



# Sacramento Newsletter

National Alliance on Mental Illness

Sacramento's Voice on Mental Illness

August 2011 Issue No. 9.7

## General Meeting

**Monday, September 12—  
Tom Wootton—From Bipolar  
Disorder to Bipolar In Order**

Popular author and speaker, Tom Wootton will discuss his program, Bipolar In Order. Mr. Wootton champions an integrated approach to depression and mania that addresses the physical, mental, emotional, and spiritual aspects of life as well as our relationships with others and our career and financial needs.

Receive a free DVD by Tom Wootton with your new or renewed NAMI membership at the talk.

### RESERVATIONS REQUIRED

Please RSVP to reserve seating. This talk usually attracts a large audience and we urge you to make a reservation so you don't miss this opportunity to hear Tom Wootton. Reserve your seat online at

<http://www.bipolaradvantage.com/sac> or call Bipolar Advantage at 415-992-5315. You'll be asked to give your name and email address to secure your reservation.

NAMI Sacramento General Meetings are free and open to the public.

### Meeting Location

SMUD Headquarters Auditorium  
6201 S Street  
Sacramento, CA 95817

### Time

General Meetings start at 7:30 p.m.

## Contact Us

NAMI Sacramento  
3440 Viking Drive, Suite 125  
Sacramento CA 95827  
**(916) 364-1642**

NAMI Sacramento e-mail address:  
[office@namisacramento.org](mailto:office@namisacramento.org)

Website: [www.namisacramento.org](http://www.namisacramento.org)

## NAMI SACRAMENTO NAMIWALK 2011 TEAM CAPTAIN HONOR ROLL



NAMI Sacramento would like to thank the teams and team captains from our own NAMI Sacramento chapter for their great contribution to the success of the 2011 Northern California NAMIWalk. They are the ones who pull the teams together to get the donations pledged. Special recognition goes to the following top NAMI Sacramento fundraising teams and captains for their hard work and especially for the funds they raised.

<u>Captain</u>	<u>Team Name</u>	<u>Dollars Raised</u>
Al Lipson	Team B'nai Israel	\$3,826.00
Mitzi Caguiat	Sutter Center for Psychiatry	\$3,418.50
Pat Pavone	You'll Never Walk Alone	\$3,390.00
Lanette Reeves	F2F Stars	\$2,820.00
Belinda Beckett	Beckett Brigade	\$2,585.00
Stacy Judkins	TeamUCDPsych	\$2,577.00
Sontine Kalba	Sontine's Stigma Stompers	\$2,500.00
Patsy Pavan	Peace With The Storm	\$1,925.00
Kathleen Derby	NAMI CA Stigma Busters	\$1,550.00
Marilyn Hillerman	Wellness Walkers	\$1,380.00
Isabella Blackman	Emily's Team	\$1,269.00
Caroline Caton	Caroline's Crew	\$1,205.00
Annette Allen	Team Kristen McCulloch	\$1,205.00
Sara Roberts	Team Faith	\$1,075.00



National Alliance on Mental Illness



## Support Groups

### Balanced – A Bipolar Support Group

Every Wednesday from 7:00–8:30 p.m.  
Trinity Lutheran Church, 1500 27th  
Street, Sacramento, CA 95816

Call Joe Long at (916) 834-0004.

### 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](http://www.dbsasacramento.org). Contact:  
Andrea Hillerman-Crook at [hillerman-crooka@saccounty.net](mailto:hillerman-crooka@saccounty.net) or (916) 875-4710; or Marilyn Hillerman at [marilynhillerman@yahoo.com](mailto:marilynhillerman@yahoo.com) or (916) 648-1358.

### 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. 890 Morse  
Ave. (corner of Morse and Northrop.)  
Thursdays from 7:00–8:30 p.m. Lutheran  
Church of the Good Shepherd, 1615  
Morse Ave., Sacramento. Meet in the  
choir room. Newcomer Orientation:  
Saturdays from 1:00–1:30 p.m., followed  
by a Topic/ Discussion Meeting from  
1:30–2:30 p.m. Wellness and Recovery  
Center, 3815 Marconi Ave, Sacramento.

Contact (916) 366-0699 or  
[allone.com/12/ea/](http://allone.com/12/ea/)

### NAMI Connection Recovery Support Group

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

### 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 2:00–4:00 p.m. at Kaiser  
Permanente Point West Clinic, 1650  
Response Road, Sacramento 95815.

See: [www.ocdkids.com](http://www.ocdkids.com).

### NAMI Family Support Groups:

#### North Area

Held on the second Thursday of each  
month from 6:30–8:00 p.m. Heritage  
Oaks, 4300 Auburn Boulevard,  
Sacramento CA 95841. The group meets  
in the building to the left of the hospital,  
not in the hospital itself. The meeting  
room is the first door to the right in the  
main hallway.

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

#### Elk Grove

Fourth Wednesday of each month from  
6:45–8:15 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.

### Educational Meetings

#### Family-to-Family Education Classes

A free 12-week course for family  
members and caregivers of individuals  
with mental illness. Offered twice a  
year, spring and fall.

#### Peer-to-Peer Education Classes

A free 10-week recovery oriented  
course for people with mental illness.  
Offered twice a year, spring and fall.

#### NAMI Basics Classes

A free six-week course for parents and  
caregivers of young children and teens  
with mental illness.

For the current course schedules and to  
sign up call (916) 364-1642.

### General Interest Meetings

#### Sacramento Mental Health Board Meeting

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

#### NAMI Sacramento Board of Directors Meeting

4<sup>th</sup> Thursday of the month at 6:30 p.m.  
conference Room 1A, 3331 Power Inn  
Road, suite 140, Sacramento, 95826.

### 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](http://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. Second Tuesday of  
each month from 7:00–9:00 p.m. Call  
Lee Gassaway at (916) 421-7354 or  
contact [www.meetup.com](http://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](http://www.sacramentopsychology.com) Call  
Dr. Debra Moore at (916) 344-0900

### Women's PTSD and Anxiety Support Group

contact: [highestgood2000@yahoo.com](mailto:highestgood2000@yahoo.com).

### Family to Family

This is a free 12-week class offering  
information about mental health issues  
for families with members who have  
mental illness.

The next Family to Family class is  
offered in early fall. Registrants will be  
contacted mid-August with class details.

The hours are 6:30–9:00 p.m. For further  
information and to register please contact  
the NAMI Sacramento office at 916-364-  
1643, or visit [www.namisacramento.org](http://www.namisacramento.org).

NAMI Sacramento does not necessarily  
endorse the organizations and groups  
listed above. This information is offered  
as a convenience to our members. Go to  
NAMI Sacramento's web site at  
[www.namisacramento.org](http://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.

## Team Captains Receive NAMI Pins



Pat Pavone presented NAMI pins to the NAMIWalk team captains (clockwise from top left) Annette Allen, Lanette Reeves, Marilyn Hillerman, and Sontine Kalba. Not pictured is Al Lipson.



**Save the Date!**

**SATURDAY, APRIL 28, 2012**



**National Alliance on Mental Illness**

The books have closed on the 2<sup>nd</sup> Annual Northern California NAMIWalk and our event was a wonderful success. We reached our goal by raising just over \$100,000! We are most grateful to all of our sponsors, team captains, walkers and donors.

Our 3<sup>rd</sup> Annual Northern California NAMIWalk will be held on Saturday April 28, 2012, in William Land Park in Sacramento!



## Bipolar In Order

General Meeting Monday, September 12

Tom Wootton—From Bipolar Disorder to Bipolar In Order

Popular author and speaker, Tom Wootton will discuss his program, *Bipolar In Order*. Mr. Wootton champions an integrated approach to depression and mania that addresses the physical, mental, emotional, and spiritual aspects of life as well as our relationships with others and our career and financial needs. Mr. Wootton does not ask you to deny your belief in the effectiveness of medicine, therapy, meditation, nutrition, or any other tool, but to modify the goals of treatment. He demonstrates how to put in place the skills to lead an extraordinary life, with bipolar or depression.

Tom Wootton is from San Francisco, is the author of three books and is a nationally recognized and sought after speaker on positive approaches to mental health. He is passionate about bringing change to the way we view and treat mental conditions. Mr. Wootton's books are *Bipolar In Order: Looking at Depression, Mania, Hallucination, and Delusion From the Other Side* (2010), *The Bipolar Advantage* (2005), and *The Depression Advantage* (2007).

*Bipolar Advantage* is certified by the California Board of Behavioral Health (PCE#4050) to offer 1 CEU Unit to MFT and LCSW therapists for attending this talk.

Receive a free DVD by Tom Wootton with your new or renewed NAMI membership at the talk.

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### RESERVATIONS REQUIRED

Please RSVP to reserve seating. This talk usually attracts a large audience and we urge you to make a reservation so you don't miss this opportunity to hear Tom Wootton. Reserve your seat online at <http://www.bipolaradvantage.com/sac> or call Bipolar Advantage at 415-992-5315. You'll be asked to give your name and email address to secure your reservation.

## Recovery Does Happen

A Support Group for Parents of Drug Using Teens & Young Adults:

Parents of drug-using teens and young adults have many struggles in the process of their child's use, intervention and recovery. Many find themselves confused about what is helpful/support vs. enabling and what is having healthy boundaries vs. being callous just to name two examples.

Moreover, many parents are alone, unable to talk about it at work, with friends, and don't really understand what their own healing around this issue looks like and how to get started. This group will be a safe container for this work to occur. It can be a place to explore your own family history of addiction, co-dependency or other issues which can participate in your child's illness, and how you react to it.

You are not alone and don't have to be alone. You deserve recovery just as much as your child. Your child has the love, guidance, support and healthy challenge from their own counselor and possibly group, yet many parents need the same space for their own education and healing around these issues. This group is about creating that space for parents to come together, learn, and work on a path of recovery.

Location: 7996 Old Winding Way #100 (Basement Room), Fair Oaks, CA 95628

Time: Fridays, from 5:30 PM–6:15 PM.

[www.recoveryhappens.com](http://www.recoveryhappens.com)

Fee: \$15.00 per parent (space is limited, so please call to R.S.V.P and check availability)

Contact Amy Rose, with Recovery Happens Counseling Services for Details at 916-595-5224.

\*Please call ahead—do not just show up\*

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6201 S Street  
Sacramento, CA 95817

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## Family-to-Family Volunteer Opportunity

Did you and your family benefit from taking the Family-to-Family course? Would you like to help “pay it forward”? If so, we have an opportunity for you!

NAMI Sacramento is looking for a new Family-to-Family Co-Coordinator to help coordinate two Family-to-Family classes per year. This does not involve teaching the class.

Currently, we have a team of three volunteers who work together to coordinate the fall and spring Family-to-Family classes. The volunteer position now open involves making follow-up phone calls to people who have indicated an interest in taking the course, keeping a roster on your computer of the class participants, emailing and mailing welcome letters and making certificates of completion for the participants.

This volunteer position is available immediately and is needed for the Fall 2011 class scheduled to begin in September.

If you are interested or want more information, please contact Sontine Kalba, NAMI Sacramento Executive Director, by email at [sontine@namisacramento.org](mailto:sontine@namisacramento.org).

## 2011 NAMI California State Conference in Sacramento on August 19 & 20

The 2011 NAMI California State Conference is scheduled for Friday, August 19 and Saturday, August 20 at the DoubleTree Hotel in Sacramento near Arden Way off the Cap City Freeway.

The Conference will include workshops and the election of NAMI California Board of Directors.

For more information go to <http://www.namicalifornia.org>.



## Mental Health Magazine Launches in Sacramento Region

by Melanie Turner, Staff writer  
Sacramento Business Journal -

A free quarterly magazine focused on mental health launched this week in the Sacramento region, the company announced.

Empowerment Magazine, published by Sacpros.org, promotes “mental health resiliency,” and is being distributed now to a variety of agencies and retail stores. The next issue is due out in September.

The publication, and website, aim to eliminate stereotypes about mental illness and promote wellness for people living with mental health-related challenges.

“We were lacking a publication in Greater Sacramento that promotes uplifting voices in the mental health community and we found this inexcusable,” Amede Kyubwa, founder of Empowerment Magazine and sacpros.org, said in a news release.

The current issue can be read at [www.sacpros.org](http://www.sacpros.org)

## Workshop for Consumers with THEIR Family Member or Friend

Consumers and their support people are rarely brought together in a skills-building environment. Alysse Adularia, author of the book, *I wish you'd tell me, A toolbox of answers to the question, "What can I say that will help," when the one you love is bipolar*, has now put her experience living with mental illness and working with peers and family members into a uniquely designed workshop.

- Family members/friends learn what to say that helps
- Consumers fashion effective support strategies
- Individualized plans and scripts are based on group wisdom

September 10<sup>th</sup> and 11<sup>th</sup> in Rancho Cordova (just off Highway 50).

\$150 **total** for consumer and family member; lunch and snacks provided.

Contact Alysse Adularia at (916) 706-1903 or [adularia@sbcglobal.net](mailto:adularia@sbcglobal.net)

## Tuition Refunds, but Not Quite on Equal Terms

by Ron Lieber, New York Times

[Sallie Mae](#) wants to be a cradle-to-grave resource, helping parents save for their children’s college educations until they’re 18, then lending students money for tuition, helping them save for their own children’s bills and so on until they’re great-grandparents.

In the last couple of years, Sallie Mae has been trying to deepen its financial ties with customers, adding an online bank and a credit card.

In July, it added a curious product known as tuition refund insurance, which can make you whole if an ill child must withdraw from college sometime during the term.

The insurance, which Sallie offers in partnership with Next Generation Insurance Group, a company it recently bought a stake in, doesn’t treat all sickness equally, though. If a student withdraws because of a physical illness or injury, a family gets 100 percent of its money back. People who leave because of mental health problems, however, get only 75 percent back.

This would probably be illegal if tuition refund policies were deemed health insurance, instead of insurance that just happens to be based solely on your health. Federal law now mandates equal coverage for mental and physical illness in many instances when employers offer any health insurance for mental illness.

Even if disparate tuition insurance coverage is legal, however, it’s still offensive to people who spent their careers fighting for so-called mental health parity. “There should be a buyer beware sign blinking on and off,” said Ken Liberto, who ran the Vermont Association for Mental Health for 30 years. “Parents need to know that there is a fatal flaw in these plans’ constructions.”

Tuition refund insurance in the United States dates back to 1930, when a company called A. W. G. Dewar offered a plan that provided tutors to families whose children were home sick for an extended period. Eventually, the insurance became a policy that paid out cash to make up for whatever a private primary or secondary school would not

refund.

According to Dewar, just over half of secondary schools (though only one college) that offer the insurance make it mandatory for some or all families — say, for new students, who may have adjustment problems — or for anyone who doesn’t pay tuition in full up front. At colleges, fewer than 10 percent of parents choose to buy the tuition refund plans.

That low take rate at colleges probably reflects the “it can’t happen to me” syndrome, but perhaps some parents who have dug into the details discovered that these policies often covered mental illness differently from physical injury. Not only is the payout less, but the insurance often requires a multiday hospital stay as a sort of proof that the depression or anxiety is real.

## New NAMI Program for Parents

NAMI Sacramento will offer a NAMI program called Basics for the first time in September. This is a free course for parents and caregivers of children and adolescents living with mental illness, including attention deficit hyperactivity disorder. NAMI Basics is taught by trained instructors who are also parents or caregivers of individuals who developed symptoms as a child or young teenager. Course elements cover the biology of mental illness, impact of the child’s illness on the family and the latest research and advances in treatments

The NAMI Basics course is designed to give parents and caregivers the information they need to take the best care possible of their child, their family and their self.

The free six-week course will be held in Elk Grove. To enroll, call the NAMI Sacramento office right away at (916) 364-1642.

For more information on NAMI Basics go to [www.nami.org/basics](http://www.nami.org/basics).



## NIH Researchers Trace Early Journey of Modulating Cells in Brain

Mouse study offers clues to brain structure key to memory and attention

Key cells in the brain region known as the hippocampus are formed in the base of the brain late in fetal life and undertake a long journey before reaching their final destination in the center of the brain shortly after birth, according to researchers at the National Institutes of Health.

The hippocampus is involved with attention, navigation and converting short-term memories to long-term memories. Interneurons, the brain cell population the researchers studied, regulate communication between networks of brain cells. Previous research suggests that brain cell networks in the hippocampus may be disrupted in developmental disorders, including autism, as well as in epilepsy, Alzheimer's disease and schizophrenia.

"The hippocampus seems to be at the crossroads of many disorders affecting the brain," said Chris McBain, Ph.D., chief of the Laboratory of Cellular and Synaptic Neurophysiology at the NIH's Eunice Kennedy Shriver National Institute of Child Health and Human Development (NICHD). "With these findings, we can begin to understand how proper communication is established in the brain and to investigate why sometimes it breaks down in this critical area."

Dr. McBain conducted the research with NICHD colleagues Ludovic Tricoire, Ph.D., the article's first author; Kenneth A. Pelkey, Ph.D.; Brian E. Erkkila, Ph.D.; Brian W. Jeffries; and Xiaoqing Yuan.

Their findings appear in *The Journal of Neuroscience*.

In their experiments, the researchers worked with two kinds of genetically altered mice. The researchers examined the brains of fetal mice and pups at various stages of development, from about two weeks after conception until the baby mice were one month old. Cells generated in the brains of the mice at each stage emitted light from a fluorescent protein they contained.

Comparing the number and location of fluorescent cells at the various stages, the researchers were able to create a composite image of the early development and migration of interneurons. The researchers also examined individual interneurons in the animals' brains and catalogued nearly two dozen different types.

The researchers demonstrated that the brain produces large quantities of interneurons just before the mouse is born. Typically, brain cells reside in areas of the brain very close to where they are generated, Dr. McBain explained. But interneurons, the researchers discovered, take two to three days to travel across the brain to the hippocampus.

Along the route, most of the new brain cells die. Cell counts began to drop after the mice were born, the researchers found. When the mice were five days old, about half of the cells had disappeared. By the time the mice were one month old, the researchers estimated that 80 percent of the new interneurons had died.

The remaining cells were integrated into the hippocampus and demonstrated typical activity, the researchers showed. In the normally functioning brain, Dr. McBain explained, interneurons are incorporated in circuits connecting structures in different areas. In the circuit, they brake or sometimes stop signals at decisive moments. Working in concert with other cells in the circuit, they coordinate waves of activity across the brain.

"This work shows how the early development of the hippocampus is distinct from the rest of the brain," said Dr. McBain. "It may also help us decide where to look when signals passing through somehow miss their mark."

## Volunteer Spotlight

Every week a team of trained volunteers gives their time to facilitate the NAMI Connection Recovery Support Group. These are dedicated consumers who volunteer their time simply for the sake of helping others. The NAMI Sacramento Connection facilitators are **Joe Teixeira, Alyse Adularia, Dave Blough, Anne Gosse, Sandra Marley, Herb Pope, Mark Schmidt and Doug Smith.**

We also have dedicated, trained family members who volunteer their time to facilitate monthly NAMI Family Support Groups. The NAMI Sacramento Family Support Group facilitators are **Lynn Cathy, Caroline Caton and Pat Pavone.** In addition, **Susan Abrams and Rona LaPilusa** have recently been trained, are helping to facilitate our current support groups and will be starting new support groups very soon.

Without generous volunteers like these our support groups wouldn't be possible. We thank all of these volunteers for the kindness and selfless dedication that they give to our community month after month and year after year.

## NAMI Fall Classes

We have educational classes starting up in late August and in September.

**Peer-to-Peer:** A free 10-week course for people with mental illness who want to achieve and maintain wellness and prevent relapse. The course is taught by a team of trained mentors who are personally experienced at living well with mental illness.

**Family-to-Family:** A free 12-week course for family members and caregivers of individuals with mental illness who want to gain knowledge about mental illness and learn skills to cope more effectively with their loved one's situation.

**NAMI Basics:** A free six-week course for parents and caregivers of young children and teens with mental illness. NAMI Basics is being offered this fall for the first time in Sacramento County.

For more information or to sign up for one of NAMI Sacramento's classes call (916) 364-1642.



## Paws That Refresh: Cats, Dogs Good for Mental Health

*Managed Care Weekly Digest - August 01, 2011*

WASHINGTON -- Pets can serve as important sources of social and emotional support for "everyday people," not just individuals facing significant health challenges, according to research published by the American Psychological Association.

And, the study found, pet owners were just as close to key people in their lives as to their animals, indicating no evidence that relationships with pets came at the expense of relationships with other people, or that people relied more on pets when their human social support was poorer (see also American Psychological Association).

Psychologists at Miami University and Saint Louis University conducted three experiments to examine the potential benefits of pet ownership among what they called everyday people. The results of the current study were reported in the *Journal of Personality and Social Psychology*, published online by APA.

"We observed evidence that pet owners fared better, both in terms of well-being outcomes and individual differences, than non-owners on several dimensions," said lead researcher Allen R. McConnell, PhD, of Miami University in Ohio. "Specifically, pet owners had greater self-esteem, were more physically fit, tended to be less lonely, were more conscientious, were more extraverted, tended to be less fearful and tended to be less preoccupied than non-owners."

Until now, most research into the benefits of pets has been correlational, meaning it looked at the relationship between two variables but didn't show that one caused the other. For example, prior research showed that elderly Medicare patients with pets had fewer doctor visits than similar patients without pets, or that HIV-positive men with pets were less depressed than those without.

In this study, 217 people (79 percent women, mean age 31, mean annual family income \$77,000) answered surveys aimed at determining whether pet owners in the group differed from people who didn't have pets in the areas of well-being, personality type and attachment style. Several differences between the groups emerged, and in all cases, pet owners were happier, healthier and better adjusted than were non-owners.

A second experiment, involving 56 dog owners (91 percent of whom were women, with a mean age of 42 and average annual family income of \$65,000), examined whether pet owners benefit more when their pet is perceived to fulfill their social needs better. This study found greater well-being among owners whose dogs increased their feelings of belonging, self-esteem and meaningful existence.

The last study, comprising 97 undergraduates with an average age of 19, found that pets can make people feel better after experiencing rejection. Subjects were asked to write about a time when they felt excluded. Then they were asked to write about their favorite pet, or to write about their favorite friend, or to draw a map of their campus. The researchers found that writing about pets was just as effective as writing about a friend when it came to staving off feelings of rejection.

"[T]he present work presents considerable evidence that pets benefit the lives of their owners, both psychologically and physically, by serving as an important source of social support," the researchers wrote. "Whereas past work has focused primarily on pet owners facing significant health challenges ... the present study establishes that there are many positive consequences for everyday people who own pets."

## PTSD Linked to Immune System in Veterans

*UPI Health News (Business) - July 29, 2011*

Preliminary findings of a U.S. study link post-traumatic stress disorder and compromised immune systems in war veterans, researchers say.

Dr. Prakash Nagarkatti, associate dean at the University of South Carolina, says the study shows that tie with an increase in certain types of cells that regulate the immune functions.

"PTSD is a psychiatric condition with long-lasting symptoms that can occur after exposure to extremely stressful life events," Nagarkatti, the lead researcher, says in a statement.

"Patients with PTSD are six times more at risk of committing suicide, and the annual loss of productivity in the United States is estimated to be approximately \$3 billion."

Nagarkatti says about 30 percent of Vietnam War veterans developed PTSD during, or at some point after, that war, and more than 35 percent of returned Iraq and Afghanistan veterans have received mental health diagnoses - the most prevalent being PTSD.

Nagarkatti's preliminary findings showed PTSD patients had altered immune profile with higher proportion of T cells -- white blood cells that trigger inflammation. The increased number of T cells correlated with alterations in small molecules outside the genes, called micro RNAs, that control various functions of genes. These molecules also were significantly altered in PTSD patients when compared with normal individuals, Nagarkatti says.

# 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.namiasacramento.org/membership](http://www.namiasacramento.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
- Bipolar disorder
- Dual diagnosis
- Major depression
- OCD
- Panic disorder
- PTSD
- Schizophrenia
- Unknown
- Other
- Decline to state

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

RETURN SERVICE REQUESTED

NAMI Sacramento Chapter  
3440 Viking Drive, suite 125  
Sacramento, CA 95827-2844



Non-Profit Org.  
U.S. Postage  
**PAID**  
Permit No. 01903  
Sacramento, CA