



THE JOURNAL

NAMI SAN GABRIEL VALLEY

THE FAMILY'S VOICE ON MENTAL ILLNESS
2550 E. FOOTHILL BOULEVARD, PASADENA, CA 91107
Phone: 626.577.6697 Fax: 626.577.0381

VOLUME 25, NUMBER 3

APRIL 2009

REMEMBER— YOU ARE NOT ALONE! ATTEND CARE & SHARE MEETINGS



- Every Thursday except holidays.
5 :30—7:30 PM
- Second Wednesday of the month before general meeting.
6:30—7:25 PM
Everyone is invited to this meeting!

Wilson Auditorium
2471 E. Walnut Street
(Corner of Altadena & Walnut)
Pasadena, CA

GENERAL MEETING 7:30 PM, WEDNESDAY APRIL 8, 2009

Wilson Auditorium
2471 E. Walnut Street, Pasadena, CA

Speaker: Lance Asamura
Community Outreach Coordinator
LA Department of Mental Health

Subject: The great variety of helpful programs which the Los Angeles Department of Mental Health offers to individuals and families who are coping with mental illness in their lives.

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CARE & SHARE FACILITATORS TO MEET

Monday, April 20th
5:30-6 PM - Socialize and refreshments.
6-8:30 PM - Dinner meeting.

Hamburger Hamlet
214 S. Lake Avenue
(Between Del Mar & Cordova)
Pasadena
626.449.8520

Anyone interested in learning to facilitate care & share, contact Mary Ann Shemdin at 626.665.6789 or leave your name at the office, 626.577.6697. Training will take place in the near future.

Affiliated with NAMI California, and NAMI USA
NAMI SGV e-mail at sgvnamipacificclinics.org

Visit the NAMI SGV website at <http://sgv.nami.org>
Visit the NAMI website at <http://www.nami.org>

NAMI SGV 2009

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Family/Family Coordinator Leah Sullivan

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Eleanor Stemshorn

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Keris Myrick

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PRESIDENT'S MESSAGE

by Marty Giffen

Hard Times and Hard Decisions

We can't read the paper or listen to the radio without hearing dire news about the financial crisis and the disgusting people who helped put us in this pickle.

There are plenty of hardworking people out there who are in a lot of trouble, and hard times are not only affecting individuals, they are hurting organizations like NAMI SGV and forcing hard decisions.



What impact is the poor economy having on NAMI SGV? Until now we have been fortunate, because a few years ago we received a bequest of \$35,000 that enabled us to fund our programs and even hire a part-time office consultant, who performed the vital functions that kept our organization running well.

Now we have pretty much used up that bequest. Our office consultant has moved on to a better job, and we don't have enough money in our budget to replace her. Our volunteers struggle to perform the many tasks that she took care of.

Our membership dues only bring in about two thousand dollars because we keep only \$15 of each \$35 membership (the rest we send to NAMI California and NAMI National). The cost of the Journal alone uses most of the remaining dues money. The rest of our programs have been funded by generous additional contributions, bequests, grants and fund-raisers, but many of these sources are drying up.

We have very low operating costs, thanks to the generosity of Pacific Clinics, which provides our office and office equipment as well as meeting rooms. Without them, we would really be in trouble. But we still must buy paper to print informational brochures, maintain our copy machine, and pay our phone bill and insurance costs. Every program has incidental costs that add up, including the important cost of publicity, which we must do in order to reach the public with our message.

We do not want to reduce our direct services to families and consumers. Family to Family classes, Care and Share support groups, Quality of Life

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gifts to board and care residents, and Peer to Peer classes which are central to our efforts. Our lecture series and our monthly speaker meetings are too important to cut. In fact, we want to start a new program called NAMI Basics, which is a class for parents of school-age children with diagnoses of mental illness.

We are taking a hard look at reducing costs and we're making some tough decisions about fund-raising. We will not have a spring concert this year, which last year made a profit of \$2000. Instead we're going to concentrate our fund-raising efforts on one activity, NAMIwalks. If every one of our 200 members would pledge \$100, we could raise twice as much this year as last. Each member could ask 10 friends and neighbors to contribute at least \$10.00 to NAMIwalks and we would make our goal.

Will you help us in this effort? This will be our only fundraising initiative this year, and we need to make it a success. Please support us in this so we can continue our work. Walk with us, in body or in spirit, on October 3.

Christmas in a Shoebox? In April? Start Saving Shoeboxes Now for "Quality of Life" Christmas Gifts

Bought a new pair of shoes lately? Cleaning out closets? Don't throw away your shoeboxes! They can bring Christmas to a resident of a Board and Care or a consumer at a Wellness Center and help you honor the spirit of Christmas throughout the year.

"Start filling a shoebox or two (or more) now with goodies that will be fun and useful for a person living in a Board and Care," said Katherine Ellis, Chair of NAMI SGV's Quality of Life Committee. "Many of the folks living in Board and Care in our area don't have family connections, and they are so pleased to receive thoughtful, practical, and whimsical items for Christmas. SSI checks don't go very far, and they often can't buy little personal necessi-

ties and luxuries."

Here is a way to honor the spirit of Christmas throughout the year. Get some shoeboxes (ask friends if you need more) and commit yourself to fill them with goodies, starting now. Call the office at 626-577-6697 and leave a message that you are going to provide shoebox Christmas gifts. Say how many, and for which gender. We need about 90 shoeboxes, about 60 for men and 30 for women. We will collect the shoeboxes at the November General Meeting.

Suggested Shoebox Fillers

Katherine suggests the following items for the shoeboxes: nail clippers, socks, bar soap, Christmas candies, toothbrush and paste, small travel-size toiletry items, a new music CD, aftershave, body lotion, ball point pens, nice pencils, small notepads, hand cream, pocket combs, hairbrushes, mittens or gloves, a new paperback book, cards, cologne, shampoo.

When you buy hygiene and grooming supplies for yourself, buy some more for the box. Eventually, you should cover your shoebox with wrapping paper, but make it so the lid can be lifted off and the contents inspected

Think fun things, too, like a deck of cards or a hand-held electronic game. Stationery like a box of NARSAD note cards, pocket calendars, stamps, and other stationery supplies will always be useful. You might also think about art supplies like a box of oil pastels and a sketch pad. Little decorations to make a room seem more Christmasy would be nice, too. Hard candy makes a nice filler for small spaces.

"I hope this can be a fun project for all of our NAMI members who are looking for a way to make Christmas more meaningful and to make someone happy during the holidays," Katherine said.

Katherine needs some volunteer help with this project, also. She needs someone to keep track of the people participating, and she will need some people to help collect and inspect and deliver the shoeboxes. Won't you help with this fun project? Leave your name with an office volunteer at 626.577.6697, and Katherine will contact you.

REVIEW OF GENERAL MEETING MARCH 11, 2009

By Marita Pinkel Program Chair

EATING DISORDERS ACROSS THE LIFESPAN

Food has meant many things to humans in our journey through life. To the early cave man and woman, a joint of meat cooked over an open fire meant security. To the ancient Romans who feasted while laying on a couch, and then “purged,” so that they could eat to an excessive amount, it was more of a bacchanal. In Victorian times, there was food deprivation of orphan children as we recall so vividly from the play *Oliver*.

We had more or less accepted food as a normal part of life, until we started to hear the word anorexia. This was puzzling to many of us, until it was brought out tragically with the untimely death, from anorexia, of the talented young singer Karen Carpenter.

Our speaker on this March evening, Dr. Patricia Pitts, is an expert on eating disorders. She holds a doctoral degree in clinical psychology, a master’s degree in theology from Fuller Seminary and is a licensed Marriage, Family & Child Counselor. Her primary focus has been on the wide range of eating disorders, which includes anorexia nervosa, bulimia and conditions grouped under the term ED (eating disorders). Dr. Pitts is a member of several professional societies such as both the International and National Associations of Eating Disorders.

At the start of the evening, Dr. Patricia gained the empathy of our NAMI family members as she told us the touching story of her own brother whose true condition of bi-polar illness had gone misdiagnosed for some years. He was a “black belt” athlete to compensate for his condition. He is now deceased and Dr. Patricia told us “my heart goes out to you family members for I know the suffering that you have been through”.

Here are some of the things which this lovely and talented woman told us about ED:

- The prevalence of ED in the United States today is nine million women and one million men.
- Men are likely to be “under the radar” because they tend to overcompensate with muscle building and other exercise activities.
- The highest mortality rate comes from bulimia, and occurs often in women over the age of 65.
- Eating disorders in the very young may indicate a related anxiety disorder.
- In older folks, ED is hidden because of their isolation.
- The DSM-4 (Diagnostic and Statistical Manual) lists obesity and says that it has doubled in California since 1990.
- Thirty percent of our people have a severe binge eating disorder.
- If someone drops weight too quickly, this indicates a danger sign.
- The ages from 14 to 18 is the critical time for anorexia to show up, for this is the transition from childhood to adulthood.
- We now know that anorexia is genetic. It is not uncommon for sisters to have this.
- Bulimia peaks at age 19 years of age.
- It has been observed that when the American culture goes abroad, so do eating disorders. The “golden arches” play a role here.
- Athletes are a “high risk” group. The preferred image is that men want to be bigger, and the women want to be smaller.

Dr. Pitts went on to say that across the lifespan we all have some bio-eating issues. Most normal people can tolerate a five pound weight gain. However in anorexia, we need to know that this is a serious condition that is oriented from the outside in, and low self esteem is a huge issue here. The patient is much concerned as to how others see them. They tend to have excessive negative thoughts. Dr. Pitts said, “I see a lot of bi-polar patients who have heavy eating disorders.”

One in 200 American women have anorexia. Ten to 15% of anorexics or bulimics are males. These patients have big relationship problems. When they cannot manage their social relationships, they turn to

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food. Dr. Pitts told us that anorexic people can be diagnosed just by looking in their eyes: lifeless eyes are a common trait. Other physical abnormalities can be seen.

Transitions in life are a tough time for these illnesses.

This compassionate woman went on to explain to our attentive audience that traumatic things in life can often trigger these patients “to go over the edge”. The conditions can be as varied as illnesses, impaired body image, surgeries, a death in the family, a divorce, or loss of attractiveness due to age. ED people are trying to maintain some kind of control in life. Dr. Pitts said, “I encourage them to identify what matters most in life. I encourage them to consider the spiritual part. Often a light comes on and they tell of something which gives them a passion to their lives. Always we encourage the family to have a voice in this treatment. The elderly who live alone often stop eating. Be aware of this, for they often refuse food to gain attention, but it can be a lot more complicated. For some elderly, it can be a suicide attempt. In treatment, we use cognitive behavioral therapy to change the way people think. We teach them to be mindful and to be in the moment”.

In Conclusion

Dr. Pitts had some attractive and educational handouts for our members. The mission of The Bella Vita—A Beautiful Life Psychology Group, Inc., is to provide a safe, supportive environment for pre-teens through adulthood experiencing eating disorders and related disorders. One handout gave warning signs that a family member or friend may have an eating disorder. It gave examples as to how a friend or family member might compassionately and without judgment help the client to get professional assistance.

Our NAMI family members learned yet another way to enable their own mentally ill loved one to get the care that is so vitally needed for recovery. We applauded this talented health professional, Dr. Patricia Pitts.

Contact Information

The Bella Vita
766 Colorado Blvd.
Los Angeles 90041
323.255.0400 www.thebellavita.com

The Bella Vita in the San Fernando Valley
6400 Canoga Avenue, Suite 154
Woodland Hills 91367
818.676.1540 www.thebellavitasfv.com

Dr. Patricia Pitts, Clinical Director
626.818.2668 email drpitts@thebellavita.com

The evening was made that much more interesting and entertaining by our “resident troubadour”, Bert Bollinger as he sang two Irish ballads, and even did an Irish jig to the tune of Old Killarney. All dressed up in an Irish ‘get up’ he was at that!

BOOK REVIEWS

Hole in One: A Tale from the Iris the Dragon Series

by Gayle Grass

(Iris the Dragon, Inc. 2008. 23 pages.)

An illustrated children’s story book for discussing anxiety disorder; third in the series to help caregivers talk about mental illnesses with their children and overcome stigma and fears.

Hurry Down Sunshine

by Michael Greenberg

(Other Press 2008. 238 pages.)

An excellent memoir about the onset of bipolar disorder in a literary writer’s 15-year old daughter, her treatment and recovery, and the impact on their blended, extended family. It is especially notable for its description of the rhythms of life on a hospital psychiatric ward. It’s unsentimental, insightful and humane.

You are invited to attend
The Single Payer Solution
A Conference on Health Care in California

When: Saturday May 9, 2009, 9:00 a.m. – 3:30 p.m.

Where: Pasadena Presbyterian Church

Cost: FREE (nominal charge for boxed lunch)

Morning Speakers: **Senator Sheila James Kuehl**, SB840 author, will talk about California's single payer plan, a "gold standard for the nation".

Afternoon Speakers: **Sara Rogers**, Health Consultant for Senator Mark Leno, and **Elizabeth Sholes**, Director of Public Policy, California Church IMPACT.

Seminars: Morning and afternoon, led by experts in their fields, will cover the most commonly asked questions about single payer coverage.

To receive an invitation to the conference or further information, call:

Dr. Irma Strantz, Chairperson of local HCA Chapter: Istrantz@charter.net or 626.798.8361

Rev. Dr. Ray Heer, Chairperson of the Conference Planning Committee. rheerhca@charter.net or 626.356.0166

NAMI SGV is a sponsor of this conference. It is important for us to understand the different healthcare reform initiatives and their impact on mental health consumers—and everyone! Call or email the above people today to get your invitation to attend. Our member Terry De Wolfe will conduct one of the seminars.

DIGITAL TV UPDATE

Submitted by Joan Reyes



I have only recently begun reading the Business Section since our economy has been experiencing this very distressing downturn. On March 1st there was an interesting article stating how many low income individuals may not receive the coupon to purchase the DTV converters due to where they are living since their domicile is not recognized by the Census Bureau. Apparently those individuals living in single-room occupancies and other housing provided by nonprofit organizations are excluded. The coupons are issued only to "households" as defined by the department's Census Bureau, not by city and state governments.

Fortunately, there is a company called Retrovo, and their website is www.retrovo.com/dtv. Since I am one of the millions with a portable TV, and do not subscribe to cable, I sent off for the coupons. Since I did have a still valid coupon, I contacted Retrovo, and was linked to an individual residing in Indiana. For the price of a 42¢ stamp you can send off any extra coupons you might have to someone who would be most appreciative, as well as enriching his or her life through the medium of TV!

Please share this information with others so individuals who already barely get by on a marginal income won't also have to go without TV after June 12th due to a glitch in our government's system!

NAMI CALIFORNIA CONFERENCE 2009

Destination: Recovery

31st Annual Conference

August 21 and 22, 2009

Marriott South Bay, Torrance, CA

This conference is open to the public. A wide range of informative plenary speakers and workshops will be featured. You can qualify for early bird rates by registering by July 10th. Download the registration form from the namicalifornia.org website. We will also have some forms available at our April 8 general meeting.

Qualified professionals and non-professionals with expertise are invited to submit workshop proposals. The deadline for submitting workshop proposals is May 1. Submit your workshop proposal by downloading it from the namica.org website.

If you have any questions, contact Catherina Isidro at catherina.isidro@namicalifornia.org or call the office at 916-567-0163.

2009 NAMI National Convention

July 6–9, 2009

San Francisco Hilton

333 O'Farrell Street (two blocks from Union Square)

San Francisco, CA

The Union Square area is a wonderful location filled with a large number of restaurants in all price ranges. Everything from an inexpensive local diner to a fine dining restaurant is available in this lively neighborhood.

I want to register for the convention. How much does it cost and how can I do this?

Members who register on-line for the 2009 Annual Convention by March 15, 2009 are eligible for the Super Saver rate of \$195. Consumers are eligible for a special rate of \$125. NAMI SGV will also have some mail-in applications available at the April and May General Meetings

I am trying to plan my travel. What is the convention schedule?

The convention schedule is currently under development. For travel purposes, please be advised that:

- Leadership Council Meetings, the Leadership Institute and, preconferences will take place on Monday, July 6th
- The Opening Plenary, special interest networking meetings, Board candidate speeches, and state caucuses will be held on Tuesday, July 7th
- The Research Plenary, symposia, workshops, and voting are scheduled for Wednesday, July 8th.
- The Annual Business Meeting, Ask-the-Doctor sessions, and more workshops will take place on Thursday, July 9th, along with the convention banquet that evening

What hotel is NAMI using in San Francisco, CA?

The San Francisco Hilton is the convention headquarters hotel. Rooms are \$155/single and \$165 double, plus tax.

**MENTAL HEALTH EDUCATION PROJECT
LOS ANGELES**

Sunday, May 17 - 8 am to 1 pm

Sinai Temple
10400 Wilshire Boulevard, Los Angeles, 90024
www.namila.org

Free and Open to Everyone

8 AM.Registration and Information Tables

9 AM.Keynote speaker: Melodie Beattie
"The New Co-Dependency
and Mental Illness"

10 AM.Workshops. Choose from the
following:

1. "The Language of Letting Go": How much do I have to give up to help you? Do I have a right to my own life?
2. "Borderline Personality Disorder and Dialectical Behavior Therapy"
3. "Anger Management"
4. "Using Nutritional Supplements to Minimize Medication and Side Effects"
5. "Weight Gain and Related Side Effects of Anti-psychotic Medications"
6. "Communicating with Someone who Lacks Insight that they have a Mental Illness"
7. "Mindfulness-based Stress Reduction"
8. "Daily Challenges of Recovery: How Family and Friends Can Speed the Process."

This conference is presented by:
NAMI Westside
NAMI LA County
Sinai Temple
Jewish Family Service

NAMI SGV will have brochures available at the
April 8 General Meeting.



VOLUNTEER OPPORTUNITES

August Picnic

NAMI SGV's tradition is to have a potluck picnic in a park instead of an August general meeting with a speaker. In recent years many of the residents of board and cares have enjoyed the picnic, as well as our members and their families. We need somebody to organize the picnic. If you volunteer to head this up, you will find others willing to help with set up, clean up, games and entertainment, and food. We usually provide drinks, and grill hotdogs for everybody. Our members bring salads, desserts and chips. Won't you help continue this fun NAMI tradition? Call the office 626.577.6697 or contact Marty Giffen.

Office Volunteers

We need people to answer our Warmline Telephone and return calls that have been recorded on the machine when the office is closed. Office volunteers also tend our lending library, file, make sure we have supplies of brochures, mail out brochures and copies of our *Journal*, and provide resource information to the many people who call us for help. Please consider spending three or four hours in the office once a week.

Telephone Brigade

Here is a job you can do from your home, but it's enormously important to us. We need people to call our members a few times a year about our programs and events. Please consider calling 20 people. The results can really help us.

OPPOSING PROPOSITION 1E

Submitted by Tilda De Wolfe

Why do I oppose Prop 1E?

The formerly homeless mentally ill man in Orange County who is now working part time for an outreach program and holding his head high; the San Gabriel Valley mental health clients who have been rejected in “regular” jobs, but are now running a wellness center for others with mental illnesses; the central California 19 year-old forced by age to leave his foster home who had a complete plan for his suicide, but is now being trained as a paramedic; the middle-aged woman who lived untreated on the streets for years and now has a place to live and medicines, and the thousands of mental health consumers statewide who have found a voice of empowerment through their work with and through the funds that for the past few years have been added to mental health and would be taken away by Prop 1E. The stories of successes are legion and would bring tears of sadness, joy, and hope to most eyes.

What does Prop 1E do?

Background: In 2004 California passed the **Mental Health Services Act – MHSA** - in the form of Prop 63. This taxed persons with net earnings of over a million dollars at the rate of 1% over the million and set this money aside to supplement mental health services statewide. The main reason the MHSA proposition passed was that the state had been irresponsibly derelict in providing adequate mental health funding to counties.

A provision of the MHSA was that funds not be used to enhance or supplant existing programs. The reason for this was so that the state not cut other programs and use this money INSTEAD of other funds. However, shortly after MHSA was enacted, Governor Schwarzenegger cut a very effective program that helped those with substance abuse and mental illness called AB1034. A few counties were able to enact a somewhat similar program, but this was a clear case of the state beginning to latch on to funds we voters had earmarked.

Now Prop 1E wants to raid more MHSA funds from MHSA in the guise of providing funding for EPSDT (Early Periodic Screening, Diagnosis, and Treatment) services to children. This sounds really sweet and thoughtful, but the state is **required** to provide about \$500 million for this statewide Medi-cal program, so all that would be happening is that the state would be getting part of its obligation funded by taking away services to severely men-

tally ill clients. “Redirected” would be \$226 million this year and \$234 million next.

Dangerous precedent setting

We voters enacted Prop 63 (MHSA) and pulling funds we wanted dedicated for specific uses and using them to balance the state’s budget is a dangerous precedent. It slaps both the voters and a million or so mentally ill persons in the face.

More on my background and opposition

I have mental illness in my family and among friends. I have worked with persons with mental illness as a Probation Officer and as a volunteer with NAMI (National Alliance on Mental Illness), of which I am a past president of a local chapter.

I am fortunate enough to travel around the state as a consumer/family member consultant reviewing various counties mental health programs. Although I hear some complaints about how the funding provided by MHSA is utilized, the differences I have seen in each county I have visited are both remarkable and heartwarming. MHSA monies have brought many clients/consumers off the streets (MHSA provides funds to create housing), into programs that give them a reason to go on, into meetings that give them a voice, into jobs, and into collaborations with family members who suffer so greatly also when a loved one has a mental illness.

Prop 1E would be penny wise and pound foolish, as many of the people who have been given hope and help would almost surely end up in hospitals, jails - or dead. They already have suffered so many losses. Since Prop 1E has come along I have seen the depression looming, the “Oh, here we go into the trash can again” comments. It is very difficult for most folks with severe mental illnesses to advocate effectively for themselves – frankly it is difficult for many to get out of bed (if they have one), to make it through the day, no less to stand up to those who legislate away their hope. As many of you know, people with severe mental illnesses are most often outcasts in our world. People tend to fear “different” behaviors and we hear of horrific crimes committed by people with such illnesses –*untreated or improperly treated, by the way.*

Prop 1E will be on the ballot Tuesday, May 19th.

NAMI San Gabriel Valley Membership Application 2009

Please fill out form completely and mail with check payable to:
NAMI SGV, 2550 E. Foothill Blvd., Suite 135, Pasadena, CA 91107

Check One New Member Renewal

Date _____

Memberships: Check those that apply

Type of Membership

Regular Member (\$35-\$99)*

Individual

Patron Member (\$100 to \$299)*

Family

Benefactor (\$300 to \$499)*

MH Professional

Life Member (\$500 or more)*

Limited Income \$5

Continuing Life Membership

NAMI SGV Newsletter only (\$15)

Donation Amount _____

Total Enclosed _____

Name(s) _____

Address _____ City _____ State _____ Zip _____

Home Phone _____ Email _____

*A portion of your membership dues (\$20) is sent to NAMI National and NAMI California and includes NAMI Advocate, NAMI California Connection, and NAMI SGV Journal.

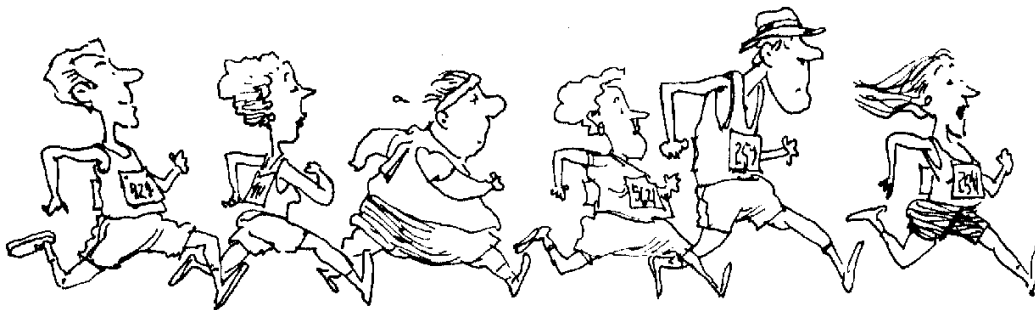
*Dues and donations to NAMI SGV are tax deductible to the extent permitted by law.

We are always in need of volunteers. Please mark the activities in which you would like to participate.

- NAMI Office Work Support Groups Family-to-Family Education Series Fundraising Hospitality
 Legislation Media Watch Membership Newsletter PCC Mentor for M.I. Students Programs
 Publicity Socialization Speakers Bureau Special Events Computer Skills Other

DON'T FORGET

NAMI WALKS
OCTOBER 3, 2009
SANTA MONICA, CA



MEETING INFORMATION

Monday

Drawing the Line with Adult Children: Sponsored by The Center for Aging Resources, 447 El Molino, Pasadena. A group for older parents affected by their adult children's substance abuse, mental illness, financial dependence and other life challenges. For time of meeting contact Joan Ellison at 626.577.8480 ext. 130.

Depressive Bipolar Support Alliance (DBSA): Every Monday (except holidays) 6-8 pm Pacific Clinics-East, 902 S Myrtle Ave., Monrovia, CA. A self-help peer support group for bipolar and unipolar clients.

Dual Recovery Anonymous (DRA): Mondays 7-8:30 pm. Las Encinas (Willows Building). 626.795.9901

Tuesday

DBSA Tuesdays 7-9 pm HMH Della Martin Center on Pasadena Ave between Bellefontaine St and California Blvd. Info. John 626.458.3229. See Thursday and Saturday for additional meetings.

Family Support Groups in several languages: Pacific Clinics Asian Pacific Family Center 9353 Valley Blvd. Rosemead, CA
Cantonese-1st Tuesday of each month: 5 pm-6 pm. Sharing led by SGV-NAMI Asian families 6 pm-7:30 pm Class conducted by Anne Wong, LCSW English-Please contact Monica Ng Ph.D.
To contact any of the therapists listed 626.287.2988.

Wednesday

Depression/Bipolar Support Group: 5-6:30 PM, Arcadia MH, 330 E. Live Oak, Arcadia. (Cancelled until further notice as of July 1, 2008).

NAMI LA County Coordinating Committee: Fourth Wednesday of each month (except holidays) 1-3 pm Department of Mental Health, 550 S Vermont Ave. LA .

NAMI SGV Business and Planning Meeting: First Wednesday each month, 5:30 pm, 2550 E. Foothill, Pasadena. Members welcome.

NAMI SGV General Meeting: Second Wednesday evening of each month (except Aug and Dec), 7:30-9 pm Wilson Auditorium at 2471 Walnut. See front page for announcement of speaker and topic. All Inclusive Care & Share support group 6:30 pm.

Drug Medical support Group: Every Wednesday 3-4 pm Pacific Clinics-East, 902 S. Myrtle Ave Monrovia, CA. For mentally ill with substance abuse problems. Contact Pablo Anabalon 626.357.3258.

Dual Recovery Support Group: Every Wednesday 9:30-10:30 am AB-34 Partners, 1020 S. Arroyo Pkwy., Pasadena. For Mentally Ill with substance abuse problems. Contact Steven Reyes 626.403.2794.

Spanish Speaking Care and Share Support Group: 2nd and 4th Wednesdays 4:30-6:00 pm Northeast Mental Health Center, 5321 Via Marisol, Highland Park, CA.

Dual Disorders Anonymous: Every Wednesday 6:00-7:30 pm. Social Model Recovery Systems, 510 S. Second Ave, Suite #6, Covina, CA Info. 626.974.8122 or 626. 399.6836.

Spanish Speaking Group: First Wednesday 6-7:30 pm, Pacific Clinics East, 902 S. Myrtle Ave., Monrovia, CA Contact Elisabeth 626.357.3258.

Thursday

DMH Service Area III Advisory Committee (SAAC3): Second Thursday of each month, 2-4 pm. Arcadia County Park, Community Room, 405 S. Santa Anita Ave., Arcadia. (Location change as of July 1, 2008) Call Joan Reyes 909.593.6336 for information.

DBSA: Every Thursday 6-8 pm Glendale Adventist Hospital Class Room 1 in Psychiatric Unit, 1509 Wilson Terr. Contact Michelle 323.254.6492 .

NAMI Family Caring and Sharing Support: Every Thursday (except holidays) 5:30-7:30 pm Wilson Auditorium, 2471 E. Walnut, Pasadena. For family members and friends of the mentally ill. For info call 626.577.6697. (Change as of February 2009)

NAMI East San Gabriel Valley Care & Share meets every Thursday from 7:30 to 9 pm. Speaker meeting is 4th Thurs. 7:30 to 9 pm Location: First United Methodist Church, 15701 E. Hill St. La Puente, CA 91744. Call 626-338-8981 for further information.

Double Trudgers Dual Disorders Anonymous: Thursdays 7-8 pm San Gabriel Medical Center, 218 S Santa Anita St. San Gabriel, CA Elder Program Room, Contact: Tomas Serna 626.457.7146.

Family Support Groups in several languages: Pacific Clinics Asian Pacific Family Center 9353 Valley Blvd. Rosemead, CA
Mandarin - Last Thursday 9 am - 11 am Calvin Hsi Ph.D.

SAMI Gathering: Third Thursday of each month (no holidays) 4 -5 pm Pacific Clinics PARTNERS, 10642 Lower Azusa Rd. El Monte, CA. Consumers and clinicians exchange ideas to better provide effective dual diagnosis treatment. Contact Steven Reyes 626.403.2794.

DBSA 7-9 pm Same location and info as Tuesday and Saturday meetings.

Friday

Dual Recovery Support Group: Every Friday 12:30-1:30 pm AB-34 Partners, 1020 S. Arroyo Pkwy., Pasadena, CA. For Mentally Ill with substance abuse problems. Contact Steven Reyes 626. 403.2794.

Saturday

NAMI Metropolitan State Hospital General Meeting (with guest speaker): Second Saturday of each month, 11:30 am at James Hall on Metro grounds, 11400 S. Norwalk Blvd, Norwalk, CA.

DBSA 7-9 pm Same location and info as Tuesday and Thursday meetings.

Clients Socialization Activities

Asian Pacific Family Center Drop-In : Mondays 1-4 pm Psychosocial Rehab Group; Tuesdays & Fridays 12-4 pm 9353 Valley Blvd. Rosemead, CA Info Jeanette Choi 626.287.2988

Project Return, Positive Directions: Tuesdays 12-3 pm and Fridays 9 am - 12 pm **Grupo Nuevo Amanecer:** viernes 1:00 pm Arcadia MHC 330 E. Live Oak Ave. Arcadia, CA 626. 821.5858 Client run groups sponsored by the Mental Health Association in Los Angeles County.

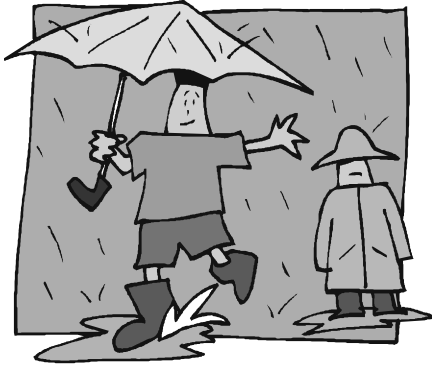
Pacific Clinics East Drop-In Center: Tuesdays, Wednesdays and Thursdays 11 am-1 pm and 3-5 pm (except holidays) 902 S Myrtle Ave. Monrovia. Arts, crafts, cooking, sewing, videos. Lunch \$4 second, third and fourth Thursday of each month (except holidays). Lunch prepared by Clubhouse members. Info. 626.357.3258.



THE JOURNAL
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Enjoy April

RESOURCE INFORMATION

- L A Co DMH Arcadia Mental Health Center 626.821.5858. Monday-Friday, 8 AM-5 PM.
- DMH Psychiatric Mobile Response Team (PMRT): 626.258-2004 for crisis management in Service Area 3 Monday-Friday 8 AM—5 PM. For PMRT at other times use Access Line listed below.
- DMH 24-hr Access Line: 800.854.7771, for information & consultation, and for Psychiatric Mobile Response Team after hours and week ends. L A Co Sheriff/DMH Mental Evaluation Team (MET). operates 5 PM to 1 AM. Call Local Sheriff Station (or 911 if dire emergency) to request MET response. For general information: 626.258.3002 (as of 10/26/06).
- LACO DMH Family Advocate: John Griffin 213.251.6581 (as of 11/2006).
- L A Police / DMH System-wide Mental Assessment Response Team (SMART) Mental Evaluation Unit (MEU): call local LAPD station (or 911 if dire emergency) to request MEU response. For general information: 213.485.4188.
- DMH Court program (Diversion): Alisa Dunn 626.403.4370 or Arlene Veliz 626.245.2160 (pager).
- Mental Health Justice programs: Ira Lesser, MD, Chair of Psychiatry at Harbor UCLA 310.222.3101.
- DMH Jail Mental Health Services: Beth Briscoe, Director, Phone 213.974.9083.

- Twin Towers Jail Inmate Reception Center: phone 213.893.5385, fax 213.229.9991.
- Patient Information Center: 213.473.6080 or 213.73.6100 or on website www.lasd.org; click on "inmate information center" then enter name or booking number.
- Jail Inpatient Unit: Neil Ortego, MD 213.893.5391
- Men's Outpatient Unit: Stephen Jacobson, PhD 213.473.6183. (as of 9/2003)
- Women's Outpatient Unit: Michael Maloney, PhD 213.893.5379
- Friends Outside in Los Angeles County (FOLAC) Mary Weaver, Executive Director 626.795.7653
- Suicide Prevention Center Crisis Line 24 hrs 7 days 310.391.1253. Trained Counselors No Fee

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