



NAMI NEWS

National Alliance on Mental Illness
San Luis Obispo County

Oct 2017

President's Pen

Dear NAMI SLOCO Members:

I hope all is well with you and you are enjoying the Fall season. We have some great news to share. On Oct. 10th, the San Luis Obispo County Board of Supervisors adopted a resolution proclaiming San Luis Obispo County's commitment to "Stepping Up to Reduce the Number of People with Mental Illness in Jails." You can see this resolution initiated by the Sheriff on the County Board of Supervisors web site.

We recently sent out a fundraising appeal letter, and want to thank you for your generosity. So far, we have raised more than \$4,000. If you haven't yet donated, there is still time to do so.

On Tues., Oct. 24th, we will be holding our annual Pizza Party for Family to Family Graduates and everyone attending the General Meeting. We will supply pizza, salad, and soda. If you would like to dress up for Halloween there

will be prizes for best costumes! It will also be the first day of the World Series, so we encourage you to wear your favorite baseball team apparel if you do not come wearing your costume.

Please mark your calendar - the NAMI SLOCO Annual Holiday Party will be held on Friday, Dec. 15th, 6-8pm. More details to follow in the November NAMI News.

To get information to you more quickly, and link directly to recommend resources, we are making changes to our newsletter format in January. See the last page of this newsletter (below the calendar of events) for more details and information on how to subscribe to our new e-newsletter.

Sincerely,
Darryl Elliott
President, NAMI SLOCO

Current Mental Health News

Study Helps Reveal How Microbes In Our Gut Can Affect Our Emotions

Sep. 27, 2017 — Studies in animals are helping reveal how the microbes that live in our guts can affect our emotions. *Read more at bbrfoundation.org.*

Reversing the Negative Effects of Adolescent Marijuana Use

Sep. 12, 2017 — Researchers have identified a specific mechanism in the prefrontal cortex for some of the negative mental health risks associated with adolescent marijuana use. *Read more at ScienceDaily.com*

What Makes Alcoholics Drink? Research Shows It's More Complex Than Supposed

Sep. 7, 2017 — What makes alcoholics drink? New research has found that in both men and women with alcohol dependence, the major factor predicting the amount of drinking seems to be a question of immediate mood. *Read more at ScienceDaily.com*

Scientists Discover Brain Area Which Can Be Targeted for Treatment in Patients With Schizophrenia Who 'Hear Voices'

Sep. 4, 2017 — For the first time, scientists have precisely identified and targeted an area of the brain which is involved in 'hearing voices,' experienced by many patients with schizophrenia. *Read more at ScienceDaily.com*

How a 'Madman' Hopes to Spark Conversations About Mental Illness

Oct. 4, 2017 - Zack McDermott was a 26-year-old Brooklyn public defender when he experienced a severe manic episode. It led to a 10-day stay in a psychiatric ward and a diagnosis of bipolar disorder. He tells his story in a memoir released on Sep. 26: *Gorilla and the Bird: Memoir of Madness and a Mother's Love*. It has already been optioned for a TV series. *Read more at cnn.com.*

Suicide Prevention Awareness Month

September was Suicide Prevention Awareness Month. Several helpful resources for recognizing the warning signs of suicide and advice for how to find help are available on the NAMI National website, such as this blog post on the causes of suicidal behavior and when to seek help. Visit NAMI.org for more resources.

Preventing Suicide: Our First Line Of Defense

By Marta Manning, Ph.D. | Sep. 06, 2017

I'll never forget my mother two days after her suicide attempt. It was the beginning of winter and she had recently been diagnosed with bipolar disorder. After a stay in the ICU and two days of medication, she was just regaining some clarity when I spoke to her. She knew there was still a long road ahead, but at that moment, she was grateful to the people who saved her. She no longer understood why she wanted to take her life.

Several months before her attempt, my mother had shown many of the risk factors for suicide. I was 17 at the time, just starting college, and it felt as if the world was falling apart when her undiagnosed symptoms worsened: She developed various paranoid delusions that terrified her, her driving and spending became increasingly reckless, as did her uncontrollable rage. Later, she would tell us that she had thought about suicide for many months. She likened depression to being trapped inside a burning building.

With no earlier experience with mental illness or plan for how to handle psychiatric emergencies, our family had no idea what to do or where to turn. We didn't know that suicidal thinking is usually an emergency that requires immediate treatment. If my mother had received care when her suicidal thinking first started, we could have averted a possible tragedy.

What Causes Suicidality?

Myths about suicide prevail despite advances in our understanding of mental illness. Many people see a suicide attempt as an intentional act or a destructive, conscious decision made by a rational evaluation of one's options. But actually: Suicidal ideation is a symptom of mental illness. In fact: 90% of suicides are completed by people who live with mental illness. People experiencing depression, bipolar disorder, schizophrenia, schizoaffective disorder and borderline personality disorder experience suicide rates as high as 15-20%, although the risk varies depending on diagnosis.

Research suggests that suicidal behavior may be a reaction to the imbalance of various neurotransmitters, including serotonin, which leads to altered thinking patterns. In some cases, psychotic delusions can cause suicide attempts, as people seek escape from paranoia and frightening visions.

When we try to rationalize a person's suicide—such as the tragic deaths of brilliant and successful people like Chris Cornell, Robin Williams and Chester Bennington—it often doesn't make sense. But the truth is, mental illness doesn't have to make sense. So instead of picking apart the reasons for suicide, we need to tackle its root cause: mental illness.

Seek Help When You Need It

The good news is mental illness can be treated and managed through a combination of medication, therapy and lifestyle changes. This means: Suicide is preventable through diagnosis and treatment. And a person experiencing suicidal ideation has the power to be their own first line of defense because most people are aware when they are having thoughts of suicide. And because you can recognize that you're experiencing suicidal thoughts, you have a chance to save a life. The life of a very important person: you!

So, try to be aware of your thought patterns as they happen. It can be helpful to keep a journal so you can track any thoughts that seem out of character for you, are frightening or lead to impulses like self-harm. In the journal, include any relevant factors that could affect your thinking at the time. For example, alcohol, substance use, stress or lack-of-sleep can all serve as triggers for mental illness symptoms.

If you start having suicidal thoughts, make an appointment with your doctor and honestly tell them what's going on. Communication is key when seeking help for suicidal ideation and impulses. Treat this symptom as you would anything else—like heart pain, bleeding or fainting.

You can also seek help from family members or friends. Again, be direct in communicating with them about your situation, as many people are poorly informed about mental illness and suicide. Simply stating exactly what you need can be very helpful.

If your suicidal thoughts reach a level where you have a plan, the means to complete an attempt and a timeline, call the National Suicide Prevention Lifeline or 911. If you're unsure whether you would call 911 for yourself while in crisis, consider making a preemptive emergency action plan. The plan should be written with any involved parties agreeing on what steps should be taken if a crisis occurs, for example: "My brother will take me to the ER." With a set of guidelines in place and memorized by everyone involved, it will be much easier to seek help from the right place when the time comes.

When you're in crisis, it's too easy to make a rash decision. If you have a diagnosed mental illness, please make a pact with yourself to reach out if you ever have serious thoughts of suicide. Haven't you ever dreamed of saving someone's life?

Now is your chance.

NAMI SLOCO - GENERAL MTG OCT 24, 6:45 PM

NAMI SLOCO CALENDAR

National Mental Health Day

Oct. 17th - visit namislo.org for local events.

October General Meeting

Oct. 24th, 6:45 PM, St. Stephen's
Family to Family Reunion & Pizza Party
Pizza & Salad Provided

November - NO GENERAL MEETING

December

Holiday Party

Dec. 15th, 6-8PM
More details TBA

NAMI SLOCO Officers

Darryl Elliott, President	748-6611
Pam Zweifel, Vice-President	543-1825
Joey Martinez, Secretary	610-6203
Nancy Griffin, Treasurer	543-9399

NAMI SLOCO Standing Committee Chairs

Heidi Bezaire, Librarian	562-743-5556
Pam Zweifel, Membership	543-1825
Katy Zweifel, Newsletter & Website	440-8429
Rae Belle Gambs, Forensic	461-6590
Madeleine & Joe Johnson, Support Groups	544-2086

Special Committee Chairs

Heidi Leidel, Farmers Market	
Henry Herrera, Family to Family	440-3516
Marcia Bess, Parents & Teachers as Allies	481-4847
NAMI Basics Coordinator	236-1007
Ending the Silence	540-6500

NAMI NEWS IS CHANGING

NAMI SLOCO's monthly newsletter will be transitioning into an electronic format beginning January 2017. Important news and events be available to you more quickly, and we will be able to link directly to valuable content from NAMI National and leading research websites. In order to make the transition, we request that you submit your email address via the "Subscribe" form at www.namislo.org/news.

Is it time to renew your NAMI SLOCO Membership?

Please check the label on your newsletter to see when your membership renewal is due. If it is time to renew, please fill out the membership form below and send it in with your dues. Your membership dues support the important activities of NAMI SLOCO in the community. If you have any questions, please phone Pam Zweifel, Membership Chair, at 805-543-1825 or email pmz5k@sbcglobal.net.

NAMI 2017 Membership

National Alliance on Mental Illness, San Luis Obispo County

(membership in NAMI SLOCO also includes membership in NAMI Cal. & NAMI Nat'l)

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

NAMI SLO CO is a charitable,
non-profit, tax-exempt organization
affiliated with NAMI California and
NAMI National



PLEASE PRINT

Name(s) _____

Address _____

City/Zip _____

Phone (Day) _____

Phone (Night) _____

Email _____

Date

New

Renewal

\$50 Friend

\$35 Individual

\$38 Couple

\$3 Open Door

Enclosed Donation _____

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

**UPDATED
JAN 2017**

1. EDUCATIONAL, SUPPORT, WELLNESS AND RECOVERY PROGRAMS FOR PEOPLE LIVING WITH MENTAL ILLNESSES
 NAMI Peer-to-Peer: A 10-week psychoeducational course that teaches people how to live well with their mental illness.
 Contact TMHA @ 540-6576
 Wellness Recovery Action Planning (WRAP): An 8-week class that helps people develop and maintain a wellness tool.
 Contact TMHA @ 540-6576
 Mental Health Advocates: Need help finding resources or just need some support?
 Contact TMHA @ 540-6576
 Atascadero Wellness Center:
 "Life House" 5850 West Mall Rd. 464-0512
 Hours: M, T, Th 9:30-3:30, W 12:30-6:30
 Arroyo Grande Wellness Center:
 "Safe Haven" 203 Bridge St. 489-9659 Hours: M-F 9:30-3:30
 SLO Wellness Center:
 "Hope House" 1306 Nipomo St. 541-6813
 Hours: M, T, Th 9:30-3:30, W 11:30-5:30
 Peer Advisory & Advocacy Team: Call, 503-0350

TMHA Family Orientation Class: One Day Family Orientation Class for families and friends of individuals with mental illness. One day six hour class held on Saturdays. Contact 540-6571 for information.
 TMHA Mental Illness in the Family and the Judicial System: One day class held on Saturday. Contact 540-6571 for information and reservations.
 TMHA Youth Family Partners, Parent Project and Active Parenting Classes: Multiple groups meet weekly throughout the county.
 Call Youth Family Partners: South County & SLO (458-6388), North County (458-2596) or North Coast & SLO (503-0009) for more information.

AWARENESS & RECOVERY PRESENTATIONS FOR THE PUBLIC
 NAMI "In Our Own Voice" Program: Call TMHA @ 540-6576 "The Shaken Tree" Film/Presentation: Call 540-6571
 NAMI "Ending the Silence" Presentations: Contact Update Pending

3. EDUCATIONAL PRESENTATIONS FOR PROFESSIONAL EDUCATORS
 NAMI Parents and Teachers as Allies: 2 hour mental illness education presentation for professional educators. Call Marcia @ 481-4847

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: 6:30 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) 1st & 3rd Monday of every month, 6:30-8:00 PM, at the TMHA Wellness Center, 5850 West Mall Road, Atascadero. Call 236-1007 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.
 (C) 1st Tues @ 6:30 pm & 3rd Sat every month -10:00 am at Safe Haven Wellness Center, 203 Bridge St. Arroyo Grande. Contact Madeleine at 544-2086
 NAMI Family-to-Family Education Class: 12- week education class for families and friends of people living with mental illnesses. Call 440-3516 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.
 Call @ 236-1007 for more information.
 TMHA Family Services: Assists anyone who has someone in their life that they know or suspect has a mental illness.
 Contact THMA @ 540-6571.
 TMHA Family Support Group: Tuesdays 12:00-3:00 pm, 784 High Street, SLO. Please call 540-6571 for more information.

WHERE CAN YOU GET HELP IN SLO COUNTY?

Mobile Crisis Service (24 hours)	1-800-838-1381
Behavioral Health Admin.	781-4719
Arroyo Grande Clinic	473-7060
Atascadero Clinic	461-6060
Central Clinic on Johnson Avenue	781-4700
Inpatient Service	781-4711
Youth Services (Vicente Dr.)	781-4179
Forensic MH Services (CON REP)	781-4190
SLO Hotline 24-hour mental health support	783-0607
Patient's Rights Advocate	781-4783
TMHA Family Services Program	
Adult Services	540-6571, 540-6572, 540-6574
Youth Services	458-6388, 458-2596, 503-0009
TMHA Mental Health Advocates	540-6576
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 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	

Or Current Resident

NEXT GEN MTG
OCT 24th

NON-PROFIT ORGANIZATION
U.S. POSTAGE
Paid
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