



#### GENERAL MEETING.

Happy New Year! Our next general meeting will be held on Tuesday January 25. Laurie and Ian Fenwick will show a DVD documentary "No Kidding?Me too" by actor Joe Pantoliano and then lead a discussion of the Heroes of Hope Program presented by the Mental Health Association of Santa Barbara last May. The meeting will be at St Stephen's Episcopal Church at the corner of Pismo and Nipomo Streets. Enter from the parking lot off Pismo St. As usual refreshments will be served. There will be a facilitated, family support group before the meeting as well as a Hearts and Minds meeting. **Both start at 5:30.** (See below.)

#### **Tragedies make headlines. All too often, these tragedies involve victims or perpetrators with severe mental illness and could have been prevented if only there had been timely treatment**

From the Treatment Advocacy Website ([www.treatmentadvocacycenter.org](http://www.treatmentadvocacycenter.org))

Here are the Treatment Advocacy Center's top 7 **under-reported** stories about severe mental illness for 2010 - the could-have-been headlines for the little-told news.

We (Treatment Advocacy Center) hope that 2011 sees more of them come to light:

#### 1. **Court-ordered treatment for individuals with severe mental illness reduces crime.**

Columbia University Press Release] NEW YORK, February 18, 2010 — A team of Columbia University researchers has determined that mandatory outpatient treatment for New Yorkers with severe mental illnesses has led to a drop in violent criminal behavior, ranging from hitting and choking to rape and murder. The study was published this month in the journal *Psychiatric Services*.

According to the researchers, the study is the first to fully assess the merits of Kendra's Law, enacted in 1999, which mandates outpatient care for New Yorkers with psychotic disorders and other mental illnesses. Named after Kendra Webdale, who died after being pushed in front of a New York City subway train by a schizophrenic man who had skipped treatment, the temporary law is set to expire this summer.

#### 2. **Assisted outpatient treatment for mental illness reduces taxpayer cost.**

**SUMMARY:** Forty-four states permit the use of assisted outpatient treatment, also called outpatient commitment. Assisted outpatient treatment is court-ordered treatment (including medication) for individuals who have a history of medication noncompliance, as a condition of remaining in the community. Studies and data from states using assisted outpatient treatment (AOT) prove that AOT is effective in reducing the incidents and duration of hospitalization, homelessness, arrests and incarcerations, victimization, and violent episodes. AOT also increases treatment compliance and promotes long-term voluntary compliance.

#### 3. **Feds subsidize the fight against treatment for the most severely mentally ill.**

#### Year at a Glance

**January thru June:** General Mtg, 4th Tuesday of the month

**July:** Annual Picnic, no General Meeting

**May:** Special Event

**August:** Summer Vacation: no meeting, newsletter or support group

**September:** General Meeting 4th Tuesday of the month

**Sept. 25th :** Beautiful Minds Walk

**October:** BMW Walk Oct. 1st Mental Illness Awareness Event: 4th Tuesday

**November:** General Meeting 4th Tuesday of the month

**December:** Holiday Party: no Gen. Mtg.

4. **State officials ignore legislators and voters, refusing to use AOT laws**
5. **De-institutionalization turned into re-institutionalization - in jails and prisons**
6. **Research links violence and untreated severe mental illness. New Study Examines Causes of Violent Behavior in Individuals with Schizophrenia and Bipolar Disorder . A**

It may be time to renew your NAMISLOCO Membership. Check the date on the newsletter mailing label. Please fill out the form on page three and send it in with your dues. Your funds support NAMISLOCO activities. Thank you for your past support. NAMISLOCO could not help our local mentally ill and their families without your dues and generous support.

just-published study of homicides committed by individuals with schizophrenia and bipolar disorder within six months of hospital discharge examined the antecedents of this violent behavior. The study focused on 47 individuals who killed somebody

within six months of having been discharged from a psychiatric hospital in Sweden between 1988 and 2001 (Fazel S, Buxrud P, Ruchkin V et al., Homicide in discharged patients with schizophrenia and other psychoses: a national case-control study, *Schizophrenia Research* 2010 Aug 28 [Epub ahead of print]).

The single largest predictor was, not surprisingly, having been previously hospitalized for a violent episode. As many studies have shown, past violence is the single strongest predictor of future violence. The second strongest predictor was having severe psychotic symptoms. Third was a failure to take medication regularly after having been discharged. And fourth was abusing street drugs and/or alcohol. This picture is consistent with multiple other studies showing that the truly dangerous individuals with schizophrenia and bipolar disorder are those with severe symptoms who do not take medication, abuse drugs and/or alcohol, and have a past history of violence. This group constitutes about 1 percent of all individuals with these diseases (Torrey EF, *The Insanity Offense*, New York: W.W. Norton, 2008, pp. 179-183). The vast majority of individuals with these diseases are not violent, and for individuals who are taking their medication, studies suggest they are no more dangerous than the general population

7. **Opponents of AOT don't tell the truth.**

**Many Thanks to all those who made the Christmas party such a success. Particularly Lillian and Nancy who always make sure we have lots of food to eat, Dr. Magic for helping us all to laugh and Madeline Johnson for playing piano for carol singing.**

## Research Review - Schizophrenia and the Teen Brain

(From the Treatment Advocacy Website)

"The overlap of schizophrenia's early signs with the hallmarks of adolescence has made this period a beacon to researchers," according to a recent issue of Nature magazine dedicated to schizophrenia.

The search for a diagnosable "prodromal" (from the Latin word for "running ahead") period in adolescence has emerged as a sort of Holy Grail in schizophrenia study. "The Making of the Troubled Mind" describes one long-term study that is testing ways to reliably diagnose people in the prodrome stages of psychotic disorders and use early treatment to pre-empt deterioration, according to Nature. The group's work includes a study of 291 teenagers and young adults in which researchers predicted the likelihood of psychotic disorders developing with accuracy comparable to risk predictions for medical problems such as heart disease.

Some clinicians worry that diagnostic screening will produce false positives that result in anxiety and inappropriate medication with powerful antipsychotic medications. Others say the benefits of improved treatment outweigh the risk of overdiagnosis.

## Colorado: Services for Mental Illness Unused by Those Who Qualify

The Joint Budget Committee for Colorado's legislature reports that two-thirds of indigent adult Coloradans with serious mental illness are not being served by state programs even though they qualify.

Of 103,761 Colorado adults known to have both serious mental illness and incomes low enough to qualify for state-funded treatment, more than 71,000 – 69% – have not accessed any of the services to which they are entitled.

The JBC recommends determining "what measures the Department of HealthCare Policy and Financing and the Department of Human Services are undertaking" to address this vast unmet need. Good idea but a better idea would be to figure out why these people aren't accessing available services to begin with.

A committee staffer offered a few theories to a reporter but failed to mention anosognosia, the politically incorrect, 800-pound gorilla in the statehouse. Studies confirm that anosognosia – a neurological syndrome that frequently co-occurs with schizophrenia and bipolar disorder and renders a person incapable of recognizing his or her own illness – is by far the most common explanation for the failure to seek treatment.

If Colorado is serious about improving access to its mental health system, it needs to expand its use of assisted outpatient treatment (AOT) for those too ill to request the services they desperately need and could be receiving.

Whether you live in Colorado or another state, this is good information for advocates to use when pushing back against arguments that AOT is unnecessary. Without court-ordered treatment, already-budgeted services for already-qualified patients don't get delivered.

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.

NAMI San Luis Obispo would like to knowledge the recent passing of two individuals who have been involved in Mental Health in San Luis Obispo County.

**Lloyd E. Somogyi** died on Nov. 5. Lloyd ran the Public Defenders Office in San Luis Obispo from 1962 to 1964 and was active with NAMISLOCO during its early days. He practiced law in SLO County for over 60 years and helped many of our mentally ill loved ones.

**Nancy Speed M.D.** Nancy passed away quietly of complications from brain cancer on Oct. 3. Nancy was at one time the medical director of the Psychiatric Day Hospital Program at French Hospital. Later she held the position of Medical Director at Sydney Creek. She will be missed by all those she touched during her years working in our county.

## Are you or your loved one considering participating in a Scientific Research Project? If so NAMI National lists a number of opportunities on their website and makes the following suggestions.

Research projects that require the participation of individuals with mental illnesses and, occasionally, their family members are listed on NAMI National's Website (NAMI.Org). We all know that research is crucial for improved understanding, treatment, prevention, and the ultimate cure of serious brain disorders such as schizophrenia, bipolar disorder, and other conditions. But participation in a research project may involve some risks to the volunteer. For each of the studies listed at NAMI.org, we have received verification from the lead scientist on the study that an institutional review board (IRB) has approved the study. Nonetheless, if you are interested in participating in one of these studies, make sure that you can answer the following questions for yourself:

- What is the study about?
- What will you be asked to do in the study?
- What risks might you face?
- Who do you contact with questions, concerns, or problems?
- How will you be kept informed about the progress and results of the study?

You should feel that you fully understand the project and your role in it before signing an informed consent document. Do not enter any studies you do not fully understand.

Some studies pose more of a risk to you as the research participant than others and require special consideration before you agree to participate. Medication-free studies (also called "washouts" where a participant has to stop all of his or her medications) or studies involving a placebo arm are examples of the type of research that call for careful assessment before you enter such a research study. For some people, studies that are medication-free would be a dangerous choice and should be avoided. Studies that involve genetic testing also require careful thought on the part of research participants. These are newer types of studies that compile information about research participants' genetics and medical records. Genetic studies offer a number of protections for your private health information, but be sure that you check beforehand about the way your information will be protected and that you are comfortable with how the information is handled during and after the study.

Research may help others as scientists better understand the brain and mental illnesses. You should know that you may or may not benefit from participating in the study. Although for some people, the greatest benefit of participating in research is the gratification of contributing to new advances in knowledge and treatment.

If you do choose to participate in a study, we applaud your important contribution to the science of serious mental illnesses and we want you to be as informed and protected as possible -- a true partner in research.

Remember that all participation in research is voluntary and is not part of your treatment.

"Also see Protection of Research Volunteers" on NAMI's website.

**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 is now offering "WRAP" Group-Wellness and Recovery Action Plan: an educational course in the journey to recovery. See page 4 for Peer-to-Peer Contact information.



**REQUEST FOR A SPANISH-SPEAKING MEMBER INTERESTED IN TAKING TEACHER Training for the Spanish Family-to-Family Class.** Please see contact information for Family-to-Family on page 4 if you are interested.



**NAMI's StrengthofUs.org**

Check out **StrengthofUs.org**, a new online community where young adults living with mental health concerns can provide mutual support in navigating unique challenges and opportunities during the critical transition years from ages 18 to 25.

Developed by young adults, StrengthofUs.org is a user-driven social networking community where members can connect with peers, share personal stories, creativity and helpful resources by writing and responding to blog entries, engaging in discussion groups and sharing videos, photos and other news.

The site offers resources on issues important to young adults, including:

- Healthy relationships
- Family and friends
- Campus life
- Independent living
- Employment
- Finances
- Housing
- Mental health issues

**NAMI PROGRAMS ACTIVE IN SAN LUIS OBISPO AREA**



**CONGRATULATIONS T-MHA** T-MHA has received three year accreditation from the International Commission on Accreditation of Rehabilitation Facilities for its Supported Employment Program.

**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.

**Beautiful Minds Walk Honored Sponsors for 2010:**

- Transitions Mental Health Association
- UPS
- The Tribune
- Arroyo Grande Hospital

**NAMI SLOCO Officers**

Lisa Kelley, President ..... 788-0869  
 Darryl Elliott, Vice-president ..... 543-9590  
 Pam Zweifel, Secretary ..... 543-1825  
 Nancy Griffin, Treasurer ..... 543-9399

**NAMI SLOC Standing Committee Chairs**

Naoma Wright, Publicity ..... 543-5232  
 Roger Gambs, Newsletter, Peer-to-Peer ..... 461-6590  
 Ed & Kathy Garner, Newsletter & Website ..... 550-3117  
 Carole Wallace, Librarian .....  
 Pam Zweifel, Membership ..... 543-1825  
 Rae Belle Gambs, Forensic..... 461-6590  
 Support Group Facilitator OPEN

**Special Committee Chairs**

Lillian Bareither, Newsletter Mailing..... 595-2821  
 Jerry Howe, Farmers Market ..... 543-2261  
 John Klimala, Family to Family Coordinator... 550-3889  
 Lisa Kelley, Parents & Teachers as Allies ..... 788-0869  
 Carole Wallace, NAMI Basics Coordinator.....  
 Lisa Kelley, NAMI Basics Coordinator ..... 788-0869

**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-SLOCO Presents**

**"FAMILY-TO-FAMILY"**

**A Class offering:**

**Education and Support for Family Members**

**Whose Relative or Loved One Suffers from all forms of mental illness.**

**"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. to-Family. Contact information for NAMI Family to Family can be found on page 4.**



**ARE YOU CONCERNED ABOUT THE MENTAL HEALTH OF A CHILD OR TEEN?**

**HEALTH OF A CHILD OR TEEN? NAMI Basics can help. NAMI Basics is a FREE 6-week education class for Caregivers of Children and Adolescents with Behavioral/Mental Health issues. See contact information for NAMI Basics on page 4 if you are interested in this program.**



Many thanks to Shannon McQuat of T-MHA for her help with the newsletter this month.

**NAMI 2011 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

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



**NAMI SLOCO is a charitable, non profit, tax exempt organization affiliated with NAMI California and NAMI.**

**Membership Type:**

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|----------------------------------|------------------------------------------|
| <input type="checkbox"/> New     | <input type="checkbox"/> \$30 Individual |
| <input type="checkbox"/> Renewal | <input type="checkbox"/> \$35 Family     |
|                                  | <input type="checkbox"/> \$50 Friend     |
|                                  | <input type="checkbox"/> \$7 Client      |

# SLO Co. Mental Illness Referrals, Contacts, Locations – NAMI & T-MHA Programs: Programs for the mentally ill and their families, education for the public

## 1. EDUCATIONAL, SUPPORT, WELLNESS AND RECOVERY PROGRAMS FOR PEOPLE LIVING WITH MENTAL ILLNESSES

**NAMI Hearts and Minds** – A Roadmap to Wellness for Individuals Living with Mental Illness: Meets on 4th Tuesday every month (except Jul. Aug. Dec), 5:30-6:45 PM at St. Stephen’s Episcopal Church (Pismo and Nipomo streets, SLO) Call Lisa @ 788-0869 or lisakelley2929@gmail.com.

**NAMI Peer-to-Peer Education Class** (9 week education class for people living with mental illnesses). Call Betty McGraw, T-MHA @ 540-6578 or bmcgraw@t-mha.org

**Dual Recovery Anonymous:** 452 Higuera St., SLO, 2:30-3:30 Friday, 8600 Atascadero Ave. Atascadero, 2:30-3:30 Thursday 203 ½ Bridge St. Arroyo Grande, 2:30-3:30 pm, Tuesday

**WRAP** - Group Wellness and Recovery Action Plan: T-MHA, 784 High Street, SLO, call 540-6578 for dates/times

**Women’s Support Group:** There are no classes/meetings now.

**Peer Support:** Call Betty McGraw, T-MHA @ 540-6578 or bmcgraw@t-mha.org; 5395 El Camino Real B, Atascadero, Fri. 9:30-11:00 am

452 Higuera St. SLO, 12:30-2:00 pm, Wednesday

**Mental Health Advocates:** Call John Byers, T-MHA @ 440-5026 (c), 540-6580 or jbyers@t-mha.org. Or call Betty McGraw, T-MHA @ 440-9118 (c), 540-6578 or bmcgraw@t-mha.org

**PEP Drop-In Center:** 8-4 ,M-F, 5395 El Camino Real B, Atascadero, Call Karen Cusworth, T-MHA @ 464-0512, 540-6583 or kcusworth@t-mha.org

**Peer Advisory & Advocacy Team:** Call Darryl Elliott, T-MHA, 540-6579 or delliot@t-mha.org

## 2. EDUCATIONAL & SUPPORT PROGRAMS FOR FAMILIES AND FRIENDS OF PEOPLE LIVING WITH MENTAL ILLNESSES

**NAMI SLOCO, MEETINGS/PROGRAMS:**4th Tuesday every month (except Jul. Aug. Dec); Program: 7:00 PM in the multi-purpose room at St. Stephen’s Episcopal Church (Pismo and Nipomo streets, San Luis Obispo, CA.) Follow signs from parking lot off Pismo Street

**NAMI SLOCO, Family Support Groups:** (A) 3rd Monday of every month, 6:30-8:00 PM, at the T-MHA MHSA Support Center, 5395 “B” El Camino Real, Atascadero. Call James or Diane @ 461-1286 for more information. (B) 4th Tuesday every month (except Jul. Aug. Dec), 5:30-6:45 PM in the multi-purpose room at St. Stephen’s Episcopal Church (Pismo and Nipomo streets, SLO) Call Joe or Madeleine @ 544-2086 for more information.

**T-MHA Family Services:** Assists anyone who has someone in their life that they know or suspect has a mental illness. Janice Holmes, Program Manager, 540-6571.

**T-MHA Family Orientation Class and Family Support Group:**Tuesday Afternoons; Orientation – 12:00-1:00; Family Support Group – 1:00-3:00. T-MHA, 784 High Street, SLO, Call Henry Herrera @ 540-6573 or Cami Rouse @ 540-6574 for more information.

**T-MHA Family Support Group in Spanish** (Grupo de Apoyo Familiar): Para

Familias y seres queridos que tienen personas con problemas mentales; visite el grupo sin hacer cita – no hay costo y no es necesario llamar para asistir. Para más información llame a Enrique (Henry) Herrera, Asesoría Familiar @ 540-6573.

**T-MHA Young Adult Family Support Group:**Wednesdays 3:30-5:00 PM. T-MHA, 784 High Street, SLO. Contact Cami Rouse at 540-6574 or crouse@t-mha.org

**T-MHA Youth Family Partners, Parent Project and Active Parenting Classes:** Multiple groups meet weekly throughout the county. Call Youth Family Partners: Jackie Garza (458-6388), Patty Ramirez (458-2596) or Linda Quesenberry (503-0009) for more information.

**NAMI Family-to-Family Education Class** (12- week education class for families and friends of people living with mental illnesses): Call John Klimala @ 550-3889 for time and place of next 12 week education class.

**NAMI Basics Class** (6-week education class for families and caregivers of children and youth living with mental illnesses): Connect Lisa Kelly at 788-0869

## 3. AWARENESS & RECOVERY PRESENTATIONS FOR THE PUBLIC

**NAMI “In Our Own Voice” Program** (2 hour public mental illness awareness and recovery presentation): Call Jessica Vieira, Transitions-Mental Health Association @ 540-6576 jvieira@t-mha.org.

**“The Shaken Tree” Film/Presentation:** Call Shannon McOuat, T-MHA Mental Health Service Act PEI Outreach Coordinator @ 540-6510

## 4. EDUCATIONAL PRESENTATION FOR PROFESSIONAL EDUCATORS

NAMI Parents and Teachers as Allies (2 hour mental illness education presentation for professional educators): Call Lisa @ 788-0869

## 5. WHERE CAN YOU GET HELP IN SLO COUNTY?

|                                                      |                       |
|------------------------------------------------------|-----------------------|
| Mental Health Department .....                       | 1-800-838-1381        |
| 24-Hr. MHD Crisis Service.....                       | 781-4700              |
| Behavioral Health Admin.....                         | 781-4719              |
| Arroyo Grande Clinic.....                            | 473-7060              |
| Atascadero Clinic .....                              | 461-6060              |
| San Luis Obispo Outpatient Clinic .....              | 781-4700              |
| Inpatient Service .....                              | 781-4711              |
| Youth Services (Vicente Dr.) .....                   | 781-4179              |
| Forensic MH Services (CON REP) .....                 | 781-4190              |
| <b>SLO Hotline 24-hour mental health support, ..</b> | <b>1-800-549-4499</b> |
| Grievance Coordinator.....                           | 781-4738              |

**T-MHA Family Services Program**  
Adult Services.....540-6571, 540-6572,  
Youth Services .....

San Luis Obispo County Behavioral Health Dept. web site:

< <http://www.slocounty.ca.gov/health/mentalhealthservices.htm> >

**Transitions-Mental Health Association:** (P. O. Box 15408), 784 High Street, San Luis Obispo, CA 93406, (Corner of High and Santa Barbara Streets); Ph. 805-540-6500; FAX: 805-540-6501; Email: info@t-mha.org; web site < <http://www.t-mha.org/> >

**NAMI San Luis Obispo County;** P. O. Box 3158, San Luis Obispo, CA 93403; Messages: 805-546-4040; web site: < <http://www.namislo.org> >

Next meeting  
Jan 25, 2011

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