More Mentally Ill Persons Are in Jails and Prisons Than Hospitals: A Survey of the States." TAC is a nonprofit organization dedicated to eliminating barriers to the treatment of severe mental illnesses. It advocates for assisted outpatient treatment laws through which individuals can be

diverted from the criminal-justice system if they accept mandated outpatient treatment. This report does not present the actual numbers of mentally ill people in jails or prisons from state to state, but a different and possibly more damning comparison - the prison population compared with the inpatient psychiatric hospital population, and hence the likelihood that a severely mentally ill individual in a particular state is incarcerated rather than hospitalized.

* * *

A new intervention was found to reduce the self-stigma and improve the quality of life and self-esteem among persons with serious mental illness. "Just like wheelchairs and Braille have increased social integration for people with physical handicaps, there is also a need to identify and remove the barriers to community inclusion for people with serious mental illness," says Professor Roe, Chair of the Department of Community Mental Health, Faculty of Social Welfare and Health Sciences at the University of Haifa, who led the study together with his colleagues - Professors Paul H. Lysaker of Indiana University School of Medicine, Department of Psychiatry, Philip T. Yanos of the Department of Psychology, John Jay

College of Criminal Justice, City University of New York, and Dr. Ilanit Hasson-Ohayon, Yaara Zisman-Ilani, and Oren Deri, all from Israel.

Much attention has been given to providing accessibility to all facilities intended for the public in striving to gain equality for people with physical disabilities. While the obstacles facing the physically challenged can be relatively easily identified, pinpointing the obstacles that persons with a mental illness must overcome is much harder. Studies have shown that one of the central obstacles is the negative stigma attached to mental illness by society at large, which is much more powerful than the labels attached to people with other disabilities. This stigma may lead to social exclusion. Another obstacle that may result from stigma is "self-stigma," whereby people with a mental illness adopt and internalize the social stigma and experience a loss of self-esteem and self-efficacy.

In an attempt to address this problem, the researchers developed "Narrative Enhancement Cognitive Behavioral Therapy (NECT)," which is aimed at giving people with a mental illness the necessary tools to cope with the "invisible" barrier to social inclusion - self-stigma. The research team ran a twenty-meeting pilot course of the new intervention. Those who participated exhibited reduced self-stigma and an increase in quality of life and self-esteem.

* * *

A new guide designed to help employers improve the delivery of child and adolescent behavioral services and services for family caregivers was released by the National Business Group on Health, a national non-profit organization representing more than 280 U.S. employers. "Like other chronic health issues, the effects of child and adolescent mental health disorders can be far reaching for those affected, their caregivers, and the workplace," said Helen Darling, President of the National Business Group on Health. "The direct and indirect costs associated with adolescent mental health disorders are staggering. Parent caregivers, for example, are more likely to report increased work absences, reduced productivity, and job termination."

The National Business Group on Health is strongly committed to helping employers address the impact of child and adolescent behavioral health disorders. Developing *An Employer's Guide to Child and Adolescent Mental Health*, which can be found at www.businessgrouponhealth.org, represents an important step to help achieve that goal.

* * *

Parents of adult children with mental illness who participate in education and support groups experience more positive outcomes and fewer burdens than those who do not, according to a study in the current issue of *Psychiatric Services*. "Participation in support groups (such as NAMI) through education and mutual support encourages parents to become advocates for their loved one, fight the stigma of mental illness, and take on various leadership roles," reports the study. On Friday, July 2, the 2010 NAMI Convention in Washington, D.C. heard findings from a new, rigorous, randomized trial by Lisa Dixon, M.D., Ph.D. and Alicia Lucksted, Ph.D. of the University of Maryland on the effectiveness of NAMI's Family-to-Family education program. Parents and other caregivers face daily stress that affects their own health and relationships. Another recent study, *Caregiving in the U.S. 2009*, mirrored findings in NAMI reports on schizophrenia and depression. In the depression survey, 50 percent of caregivers who responded had been diagnosed with depression themselves.

* * *

Between 1998 and 2007, psychotropic medications were associated with 429 adverse drug reactions (ADRs) in children under 17 in Denmark. Researchers writing in the open access journal *BMC Research Notes* found that more than half of these were serious and several were birth defects, suggesting that **tighter controls on the prescription of psychotropic medications to pregnant women may be required**. Lise Aagaard and Ebba Holme Hansen from the University of Copenhagen, Denmark, studied all 4,500 pediatric adverse drug reaction reports submitted during the study period to find those that were linked to psychotropic medications. Aagaard said, "The high number of serious ADRs reported for psychotropic medicines in

the pediatric population should be a concern for health care professionals and physicians." The two researchers found that the largest share of adverse reactions (42%) was reported for psychostimulants (such as Ritalin), followed by 31% for antidepressants (such as Prozac) and 24% for antipsychotics (such as Haldol). A number of ADRs were reported for Danish children below two years, probably due to the mother's intake of psychotropic medicine, primarily antidepressants and antipsychotics, during pregnancy.

* * *

A new study from the *Journal of Marital & Family Therapy* warns of the **dramatic rise in the use of psychotropic medications for children**. One in every 50 Americans is now considered permanently disabled by mental illness, and up to eight million children take one or more psychotropic drugs.

The authors state that there is little evidence available to warrant the widespread use of psychotropic drugs for children, and little long-term data regarding its long-term impact on development. According to the authors, the mental health field is currently designed to treat adults with psychotropic medications, but they are often misused in the case of children and adolescents. "This presents an ethical challenge to marriage and family therapists, who should be very cautious about these medications as an option for children. The long-term research on their safety for children is uncertain."

As an example, the diagnosis of early-onset bipolar disorder and attention deficit hyperactivity disorder has climbed drastically in the past decade. Drugs designed to treat the above two disorders show a fairly short-term risk-benefit ratio, but a poor long-term benefit.

The authors continue that the pharmaceutical industry is largely influenced by the desire for economic profit, and the marketing muscle behind the industry touts benefits that may not apply to its pediatric use. Between 1994 and 2001, psychotropic prescriptions for adolescents rose more than 60 percent; the rise post-1999 was connected to the development and marketing of several new psychotropic drugs and the rebranding of several older ones. Family health professionals are put in the line of

fire when children begin to experience the negative consequences of long-term use of these medications. They are left with the challenge of evaluating the quality of evidence-based care offered to their pediatric clients by the psychiatric community, and the negative effects of the medications without sufficient empirical evidence or information.

* * *

An infusion of the anesthetic ketamine can lift mood within minutes in patients suffering from severe bipolar depression, according to a small study in the *Archives of General Psychiatry*. The 18 patients in the study had tried an average of seven different drugs for treating their bipolar illness, and were still severely depressed; 55 percent had failed electroconvulsive therapy (ECT), or shock treatment. But within 40 minutes of receiving a ketamine injection, their depressive symptoms improved; the effect persisted for at least three days. Right now, medications available for treating either major depression or bipolar illness can take weeks, or even months, to work, notes one of the researchers on the

study. And as a person waits for their medications to kick in, he added, they will continue to have difficulty working and coping with social and family life; they may even have thoughts of suicide.

The researchers had previously demonstrated that ketamine shots helped some patients with treatment-resistant unipolar depression, meaning they did not cycle through manic episodes. In the new study, they gave patients with bipolar illness ketamine or a placebo on two test days two weeks apart. All of the patients were on lithium or valproate - two drugs commonly used for bipolar illness - but had not responded to treatment. Nearly all were unemployed, and two-thirds were on psychiatric disability.

Compared to placebo, patients showed significant improvement in mood within 40 minutes of receiving the ketamine infusion, using a common depression rating scale. Symptom improvement peaked two days after the injection, but remained significantly greater than for placebo for three days. Seventy-one percent of the patients responded to ketamine, meaning they had at least a

50 percent improvement in their depressive symptoms. Six percent responded to the placebo. Side effects included anxiety, "feeling woozy or loopy," headache, and dissociative symptoms, meaning a temporary sense of disconnection from reality, although there were no serious adverse events.

First introduced in 1962, ketamine is used legally in both human and veterinary medicine as an anesthetic. It's also a drug of abuse, at much higher doses than those used in this research. While patients in the current study received about 50 milligrams during a 40-minute period, a dose too low to induce anesthesia, recreational users of ketamine, known as "Special K," may take hundreds of milligrams per week. Ketamine could improve treatment of bipolar illness and depression in a variety of ways, for example, as a means to jump-start standard drug treatment, or as an anesthetic before ECT. Efforts are already underway in Europe to develop guidelines for how ketamine should be used and prescribed to treat bipolar illness and depression, the researcher said.

The NAMI Westside LA Bookshelf



Struck By Living: From Depression to Hope

Julie K. Hersh (Brown Books Publishing Group 2010)

This is a beautifully written memoir about the author's experience with clinical depression. As a formerly successful businesswoman leading what appeared to be a happy family life with a devoted husband and two young children, Hersh seemed to "have it all." However, her experience with a crushing depression ultimately led to three suicide attempts.

Hersh's vivid descriptions help readers grasp the depth of her pain and frustration, and later her hope, as she

works towards recovery. Her travels through hospitalizations, medications, and electroconvulsive therapy (ECT) ultimately end in an inspiring story for anyone affected by mental illness.

Falling into the Sun

Charrie Hazard (Spoonbill Cove Press 2009)

This poignant novel by a former *St. Petersburg Times* editorial board member and columnist focuses on a mother's journey to find help for her son with bipolar disorder.

Following a neighbor's death by suicide, Kate Nardeck is haunted by the thought that her own teenage son, whose behavior has become progressively volatile, may be living with mental illness. In finding help for her son, she also confronts a family history of alcoholism and mental illness.

As she meditates on mental illness, death, and her sense of self, Kate finds healing and peace in exploring spiritual beliefs drawn from Hindu, Native

American, and Judeo-Christian traditions.

The Buddha and the Borderline: My Recovery from Borderline Personality Disorder through Dialectical Behavior Therapy, Buddhism and Online Dating

Kiera Van Gelder (New Harbinger Publications, Inc. 2010)

This engaging memoir illuminates the experience of living with borderline personality disorder, a mental illness that is often misunderstood.

The author shares her painful struggles with depression, drug addiction, self-harm, and unstable relationships that ultimately led to her late diagnosis with borderline personality disorder. Through her pursuit of dialectical behavior therapy, Buddhist spirituality, and adventures in online dating, she reclaims life and works towards recovery on her own terms.

**When Do I Get My Shoelaces Back?
Suzy Johnson
(The Cairn 2010)**

The author, who lives with bipolar disorder, becomes ill with hepatitis A.

Forced to stop taking her psychiatric medications, she experiences the most severe episode of bipolar disorder of her life. As part of her therapy, she chronicles her time in a diary, revealing what it is like to experience feelings of

paranoia and vivid hallucinations during her treatment in the psychiatric unit. This account provides a unique insight into psychosis and the author's frustration with the separation of mental and physical health in hospital treatment.

Giving Thanks to NAMI Westside LA's Donors and Volunteers



As you can see from our newsletter and website (www.namila.org), the programs offered by NAMI Westside LA continue to grow. In addition to

multiple support groups per month and a speaker series, we offer Family-to-Family Classes, including one in Spanish, a Family Connections Class, Consumer Support Groups, and a Peer-to-Peer Class. Membership dues pay

for part of these services, which we provide free to the community, but we could not do all we do without the generous gifts of our donors. In particular, we wish to thank the following donors for their generous gifts:

Dorothy and John Schwartz
Scott Khouri
Marilyn Lerner, who donated in memory of her nephew, Jonathan Brackelmans
Ellen Sitton and Carol West, who donated in memory of Jonathan Brackelmans

Lisa Garden and Angeles Girl Scout Troop #516
Myra Le Blanc
Dr. and Mrs. Harold Howard, who donated in honor of Mr. and Mrs. Joseph Howard
Christoff St. John
Network for Good
Fred and Marilyn Blank, who donated in honor of Sharon and Ron Dunas
Joseph and Roberta Howard, who donated in honor of David Kivel's birthday

U.S. House of Representatives Approves Temporary Medicaid Funding Extension

The House has approved the Senate version of the bill that increases Federal Medical Assistance Percentages, or FMAP, that will result in increased Medicaid (Medi-Cal in California) funding, which means that the bill now heads to President Obama for his signature. Although it is less than the 6.2% that was hoped for, it does prevent the extension from expiring in December

and will have a major impact on California's budget shortfall. If signed by Obama, the bill - HR 1586 - means that:

- ✓ From January 1 through March 31, 2011, states would receive a 3.2% increase (instead of the full 6.2% increase) in the Medicaid

matching funds that the federal government provides.

- ✓ The increase drops even further to just 1.2% for the period from April 1 through June 30, 2011.
- ✓ The temporary increase of the federal Medicaid matching funds ends completely on after June 30, 2011.



Are you at a loss as to what to get someone for that special birthday or anniversary? Do you want to honor someone or commemorate an occasion?

Consider making a donation to NAMI Westside LA in any amount. We will be happy to send a lovely card to the recipient informing them of your donation. For more information, contact Mindy at (310) 889-7200 or mglazer@namila.org.

Things to Remember

Questions or Concerns About the Newsletter?

Please send your questions or concerns about this newsletter to Mindy Glazer at mglazer@namila.org.

For frequent updates on NAMI Westside LA, visit our website at www.namila.org.

Following are the *NAMI Westside LA Newsletter* editors:

- ✓ Erika Cilengir
- ✓ Mindy Glazer
- ✓ Frances Tibbits

For More on Brain Disorders

Visit:

- ✓ www.nami.org
- ✓ www.narsad.org
- ✓ www.mentalhealthjournal.com
- ✓ www.schizophrenia.com

Important Contact and Resource Information

If you have a room to rent in your home or are looking for a roommate and are open to considering a person with a disability, contact the NAMI Westside LA office at (310) 889-7200.

NAMI Westside LA Board Members **(310) 889-7200**

- ✓ Sharon Dunas, MFT, President; Family-to-Family Trainer; Provider Course for Clinicians Coordinator and Teacher; Outreach; and Newsletter Editor
- ✓ Dave Wright, First Vice President and Legal Analyst
- ✓ Lou Goldsmith, Second Vice President and Outreach Committee
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- ✓ Dori Baron, Coordinating Secretary and Walk Representative
- ✓ Stella March, Legislative Advocate
- ✓ Daniella Ledesma, Outreach and Internet Advertising

General Questions - NAMI Westside LA

- ✓ Sharon Dunas, MFT, (310) 889-7200
- ✓ Roberta Howard, (310) 889-7200
- ✓ Annette Tarsky, (213) 632-0782 (See Annette for referrals to other NAMI affiliates too.)
- ✓ Lea Wall, (310) 306-9494
- ✓ NAMI California, (916) 567-0163 or namicalifornia.org

Emergency Services and Hotlines

- ✓ Psychiatric Mobile Response Team (PMRT), (310) 482-3260
- ✓ SMART Team (one police officer and one clinician), provides intervention, referral, and placement for a mentally ill person; to access, call 911 or (213) 485-3359
- ✓ Mental Evaluation Unit (MEU), its mission is to reduce violence during police contact with mentally ill persons and provide such persons with access to mental health services, (213) 232-2715
- ✓ U.S. Food and Drug Administration (FDA) in Washington, D.C. To report an adverse drug reaction, call (888) INFO-FDA or (888) 463-8332, or MedWatch at www.fda.gov/medwatch/index.html
- ✓ Mental Health Helpline (24 hours), (800) 854-7771
- ✓ Santa Monica Police, (310) 458-8491
- ✓ Hotlines: Suicide Prevention (877) 727-4747, California Youth Crisis (800) 540-4000, Child Abuse (800) 540-4000, Domestic Violence/Sexual Assault (800) 978-3600, and Elder Abuse (800) 992-1660
- ✓ Social Security Administration (SSA), Project RSVP, (888) 606-RSVP

Protection and Advocacy

- ✓ For grievance procedures for any disability, call (800) 776-5746 or (916) 488-9955.
- ✓ NAMI Online Advocacy System at www.nami.org/advocacy
- ✓ Protection and Advocacy, Inc., advocacy information, referrals, and legal help, (916) 488-9955 or www.pai-ca.org

Other Support Groups

- ✓ Daniel's Place, 1619 Santa Monica Blvd., Santa Monica, 90404, (310) 392-5855; first break for persons ages 18 to 30; support for families and consumers, including a Parents Support Group on the second and fourth Wednesdays of the month
- ✓ Depression & Bipolar Support Alliance for Consumers, (310) 535-7775
- ✓ SHARE, support groups on all emotional issues, (310) 305-8878
- ✓ Family Advocate, John Griffin, MFT, (213) 251-6581 (with DMH)
- ✓ RECOVERY, INC., self-help cognitive behavioral groups, (310) 306-6766
- ✓ Panic Disorder Support Group, (800) 647-2642
- ✓ Family Resource Counseling Center, (310) 479-9798
- ✓ UCLA O.C.D groups, (310) 794-7305
- ✓ UCLA Dual Diagnosis Group, Saturday night at 5:00 PM, (310) 206-1148
- ✓ UCLA NPI OCD Group, Last Thursday, 4:30 PM-6:00 PM, Karron Maidment, RN, (310) 794-7305

Community Clinics Offering Treatment and Services

- ✓ Ed Edelman Westside Mental Health Center, (310) 966-6500
- ✓ Hollywood Mental Health Center, (323) 769-6100
- ✓ Alcott Center for Mental Health, (310) 785-2121
- ✓ Step Up on Second, (310) 394-6889
- ✓ Daniel's Place, (310) 392-5855
- ✓ Didi Hirsch Mental Health Clinic, (310) 390-6612
- ✓ Jump St., Didi Hirsch, (310) 855-0031
- ✓ San Fernando Valley Mental Health Center, (818) 832-2586
- ✓ Daybreak Day Center, 1614 Ocean Avenue, Santa Monica, (310) 393-4344
- ✓ The Village: Long Beach, (562) 437-6717
- ✓ Exodus Recovery Urgent Care Center in Culver City across from Brotman Medical Center (3828 Hughes Avenue), open 24 hours a day, 7 days a week, (310) 253-9494
- ✓ Matrix Institute on Addictions, (800) 447-4474
- ✓ Brotman Hospital – Mental Health, Culver City, (310) 836-7000
- ✓ UCLA Hospital day treatment programs, (310) 825-7469
- ✓ Del Amo Hospital, Torrance, (310) 530-1151
- ✓ Life Adjustment Team, Culver City, (310) 572-7000

Jails and Courts

- ✓ Mental Health Advocacy Service, (213) 389-2077
- ✓ Protection & Advocacy, (800) 776-5746
- ✓ Mental Health Court Program, after arrest, ask for a DMH person to be in court, (626) 403-4370
- ✓ Courts – Mental Health Counselor Office, (323) 226-2911
- ✓ County Criminal Justice Committee, (213) 974-8398
- ✓ Locating a person in jail, (213) 974-9083

Service Area Advisory Councils (SAACS)

- ✓ SAAC 4 (Hollywood and West Hollywood); meets at Hollywood Mental Health Center on the third Thursday of each month from 3:00 PM to 5:00 PM, Suzanne Leiss, (323) 851-4709
- ✓ SAAC 5 (Westside, from Beverly Hills to the ocean); meets at different sites on the fourth Tuesday of each month, Celinda Jungheim, Coordinator, (310) 306-6766

Housing

- ✓ Homes for Life Foundation: Tuesday meetings on housing, Dept. of Mental Health, Carol Leiss, (310) 337-7417
- ✓ Community of Friends: Dept. of Mental Health, (213) 480-0809, ext. 221
- ✓ Homeless Assistance: Dept. of Mental Health, (310) 399-6878 or (213) 632-0782 (Annette Tarsky)
- ✓ Hospital-to-Home housing assistance, one month's rent, Thomas Olzak, (310) 398-9204
- ✓ Santa Monica House, (310) 345-7736
- ✓ Ruth Teague Supportive, (213) 623-4342
- ✓ SHARE, (877) SHARE-49 or info@shareselfhelp.org
- ✓ Family Resource Counseling Center, (310) 479-9789
- ✓ Health Care Insurance Counseling and Advocacy, (800) 434-0222
- ✓ Residential Care Advocacy, 550 S. Vermont, Los Angeles, Royceanne Foster, (213) 738-2712
- ✓ Fair Housing Council of San Fernando Valley, 8134 Van Nuys Blvd, #206, Panorama City, Sharon Kinlaw, (818) 373-1185
- ✓ St. Joseph's Homeless and Housing Division, Cathleen McQuade, (213) 251-6567
- ✓ Housing Board Advisory, Reina Turner, (213) 251-6558
- ✓ Housing Rights Center (people with disabilities), (213) 387-8400, ext. 26
- ✓ Front Door Housing Rights, (310) 659-2913
- ✓ Path Partners [\(www.pathpartners.org/newsletter/\)](http://www.pathpartners.org/newsletter/)
- ✓ Transitional Living Center, Lawndale, (310) 542-4825
- ✓ Turning Point, short-term housing for the homeless, (310) 828-6717
- ✓ Pathfinder Center, adults with addiction, (818) 885-0883
- ✓ Topanga West, housing in Topanga Canyon, (818) 884-8100

- ✓ Twin Towers Treatment Centers, dual diagnosis, (310) 787-1335
 - ✓ Twin Towers in Torrance, (323) 937-4856
 - ✓ Venice Guest Homes, semi-independent housing, (310) 833-4625
 - ✓ Discovery Four, (323) 323-1221
 - ✓ Crestwood Behavioral House, Modesto, CA, (209) 526-8050
 - ✓ Westside LA housing options, Sandy Mills, (310) 482-6617
 - ✓ Changing Options, dual diagnosis, Ramona, CA, (760) 789-7299
 - ✓ River Community, dual diagnosis, Azusa, CA, (626) 910-1202
 - ✓ Bridges, 10-15 beds, (626) 359-5304, x202
 - ✓ John Henry Foundation, housing for patients with schizophrenia, Santa Ana, (714) 554-8906
 - ✓ Anne Sippi Clinic, (323) 227-5252
 - ✓ Sanctuary, (310) 493-4572; in Malibu, (818) 346-7079
 - ✓ PATH, 90-day transitional housing, (310) 996-0034
 - ✓ Compass House: (213) 747-8470
 - ✓ La Casa, Long Beach, (562) 634-9534
 - ✓ Twin Tower Treatment Center, North Hollywood, dual diagnosis, (818) 985-0560
 - ✓ Alcott Mental Health Center on Robertson: residential and day-care, (310) 785-2121
 - ✓ The Manor: residential care and supervision, (310) 450-1748
 - ✓ Meadowbrook: locked facility, residential care, (310) 391-8266
 - ✓ Vista del Mar: locked facility, counseling, teenagers, (310) 204-1666
 - ✓ Portal's House: full range of services, including housing and vocational program, (213) 387-1129
 - ✓ Oceanview: Santa Monica housing, board and care, (310) 393-0737
 - ✓ Step Up on Second: residential apartments, Santa Monica, (310) 394-6889
 - ✓ Jump St.: residential treatment – La Cienega, (310) 855-0031
 - ✓ Villa Stanley: at Melrose and Stanley, (323) 937-4856
 - ✓ Gateways Residential Center (unlocked facility), Los Angeles
 - ✓ Olive Vista (locked), Pomona
 - ✓ OPCC Access Center and Safe Haven, 1616 Seventh Street, Santa Monica, (310) 450-4050
 - ✓ Las Encinitas Hospital, Pasadena, (626) 795-9901
 - ✓ Beth Tshuvah, dual diagnosis/12-step program, Culver City, (310) 204-5200
 - ✓ Clare Foundation, Santa Monica, (310) 314-6200
 - ✓ Cri-Help, dual diagnosis, San Fernando Valley, (818) 985-8323, x141
 - ✓ Tarzana Treatment Center, day hospital for detox, (818) 996-1051, x1111
 - ✓ Pasadena Recovery Center, dual diagnosis, 30-60-day housing, (626) 345-9992
 - ✓ The Gooden Center, Pasadena, (800) 931-9884
 - ✓ Exodus Chemical Dependency, (310) 840-7020
 - ✓ Insight Treatment Programs, (800) 599-8820
 - ✓ Clearview Treatment Center, (800) 573-0770
 - ✓ New Start, Santa Monica, (310) 586-0059
- Department of Mental Health (DMH) Full-Service Partnerships (help with housing, medical care, psychiatric care, and case management)**
- ✓ For adults, contact Sandy Mills, MA, CADC, (310) 482-6617
 - ✓ For transitional-age youth (ages 16-26), contact Angelique Giordano, MSW, (310) 482-6618
 - ✓ For children, contact Kathy Chatraprabhavej, MSW, (310) 482-6618
- Psychiatrists and Psychotherapists**
- ✓ Southern California Psychiatric Society, (310) 815-3650
 - ✓ Cedars-Sinai Referral Service, (800) 233-2771
 - ✓ UCLA Neuropsychiatric Access Center, (800) 825-9989
 - ✓ MEDI-CAL psychiatrists and psychologists, (213) 632-0782
 - ✓ Dr. Beatrix Wagner, (310) 995-7427
 - ✓ Psychotherapists for Family Members with Mentally Ill Relatives:
Sharon Dunas, MFT, (310) 820-4626
Dr. Michael DiPaolo, (310) 403-7792
Dr. Janis Frisch, (310) 466-6136
Sanjeet Sihota, Peer Mentor, (310) 963-0714
- Prescription Assistance**
- ✓ Eli Lilly and Company's prescription assistance program, (877) 795-4559
 - ✓ Partnership for Prescription Assistance program, (888) 477-2669 or www.pparx.org
 - ✓ Rx Help for Californians (www.rxhelpforca.org)
- Other Resources**
- ✓ Conservatorship info, (213) 974-0515
 - ✓ PLAN of California, special needs trusts and "proxy parents", Carla Jacobs, (714) 997-3310, (888) 574-1258, or (213) 413-1130
 - ✓ Patient rights, LA County, (213) 738-4888
 - ✓ Allsup disability claims, (800) 854-1418, x5049
 - ✓ Elderlink (help for seniors), (800) 836-7080
 - ✓ Project Return Club for consumers, Jonathan Santos, Westside Regional Aide, (213) 209-0064 (pager); Clubs at Edelman Westside Mental Health Center, Grad House, Alcott Center, and Step Up on Second
 - ✓ In Our Own Voice, Stella March, (310) 472-4297 or smarch@nami.org
 - ✓ LA Manic Depressive and Depressive Association, (310) 535-7775
 - ✓ National Alliance for Borderline Personality Disorder, (914) 835-9011, www.borderlinepersonalitydisorder.com www.bpdresourcecenter.org, (888) 694-2273
 - ✓ Obsessive Compulsive Foundation, (203) 878-8889
 - ✓ OCD Foundation of California, (818) 990-4830
 - ✓ The Wellness Center, 11303 West Washington Blvd., Los Angeles, 90066, (310) 482-3202
 - ✓ Tourette Syndrome Assn., (800) 639-7462
 - ✓ National Education Alliance for Borderline Personality Disorder (NEA BPD), offers a 10-week program called Family Connections for families with children with bipolar or borderline personality disorder, (914) 835-9011 or neabpd@aol.com
 - ✓ West Los Angeles Council for the Disabled, (310) 358-6089. Help with SSI and SSDI, medical insurance billings, subsidized housing (HUD), transit IDs, and reduced energy/telephone rates.
 - ✓ SAMHSA's National Mental Health Anti-Stigma Campaign (www.whatadifference.org)
 - ✓ Substance Abuse and Mental Health Services Administration (www.samhsa.gov)
 - ✓ Resource Center to Address Discrimination and Stigma (www.stopstigma.samhsa.gov)
 - ✓ National Institutes of Mental Health (www.nimh.nih.gov/healthinformation/index.cfm)
 - ✓ Social Security, (800) 772-1213
 - ✓ What to do when a friend is depressed (www.nimh.nih.gov/publicat/friend.cfm)
 - ✓ For information on consumer rights, contact Santa Monica-based Consumer Watchdog at (310) 392-0522 or www.consumerwatchdog.org/complaints or Washington, D.C.-based Public Citizen at (202) 588-1000 or www.citizen.org/litigation
 - ✓ Meals on Wheels West, (310) 394-5133 or www.mealsonwheelswest.org
 - ✓ Center for the Assessment of Prevention of Prodromal States (CAPPS) at UCLA. Main line: (310) 206-3466. Director Sandra De Silva, PhD: (310) 206-2866 (direct line) and (310) 425-5381 (private practice)
 - ✓ Healthy Families (<http://www.healthyfamilies.ca.gov/hfhome.asp>)



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September 2010

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Mail this completed application, along with a check or money order, to:

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Membership
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Los Angeles, CA 90049

Note that your membership in NAMI Westside LA includes membership in NAMI California and NAMI National.
For more information, call (310) 889-7200.

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|-----------------|---------------------------------------------------------------------------------------------------------------------------------------|
| Donation | <input type="checkbox"/> \$100 <input type="checkbox"/> \$50
<input type="checkbox"/> \$25 <input type="checkbox"/> Other \$ _____ |
|-----------------|---------------------------------------------------------------------------------------------------------------------------------------|

Name			
Street			
City			
State		ZIP Code	
Telephone		Email Address	