



NAMI Sacramento Newsletter

National Alliance on Mental Illness

Sacramento's Voice on Mental Illness

September 2009: Issue No. 7.8

General Meeting

Monday, September 14

Popular speaker **Tom Wootton**, returns to address NAMI Sacramento. Tom was the



keynote speaker at the NAMI California 2009 convention in August, and is the author of two books, *The Bipolar Advantage* and *The Depression Advantage*. We are delighted

to have him address our members about his new book entitled *Bipolar In Order - Looking at Depression, Mania, Hallucination and Delusion From the Other Side*. Please join us for a truly inspirational evening!

Monday, October 19

Attorney Linda Mathes will speak about Special Needs Trusts and Estate Planning. Come and learn valuable information and tools for planning for your loved one. (Please note that this is one week later than our usual General Meeting date because of the Columbus Day holiday.)

Meeting Location

SMUD Headquarters Auditorium
6201 S Street, Sacramento 95817

Time

General Meetings start at 7:30 p.m.

Contact Us

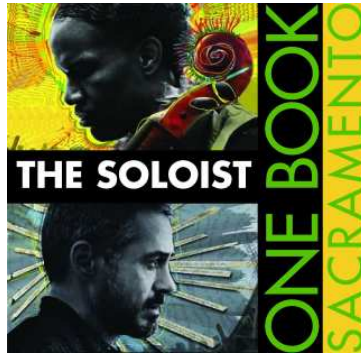
NAMI Sacramento
3440 Viking Drive, suite 116
Sacramento CA 95827
(916) 364-1642

NAMI Sacramento e-mail address:
office@namisacramento.org

Website: www.namisacramento.org

Sacramento Public Library to Feature *The Soloist* and Partner with NAMI Sacramento to Raise Awareness of Mental Illness

The New York Times bestselling book, *The Soloist*, is Sacramento Public Library's 2009 *One Book Sacramento: Connecting Our Communities* selection. Written by Los Angeles Times columnist Steven Lopez, *The Soloist* is the true story of how Lopez became an unlikely advocate and friend to a mentally-ill homeless man who was once a musical prodigy.



Free library programs, based on *The Soloist* themes, include:

In Our Own Voice: Living with Mental Illness. This unique educational program offers insight into the recovery now

possible for people with mental illness. Presenters give personal testimony about their own journeys with mental illness. Presented by National Alliance on Mental Illness Sacramento. September 29, Tuesday, 6:30 pm: Carmichael Library; October 8, Thursday, 6:30 pm: Central Library

The Rollercoaster of Mental Illness.

Janet Lee Carey explores the social issues of homelessness and mental illness. She speaks from the perspective of a mother with a grown son who suffers from schizophrenia. This is a personal family story about choices faced between hospitalization and homelessness. Janet is the author of *The Secret Life of Zoe Flynn*. September 15, Tuesday, 6:30 pm: Arden Dimick Library

Homeless Issues in Sacramento.

Local experts will discuss homelessness and mental illness issues in our community in a moderated panel discussion. September 17, Thursday, 6:30 pm: Central Library. For details, telephone (916) 264-2920 or visit saclibrary.org for a complete list of *One Book Sacramento* programs.

Some Conditions Misdiagnosed as Bipolar Disorder

by Amy Norton
Reuters Health August 13, 2009

A study published last year suggested that bipolar disorder may be over diagnosed in people seeking mental health care. Now new findings shed light on which disorders many of these patients actually have.

Bipolar disorder, also known as manic depression, involves dramatic swings in mood - ranging from debilitating depression to euphoric recklessness.

In the original 2008 study, researchers at Brown University School of Medicine found that of 145 adults who said they

had been diagnosed with bipolar disorder, 82 (57 percent) turned out not to have the condition when given a comprehensive diagnostic interview.

In this latest study, published in the *Journal of Clinical Psychiatry*, the researchers used similar standardized interviews to find out which disorders those 82 patients might have.

Overall, they found, nearly half had major depression, while borderline personality disorder, post-traumatic stress disorder (PTSD), generalized anxiety and

➔ *continued on page 4*



Support Groups

Depression and Bipolar Support Alliance (DBSA)

2nd and 4th Wednesday each month from 7:30 - 9:00 p.m. Sutter Center for Psychiatry, 7700 Folsom Blvd., Sacramento

See: www.dbsasacramento.org. Contact: Andrea Hillerman at andrea@mhasc.org or (916) 366-4601; or Marilyn Hillerman at marilynhillerman@yahoo.com or (916) 648-1358.

Dual Recovery Anonymous

Every Monday from 7:00 - 8:00 p.m. "The Effort" 1820 J Street Sacramento, CA 95814. A 12-step self-help program to help those with a dual diagnosis to recover from chemical dependency and psychiatric illness in a community of respect and support.

Call The "Effort" at (916) 325-5556 or Doug Smith at (916) 534-2609.

Early Psychosis Family Support Group

For families with a member who has a newly diagnosed brain disease. Imaging and Research Center Conference Room, UCD Med, Center, 4701 X Street, Sacramento.

Call Jane Du Bet at (916) 734-2964.

Emotions Anonymous

For people working toward recovery from emotional difficulties. Tuesdays from 6:30 p.m. - 7:30 p.m. Call number below for location. Thursdays from 7:00 - 8:30 p.m. Lutheran Church of the Good Shepherd, 1615 Morse Ave., Sacramento. Meet in the choir room.

Contact (916) 366-0699 or see : allone.com/12/ea/

NAMI Connections Recovery Support Group

A recovery support group for adults with mental illness regardless of diagnosis. Held every Sunday from 7:00 p.m. - 8:30 pm at Sutter Center for Psychiatry, 7700 Folsom Blvd., Sacramento. No pre-registration.

NAMI Family Support Groups:

Natomas

Held on the second Thursday of each month from 6:30 - 8:30 p.m. Natomas Service

Center, 3291 Truxel Road #26 (corner of Truxel and San Juan), Sacramento 95833.

Call facilitator Pat Pavone at (916) 397-7831 for more information.

Elk Grove

Fourth Wednesday of each month from 6:45 p.m. to 8:15 p.m. Sierra Vista Hospital, 8001 Bruceville Road, Sacramento 95823. Call facilitator Caroline Caton at (916) 204-4512 for more information.

Obsessive-Compulsive Support Meeting

Every Monday from 7:00 - 9:00 p.m. Sutter Center for Psychiatry, 7700 Folsom Blvd., Sacramento.

Call Jim (916) 223-6541 or Steve at (916) 456-8239.

OCD Kids Sacramento

For kids 18 and under and their families. Meetings also attended by a therapist experienced in treating OCD. 1st Sunday of the month from 2:00 p.m. - 4:00 p.m. at Kaiser

Permanente Point West Clinic, 1650 Response Road, Sacramento 95815.

See: www.ocdkids.com

Recovery, Inc., Self-Help Mental Health Meetings

Promotes a cognitive-behavioral approach to managing symptoms and changing attitudes and behavior. Groups meet weekly.

Contact: www.recovery-inc.com or call (916) 483-5616 for meeting locations.

Sacramento Borderline Personality Disorder Non-BP Support Group

For people who have a family member or friend who suffers from Borderline Personality Disorder. Held on the second Tuesday of each month from 7:00 - 9:00 p.m. Call Lee Gassaway at (916) 421-7354 or contact www.meetup.com.

Social Skills Group

For teens and adults who feel socially awkward or shy. Sponsored by Fall Creek Counseling, 5900 Coyle Ave. suite D, Carmichael, CA 95608.

Contact: www.sacramentopsychology.com
Call Dr. Debra Moore at (916) 344-0900

Educational Meetings

Family to Family Education Classes

Offered twice a year, spring and fall.

☎ www.namisacramento.org

For the current class schedule see the Sacramento NAMI web site or call (916) 364-1642.

Peer to Peer Education Classes

☎ www.namisacramento.org

The NAMI Peer-to Peer education course is a nine-week experiential recovery course for any person with serious mental illness.

General Interest Meetings

Sacramento Mental Health Board Meeting

Held the 1st Wednesday of each month at 7:00 p.m. Sacramento Mental Health Treatment Center (Media Room), 2150 Stockton Blvd., Sacramento.

NAMI Sacramento Board of Director's Meeting

3rd Monday of each month at 6:30 p.m. conference Room 1B, 3331 Power Inn Road, suite 140, Sacramento, CA 95826.

NAMI Sacramento does not necessarily endorse the organizations and groups listed above. This information is offered as a convenience to our newsletter readers.

Go to NAMI Sacramento's web site at www.namisacramento.org for an extensive list of resources and crisis help available in the Sacramento area.

Important Notice

NAMI programs should not be used to replace the specialized training and professional judgment of mental health professionals. We cannot, and will not, assume the role of a physician or therapist.

NAMI cannot be held responsible for the use of the information we provide. Please always consult a trained mental health professional before making any decision regarding treatment of yourself or others.



Message From The President



NAMI Sacramento Board President, Pat Pavone

The summer is going quickly and Board Elections will be held in October, which is just around the corner. At our recent Board Retreat, we identified the recruitment of new Board members as our highest priority in terms of sustaining the growth of NAMI Sacramento. Since our Board Members typically come from within the membership, we will be making an effort to reach out to some of the members and asking them to consider taking a leadership position in the organization by accepting a two year term on the Board. We hope to have potential Board members identified in time for the election, but if not we have the authority to appoint members to serve for up to a year and then run in the next election. If you have thought about becoming a Board member, but are uncertain about whether you would like to make the commitment, please contact one of the current Board members or come to a Board meeting to observe the kinds of things that we consider and discuss.

Additionally, the United Way Campaign is getting underway and we will be needing speakers and volunteers to go out to the various companies and agencies in the area to talk about our programs or provide informational displays at employee awareness fairs. The United Way donations that we received through the 2008 campaign helped us to avoid very serious financial issues last fiscal year, and we hope to improve the level of contributions this year. If you are interested in assisting with this effort, please contact NAMI Vice President Belinda Beckett at (916) 456-1478. Or, if you would like NAMI to speak at your office, you can request that we be included as one of the United Way affiliates that is invited to your workplace.

Finally, we are beginning to gear up

for the first NAMIWalk on April 24, 2010 in William Land Park. You will be getting updates on this event every month from now until April, so stay tuned. However, one of the first things that we will need is for our members to step forward to become "Team Captains." If each NAMI Member could put together a team of 10 people, and each of those team members pledged or raised just \$20 for the WALK, we could reach our goal of \$50,000! It's really very easy to do. So start calling your aunts, uncles, cousins, friends and neighbors and ask them to save next April 24th for a day at the park as we join together to "walk for the mind of America!"

*With gratitude,
Pat Pavone*

Wanted: Volunteers for New NAMI Program

There is a new NAMI program called NAMI Basics, which addresses family members of children and adolescents living with mental illnesses. It is a six week education course taught by trained teachers who are the parent or other caregivers of individuals who developed the symptoms of mental illness prior to the age of 13 years. It is not currently being offered in this area. However, we are hoping to have a training somewhere in the Central Valley or Bay Area sometime in the next few months.

We need volunteers to train as teachers for this program. It takes 2 1/2 days to train.

If you are interested, please call Lynn Cathy at (916) 647-6931 or email lmccathy@surewest.net. Once we have teachers in place, we will announce the course in a future newsletter.

This Just In...

The *Sacramento Bee* published a front page article on August 18, 2009 about the plan to reduce by half the number of beds at the county Mental Health Treatment Center on Stockton Blvd. To read the article online go to: www.sacbee.com. and type rlewis in the keyword box.



IT'S OFFICIAL

Get out our your calendars - the date for the first **Sacramento Valley NAMI Walk** will be on Saturday, April 24, 2010 at William Land Park! What is even more exciting is that this Walk will involve four NAMI Affiliates: Sacramento, El Dorado, San Joaquin and Yolo. With four groups joining forces, we are very optimistic that this will be a great start for a new local tradition. We are in the process of identifying volunteers and sponsors for the Walk, and there will be updates regularly as we move forward. If you are interested in participating in the planning, or know of someone who would be willing to be one of our sponsors, please contact Pat Pavone right away at (916) 359-2366 or pavone@surewest.net.

Family to Family Classes to Start in September

The NAMI Family to Family classes are beginning this month. Please contact Lynn Cathy at, lmccathy@surewest.net or call the NAMI Sacramento office at (916) 364-1642 to see if registration is still available.

Spanish Family to Family (A Familia de Familia) Coming in Spring 2010

We would like to start an A Familia de Familia class in Spring 2010. We have two bilingual teachers ready to teach the class. If you would like to attend a Spanish version of Family to Family please contact Lynn Cathy at lmccathy@surewest.net or the NAMI Sacramento office at (916) 364-1642. Unfortunately, neither Lynn nor the NAMI office staff is bilingual, but the class will be, so please sign up if you are interested!



Misdiagnosed, from page 1

social phobia were each diagnosed in roughly one-quarter to one-third.

When the researchers then compared the patients with 528 other psychiatric patients who had never been diagnosed with bipolar disorder, they found that those in the former group were nearly four times more likely to have borderline personality disorder. They were also 70 percent more likely to have major depression and twice as likely to have PTSD.

Some of the other diagnoses were less common but still seen at elevated rates among the patients previously diagnosed with bipolar disorder. These included anti-social personality disorder and impulse control disorder.

Over diagnosis of bipolar disorder is concerning, in part, because it is typically treated with mood-stabilizing drugs that can have side effects - including effects on the kidneys, liver and metabolic and immune systems, explained lead researcher Dr. Mark Zimmerman, an associate professor at Brown and director of outpatient psychiatry at Rhode Island Hospital.

In addition, he told Reuters Health in an email, over diagnosis means some patients are likely not getting the appropriate care for the problems they do have.

Bipolar disorder shares certain characteristics with some other psychiatric conditions. Borderline personality disorder, for instance, is marked by unstable mood, impulsive behavior and problems maintaining relationships with other people.

But Zimmerman and his colleagues suspect that some doctors are over diagnosing bipolar disorder because - unlike certain other causes of mood disturbance - it does have effective drug therapies.

There are no medications approved specifically for treating borderline personality disorder, for instance, but research suggests that some forms of "talk therapy" are effective.

"We believe that clinicians are inclined to diagnose disorders that they feel more comfortable treating," Zimmerman explained.

Congressional Panels Approve Health Care Reform Bills

by Rich Daly
Psychiatric News, August 7, 2009

Both the unified House of Representatives' health care reform bill and a Senate committee's version contain key mental health provisions, including strong protections for parity coverage under a health insurance expansion.

A leading Senate committee and two House committees approved the first health reform bills in Congress in July. The House committees approved a unified version of a reform bill, and the Mental Health Liaison Group (MHLG), of which APA (American Psychiatric Association) is a member, endorsed the House version (HR 3200), although both House and Senate bills included several provisions to improve insurance coverage for people with mental illness.

"This bill has numerous features that are good for our patients and good for the profession," Nicholas Meyers, director of APA's Department of Government Relations, told Psychiatric News.

The endorsement by the MHLG of the \$1.04 trillion bill was based in part on its inclusion of a mental health insurance parity requirement for all insurance plans - including policies for individuals - that will be part of a new insurance marketplace.

The endorsement came soon after approval of the bill by the House Ways and Means and the House Education and Labor committees. Approval of the bill by the final House panel with jurisdiction over health care, energy and commerce was slowed by cost objections raised by some Democrats.

Meanwhile, the Senate Health, Education, Labor, and Pensions (HELP) Committee approved as-yet-unnumbered legislation to revamp health care that also includes some parity protections.

In addition to its many other provisions, the HELP committee bill includes measures that aim to greatly expand treatment coverage for people with mental illness, including substance abuse disorders. It also includes a prohibition on large group health insurers barring or restricting cov-

erage for any individual based on either the applicant's or a family members' pre-existing health conditions, such as a mental illness.

For the full text of this article go to: <http://pn.psychiatryonline.org/cgi/content/full/44>.

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Pat Pavone
pavone@surewest.net

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caroline@namisacramento.org

Belinda Beckett
nimabima@aol.com

TREASURER

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Andrea Hillerman, Adult Consumer Advocate,
(916) 875-4710

Dave Schroeder, Family and Youth Advocate,
(916) 875-4183

Host An "In Our Own Voice" Presentation

In Our Own Voice is an anti-stigma presentation given by consumers to all types of community audiences, large and small. The focus is on living well with mental illness. If your group is interested in hosting a presentation, if you would like to become a presenter, or if you would just like more information on the program, please contact Kathleen Derby at (916) 425-6261 or the NAMI Sacramento office: (916) 364-1642; or office@namisacramento.org



Anxiety Out of Control



By Linda Ellis,
RN, BSN, MN

Director of Nursing
Turning Point
Community
Programs

Unemployment. Health care reform. Increased taxes. H1N1. War in the Middle East. An ill relative. An upcoming wedding. Costly repairs to your car. Start of school. Whether catastrophic or minor by comparison, we all have events in our lives that have the potential to cause anxiety. Anxiety, a normal reaction to stress, begins to take on out-of-control proportions for individuals, according to Dr. Hall-Flavin, who become extremely worried about these and many other things, despite the fact that there may be little or nothing to worry about. People who suffer from Generalized Anxiety Disorder (GAD) typically become nearly dysfunctional when even simple everyday tasks and events, such as attending social activities, interfere with their daily functioning because of exaggerated anxiety.

The exact causes of GAD are unknown, but researchers believe, according to the Mayo Clinic, that naturally occurring chemicals in the brain called neurotransmitters, such as serotonin and norepinephrine, are involved. "However, it's likely that the condition has a complex set of causes that may include your body's biological processes, genetics and your environment and life situation." (Mayo Clinic, 2007)

Generalized Anxiety Disorder develops gradually and can begin at any point in life, although it is more likely to occur between childhood and middle age, according to the National Institutes of Mental Health. The Institute also states that 6.8 million American adults, women comprising twice as many as men, have this disorder, which is diagnosed when the symptoms are present for six months or longer. According to the American Psychological Association, people with GAD will often have other anxiety disorders

(panic disorder, obsessive-compulsive disorder, and phobias), suffer from depression, and/or abuse drugs or alcohol. For the purpose of this article, GAD, in general, and the physical manifestations of this type of anxiety, in particular, will be addressed.

The National Institute of Health reports that people who experience GAD can't control their constant worrying and are aware that they worry more than they should. They have a difficult time relaxing or concentrating and are easily startled. Difficulty falling asleep and staying asleep is common. If you are having difficulty controlling your stress level or if your anxiety is interfering with your daily activities, consulting with your primary care provider (PCP) or a mental health professional, may be a wise choice.

What is also common are a plethora of physical symptoms that individuals with GAD may experience. These include the following: feeling tired for no reason, headaches, muscle tension and aches, having a hard time swallowing, trembling or twitching, being irritable, sweating, nausea, feeling lightheaded, feeling out of breath, having to go to the bathroom a lot, and hot flashes.

Experiencing some of the aforementioned physical symptoms can be alarming in and of itself especially in someone with GAD. These alone may warrant a visit to your PCP. As was reported in the May article, psychiatric symptoms, such as anxiety, can be caused by an underlying medical condition or effects of drugs. It is very important that you see your PCP, or bring your loved one in, to establish whether or not this is true in your case.

Your PCP may refer you to a mental health specialist if he or she does not find a medical basis for your condition. People with GAD may enter therapy with a licensed social worker, psychologist, or psychiatrist in the hopes of getting some relief from their anxiety and fears.

In some cases, it may be necessary to use medications to find relief from GAD. The types of medications that are typically used to treat it, as well as some

other problems, such as depression, include antidepressants, anti-anxiety medicines, and beta blockers. It is important to know that some of these medications may take a few weeks to begin working, and more to reach their full therapeutic benefit.

Unfortunately, there is no cure for GAD yet, but treatments can give relief to people who have it and help them live a more normal life. If you know someone with signs of GAD, talk to them about seeing their PCP. Do the same if you think you might have it yourself. Offer to go along for support if that's what it takes. To find out more about GAD, enter NIMH in your browser and click on Generalized Anxiety Disorder or call 1-866-615-NIMH (1-866-615-6464) to have free information mailed to you. And remember, the phrase "*Don't Worry, Be Happy!*" is attainable.

Shop Online and Support NAMI Sacramento

NAMI Sacramento participates in a program that allows you to give financial support to NAMI while you shop online - at no cost to you!

Goodshop.com is a completely easy and painless way to help NAMI while shopping online. Go to www.goodshop.com. Type "NAMI Sacramento" in the box asking for the name of the charity you wish to support. Choose the store from the dropdown box - there are over 700 of them including Amazon, Macy's, Nordstrom, Sears, Eddie Bauer, Home Depot, and Flowers.com to name a few. You will be immediately connected with that store's website - where you shop and order just as usual. That's all there is to it. You don't need to register or give any information. Goodshop will automatically donate a small percentage of what you spend to NAMI Sacramento.





Thanks and Recognition for our Program Volunteers

At the August General meeting NAMI Sacramento President Pat Pavone presented certificates of appreciation to our program volunteers. Without these special people, NAMI's Family to Family, In Our Own Voice, Peer to Peer, Law Enforcement Trainings, Peer Support Group and Family Support Groups would not be possible.

Pictured in the photos: top left: Family to Family teachers Maxine Boshes, Lannette Reeves, Norm Pobanz, Anthony Da Vigo and Lynn Cathy; top right: Peer to Peer mentors Joe Teixeira, Elizabeth Edwards and Will Glasper; bottom left: Family Support Group facilitators Caroline Caton, Pat Pavone and Lynn Cathy; bottom left: In Our Own Voice presenters Joe Teixeira, Steven Cathy and Will Glasper.



A Mother Thanks NAMI Sacramento

NAMI Sacramento was contacted recently by a woman looking for help for her mentally ill son who was facing first time criminal charges for his actions when he was not taking medication. NAMI was able to help, and we would like to share with you the mother's letter of thanks.

Good Morning to you all,

I sent an email this week asking for help with an indecent exposure case involving my son who is mentally ill (paranoid schizophrenia). I just wanted to say "Thank You" for responding to my emails and trying to help. I took the advice that was on the NAMI website that suggested to provide history and to give it to the public defender prior to court, and that often times, the public defender isn't assigned to the defendant until the court proceeding and as a result, more than likely didn't have the opportunity to view the file. Anyway, court began at 9:00 a.m. and was recessed at 10:30 a.m. We had to return at 1:30 p.m.

My son and I took that opportunity to provide over 20 pages of history written by me. I included proof

(written documentation) that he is in current treatment; I walked in the doctor's office and asked for it. I also included all discharge summaries when he was released from the various hospitals. And, my son had an idea to write an apology letter to the victim explaining that he was sorry, he wasn't in his right mind because he had been off his medication for several weeks and was in denial of having an illness. I also included a certified letter that he attended a summer class and is enrolled as a full-time student for the Fall. All of this was presented to the public defender, which she read.

When we returned at 1:30, the public defender told us that they were not requiring any jail time and not sex-offender registration. **THE CHARGES WERE DISMISSED**, and instead he was charged with disorderly conduct, 1 year probation. He has to take an HIV class and pay a fine of \$800.00. He has to return in February to show proof of the class completion and a progress report from his psychiatrist. In addition, of course, he has to remain in treatment, stay on his medication, and

continue with counseling.

My son is doing very well; he is now living with me. I prayed for this and thank God. Thank you for all your help, concern and assistance.

God Bless You,

A Mother on a Mission

A Correction and an Apology

Last month in the newsletter we thanked our NAMI program volunteers. Unfortunately, we inadvertently left the name of one of our wonderful Family to Family teachers, Rona La Pilusa, out of the print version of the newsletter. We apologize for the omission and thank her for being a great volunteer!





Facts About Mental Illness from NAMI National

One in four adults - approximately 57.7 million Americans - experience a mental health disorder in a given year.

One in seventeen lives with a serious mental illness, such as schizophrenia, major depression or bipolar disorder, and about one in ten children have a serious mental or emotional disorder.

Half of all lifetime cases of mental illness begin by age 14, three quarters by age 24. Despite effective treatments, there are long delays - sometimes decades - between first onset of symptoms and when people seek and receive treatment.

Fewer than one third of adults and half of children with a diagnosable mental disorder receive any mental health services in a given year.

Over 50 percent of students with a mental disorder age 14 and older drop out of high school - the highest dropout rate of any disability group.

Racial and ethnic minorities are less likely to have access to mental health services and often receive a poorer quality of care.

Individuals with serious mental illness face an increased risk of having chronic medical conditions. **Adults with serious mental illness die 25 years younger than other Americans**, largely due to treatable medical conditions.

Major depressive disorder affects 6.7 percent of adults, or about 14.8 million American adults. According to the 2004 World Health Report, **Major Depressive Disorder is the leading cause of disability in the U.S. and Canada in ages between 15 to 44.**

Suicide is the eleventh leading cause of death in the U.S., and the third leading cause of death for ages 10 to 24 years. More than 90 percent of those who die by suicide have a diagnosable mental disorder. **There are more suicides each year than there are homicides.**

In July 2007, a nationwide report indicated that **male veterans are twice as likely to die by suicide** as compared with their civilian peers in the general U.S.

population.

About 2.4 million Americans, or 1.1 percent of the adult population, lives with schizophrenia.

Bipolar disorder affects 5.7 million American adults, approximately 2.6 percent of the adult population.

Anxiety disorders, which include panic disorder, obsessive compulsive disorder (OCD), post traumatic stress disorder (PTSD), generalized anxiety disorder, and phobias affect about 18.1 percent of adults, and estimated 40 million individuals. Anxiety disorders frequently co-occur with depression or addiction disorders.

Twenty four percent of state prisoners and 21 percent of local jail prisoners have a recent history of a mental health disorder. Seventy percent of youth in juvenile justice systems have at least one mental disorder with at least 20 percent experiencing significant functional impairment from a serious mental disorder.

NAMI Websites Provide A Wealth of Information

Just a reminder that if you are seeking information and help, the NAMI Sacramento, NAMI California, and NAMI National websites are good places to start. We recently heard from someone who found the Online Community Forum on the NAMI National website very helpful. The link for the Community Forum is:

http://www.nami.org/Template.cfm?Section=all_discussion_groups&Template=/Security/Login.cfm

October Newsletter

We welcome submissions to the newsletter. The due date for the October newsletter will be September 13. Please send submissions to Belinda Beckett at nimabima@aol.com. Submissions may be edited.

Wanted: Storage Cabinet to Help Family-to-Family

If you have an extra storage cabinet you can donate to Family-to-Family, NAMI Sacramento would be most appreciative (and would give you a receipt for your taxes)! Currently, our Family-to-Family class supplies are taking up a great deal of room in the garage of one of our Family-to-Family coordinators. A cabinet would help him organize the supplies and free up some space at his home. If you can help us, please call the NAMI office at (916) 364-1462 or email us at office@namisacramento.org. We can arrange to pick up the cabinet.

Volunteer Corner

NAMI Sacramento is currently recruiting volunteers for the following positions:

- Family support group leader
- Family-to-Family class teachers, English and Spanish speakers wanted!
- NAMI Walk planning committee member
- Family-to-Family Class coordinator

Training and guidance will be provided for all of these volunteer positions. If you can help, please contact Pat Pavone at pavone@surewest.net or (916) 359-2366.

NAMI Consumer Support Group Meets Weekly

The new NAMI consumer recovery support group, Connection, is meeting every Sunday from 7:00 - 8:30 p.m. at Sutter Center for Psychiatry, 7700 Folsom Blvd, Sacramento, 95826. Connection is for individuals 18 years and older, regardless of their diagnosis, who are living with mental illness. In the group people learn from each other's experiences, share coping strategies, and offer each other encouragement and understanding. Everyone is a valued participant.

For more information call NAMI Sacramento at (916) 364-1642 or visit NAMI Sacramento at http://namisacramento.org/meetings/support_groups.html or email at office@namisacramento.org.

NAMI Sacramento Membership Form

Please join us! Join others in your community dedicated to improving the lives of people with mental illness in the Sacramento area. Become part of our grassroots revolution and make a difference! Either detach and mail in the membership form below, or join online at www.namisacramento.org/membership. Collecting this information helps us to serve our members better. Your information is treated confidentially and will never be shared outside of NAMI. Please print clearly.

Name: _____ Address/City/Zip: _____

(circle one)

Home/Work/Cell Phone: _____ Email: _____

(check one)

Your relation to the consumer:

- I'm a consumer
- Family member
- Friend
- None, just interested

Ethnicity:

- Asian
- African/Black
- Hispanic/Latino
- Caucasian/White
- Other
- Decline to state

If you are a consumer, please enter your primary diagnosis:

- ADHD
- PTSD
- Bipolar disorder
- Schizophrenia
- Dual diagnosis
- Unknown
- Major depression
- Other
- OCD
- Decline to state
- Panic disorder

If you are the consumer's family member, please enter your family relation to the consumer:

Membership type:

- Consumer, \$17
- General, \$40

Newsletter preference:

- E-mail
- Postal mail
- Both
- Don't send

You can help! Volunteer with NAMI Sacramento:

- Contact me about volunteer opportunities

Please consider an additional donation of:

- \$100 or more
- \$50-\$99
- up to \$50

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