

NAMI Fresno Newsletter

Fall 2012

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Local Crisis Lines:

Emergency 911

CCAIR– Children’s
Crisis Services
Psychiatric ER
559-600-6700

EXODUS Adult
Crisis Center
Psychiatric ER
559-512-8335

Urgent Care
Wellness Center
559-600-9171

Fresno Police
559-621-7000

Fresno County Sheriff
559-488-3111

Clovis Police
559-324-2800

Suicide Hotline
1-800-273-8255

NAMI Fresno Pioneers

At last (for them) and with very mixed feelings (for us) several long-term members of the NAMI Board are retiring. They are leaving a legacy as founders, innovators, and dedicated family volunteers for our local chapter over the past 30 years. They met in each other’s homes and carried books & materials on mental illness in the trunks of their cars. They provided support & education for each other & advocacy for services and treatment for their loved ones with mental illness.

NAMI Fresno will be honoring our Passionate Pioneers at our Winter Dinner Dance & Silent Auction on the evening of Saturday, February 2, 2013.

What Does This Mean for You and Me?

We need to show our Passionate Pioneers our APPRECIATION by stepping up to become the new stewards of the programs they created for all of us and our loved ones. We need to carry-on their legacy with care, love, and dedication, and pay it forward for all the families who come to NAMI in need.

This will become a time for renewal of energy and talent for the benefit of NAMI Fresno and all the programs we will continue to offer free to the public.

- ◇ Become a MEMBER of NAMI Fresno or RENEW your membership
- ◇ RECRUIT one friend to JOIN as a member
- ◇ VOLUNTEER for one or more NAMI projects or programs
- ◇ BRING one friend or family member to a Support or Educational meeting
- ◇ Become TRAINED to teach one of our Classes or to lead a Support group
- ◇ **VOLUNTEER to run for the Board of Directors**

We are especially needing those with the following interests or talents:

- | | |
|---------------------|----------------------------|
| • Computer skills | • Communications |
| • Business know-how | • Membership development |
| • Fundraising | • Social events |
| • NAMI Walk | • Children’s mental health |

VOLUNTEER FOR THE BOARD– YOU ARE WELCOME & NEEDED

Call NAMI Office- (559) 224-2469 or Email info@namifresno.org

We HONOR those Retiring who’s time & devotion made
NAMI Fresno what it is today

Mental Health Awareness Month

Fighting the Stigma

Stigma means a mark or sign of shame, disgrace or disapproval, or being shunned or rejected by others. In relation to mental illness, it usually involves stereotypes and labels and is about misunderstanding mental illnesses and is about **disrespect**.

Mental illness is every bit as serious as heart disease or diabetes, yet often is not treated on a par with those conditions.

The term “mental illness” implies a distinction from “physical” illness. Some mental health advocates propose switching to a less stigmatized term, such as **brain disorder**.

When it comes to mental illness treatment, there’s a tangled web of complications. The list ranges from stigma, shame, and isolation that sufferers and their families may feel; there’s a lack of education and training for recognizing symptoms and knowing what resources are available for help; there’s the cyclical nature of the disease making it hard for physicians to diagnose.

There are issues getting patients to comply with treatments; there’s lack of insurance coverage; there’s discontinuity of care; and sometimes there are complicating issues such as substance abuse.

Most mental health experts agree **that the STIGMA attached to mental illness is one of the biggest barriers to people seeking mental health treatment.**

Excerpt from: Southern California Physician
February 2011
Article by Cheryl England

Do Your Part to Fight STIGMA

Join NAMI StigmaBusters Alerts; receive updates on stigma in the media

go to: www.nami.org/stigma

ATTEND a Mental Health Program:

CSUF—Fighting Stigma on Mental Health
October 9, 2012—Quad

NAMI Fresno Support Groups-bring a friend
2nd Tuesdays, 7-8:45 pm
Trinity Lutheran Church

NAMI Fresno Board meetings
3rd Tuesdays, 2:30-4:30

NAMI Office
7545 N Del Mar, Suite 105
Visitors Welcome

DONATE to NAMI Fresno
To Support our free NAMI Education Classes
Each class binder costs \$25-\$40

Open Your Mind



Mental Illnesses are Brain Disorders

Health Insurance for Your Kids

Written by Jim Lugannani

Did you know you have many choices for health insurance for your children, regardless of pre-existing conditions?

Which program is right? Generally speaking, it depends on family income. And you may be surprised how much income you can earn to qualify for some kind of assistance:

Medi-Cal: Pays for medical services for children and adults with limited income.

www.medi-cal.ca.gov

Healthy Families: Low cost health, dental and vision coverage for children and teens whose family income doesnot qualify for free Medi-Cal. www.healthyfamilies.ca.gov

MRMIP: Provides subsidized group health coverage for Californians unable to obtain coverage because of preexisting conditions. Premiums are higher than other programs; it may be helpful for children no longer covered on a parent's plan. www.mrmib.ca.gov

PCIP: A new high risk pool for medically uninsurable people who have been without coverage for more than six months. www.pcip.ca.gov

Access for Infants and Mothers (AIM): A helping hand to cover the costs of pregnancy, even if you have private insurance. www.aim.ca.gov

Private Coverage: The Affordable Care Act requires that group coverage extend to dependent children up to 26 years old, and expands parity coverage for mental health. In addition, the California Legislature has mandated (AB 2244) that private insurers provide kids-only coverage with open enrollments (i.e. no pre-existing conditions).

Need more help? Call the California Uninsured Helpline 800-234-1317 or <http://finder.healthcare.gov>. Denied coverage? Call California's DMHC Help Center 888-466-2219.

James Lugannani is a Financial Advisor at UBS Financial Services and a Board Member of NAMI Contra Costa. He can be reached at 415-954-5956 or james.lugannani@ubs.com

Supreme Court and the Affordable Care Act

What is the impact of the Supreme Court's opinion on children and adults living with mental illness?

The Supreme Court decision on the health law allows states and federal agencies to move ahead with implementing PPACA. The health law contains many potential benefits for children and adults living with mental illness, including the following:

Expanded insurance coverage for people with serious mental illness.

Millions of uninsured people living with serious mental illness or other mental health and substance-use conditions will be newly eligible for coverage through state health insurance marketplaces, or exchanges, and expanded Medicaid programs.

Mental health and substance abuse coverage at parity. All health insurance plans available through health insurance exchanges and expanded Medicaid programs will be required to provide parity coverage for mental health and substance-use disorders.

No more pre-existing condition exclusions or annual limits. Health insurers will no longer be permitted to deny, limit or exclude coverage of pre-existing medical or mental health conditions or place annual or lifetime limits. Many people with mental illnesses have been historically victimized by these exclusionary policies.

Optional Medicaid funding for health homes. PPACA creates a new option in Medicaid to fund health home models of care, which coordinate the health care needs of people with chronic medical conditions, including serious mental illness. Two states, Missouri and Rhode Island, have already adopted health home programs, and a number of other states are working on plans to operationalize health homes.

Funding home and community services in Medicaid. PPACA significantly expands a Medicaid option to pay for home and community-based services for people with serious mental illnesses, known as the 1915-i option. This is an important option for expanding services to people with severe mental health needs.

Closing the Medicare "donut hole." Discounts on brand-name and generic drugs for Medicare Part D beneficiaries who reach the prescription drug coverage gap known as the "donut hole" will be progressively increased until the donut hole is eliminated entirely by 2020.

Learn more:

- 1. NAMI factsheets on health care reform: www.nami.org/healthcare***
- 2. HealthCare.gov: www.healthcare.gov***
- 3. Kaiser Family Foundation, Section on Health Reform: <http://healthreform.kff.org>***

Let's *dish* about DIET

Junky foods and depression go hand-in-hand, so eating better just might lead to feeling better

Hippocrates, the father of Western medicine, said, **“Let your food be your medicine, and your medicine be your food.”** That's not to say we can eat our way to mental health, but the opposite may be true: **Recent findings suggest a connection between poor diet and depression.**

A five-year study of more than 3,000 middle-aged office workers in the United Kingdom and another looking at 1,046 Australian women came to similar conclusions: A diet rich in lean meat or fish, whole grains, fruits and vegetables was associated with a lower risk of depression or anxiety, while a junk-food diet—loaded with processed foods, sugary treats and saturated fats—correlated to higher rates of reported depression.

Researchers are quick to caution that depression may lead to poor food choices rather than the other way around. Nor is diet alone a reliable way to treat depression.

“It's difficult to make food recommendations in the case of depression and affective disorders because there are so many different underlying patterns that can be involved with these diagnoses,” says Simon N. Young, PhD, a psychiatry professor at Montreal's McGill University whose research focuses on how diet affects brain function. “Control of mood is not mediated just by one substance.”

While there is no prescription for “magic foods,” it can't hurt to make healthier food choices day in and day out.

“I notice that if I eat too much unhealthy food in a given day, I don't feel good emotionally,” says Randi H., 58, of Daly City, California, who was diagnosed with depression in 1994. “It takes very little change in diet or exercise, in a positive or in a negative way, to have an impact on my mood.

“Knowing that is a good thing,” she adds. “It means

it will take very little effort to make me feel good, and that I'm in control of that and it's a choice I make every day.”

BREAKING IT DOWN

According to registered dietitian Katherine Zeratsky of the Mayo Clinic, eating a diet balanced in protein, complex carbohydrates, and essential fatty acids is important to maintaining healthy brain function.

“Coupled with exercise, this regimen will keep levels of endorphins, the brain's feel-good chemicals, steady,” she says.

As far as specific nutrients go, research over the past few years has looked at folate (a B vitamin) and omega-3 fatty acids in relationship to mental health. According to Young, studies generally show that 30 percent of those with depression have folate deficiency. Lower folate is linked to lower serotonin levels in the brain, Young explains, and lower serotonin is linked to lower mood.

Along with folate, low levels of vitamins B6 and B12 have been considered a possible underlying factor for irritability, mental fatigue and depression.

Young points to three clinical trials suggesting that folate supplements enhanced recovery in those taking medication to treat depression. As little as 200 micrograms of folate was enough to make a difference—an amount easily obtained in a cup of cooked spinach or a glass of orange juice.



Let's *dish* about DIET continued

Low concentrations of omega-3 have also been associated with depression, but there is controversy as to whether taking omega-3 supplements eases depressive symptoms. However, omega-3 has demonstrated benefits for physical conditions that disproportionately affect people with depression, including heart disease and high blood pressure. Complex carbohydrates—including whole-grain breads and cereals, brown rice, dried beans and potatoes—also play a role in serotonin levels, according to Dr. Judith Wurtman, PhD, who has studied food and mood for more than 25 years.

“When you eat carbohydrates, your body produces insulin, which allows a substance called tryptophan to get into your brain, and it’s the tryptophan that is used to manufacture serotonin,” explains Wurtman, coauthor of *The Serotonin Power Diet* (Rodale, 2007).

“The bottom line,” says Young, “is that everyone should be eating a better diet anyway because it is good for physical health and tastes better.”

RECIPE FOR CHANGE

Here are manageable ways to make what you eat, and how you eat, work to make you feel better:

- * **Find maximum-impact foods**
- * **Don't bite off too much.**
- * **Try grazing**
- * **Cook to connect**

Although their efficacy varies from person to person, there is some evidence suggesting these foods help maintain mood.

Brazil nuts. They're an excellent source of the mineral selenium, and several studies have linked low selenium levels to low mood. The nuts are also rich in B vitamins, magnesium, and zinc, which can help calm stressed nerves and keep you alert.

Chocolate. Cocoa beans are rich in a variety of mood-lifting ingredients (including phenylethylamine, a neurotransmitter that appears to relieve depression symptoms) that are most concentrated in dark chocolate. A recent study found that eating 1.5 oz. of dark chocolate a day for two weeks reduced level of stress hormones.

Milk. Cow's milk is rich in tryptophan, an essential amino acid that gets converted in the brain to serotonin, the “feel-good” hormone. And milk is loaded with calcium and vitamin D, both thought to have a beneficial effect on mood. If you can't tolerate dairy, try almond milk or a handful of almonds, also rich in tryptophan and calcium.

Salmon. One serving provides several grams of omega-3 fatty acids, twice the recommended daily value of B12 and about half the recommended protein.

-By Lynn Santa Lucia, *Esperanza Magazine*, 2012

Metabolic Syndrome Checklist

You may have metabolic syndrome if you have three of the following:

- A waist greater than 40 inches for men, 35 inches for women
 - A triglyceride (blood fat) level of 150 mg/dl or higher
- A “good” HDL cholesterol level of less than 40mg/ dl for men, less than 50 mg/dl for women
 - Systolic (the top number) blood pressure of 130 mm Hg or higher and diastolic (the bottom number) of 85 mm Hg or higher
 - A fasting glucose level of 110 mg/dl or higher

Source: National cholesterol Education Program, ATP III Guidelines

NAMI FRESNO **Education Courses**

Call NAMI Fresno office (559) 224-2469
For more information on the next classes available.

NAMI Basics:

NAMI Basics is the signature education program for parents and other caregivers of children and adolescents living with mental illness. This course is 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. This free course includes an introduction to the normative stages of emotional reactions of the family to the trauma of mental illness. It also offers insights into an empathic understanding of the subjective, live experience of the child living with the mental illness and updated information about the many mental disorders that children are affected by.

Family to Family:

This is a free 12 week, experimental education course on the topic of recovery for family/caregivers of individuals with severe mental illness. The course uses a combination of lecture, interactive exercises and structured group processes, and the diversity of experience among course participants affords for a lively dynamic that moves the course along. The course is designed to offer an opportunity for growth to any individual who may have a family member or close friend that has been diagnosed with a mental illness. The course is taught by two trained family members who are themselves family members of an individual with a severe mental illness.

Peer to Peer:

This is a free nine week, experimental education course on the topic of recovery for any person with serious mental illness who is interested in establishing and maintaining wellness. The course uses a combination of lecture, interactive exercises and structured group processes, and the diversity of experience among course participants affords for a lively dynamic that moves the course along. The course is designed to offer an opportunity for growth to any individual who experiences mental illness.

NAMI FRESNO

Parents/ Guardians of Children and
Adolescents Support Group

1st Tuesday of the month from 6:30-8:30p.m.

Location: 2505 W. Shaw Ave., Bldg A

Call: (559) 435-6823 for directions

This group provides a safe place for parents, guardians, grandparents, and close friends of children/ adolescents affected by mental illness to share their frustrations and suggestions and hopefully find some strength by sharing with other parents. Please do not bring children as you need time for yourself.

Adult Support Group Meetings

2nd Tuesday of the month from 7-9 p.m.

Location: Trinity Lutheran Church located at
3973 N. Cedar Avenue in Fresno

These confidential meetings provide a safe place where family members and friends of individuals with a mental illness are invited to share experiences and explore possible solutions. The group is facilitated by Psychologist, Dr. Rick Adams.

Beautiful Minds Family Support Group
3rd Tuesday of the month from 7-9 p.m.

Location: The home of Curt & Jeanine Thornton

They can be contacted for directions at (559) 439-0853.

This is a faith based adult support group which studies biblical principles helpful to family members of those who suffer from mental illness. This group offers peer support, referrals and the opportunity to be with others who can pray for you with understanding. There is no child care provided.

Educational Meetings

4th Tuesday of the month from 7-9 p.m.

Location: Trinity Lutheran Church-3973 N. Cedar Ave. Fresno

At the educational meetings community professionals offer their expertise on a variety of subjects related to medical, social, and legal issues pertaining to biological brain disorders.

NAMI Connections

Every Wednesday from 1-3 pm

Location: Hope Lutheran Church- 364 E. Barstow in Fresno

This support group is open to all adults who have attended Peer to Peer training, have been diagnosed with a mental illness, and would like the support and friendship of their peers. This group is lead by our Peer to Peer mentors.

NAMI Fresno MISSION

- S** • Provide group **SUPPORT** for families & those who deal with mental illness
- E** • **EDUCATE** families, friends and the public about mental illness
- A** • **ADVOCATE** for better treatment and services for the mentally ill.
ADVOCATE for legislative efforts that address the needs of the mentally ill and their families.
- R** • Emphasize the **RECOVERY & Wellness** Model of self-care & relapse prevention
- S** • **STIGMA-Busting**

S E A R S



In Our Own Voice—IOOV

60-90 minute free presentation by 2 trained speakers with lived experience with mental illness share compelling & personal stories. Call to schedule a presentation for your group.

NAMI Fresno Office Hours—M-Th, 9-3

Office closed:
November 24-25
December 24-25
Dec 31 1/2 & Jan 1st

NAMI CA Teacher Trainings

Call NAMI Fresno Office 559-224-2469

2012

Nov 2-4, Peer-to-Peer, Bakersfield, CA
Nov 9-11, Family to Family, Oceanside, CA

2013

Jan 18-20, Spanish Familia a Familia,
Los Altos, CA
Feb 8-10, Family to Family, Pittsburg, CA
April 12-14, Support Group training,
Pasadena, CA
May 31-June 2, Family to Family,
Citrus Heights (Sacramento), CA

SAVE the DATE!!!

Saturday, February 2nd, 2013—Winter Dinner Dance & Silent Auction
Saturday, May 11th, 2013—NAMI Walks for the Mind of America

Connecting with NAMI Connections

Consumers from NAMI Fresno's Peer Support group speak out. Men and women share their experiences with NAMI Connections and ask you to join them in their road to recovery.

Feeling a social support has been wonderful. It's great to share with people who can empathize with my feelings. This sense of belonging has helped further my personal growth and recovery.

-Teri

I am grateful for the group; for their friendship and support. I enjoy the weekly meetings and the camaraderie among the group members. They are all very friendly and welcoming to any new member. It feels like a very safe place.

-Sally

I am grateful for NAMI's Peer to Peer group. I need them. They are my family.

-Lestor

My illness started in 2005. I was going down, lower and lower, into my depression. This group saved my life. It gave me friendship and support.

'Connections' helped me to move forward in my life and to deal with my mental illness.

-Jay

I am grateful for this social contact the group provides. I do not have many, I attend 'Toastmasters' and the grocery store infrequently.

-Rich

Thought for the day

*Healing the mind, one day at a time
One smile at a time
One more gleam in the eye at a time
One less worry
One less ounce of pain
On the mind at a time
And making one more friend at a time*

-Brain

There are more people in the U.S. with schizophrenia than with insulin-dependent diabetes, multiple sclerosis, and Alzheimer's combined

NAMI Fresno Membership/ Donation Form

Please join us!

Join thousands of Americans dedicated to improving the lives of people with mental illness.
 Become part of the revolution in your community.

Remember, if you have been a member, dues need to be renewed in the quarter in which you joined.

Membership dues
 Donation
 Gift
 Memorial
 Amount \$ _____

Name: _____ Address: _____

Phone: _____ City, State/Zip: _____

E-mail: _____ **Individual/Family dues: \$35.00**

Gift to:

Name: _____ Address: _____

In honor/memory of: _____ City, State/Zip: _____

Mail this form to:

NAMI Fresno
 7545 N. Del Mar Ave., Ste. 105
 Fresno, CA 93711

Benefits of NAMI Fresno Membership

- Automatic membership in NAMI California and NAMI National
- Receive our regular newsletter as well as newsletters from the state and national level
- Receive weekly e-mails on topics of interest by signing up with "My NAMI" on the national website
- Join online chat groups and attend teleconferences from the comfort of your home
- Receive members discounts on items sold through the NAMI store
- Borrow books from our local NAMI library

NAMI Fresno Board Members

Mary Lou Brauti-Minkler
President
 Reneeta Anthony
Vice President
 Vic Roznovsky
Treasurer
 Marlene Saxton
Recording Secretary
 Nancy Luccardo
Corresponding Secretary
 Kelly Brooks
 Connie Brooks
 Chuck Diddy
 Rita Haynie
 Dolores Monahan
 Pat Chapel
 June Lawlor
 Ginny Schrantz
 Dennis Torigian
 Robert Wiebe

**NAMI Fresno Board Meetings are held
 the third Tuesday of the month at the
 NAMI Fresno office from 2:30-4:30pm**

NAMI Fresno
7545 N. Del Mar Ave.
Suite 105
Fresno, CA 93711

Phone: 559-224-2469
Fax: 559-438-6630
E-mail: info@namifresno.org



4th Tuesday Education **Nights**

7-8:45pm

Trinity Lutheran Church
Cedar, between Ashlan & Dakota

October 23- **Psychotropic Medications**

What's new; how they work, your questions
By Kelly Brooks, Pharm. D, Immediate
past president, NAMI Fresno

November & December -
No meetings– Happy Holidays!!

January 22-
EXODUS– Adult Crisis Psychiatric ER

February 26-
NAMI Board Presents:
Goals & Direction for NAMI 2013

Important Upcoming Dates

Wednesday, October 24th from 6-8pm
October Social for Families & Consumers
Community Congregational Church
5550 N. Fresno St (North of Barstow)

Bus #32
BAR-B-QUE & BINGO; Cake Walk
Bring a Salad or Dessert
Halloween Costumes Welcome!



Thursday, October 25th from 5-7pm
Family Support & Educational
Led by 1st On-set Team & TAY at 83 E. Shaw, #105, Fresno

Tuesday, October 30th from 7-9pm
2nd Meeting– Family Input for Consumer Supportive Housing
NAMI Fresno- 7545 N. Del Mar, #105
CONVENER: Leon Hoover & Paul Epp of Kings View

Thursday, November 8th Tour: 11am-1pm
Consumer Supportive Housing tour in Visalia
This SUPPORTIVE housing is receiving rave reviews; see it for
yourself– 1 van provided by Kings View
RSVP so transportation to Visalia can be planned
Call NAMI Fresno Office: 559-224-2469