



# THE JOURNAL

## NAMI SAN GABRIEL VALLEY

A GRASSROOTS ORGANIZATION SERVING THOSE IMPACTED BY MENTAL ILLNESS  
2550 E. FOOTHILL BOULEVARD, SUITE 135, PASADENA, CA 91107 Phone: 626.577.6697

VOLUME 25, NUMBER 8

SEPTEMBER 2009



# NAMI Walks



National Alliance on Mental Illness

**WALK WITH US**  
**SATURDAY, OCTOBER 3RD**  
**Third Street Promenade**  
**Santa Monica, CA**  
**REGISTRATION AT 8 AM**  
**WALK BEGINS AT 10 AM**

See pages 2, 3, 4 and 5 in this Journal for important information about participating in the NAMI Walks.

**JOIN THE GANG AND**  
**RIDE THE BUS TO**  
**NAMI WALKS!**



**Cost:** \$5 (less than parking in Santa Monica)

**Where:** Parking lot behind Pacific Clinics  
2550 E. Foothill Blvd., Pasadena

**Time:** Departs at 7 AM Returns 1 PM

Deadline for paying for your bus seat: September 21st  
You must pay for your seat ahead of time. The bus will be cancelled if we don't have at least 40 riders. You will be called on September 22nd if the bus has to be cancelled, and your money will be refunded by mail. Send \$5 per person (cash or check made out to NAMI SGV) and the form below to:

**NAMI SGV, 2550 E. Foothill Blvd., Suite 135**  
**Pasadena, CA 91107**

**Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Telephone:** \_\_\_\_\_

**Email:** \_\_\_\_\_

### GENERAL MEETING

**7:30 PM, Wednesday, September 9, 2009**  
Wilson Auditorium  
2471 E. Walnut Street  
Pasadena

**Speakers:** **Susan Tranielo-Hines**  
**Psychiatric Mental Health**  
**Nurse Practitioner**

**Joseph Holt**  
**Community Worker**

**Topic:** *The Wellness Center Program*

The Wellness Center is a new concept in the field of mental health for consumers/clients. Our speakers will describe the varied activities and pleasant atmospheres of this new "club line" gathering place. The Wellness Centers are dedicated to the recovery process for mental health clients.

### OCTOBER 14TH GENERAL MEETING



The speakers for our October 14th General Meeting will be:  
**Elizabeth Gross, Ph.D.**  
Mental Health Clinical Program Head  
Arcadia Mental Health Center and  
**Alfredo Larios**  
District Chief for Service Area 3

Affiliated with NAMI California, and NAMI USA  
NAMI SGV e-mail at [sgvnamipacificclinics.org](mailto:sgvnamipacificclinics.org)

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









## NAMI NATIONAL CONVENTION—JULY 6-9 SAN FRANCISCO

By Jeri Gaudino

It was my good fortune to be selected by our Board to represent our affiliate at the Convention. There was so much to hear and see it was hard to choose one workshop over another. Below I've described some of the highlights of the workshops I attended:

### ***Leaders Networking Session***

Mike Fitzpatrick, NAMI National Executive Director, said the NAMI website is in the top 8% of popularity on web. NAMI Walks website is in the top 9%. We are becoming more popular to young people. The TV show *House* approached NAMI to become involved – we did not contact them first.

Lynn Borton, Chief Operating Officer, spoke next. She said we must confront the brutal facts when we don't have sufficient resources; must be honest about what we can tackle with resources we have.

National is working on *Standards*. Phase 1 was approved December 8, 2008 and Phase 2 draft was submitted to the National Board. Waiting for approval. One important guideline in *Standards* is NAMI is to fully integrate consumers in all phases.

Ms. Borton recommended the following web addresses: **[www.nami.org/helpline](http://www.nami.org/helpline)** and **[www.nami.org/namiland](http://www.nami.org/namiland)** for a wealth of information.

### ***Health and Wellness Plenary – Addressing Metabolic Syndrome***

Presenters told us there is a high mortality rate for mentally ill for several reasons: Adequate medical care is not always available; obesity, hypertension, and unhealthy lipid levels can lead to heart disease and/or diabetes. The NAMI *Hearts and Minds* program is an online, interactive wellness educational initiative premiering in fall 2009. It should be a helpful intervention tool.

### ***Promoting Employment and Financial Stability During Tough Economic Times***

Presenters said sheltered workshops don't improve the quality of life of the mentally ill; competitive jobs show that clients improve. Benefits counseling is very important. For good information on working while receiving benefits **go to [www.socialsecurity.gov](http://www.socialsecurity.gov)** and find **Ticket to Work and PASS program**.

### ***Cognitive Therapy for Schizophrenia and Psychosis***

Cognitive therapy is training to identify thoughts and beliefs, and then examine them to see if they are supported by evidence. The goals are to understand how delusion is an attempt to explain events; recognize delusions as a belief rather than a fact; recognize that much distress is related to the belief; begin to identify ways to test the belief and be open to alternative explanations.

Dr. Neal Stolar, the presenter, co-authored a book *Schizophrenia-Cognitive Theory, Research, and Therapy* by Aaron Beck, Neil Rector, Neal Stolar and Paul Grant. He recommended the book *Think You're Crazy, Think Again* by Anthony Morrison.

### ***Special Needs Seminar***

I attended this seminar and obtained several booklets entitled *Administering a Special Needs Trust—A Handbook for Trustees (2009 Edition.)* There will be a few available in the office.

*Double Tragedies*, a report released at a special session on the first day of the convention calls the death penalty "inappropriate and unwarranted" for people with severe mental disorders and "a distraction from problems within the mental health system that contributed or even directly lead to tragic violence". Report is online at **[www.nami.org/oubletragedies](http://www.nami.org/oubletragedies)**.

### ***NAMI Kern County's Front Line***

Front Line is a project of NAMI Kern County. Their purpose is to provide a support group for families, loved ones and their veterans. Patrice Mancini and Russ Sempell introduced this program in Kern County. Patrice and Russ are available for speaking engagements or consultations for establishing a Front Line collaborative in our community. For more information call Patrice at 661.333.5484 or Russ at 661.303.1416. The website is [www.frontlinenami.org](http://www.frontlinenami.org).

*The Soloist* was shown one evening. Steve Lopez and Nathaniel Ayers were present. Nathaniel would not go on the stage with Mr. Lopez but in spite of himself, a long line of people formed to meet him personally. I was told later that Nathaniel stayed up until 3 AM jamming with a classical pianist attending the convention!

## Summer Picnic a Rootin'- Tootin' Event

The summer picnic was a rip-roaring success, thanks to **Elinor Hansen's** imaginative leadership and many hours of hard work.



**Elinor**, assisted by her daughter **Laurene** and son **Mark**, as well as her friend **Walty**, decorated the pavilion at Sierra Madre's Memorial Park to evoke Western scenes, even strewing straw on the floor to make it feel like a barn. She taught everyone a country-western line dance, "Elvira", and they had a blast.

**Bonnie and Linda Miller** arranged games like water balloon tossing and balloon stomping. Elinor had a fun mixer game to start out with.

**Mark Hansen** and **Mark Gaudino** shared the barbecuing tasks, and thanks to the generous contributions of food from the participants, people were able to stuff themselves, which made it hard to crack the piñata later.

**Bill Severance** entertained with his wonderful music, and several people danced while others visited and listened to the music. **Veronica and Richard Mazon** were there, and Veronica cast aside her walker and danced with Richard for the first time in a year, since her near-fatal bout with congestive heart failure. Richard then traded his wife for a broom and helped with clean up. It was wonderful to see these dear friends who have moved to Pomona.

Nearly fifty people, about half of whom were consumers and guests from our Quality of Life Board and Cares, enjoyed the picnic. It was great to see **Mary Echerich** and **Dorothy Thorman** there. Many friends, like **Hilda**, traveled long distances to attend the picnic, and we were so glad to see them again.

Many thanks to **Elinor Hansen** for taking on this NAMI SGV tradition. It would not have happened without her.

## NAMI BASICS CLASS OFFERED

The first class will begin on Monday,  
Oct. 5th, 2009 at 6:30 pm-8:30 pm in Pasadena.

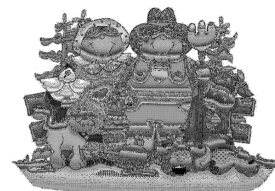
NAMI Basics, a FREE six-week class for parents of children under 17, will help you learn the fundamentals of caring for you, your family, and your child with behavioral and emotional issues, such as ADD/ADHD, bipolar disorder, anxiety and undiagnosed. Classes include:

- Introduction— it's not your fault, these are brain disorders; the biology of brain disorders— getting an accurate diagnosis; treatment works—an overview of treatment options.
- Tools for the toolbox—communication skills, problem solving, crisis preparation and response, handling challenging behavior, relapse planning, impact on family members.
- Record keeping and the systems your child may be involved in (school, juvenile justice, mental health).
- Survivor stories, review, wrap-up.

Please contact the NAMI San Gabriel Valley office and ask to be put on the NAMI Basics contact list. One of the teachers will call you back. **NAMI San Gabriel Valley phone: (626) 577-6697.**

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

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



Don't Let Life "Pasture" By

- 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!
- Care and Share meetings for those who have or  
have had a loved one in jail or prison.

Fourth Thursday of the month  
This month September 24—7:30 PM  
For more information leave a message for  
Mary Ann Shemdin at 626.577.6697.

**MHA 100th ANNIVERSARY CONFERENCE**  
**Washington, D.C**  
**June 10-13, 2009**

*Excerpts from report by Carl Davis*

**Overview**

Five hundred people attended Mental Health America's (MHA's) 100 Anniversary Conference in Washington, D.C. June 10th through June 13th, 2009. Special emphasis was given to mental health care for veterans and mental health care policy .

The statistics are astounding. Mental illness is the leading cause of disability and premature death in the United States. Persons with serious mental illness die, on average, 25 years earlier than the general population. More than 67% of adults and 80% of youth do not receive needed mental health services. An amazing 80% of children entering the juvenile justice system have mental disorders. Of the more than 30,000 suicides in America every year, 90% are associated with mental illness. 130,000 people are hospitalized each year after a failed suicide attempt.

**Tipper Gore**

Tipper Gore addressed the conference and spoke of her mother's clinical depression and frequent trips to the mental hospital. She told how her mother had to try to cover up her illness in the many job applications she made, and how this illness affected her life. She spoke eloquently of her own depression after the critical injury of her son and how she got help for herself.

MHA framed four priorities that should be addressed in any health care reform legislation. They are:  
Parity – Ensure adequate coverage of behavioral health services by including mental health and substance abuse.

- Integration – Support the integration of Behavioral Health and Medical Care by providing coordination between primary care and behavioral health specialty providers and increasing access to primary care services for individuals with serious mental illnesses.
- 

- Prevention – Prioritize the prevention of mental health and substance use conditions by implementing the following interventions:

1. Home visits by public health nurses for low income first time mothers.
2. Coaching caretakers of children regarding children's social/emotional development needs as part of pediatric care.
3. Screening for depression and substance abuse in pregnant woman.
4. Behavioral Science Screening for every well-child check-up from early childhood through adolescence.
5. Screening and intervention services provided by school-based and child-care-based health programs.

- Quality – Enhance quality of care by developing and implementing evidence based therapies that reflect consumer/patient priorities by ensuring that patient/consumer and clinician perspectives are fully represented in all phases of research priority setting.

**Capitol Hill Visits**

With members of MHA LA, I made two visits to Congressmen. I visited Republican Congressman Dreier, for Glendora and Democrat Adam Schiff, my own congressman for Pasadena. With Congressman Dreier, we emphasized the mental health issue for returning veterans.

With Congressman Schiff, at whose office we also met with an aide, Aaron Baird, we thanked him for his support of parity for mental illness in the TARP act, and went on to emphasize the need to continue this parity in any new health care reform legislation.

**George Stephanopoulos**

Stephanopoulos spoke to the general political climate in Washington which is open to health reform at this time; however budgets are tight. So we, the advocates of mental health parity, must be on guard against budget slashes that would eliminate mental health programs from the health legislation.

**Sanjay Gupta, Ron Gephardt, and Dr. Ronald Kessler**

These three gentlemen sat on a panel of four discussing new findings in medical research on mental illnesses. They were not encouraging. We are still in the dark ages, Mr. Gephardt stated. However we know more about the brain in the last ten years than in all of history, Dr. Kessler added. Funding for mental health issues is still tight.

The most effective treatment for mental illness has been shown to be a combination of drugs and cognitive therapy. In terms of research the strongest interest seems to be in PTSD because of its effect on returning war veterans. Most money is available for treatment with little money available for prevention.

**Veterans**

The conference seemed to place a special emphasis on addressing the mental health needs of America's veterans, with three of its sessions dedicated to this particular issue.

Male veterans are twice as likely to commit suicide as non-veterans. 20% of veterans returning from deployment report both symptoms of post traumatic stress or depression. 19% of veterans returning from deployment have experienced possible traumatic brain injury. 25% of veterans seen by the VA have a mental health diagnosis.

Recent health reporting show reservists with 60% mental health claims and retired military with an enormous 76% mental health claims. 25% of single homeless persons have served in the armed forces.

**Health Insurance in the USA**

As was pointed out again and again at this conference, gaining a reasonable system of national health insurance in the United States is going to be a difficult task. Having adequate mental health coverage in this national health insurance will be an even more difficult task. But now is the time to fight for both. The stakes have never been greater and the possibility of passage never more promising.

**Live Your Life Well**

MHA has launched a program called **Live Your Life Well** which it introduced at the conference. MHA's research shows that mental health is a significant part of overall health and that mental health affects physical health.

MHA has undertaken a campaign of 10 evidence-based actions to foster good mental health by reducing stress, promoting good health and family/social relationships. These 10 tools are:

1. Connect with Others
2. Stay Positive
3. Get Active Physically
4. Help Others
5. Get Enough Sleep
6. Create Joy and Satisfaction
7. Eat Well
8. Take Care of Your Spirit
9. Deal Better with Hard Times
10. Get Professional Help if You Need it

This whole program can be viewed in more depth at [www.LiveYourLifeWell.org](http://www.LiveYourLifeWell.org)

**Closing**

I wish to thank NAMI San Gabriel for their financial support which enabled me to attend this important conference. It gives me great pleasure to submit this report to the group for their review and approval.

**SCHIZOPHRENIA SUPPORT GROUP OFFERED**

Are you diagnosed with Schizophrenia or Schizoaffective disorder and need support? If so, please join our group.

When: Wednesdays, 1—2 PM  
Where: William H. Compton Jr. Wellness Center  
66 Hurlbut Street  
Pasadena, CA 91105

If you have an questions, please contact Jason West  
At 626.441.4221 Ext. 239.

# 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 \_\_\_\_\_

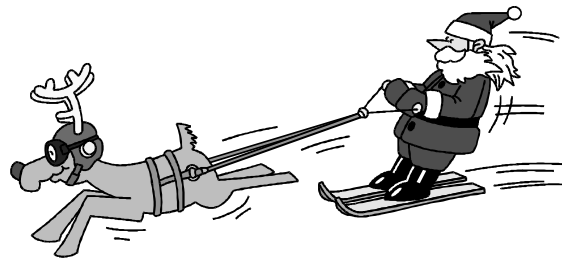
\*A portion of your membership dues (\$20) is sent to NAMI National and NAMI California and includes NAMI Advocate, NAMI California Connection, and NAMI SGV Journal.

\*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

**SANTA IS COMING—FAST!**



Before you know it, the holidays will be upon us. If you have signed up to provide shoeboxes full of little gifts for a resident of a Board and Care, please plan to have your box ready by the first week in November. We will collect them at our November meeting, or you can bring them to the NAMI SGV office.

We still need lots of volunteers for this project. Please find it in your heart to fill a shoebox or two for a man or a woman with little items for personal care like lotion, shampoo, deodorant, combs, toothbrushes, packets of tissues. Practical items like stationery, pens, and pocket calendars are good. Please wrap the lid and the box separately to allow us to inspect the contents.

Get into the Christmas Spirit and give a box. Please call the NAMI office at 577-6697 so that we will know how many boxes we can expect.

## 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.



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**AMERICA**

**LABOR DAY —SEPTEMBER 7TH**

**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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