



NAMI Westside LA Newsletter

www.namila.org

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

September 2009

Get Ready to Walk for the Mind of America on October 3



NAMIWalks Los Angeles is taking it to the streets, preparing for our annual fund-raising event at the Santa Monica Promenade on October 3, 2009. The Walk changes lives, makes a difference, and raises awareness about mental illness in our county. As you know, the monies raised at this event will fund our free community support and education programs next year, and, as you'll see in this issue, our programs are expanding to meet community needs, so we need your help!

At the moment, we are falling short of current Walk goals. Los Angeles has only raised 15% of our fundraising goal of \$300,000, and the number of walkers who have registered online is only at 7% of the level we'd hoped. If you want to walk this year, you can either create your own team or join an existing one. Either way, invite your colleagues, family, and friends for a fun morning walking on the bluffs overlooking the ocean in Santa Monica. When you sign up, be sure you are registered as walking for NAMI Westside LA.

NAMI Westside LA President Sharon Dunas is inviting everyone to join her team, Heal the Brain, at nami.org/namiwalks09/los/ssdunas. We will meet up at the NAMI Westside LA booth before the Walk, and set out together. If you cannot walk, but would like to contribute to Sharon's team, you can do that on Sharon's website as well.

In addition, there are other ways you can contribute, beyond coming out and showing your support. For \$250, you can sponsor a mileage marker to advertise your business or honor the memory of someone for whom NAMI or brain health was important. Your business or organization can be a sponsor as well, with a table or sign at the Walk, providing lots of visibility. Current Walk sponsors include CNS Networks; Star View Community Services; Glesener Pharmacy; Bristol Meyers Squibb; Del Amo Hospital; Mental Health America/Project Return; Social Model Recovery; College Health Enterprises; and SEIU Local 721. If your organization or company would like to become a sponsor, please visit www.nami.org/namiwalks/ca/los.

Any way you choose to support us, please help us show our strength and numbers on Saturday morning, October 3, 2009, at the Santa Monica Promenade. See you there!

NAMI Westside LA's Stella March Receives NAMI's Most Distinguished Service Award



At the NAMI National Convention, our Board Member and Past President Stella March received NAMI's Most Distinguished Service Award. This award is NAMI's highest honor, given to recognize exceptional efforts with national

significance to support NAMI's goal of improving the lives of people affected by mental illness.

The NAMI Convention Program Book says of Stella: "The contributions Stella March, of Los Angeles, has made to NAMI are almost too numerous to mention. She has been with NAMI since its founding, helping to organize both NAMI California and the national organization.

"Thirty years later, she's still active and effective as the founder and leader of the Stigma Busters program (which

shines a spotlight on the portrayal of mental illness in the mass media), as the coordinator for *In Our Own Voice* in Los Angeles County, and as a tireless worker for the passage of Proposition 63 in California.

"Stella's dedication to our movement, her tenacity as an advocate, and her personal grace and charm make her one of a kind."

She has inspired us all at NAMI Westside LA, and we would like to add our congratulations!

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.

Secure parking is available in the garage in the evenings only; use the Olympic entrance. Call (310) 889-7200 for information. For more on support groups, refer to Important Contact and Resource Information in this newsletter.

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.

A Family Support Group is also held on the first Tuesday of every month from 7:00 PM to 9:00 PM at Step Up on Second, 1328 Second Street in Santa Monica, (310) 394-6889.

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

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

A new Family Support Group for family members of persons with a mental illness begins September 29, 2009 at 7:00 PM at UCLA. The group will meet Tuesdays at 7:00 PM in the first floor conference room at Counseling and Psychological Services in the John Wooden Center West. Leaders are Randy Choe and Brian Diedrick. Contact Brian at bdiedrick@gmail.com for information.

Wednesday, September 2, 2009

"Understanding and Treating the Cognitive and Negative Symptoms of Schizophrenia"

Dr. Jeffrey Becker, an alumnus of UC Berkeley and the UCLA Medical School, is a psychiatrist in private practice in Westwood, specializing in treating stress-related symptoms.

Wednesday, September 16, 2009

For more on this important presentation, see Page 12.

Wednesday, October 7, 2009

"Who Will Take Care of My Loved One When I'm Gone?"

Anne Johnston, NAMI Westside LA member and a financial advisor with Buchanan Wealth Management Group, will discuss the steps to building a financial plan for special needs families, the planning tools and resources (wills, special needs trust, trust distributions, and life insurance), and case studies using governmental benefits.

Wednesday, October 21, 2009

"Communicating Acceptance: The Meaning of Validation in Dialectical Behavior Therapy"

Dr. Cheryl A. Kempinsky is a psychologist who has practiced Dialectical Behavior Therapy (DBT) for 15 years. She recently joined the UCLA Borderline Personality Initiative DBT team, a comprehensive program that provides treatment to those suffering from Borderline Personality Disorder (BPD) and other types of mood-dysregulating illnesses. She specializes in the treatment of BPD, anxiety, and depression, both individually and in the context of family.

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.

Contents

Get Ready to Walk for the Mind of America on October 3.....	Page 1
NAMI Westside LA's Stella March Receives Award.....	Page 1
Support Groups and Speakers.....	Page 2
Need Help with your Computer?.....	Page 2
Are You Still a NAMI Member?.....	Page 2
President's Message.....	Page 3
New Faces at NAMI Westside LA.....	Page 4
New Family Support Group in Culver City.....	Page 4
FDA Panel Approves Newer Antipsychotics for Children.....	Page 5
NAMI Westside LA Thanks Its Recent Donors.....	Page 5
NAMI Westside LA's Upcoming Classes.....	Page 6
If a Child You Know is Dealing with a Mental Illness.....	Page 6
Recent NAMI Westside LA Speakers.....	Page 7
Ralphs & Food4Less Donate to NAMI Westside LA.....	Page 7
Westside Families Anonymous.....	Page 8
NAMI Westside LA is Looking for New Office Space.....	Page 8
Moving? Let Us Know!.....	Page 8
The Research Corner.....	Page 9
Things to Remember.....	Page 11
Best-Selling Author Tom Wooten to Speak.....	Page 12
Contact and Resource Information.....	Page 12

Are You Still a NAMI Member?

If you have not yet renewed your membership, please fill out and send in 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 in the process of deleting those with lapsed memberships from our membership rolls, so remember that unless you renew your membership, you will no longer be able to receive this newsletter and other valuable information.

The number of NAMI Westside LA members we have determines the amount of other funds we receive to allow us to continue offering free classes to families and consumers.



What an Exciting Time It Was at the NAMI National Convention in San Francisco

What stands out for me and those NAMI Westside LA members who attended the NAMI National Convention in

San Francisco in July was the sense of camaraderie and *lack of any stigma* around the issues of mental illness. Almost 1,000 people from all over the nation roamed the convention rooms of the Hilton Hotel listening to an inspiring group of researchers, authors, and speakers discuss a variety of topics that could improve the lives of those with a psychiatric disability. There was a positive energy and a sense of hopefulness as you moved from lecture to lecture, learning about those in recovery, the new therapies that helped them move into recovery, the latest brain research, helpful hints on forming special needs trusts, mental health directives, and powers of attorney, CIT training in different cities, certified peer support specialists, and treatment and therapy for people coping with a range of illnesses, from depression to schizophrenia to bipolar disorder. Top researchers and speakers from across the country were there, such as Dr. Marsha Lineham, who designed dialectical behavioral therapy for those suffering from borderline personality disorder (BPD), and Dr. Jill Bolte Taylor – the singing scientist who wrote *Stroke of Insight* about her recovery from a stroke that left her left brain dysfunctional. If you want to learn about the brain, read her book, which is now in paperback. She coined a term “differently abled” (instead of psychiatrically disabled).

Everyone at the convention was given a DVD called “*Minds on the Edge: Facing Mental Illness*”, written by Fred Friendly. For more information and resources, visit www.mindsontheedge.org.

Dr. Katie Cadigan and Laura Murray showed their film *When Medicine Got It Wrong*, which features Eve Oliphant and our own Stella March. In 1977, Eve Oliphant said, “We failed to understand why parents of a child with leukemia were treated with sympathy and understanding, while parents of a child with schizophrenia were treated with scorn and condemnation.” In 1974, a

small group of parents became the first in the nation to publicly refuse blame for causing their children to have schizophrenia. They formed Parents of Adult Schizophrenics (PAS) and their activism led to parents around America demanding changes in how the disease was understood and treated. Even though we now know that schizophrenia is a no-fault illness, public policy is often still based on beliefs from the 1960s and 1970s, pushing many with severe mental illness into homelessness and incarceration. You can get this amazing documentary at <http://www.der.org/films/when-medicine-got-it-wrong>.

There was also a town hall meeting at the convention honoring Bebe Moore Campbell National Minority Mental Health Awareness Month. In 2008, the House of Representatives proclaimed July as Bebe Moore Campbell Minority Mental Health Awareness Month to enhance awareness among minorities that mental illnesses are treatable and recovery is possible. Nancy Carter, Executive Director of NAMI Urban LA, was the moderator of this town hall meeting. She is on our National NAMI Board and always adds glamour to any event.

One of the most exciting events was the experience of listening to professional individuals with depression and BPD speak about their illnesses and the effect on their families. Dr. Dennis Lowe of Pepperdine University and his wife, Dr. Emily Scott Lowe, talked openly about his struggle with depression, the impact on their marriage and their children, and how they dealt with it on a daily basis within the family. They indicated how they both cared enough about each other to take the necessary steps to get help. Both said it is helpful for them personally to help other families learn to cope with depression.

One couple talked openly about her BPD and how it affected her husband and her children. She worked on giving up shame about her mood instability and he worked on making space for her mood instability and rages without taking her personally. *Mental illness is not a personal experience – it is about an*

unruly chemically imbalanced brain doing what it does! We all have to back off and make space for the illness in the family system. You can begin to do this by lowering your expectations and not trying to fix the other person all the time. We literally have to physically back off and begin to validate the experience of the other person and not feel sorry for ourselves. So what if your relative with a brain illness doesn't understand you - talk to a therapist about this.

Talk about fighting stigma!! This is how it is done - to share your story with others that mental illnesses are illnesses that affect the entire family and there are ways of communicating and sharing openly with the family and with others that can lessen the emotional blow.

It was great to see our Dr. Anand Paynda from Cedars Sinai Hospital moderate the “Ask the Doctor” session on Post Traumatic Stress Disorder (PTSD), Panic Disorder, and Anxiety Disorders. Dr. Paynda talked about a lack of evidence-based studies and how retelling the story of trauma in a group setting is helpful and healing. However, sometimes a group experience for trauma survivors is more stimulation than they can handle and can bring on symptoms. He recommends retelling the story in a one-on-one setting. According to Paynda, PTSD affects the entire family. People in the family are changed by the symptoms of their relative with PTSD and can themselves begin to experience more depression and anxiety. In PTSD, therapists need to focus on the strengths of an individual, rather than repeating the stories over and over. Of course, these individuals need muscle relaxation, deep breathing techniques, and so forth.

Dr. Panyda explained that therapists dealing with OCD patients need to quantify all of the symptoms or take an inventory of them. Cognitive Behavioral Therapy really helps with OCD. According to Dr. Panyda, a therapist needs to ask the client, “When you have an obsessive thought, how sure are you that the thought is real?” and “What have you found to counteract that thought?”

Friday night's entertainment was supplied by *Los Angeles Times* columnist Steve Lopez, who wrote the book, *The Soloist*. Steve brought Mr. Nathaniel Ayres, who played his violin for us and treated us to Beethoven, Bach, and Mozart. It was an exquisite musical evening ending with Mr. Ayres himself autographing Steve's book about him. *The Soloist* is now a movie starring Jamie Fox playing Mr. Ayres and Robert Downey Jr. playing Steve Lopez.

And the culmination of the entire convention was our own Stella March receiving NAMI's Most Distinguished Service Award for her years of service to NAMI. Stella is a former NAMI National Board of Directors member, national coordinator for Stigma Busters and *In Your Own Voice* Coordinator for Los Angeles County. Dr. Marv Southard from the Los Angeles Department of Mental Health, her sister Millie, and her daughter Joella all flew in to see Stella honored. She made a beautiful

acceptance speech about her experience in public service and the need to never give up hope. Dori Baron, Mitzi Wright, Roberta Howard, and I were all there to see her receive this award. Congratulations, Stella!! It was the perfect ending to a most exciting four days. We all flew home exhausted.

If you missed attending this year's convention, treat yourself and go next July to Washington DC to the 2010 NAMI National Convention.

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.



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.

New Faces at NAMI Westside LA

It's an exciting time at the NAMI Westside LA office, with some old friends departing and some new faces coming on board to help us expand and grow.

Eddie Silberman, who has run our Pathways to Wellness Mental Health Conference, our Peer-to-Peer classes, and our Family-to-Family classes will no longer be working in our office, but will continue to facilitate our support groups, and no doubt be a presence in our efforts to serve families and consumers in the future.

We welcome Kemal Cilengir to the office. Kemal will be giving us more of an Internet presence, and is responsible for that invitation you may have gotten to join us on Facebook; if you didn't get an invitation yet, you can join us on Facebook at NAMI Westside Los Angeles.



Lou Goldsmith, a NAMI Board member and Family-to-Family Hall of Famer and Train-the-Trainer Teacher has joined the office as our Program Director; he will run the Family-to-Family and Peer-to-Peer programs, and help us expand all of our programs into the community. Both Lou and Kemal will join Mindy Glazer in manning our office warm-line for incoming calls.

We also have some new volunteers! Rhoda Glauberg, recently retired from the LAUSD, will be our School Education Coordinator, heading up the development of our NAMI programs for elementary, middle, and high-school students. And Sherri Gilchrist has stepped in to help Roberta Howard, our membership chairwoman, with NAMI mailings. Sherri helps Roberta get the newsletter out, and is part of the reason you hold the newsletter in your hands right now.

As a small, non-profit organization, we very much appreciate how our NAMI constituency gives of its time and talents. If you would like to volunteer some time to help NAMI, please email Mindy Glazer at mglazer@namila.org. We are creating a pool of volunteers; as the need for help arises, we will contact you to see if you're available and interested.

New Family Support Group in Culver City

On Monday evening, October 5, 2009, NAMI Westside LA is starting a new Family Support Group for families with mental illness in their midst at the Didi Hirsch Community Mental Health Center in Culver City. Share your concerns, worries, and hopes for your relative diagnosed with a mental illness. Learn

new ways of coping, communicating, and being a better advocate for your mentally ill relative and share with other people who know what it is like to have a relative with a brain disorder. In addition, learn from the wisdom of the group and the wisdom of the facilitator, Dr. Jill Hirschman.

The support group will meet every Monday night at 4760 Sepulveda Blvd, Culver City, 90230. For more information, contact Dr. Hirschman at (310) 836-7849 or Tony Packard at (310) 390-6612. Parking is available in the lot behind Didi Hirsch, on Sepulveda, or on the side street.

FDA Panel Approves Newer Antipsychotics for Children



Seroquel and Zyprexa have been approved by the FDA to treat schizophrenia and bipolar disorder in children aged 13 to 17, and Geodon has been deemed safe and effective for the treatment of bipolar mania in children aged 10 to 17. All three drugs are new-generation atypical antipsychotics, approved for adult use. The medications have been prescribed "off-label" by doctors for years to treat schizophrenia and bipolar disorder in children aged 10 to 17, despite possible side-effects.

"Schizophrenia and bipolar affect between 1% and 3% percent of all young people," noted Dr. David Fassler, professor of psychiatry at the University of Vermont College of Medicine. "Without treatment, children have problems at school, at home, and with their friends. They're at increased risk of accidents, hospitalization, and death at an early age from multiple causes, including suicide."

Yet there are safety concerns. In 2004, the FDA ordered a "black box" warning

on Seroquel, outlining increased risks of hyperglycemia, high blood pressure, and diabetes. Also, older patients with dementia-related psychosis treated with Seroquel are at an increased risk of death.

In a unanimous vote, an FDA advisory panel determined that Seroquel should *not* be approved as first-line therapy for adult depression because of continued questions about its safety profile - most notably, a link to a higher risk for sudden cardiac death. However, the drug was approved for use in patients for whom other antidepressants didn't work.

These atypical antipsychotics have other documented potential side-effects, including weight gain and high blood sugar, which can increase the risk of diabetes, as well as rapid heartbeat, difficulty sleeping, and trouble concentrating.

Ronald T. Brown, dean of public health at Temple University, said there was too little known about the efficacy and side-effects of these medications in children for the FDA to approve their use in kids. "We don't know anything about the long-term effects of these medications; they have only been through a six-week trial."

Prior studies found that these newer drugs are no more effective than older medications. Their main advantage is that they do not cause the tremors and muscle spasms associated with older agents.

Diana Zuckerman, president of the National Research Center for Women & Families, believes more study is needed before decisions can be made as to the use of these drugs by youngsters. According to Zuckerman, the small studies available suggest that, while on these drugs, "20-30% of kids were gaining weight, heart rates were increased, many were so knocked out [sedated] that they could barely function." Overall, the trials submitted to the FDA panel were small, "usually less than 100 at a specific dosage."

Fassler took a more measured view: "None of these medications should be used without careful consideration of the risks and benefits. Children taking these medications should be monitored for evidence of side-effects or adverse reactions. Nonetheless, when used appropriately, these medications can be a helpful and effective component of treatment for children and adolescents with schizophrenia or bipolar disorder." Dr. Fassler concluded, "Medication, including the atypical antipsychotics, can be helpful to control some of the signs and symptoms associated with these disorders, but medication alone is rarely an adequate or sufficient intervention. It should only be used as part of a comprehensive treatment plan, individualized to the needs of the child and family."

NAMI Westside LA Thanks Its Recent Donors



NAMI thanks its most recent donors for the support that makes our programs possible. NAMI receives no financial contributions from the national organization; our donors are our entire financial support. The programs

you read about in this newsletter, indeed, the newsletter itself, are all made possible by these generous donations.

We are pleased to announce that NAMI was the recent recipient of a grant for General Operating Support from the Deutsch Foundation, and a donation from the Sidney Stern Memorial Trust and Cal National Bank.

In addition, we received donations from the following individuals:

Hilda P. Adams
Eleanor Allen
Joanne Engle
Deborah Gordon
Susan and Arthur Mishler
Francine Kahan Weiss

NAMI Westside LA's Upcoming Classes



Through a grant from the Eli Lilly Company, NAMI Westside LA will be offering the **NAMI Provider Course for**

Clinicians, beginning September 17, 2009. This unique and free 25-hour training course on diagnosis and treatment of those affected by mental illness is for mental health clinicians, interns, and graduate students, and offers 25 hours of CEUs. It is team-taught by a mental health professional, two individuals who are knowledgeable about their own diagnosis of a mental illness, and two trained family members with mentally ill relatives. The class will be offered at the California Graduate Institute in Westwood. For more information, or to register, please contact Sharon Dunas at ssdunas@namila.org.

Our **Peer to Peer Class** for mental health consumers who want to learn to safeguard their recovery will also begin in September at the Ed Edelman Westside Mental Health Center, as will our **Family-to-Family Class** for family members of those with brain illnesses. Both will begin on September 15. We

also have a **Family Connections Class**, created by the National Alliance for Education on Borderline Personality Disorder, which will begin on September 21, 2009. You can register for these classes on our website (www.namila.org). For additional information on these classes, contact Lou Goldsmith at (310) 889-7200, or at lgoldsmith@namila.org.

NAMI Basics, a class about caring for you, your family, and your child with behavioral and emotional issues, is being offered through NAMI San Gabriel Valley in October in Pasadena. The free, six-week education course is for parents and caregivers of children and adolescents with behavioral and emotional issues (including ADHD, bipolar disorder, anxiety, and undiagnosed issues). To enroll, contact the NAMI San Gabriel Valley office at (626) 577-6697 and ask to be put on the NAMI Basics contact list, or email sgvnami@pacificclinics.org.

Stand Up to Alzheimer's Disease!

ARE YOU STRUGGLING WITH ALZHEIMER'S DISEASE?

A step that may help find new treatments for the future

CLINICAL RESEARCH STUDY NOW ENROLLING

Volunteers are needed to participate in a clinical research study to evaluate an investigational medication for Alzheimer's disease. For this study, we are seeking people diagnosed with mild-to-moderate Alzheimer's disease.

Participants may receive, at no cost, study-related: medical care, study medication, laboratory testing and cognitive testing. Medical insurance is not necessary to participate in this trial. Reimbursement for travel and meals may be available.

TO LEARN MORE, PLEASE CONTACT:

Pacific Institute for Medical Research
(310) 208-7144

CL-000522-1208 

If a Child You Know is Dealing with a Mental Illness in the Family...

Iris the Dragon books, which can be found at iristhedragon.com, were created to provide educational material for adults and young readers to help facilitate a conversation between parents, teachers, and children about issues relating to mental health and wellness. These books address a variety of emotional, behavioral, and neuro-developmental conditions and recognize the importance of family, school, and community in promoting the potential of every child and youth, regardless of mental health challenges. Support of children's mental health initiatives promotes positive youth development, recovery, and resilience, and allows children with mental health needs to thrive in their communities.

Professionals in the fields of psychiatry and neurology have vetted the books. In addition, the use of the fairy tale format in each book allows the topic of mental disorders to be dealt with in a sensitive and caring approach. Parents and doctors have commented that the Iris books provide an excellent opportunity to begin a dialogue about topics that were previously difficult to discuss with children.

"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 NAMI Westside LA Speakers



Our speaker series offers the most up-to-date research from highly esteemed clinicians in all areas of mental illness.

Unfortunately, these recaps only

offer you a synopsis of the information attendees learn, so please take note of upcoming speakers of interest, and join us, so you too can participate in the discussion.

Translating Cognitive Rehabilitation Interventions from Laboratory to Community Settings: Efforts with Errorless Learning in Schizophrenia

Dr. Robert Kern, a Research Psychologist in the Department of Psychiatry and Biobehavioral Sciences at the Geffen School of Medicine at UCLA, spoke at our support group on May 6. He has been studying a new way of teaching persons with schizophrenia that takes into consideration their cognitive deficits, ultimately leading to more successful job performance.

Dr. Kern noted that improvements in the functional abilities of those with schizophrenia have changed very little in the last 100 years. The areas Dr. Kern is seeking to improve include attention, speed of processing information, working memory, verbal memory, visual memory, reasoning, and problem solving. The deficits in these areas are the core features of the illness; 90% of persons with schizophrenia have these deficits. But people with schizophrenia

still have relative retention once they learn something.

Dr. Kern posits the question: Do we learn from our mistakes, or do we learn our mistakes? The idea of errorless learning, where the possibility of making errors is eliminated during the learning of new skills and abilities, is a new way to train schizophrenics, which many have found helpful. A task is broken down into its smallest parts, and then the person is trained on individual components, beginning with the simplest ones. Those who have benefited from this training believe it has helped them concentrate better, giving them a sense of accomplishment and a belief in their own capability.

Making Financial Arrangements to Provide for an Ill Relative

At the June 17 meeting, Donna Bogdanovich discussed the various financial arrangements available to provide for the future of an ill relative. Ms. Bogdanovich is a professional fiduciary, that is, someone who can be a representative payee, or assist in carrying out the terms of a trust or conservatorship. She noted that a family may consider hiring a professional fiduciary because they do not have the time or ability to act as a representative payee, administer a trust or conservatorship, or alleviate family arguments or discord.

As a representative payee, Ms. Bogdanovich acts as the bookkeeper for the client, receiving income, paying bills, and giving the client spending money, as well as providing trust and/or conservatorship administration. She can also put a trust or conservatorship into action, and provide training to the person

who will carry out the administration of the trust or conservatorship.

Non-Drug Approaches to Mental Illness

At the June 3 meeting, Dr. Catherine Lippman reminded us that “you are what you eat,” and what you eat not only provides nutrition to your body, it sends it signals. Sleep and careful eating are essential for healing and good health. She told us that among the contributors to improper functioning are hidden infections, which often dwell in the gastrointestinal tract and in the teeth, and toxins we ingest unknowingly, including heavy metals, pesticides, fluoride, and chlorine.

She suggests that we drink water and avoid caffeine and alcohol. In addition, we should eliminate “white” foods (milk, sugar, and flour) as well as artificial sweeteners, flavorings, and coloring, and utilize as much organic produce as possible. Among the basic supplements she suggested are a multivitamin with minerals, an antioxidant combination (including vitamin C), essential fatty acids, and a B-complex vitamin. She also suggested that a battery of evaluations may pinpoint specific issues your body is dealing with. These evaluations include basic blood and urine tests, a Vitamin D level test, testing for hormonal balance, blood tests for vitamin and mineral deficiencies, a blood test for histamine level, testing for heavy metals, neurotransmitters, and allergies, and a gastrointestinal panel.

For more information, she recommended *The Mood Cure* by Julia Ross and *Natural Healing for Schizophrenia* by Eva Edelman.


Ralphs & Food4Less Donate to NAMI Westside LA in Your Name



If you have registered NAMI Westside LA as your charity of choice at Ralphs, you will need to **register again** on September 1, 2009. You can re-register at www.Ralphs.com, or by using the scanbar letter at the register starting September 1, 2009.

If you shop at Food4Less, you can also benefit NAMI. Register your card at Food4Less.com, using NAMI Westside LA's nonprofit number - 90369.

EARN UP TO 18 CE HOURS



CAMFT Fall Workshop Series
THOUGHT LEADERS
 IN MENTAL HEALTH

Log on to www.camft.org for topics, speakers, and registration!

CAMFT workshops lend a forum for psychotherapists to learn and share new ideas on topics. It's a place to agree, disagree, contemplate, and perhaps expand your knowledge or points of view—not online, but together with your colleagues in these information-rich workshops presented by individuals who have been chosen for their practicality, enthusiasm, and knowledge.

<i>Northern California</i> October 17-19, 2008 Oakland Marriott City Center	<i>Southern California</i> November 7-9, 2008 Marriott Los Angeles Airport
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CALIFORNIA ASSOCIATION OF MARRIAGE AND FAMILY THERAPISTS
 7981 BATHURST ROAD • SAN DIEGO, CA 92111 • (619) 291-2638

Westside Families Anonymous

Families Anonymous (FA) is about improving the lives of people who are struggling with a family member who has substance abuse and/or mental health issues. Often the problems concern dual diagnosis, drugs plus mental illness. Members take turns being the leader at the meetings, where the leaders discuss what they have learned from their experiences. There are helpful readings on topics like changing one's attitude, trying not to control everything, accepting what cannot be changed, trying not to be an enabler, and focusing more on one's own needs.

The Culver City/Palms Chapter meets every Tuesday night at 7:30 PM at 3751 Hughes Avenue, half a block north of Venice Boulevard, near Brotman Hospital. The First Lutheran Church is two doors to the north. The meetings of this chapter involve a small group of friendly people sitting around a conference table. Visitors are welcome. There is plenty of time for everyone to talk.

For further information, go to: www.familiesanonymous.org.

Get Your Newsletter Via Email



Do you want to receive your *NAMI Westside LA Newsletter* via email? Then email us at ssdunas@namila.org. You will save us some postage and receive your newsletter early!

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.

NAMI Westside LA is Looking for New Office Space

NAMI Westside LA is looking for new office space, so if you know of a place, centrally located on the Westside, with approximately 2,000 square feet of space, room for three computer stations,

and a separate room large enough for 30 people, in which we could hold one of our classes, contact Lou Goldsmith at lgoldsmith@namila.org or Sharon Dunas at ssdunas@namila.org. If you know

someone with excess office space they might be willing to donate to NAMI, please let us know. Thank you.

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



An intensive computerized cognitive-training program that targets perceptual impairments such as auditory processing in patients with

schizophrenia can substantially improve verbal learning and memory, which may then allow for gains in "real-world" functioning, according to a study published in the July issue of the *American Journal of Psychiatry*. The program includes increasingly complex auditory working memory and verbal learning exercises that incorporate frequent rewards. Accurate processing of the elements of auditory and verbal information is necessary for the brain to perform higher-order cognitive operations such as manipulating information, said study author Sophia Vinogradov, MD, UC San Francisco. "It's like improving the tuning on a radio with a lot of static - if you can get a clearer signal, you can process more of the information." Those with schizophrenia have abnormalities in frontotemporal cortical networks during verbal working memory, word encoding, and word recognition. They also experience disturbances at the earliest stages of auditory processing.

Cognitive training can open a "critical window" to improve day-to-day functioning among those with schizophrenia. "With the brain operating more efficiently after training, it is more receptive to various rehabilitative approaches such as supported employment or social-skills training," she added.

* * *

The Food and Drug Administration has endorsed claims of efficacy and safety for the atypical antipsychotic drug asenapine (Saphris) for the acute treatment of adults with schizophrenia and mania/mixed episodes of bipolar 1 disorder. The drug is administered as a sublingual tablet, an alternative for those who are unable to swallow pills. Some panel members were not convinced of asenapine's safety and efficacy in the acute treatment of adult schizophrenia

because one of three studies was negative.

The sole patient representative on the panel, Musa J. Mayer, MS, from New York City, said that to have a drug available that does not cause significant weight gain "is really an important part of the armamentarium" in the treatment of mania and bipolar disorder. However, she was less impressed with the efficacy and safety data in regard to schizophrenia. As one of the two dissenters, Ms. Mayer told the committee: "I believe that we get the kinds of drugs that we ask for and are willing to accept and I think that if we demand more efficacy, we will find ourselves with better drugs. I've seen this work in cancer treatment and I think it's important to keep the standards high regardless of the difficulties of the research."

Her remark prompted Gail W. Griffith, a consumer representative, to remark, "I sense that there is a concern that we aren't setting the bar high enough with respect to this class of drugs, or maybe all psychotropic drugs, and I suspect that these drugs are more maligned as a class of drugs, as are the illnesses."

* * *

Restrictions on the use of clozapine, instituted during the 1990s due to safety concerns, may have caused "thousands" of premature deaths worldwide in patients who were treated with other, potentially more harmful, antipsychotic drugs, Finnish investigators reported online in *The Lancet*. In a population-based study of schizophrenics, Dr. Jari Tiihonen of University of Kuopio and colleagues found that clozapine users had a lower mortality than users of other antipsychotic drugs. "Our results raise the issue of whether clozapine should be used as a first-line treatment, because it seems to be the safest antipsychotic in terms of mortality and it is also the most effective," the investigators say. "The introduction of second-generation antipsychotic drugs during the 1990s is widely believed to have adversely affected mortality of patients with schizophrenia," the investigators explain, "especially because of the raised risk of death from cardiovascular disease."

* * *

Brain white matter may not develop normally in young people at risk for psychosis, researchers report in the on-line publication *Biological Psychiatry*. "We found that healthy subjects showed a normal and expected increase in measures indexing white matter integrity in the temporal lobe as they age," lead investigator Dr. Katherine Karlsgodt said in a statement, "but young people at high risk for psychosis showed no such increase - that is, they fail to show the normal developmental pattern."

Dr. Karlsgodt, of UCLA, and colleagues came to this conclusion after studying 36 young adults at ultra-high risk (UHR) for psychosis, as determined by the presence of either psychotic symptoms; transient, recent-onset psychotic symptoms; impaired functioning in association with a schizotypal personality disorder; or a first-degree relative with a psychotic disorder. Given these findings, Dr. Karlsgodt says, "The possibility of identifying and providing intervention for young people at greatest risk for schizophrenia - before the disease actually takes hold - offers great promise."

* * *

Combining antidepressant drugs with electroconvulsive therapy (ECT) does a better job of reducing symptoms of severe depression and causes less memory loss than using ECT alone, according to a study in the July 2009 *Archives of General Psychiatry*. Lead author Harold A. Sackeim, PhD, from the New York Psychiatric Institute and the Department of Psychiatry at Columbia University, believes that the study's most important findings were that combining nortriptyline with ECT improved efficacy and reduced cognitive adverse effects (compared with placebo plus ECT), that combining venlafaxine (*Effexor*, Wyeth) with ECT was less effective and tended to worsen cognitive adverse effects, and that high-dose unilateral ECT works as well as moderate-dose bilateral ECT, with fewer cognitive adverse effects. The findings challenge the recommendations of the American Psychiatric Association and others that antidepressants not be combined with ECT.

* * *

Researchers from three continents have completed genome-wide studies of schizophrenia that identify an array of gene variants, each contributing a very small degree of risk but together accounting for over 30% of the genetic risk for schizophrenia. The three papers, published online July 1 in *Nature*, show that these variants are also associated with an increased risk for bipolar disorder. Further, the researchers identified a "hot spot" on chromosome 6p22.1, suggesting that autoimmunity is involved in these psychiatric disorders. Thomas Lehner, PhD, chief of the genomics research branch at the National Institute of Mental Health (NIMH), believes these studies to be among the most important in psychiatric genomics. "This work won't be applicable to clinical medicine in the near future, but it does explain more than 30% of the genetic contribution to schizophrenia, while before we could explain only a small percentage of this effect," Dr. Lehner said. Schizophrenia is estimated to be at least 70% heritable.

* * *

Primary-care physicians have problems telling who is depressed and who isn't, with substantial numbers missed or misidentified, according to an analysis published online July 28 in *The Lancet*. The analysis of more than 50,000 patients reported by Alex J. Mitchell, MRCPsych, from Leicestershire Partnership Trust, Leicester General Hospital, and colleagues shows that general practitioners (GPs) correctly identified depression in 47.3% of cases. The finding suggests that for every 100 unselected cases seen in primary care, there are more false positives than either missed or identified cases. "One surprising thing is that if physicians try to look for depression, the rate of false positives outnumbers false negatives by at least 50%," said Dr. Mitchell.

* * *

Omega-3 supplements provide significant benefit in depressed patients without comorbid anxiety, according to results of the Omega-3 trial reported at the 9th World Congress of Biological Psychiatry. Patients without comorbid anxiety account for about half of all depressed patients. The level of improvement seen in this group is on a par with what has typically been reported with pharmacologic treatments. Since many depressed patients prefer to avoid drug treatment because of the stigma, not to mention the potential side-effects, fish oil may offer an alternative that is similarly effective, but without the risks.

"There is a large body of epidemiological data to support a link between Omega-3 and depression," study director Dr. Lesperance pointed out. "For example, 8 of 11 epidemiological studies evaluating the association between depression and fish consumption report a statistically significant inverse association. In other words, less fish means more depression."

* * *

Nearly half of individuals who contemplate suicide and one-quarter of those who have attempted suicide do not seek help, according to a study published in the July 2009 issue of *Psychiatric Services*. Forty-eight percent (48%) of individuals in a sample from the Canadian Community Health Survey who had suicidal ideation in the past year did not seek help from a healthcare professional and did not perceive a need for help. Twenty-four percent (24%) of those in the sample who actually attempted suicide did not seek help or believe they needed help. In the study, Dr. Jitender Sareen and colleagues at the University of Manitoba examined a sample of 36,984 people aged 15 and older. Among them, 1,234 had suicidal ideation in the past year. Another 230 said they had tried to kill themselves during that time. Those who had made a suicide attempt or had suicidal thoughts were much less likely to seek help than those in the sample who had a mental disorder, but were not suicidal.

* * *

Major depressive disorders, anxiety disorders, and eating disorders are common among adolescent girls who engage in self-cutting, according to findings published in the May 2009 issue of the *Journal of Adolescent Health*. In the current study, the researchers examined the prevalence of mental disorders and associated factors in a sample of 13- to 18-year-olds. The investigators drew a sample of 80 adolescents who reported current self-cutting from a large sample of 4205 community adolescents. Of the 80 subjects, 44 gave consent for further assessment. Seventy-nine percent (79%) of the 41 self-cutting females had mental disorders, compared to 21% of controls. Psychiatric comorbidity (i.e., at least two psychiatric diagnoses) was observed in 42% of female self-cutters and 7% of controls. None of the three self-cutting males or their controls had a mental disorder.

Cancers, especially breast cancer and lung cancer, are the second most common cause of death in people with schizophrenia, whose risk for cancer death is 50% higher than that of the general population, according to a new study published online June 22 in *Cancer*. The results suggest that extra efforts should be made to improve cancer prevention and early detection in patients with schizophrenia. Cancer deaths were 1.4-fold more frequent in schizophrenic men than in the general male population. For women, deaths by cancer were 1.9-fold more frequent.

The most common causes were lung cancer in men and breast cancer in women. It is believed that this is a result of the higher frequency of smokers in the study population than in the general population (56.3% vs. 33.0%). In female schizophrenic patients, the risk for death due to breast cancer was significantly higher than in the general population. Possible explanations for these findings include a delay in diagnosis due to patients paying less attention to symptoms and the difficulty for schizophrenic patients to benefit from optimum treatment.

Things to Remember

Have Questions or Concerns About This Newsletter?

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

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

Following are the *NAMI Westside LA Newsletter* editors:

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

For More Information on Brain Disorders

Visit:

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

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Best-Selling Author Tom Wootton to Speak on September 16



On September 16, 2009, Tom Wootton, author of *The Bipolar Advantage*, "one man's journey through the darkness and light of the bipolar condition to a place of spiritual joy, functionality and excellence that holds lessons for everyone with a diagnosis of bipolar", will be speaking on the topic of "Looking at Depression, Mania, and Schizophrenia from the Other Side". Tom is a leading consumer advocate and speaker and his book, *The Bipolar Advantage*, has remained on Amazon's top 10 books on bipolar disorder since its publication in 2005. This event will be held in the Auditorium of the Santa Monica Public Library, 610 Santa Monica Blvd. in Santa Monica. Parking is available on 7th Street, below the library.

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
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- ✓ Dori Baron, Coordinating Secretary and Walk Representative
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- ✓ 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

Emergency Services and Hotlines

- ✓ Psychiatric Mobile Response Team, (310) 482-3261
- ✓ SMART Team (one police officer and one clinician), provides intervention, referral, and placement for a mentally ill person; to access, call 911 or (213) 485-3300
- ✓ 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) 485-3300

- ✓ To report an adverse drug reaction, contact the U.S. Food and Drug Administration (FDA) in Washington, D.C. at (888) INFO-FDA or (888) 463-8332, or MedWatch at www.fda.gov/medwatch/index.html
- ✓ Mental Health Helpline (24 hours), (800) 854-7771
- ✓ 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, 2701 Ocean Park Blvd, Suite 150A, (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) 637-2311 (with DMH)
- ✓ RECOVERY, INC., self-help cognitive behavioral groups, (310) 306-6766
- ✓ Panic Disorder Support Group, (800) 647-2642
- ✓ UCLA Bipolar Support Group, Monday and Wednesday nights at 6:00 PM, (909) 268-4116, and Tuesdays, Noon-1:30 PM, (310) 206-1148; 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, Karon Midment, RN, (310) 794-7305

Community Clinics Offering Treatment and Services

- ✓ 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
- ✓ 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

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
- ✓ 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)
 - ✓ Affordable Housing Alternatives, Mrs. Darlest Horn, DMH Housing Coordinator, (310) 358-6089
 - ✓ 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
 - ✓ 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/)
- Mental Health Residential Centers**
- ✓ Compass House: short-term, (213) 747-8470
 - ✓ 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
- Department of Mental Health (DMH) Full Service Partnerships**
- ✓ For older adults (ages 60+), contact Matt Wells at (213) 351-5344.
 - ✓ For adults (ages 26-59), contact Sandy Mills, (310) 268-2516.
 - ✓ For transitional-age youth (ages 16-26), contact Rachel Melvald at (310) 268-2515 or Paula Binner at (213) 738-2507.
 - ✓ For children (ages 6-16), contact Rachel Melvald at (310) 268-2515.
 - ✓ For other questions, contact Nikki Dorsey, LCSW, at (310) 268-2514.
- Psychiatrists and Psychotherapists**
- ✓ Southern California Psychiatric Society, (310) 815-3650
 - ✓ Cedars-Sinai Referral Service, (800) 233-2771
 - ✓ UCLA Access Center, (800) 825-9989
 - ✓ MEDI-CAL psychiatrists and psychologists, (213) 632-0782
 - ✓ Mark S. Kosins, MD, El Monte. Specialty: OCD and Panic Disorder, (626) 307-8420
 - ✓ 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
- 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)
 - ✓ Conservatorship info, (213) 974-0407
 - ✓ PLAN of California, special needs trusts and "proxy parents", Carla Jacobs, (714) 997-3310, (888) 574-1258, or (213) 413-1130
 - ✓ 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
- Other Resources**
- ✓ 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
 - ✓ 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)
 - ✓ 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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