



SOUTH BAY NAMI NEWSLETTER

National Alliance on Mental Illness-South Bay

Families Helping Families

www.soaman.com

JANUARY

2009

VOTING FOR 2009 OFFICERS

This is the time to elect or re-elect our South Bay Officers for 2009. We need your vote, or nominations from the floor are encouraged if you know someone who is interested.

Please give serious thought for helping as a board member. We welcome new ideas for speakers and/or topics for monthly general meetings.

Board positions available are:

Telephone Tree. The tree is already set up. All you do is start the calling when there is a strategic need for letter writing concerning state and national legislation.

NARSAD representative.

These are the beautiful cards made by clients and sold at Redondo Beach Street Fair in July and PV Street Fair in June.

The cards are available at general meetings.

If the above isn't for you, come anyway to the board meeting and help in the planning for the general meetings.

You are always welcome to attend the board meeting on the 1st Monday of the month at 6:30 PM.

PLEASE NOTE THE
4TH MONDAY IN JANUARY
WILL BE mJR

NEXT MEETING DATE
JANUARY 26TH
(Martin Luther King Day is a holiday on the
3rd Monday)

SPEAKER: KAREN HOLT
Attorney at Law

TOPIC: SPECIAL NEEDS TRUST
Her presentation will address the special concerns we have in protecting SSI and SSDI benefits for our loved ones.

TIME: Caring and Sharing 6:00 PM
General Meeting 7:30 PM

Plan to attend this meeting and vote for our leadership 2009. Also find answers to concerns regarding the Special Needs Trust.

HAPPY NEW YEAR !

INVITATION TO NAMI MEMBERS

Email from Brooke J. Cannon, Ph.D.

I am asking for your assistance to participate in a study of the best and worst movie portrayals of mental illness and its treatment. Through a prior survey, nominees were determined for each of these categories. The final ballot can be accessed though www.surveymonkey.com/s.aspx?sm=KQZQESwRXWg2t09hA4Ug9A_3d_3d or by visiting my website www.psychmovies.com.

To date approximately 200 people have responded, primarily psychology students and mental health professionals. I am hoping to also have mental health consumers and their families represented.

This project was approved by National and is posted on the national website www.nami.org.

Any assistance you may provide would be most appreciated!

Brooke J. Canon, Ph.D.
Professor of Psychology
Director of Clinical Training, Psy.D.
Program, Marywood University
2300 Adams Avenue
Scranton, PA 18509
(570) 348-6211 x 2324

A MIRACLE MEDICINE

It's WATER. University of Washington studies have shown that a mere 2% drop in body water can trigger a fuzzy short-term memory, trouble with basic math, and problems focusing on a computer screen or printed page. (It could also cause dizziness and vertigo.) Your brain is 80% water, and if its fluid level drops, your brain cells can't send messages to one another efficiently. Preliminary research suggests 8 to 10 glasses of water daily also significantly eases joint and back pain for up to 80% of sufferers.

IF YOU THINK GASOLINE IS EXPENSIVE, HERE'S SOMETHING TO THINK ABOUT

- * A bottle of Diet Snapple for \$1.29 per 16 oz. equals \$10.32 per gallon.
- * Gatorade for \$1.59 per 20 oz. equals \$10.17 per gallon.
- * Vick's Nyquil for \$8.35 per 6 oz. equals \$178.13 per gallon.
- * Evian water at \$1.49 for 9 oz. equals \$21.19 per gallon...for WATER!



GAINING INDEPENDENCE

By Christopher Amenson, Ph.D.

* In looking at the title of the talk *Gaining Independence*, this is a diversity issue.

* In most of the world this has a different meaning than it might to us, for independence is looked at many ways.

* What we family members need to do is to explore the many ways in which we can help our relative to live in our society.

* If possible we also want to assist them to make a contribution to our society. We must be honest with ourselves here.

* Dr. Amenson cautioned us that some of our relatives are very, very ill and so we cannot have impossible expectations.

* Do look at where your relative is now, then focus on the 1% that they realistically can manage.

* It has been wisely said that people who do great projects do them 15 minutes at a time.

* In order to find their interest ask the question, "What do they do most frequently?" then build on their individual strengths.

* Look carefully for these interests. Do they make sense; do they spend time on these activities?

* Teach your family member to concentrate on that activity they enjoy. If it is that of watching a certain TV encourage them to talk about that interest.

* Pair activities together. An example is that of an overweight woman who wanted to get her mother's attention. The parent wisely took her daughter out walking while they talked together. In time, the young woman lost some weight.

* Watch out for "learned helplessness" -- we never want to suggest activities in which the client truly cannot succeed.

* We don't want them to fail, but if they do so, by trying something they want to do, and they do fail, that is OK!

* We must be honest with ourselves and remember that motivational deficits are a part of the damage that has been done to the brain (in some cases) and are a cause for discouragement. The client does not want to fail, and so they protect themselves by not wanting to try something new.



- * Give rewards for small chunks of activities. This is positive re-enforcement.
- * Use "selective attention". This means that we focus on a needed activity, such as putting dishes away, or folding laundry. We then center on talking to them without distraction as they complete the task. One nice way to think about this is to "catch them doing something good". Acknowledge behavior changes with a pat on the back.
- * Helping a relative recover is like going fishing -- some is good, some is bad, but keep casting for tangible results. Do offer small amounts of money for a small piece of work. Always ask your relative what they would most enjoy doing.
- * In terms of independence, if your relative does more, they may fail some and some rejection will come. Some will need to be protected.
- * A classic mistake of NAMI families -- we over protect! Some failure is a good thing as a learning tool. Taking risk is involved in many activities-- starting a new job; going to a hospital; or learning to play an instrument. All carry the risk of

failure. This is OK and should be a part of learning.

NAMI families do not have to shoulder the burden of all of the care. Skills are best passed on by others rather than the parent. Do get your relative to a professional who will show your family member the necessary skills in a way that will make everyone happy.

RECORD NUMBER OF NEW MEDICINES BEING DEVELOPED FOR MENTAL ILLNESS

Stavor has been approved for the treatment of manic episodes associated with bipolar disorder, as well as for treating seizures and migraine headaches. Stavor is a delayed release soft gel capsule. It is small and easy to swallow and will help those taking the medication to continue to do so. More than two-thirds of people reported difficulty swallowing their other valproate medications.

A record 301 new medicines are being developed to treat mental illnesses affecting 60 million American adults.



IS STIGMA DECREASING FOR MENTAL ILLNESS?

The diagnosis of a mental illness no longer carries the fear or shame it once did, according to information released recently by the American Psychiatric Association (APA). Nearly 90 percent of Americans surveyed correctly believe that people with mental illness can live healthy lives and the majority (80 percent) feels confident that mental health treatment works. Study findings that nearly 70 percent of people surveyed view going to a psychiatrist as a sign of strength.

Despite this very positive news, there are still some grave misconceptions each year in the United States. 1 in 5 adults are diagnosed with a mental illness, yet the same proportion of adults say they would not see a psychiatrist under any circumstances. In addition, (50 percent) of those surveyed are not concerned about themselves or a family member having to deal with a mental illness. This is troubling news considering that the 1 in 5 incidence rate means that few American families are ever untouched by mental illness.

Although 75 percent of consumers believe that mental illnesses are

usually caused by a chemical imbalance in the brain, those surveyed are almost twice as likely to seek help from their primary care physician rather than a psychiatrist -- a specialist specifically trained to diagnose a chemical imbalance and other determinants of mental illness.

"Overall, the survey reports good news for understanding of mental illness," said Steven Sharfstein, M.D., president-elect of the American Psychiatric Association. "However, the public needs to know that psychiatrists are medical doctors who are uniquely qualified to evaluate a person's mental and physical wellness and develop a comprehensive, individualized treatment plan." (www.namicalifornia.org)

AFTER THE WAR ZONE
A Practical Guide for Returning Troops and Their Families
 by Laurie B Slone, Ph.D., and Matthew J. Friedman, M.D., Ph.D.



An essential resource to help individuals with the transition of returning from war. Written for partners, families and communities. This book pinpoints the most common after-effects of war and offers strategies for reintegrating into daily life.

ANTI-BULLYING WEBSITE TARGETS YOUTH

The U.S. Department of Health and Human Services, Health Resources and Services Administration (HRSA) developed an interactive website for youth that teaches them about bullying and how to prevent it. The website is part of HRSA's anti-bullying campaign, *Take a Stand Lend a Hand. Stop Bullying Now!*, which aims to educate more Americans about how to prevent bullying and youth violence.

The website includes animated stories, games, quizzes, fact sheets, and an "ask the expert" section to help youth identify what bullying is and what they can do about it, whether they are witnessing it, or being bullied, or are the bullies themselves. A team of youth experts, ages 9 to 13, provided input on the campaign's website to ensure it reflected real life and would appeal to youth.

Parents can also visit the website to learn how to become a part of the anti-bullying campaign and bring activities and resources that help address the issue of bullying to their local school and community.

To access the anti-bullying website visit

www.stopbullyingnow.hrsa.gov

STIGMA BUSTERS - FIGHT STIGMA

NAMI StigmaBusters is a group of dedicated advocates across the country and around the world who seek to fight the inaccurate, hurtful representations of mental illness. Whether these images are found in TV, film, print, or other media, StigmaBusters speak out and challenge stereotypes in an effort to educate society about the reality of mental illness and the courageous struggles faced by consumers and families every day. StigmaBusters' goal is to break down the barriers of ignorance, prejudice, or unfair discrimination by promoting education, understanding and respect.

Be a StigmaBuster by:

- * Protest stigma perpetuated by local media.
- * Protest advertising or commercial products.
- * Contact civic groups and organizations with information.

An important way to make stigma disappear is to talk openly, whenever it's appropriate, about mental illness and how it has impacted you or your family.

To become a StigmaBuster visit **www.nami.org** and click on stigmabusters alert.



NAMI-80UTB BAY APPLICATION FOR YEARLY MEMBERSHIP OR RENEWAL OR NEWSLETIER SUBSCRIPTION

Make check payable to and mail to NAMI So Bay, P.O. Box 5295, Torrance, CA 90510

Individual or Family Membership \$3o___ Professional \$3o___ Client (free) ___

So Bay NAMI newsletter only for non-member \$12 ___

Members receive the So Bay NAMI, California NAMI and National NAMI newsletters

*Membership paid after October includes the following year subscription.

Name	Phone (home)	—
Street	Phone (work)	—
City, State, zip	Date	—
E-mail address.		—

The following information is optional and confidential. It will be forwarded to the State and National offices for statistical purposes only:

Age of ill person. —
 Relationship — Diagnosis —
 Ethnic Group — Decade of birth for parents —

We are always ~~in~~ need of volunteers. By choosing one or two you are helping So.Bay NAMI grow strong.

- () Membership () Fund Raising () Public Relations () Hospitality () Publicity
- () Legislation () Program () Telephone Tree () Religious Outreach () Other
- () NAMI ABLE Office () Family-to-Family Teacher

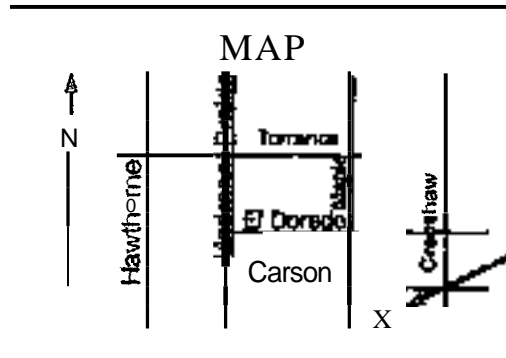
NATIONAL ALLIANCE FOR THE MENTALLY ILL
 SOUTH BAY
 P.O. Box 5295, Torrance, California 90510
 (310) 533-0705

MONTHLY MEETINGS

- .. Professional Speakers
- .. Caring and Sharing
- * Helpful Publications
- * Information Exchange

WHEN

3rd Monday each month
7:30PM



OBJECTIVES

- * Education
- * Advocacy
- * Mutual Support
- .. Community Information

WHERE

Church
2900 Carson
Torrance, CA

Additional parking in the
Monterey Street lot

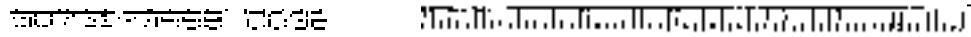
Join Families

Loved Ones!

NAMI -South Bay
 PO Box 5295
 Torrance, CA 90516
 "Change Service Requested"

Non-Profit Org.
 U.S. Postage
PAID
 Torrance, CA
 Permit No. 719

DATED MATERIAL - RUSH



SOUTH BAY LONG BEACH
 Advisory Committee (SAAC)
 1st Monday 4:00 6:00 PM
 For meeting location contact
 Anerгла Adkins
 213/738-4128

NAMI SOUTH BAY GENERAL MEETING
 3rd Monday of each month
 Caring and Sharing @ 6:PM
 Speaker @ 7:30PM
 First Lutheran Church
 2900 Carson Street, Torrance
 Telephone: 310/533-0705

NAMI SOUTH BAY BOARD MEETING
 1st Monday of each month
 6:30 PM @ First Lutheran
 Church, 2900 Carson Street,
 Torrance.
MEMBERS WELCOME

NAMI BEACH CITIES
 Caring and Sharing 10AM
 2nd Wednesday of month
 South Bay Church of the
 Brethern, 2761 W. 190th St.
 Redondo Beach
 Telephone: 310/378-6565
 Ben & Jane Sharp

211 the new
 information line answers
 the **call** for Social
 People **don't** need to fumble
 through the phone book to
 find the organization they
 should call Just dial 211.

NAMI SPANISH SUPPORT GROUP
 Tuesdays 4:30 to 7:30pm
 Harbor UCLA **Medical**
 Carson St. Bldg **D-5**
Torrance, Ca
 Martha Montelongo
310-835-7516
 Tiburcio Maldonado
 213-216-8910

FAMILY-TO-FAMILY EDUCATION PROGRAM TAUGHT BY FAMILIES FOR FAMILIES
 Practical educational classes for families whose loved ones have a brain disorder (mental illness).
 Registration required for class attendance and location. This is a 12 week course and is free to families.
 For further information and! or registration call
 310/533-0705

ENRICHMENT THROUGH EMPWYMENT
 1840 220th Street, Suite 310
 Torrance, Ca
 Telephone 310-328-0706
 Fax: 310-329-5009
 Call for appointment