

Speakers Bureau Update

by John Isbell

Would you like to tell your story? That is the mission of the NAMI-GBA Speakers Bureau. Contact us at (812) 339-5754. We have a team of 7 potential speakers so far, and a first engagement in January 2012. We are also looking to make a 10-15 minute video combining our NAMI speakers in a Q and A format with other spokespeople, such as a policeman/policewoman who can discuss CIT training. This could be shown in different venues, like churches or schoolrooms. People on the video can be filmed in silhouette if they wish to remain anonymous. Please consider sharing your story.

NAMI Greater Bloomington Area
P.O. Box 7794
Bloomington, IN 47407

**New
NAMI
phone
number**

NAMI has a new
phone number.
Please make note.

812-272-4315



BRAIN PAGES

The newsletter of

NAMI

GREATER BLOOMINGTON AREA

Family and Friends Together
Providing Support and
a Voice on Mental Illness

Issue no. 17

January 2012



**Recurring Events
all free**

1st and 3rd Mondays:

Family Support Group

First United

Methodist Church 7:00pm

1st and 3rd Thursdays:

Depression

and Bipolar

Support Group

St. Marks

Methodist Church 7:00pm

2nd and 4th Thursdays:

Schizophrenia

Support Group

Fairview Methodist Church

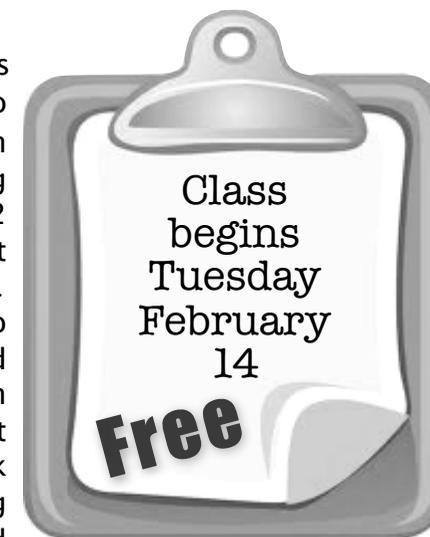
7:00pm

FAMILY TO FAMILY STILL TIME TO REGISTER

by Kathleen Mickel

Our local NAMI-GBA is offering the **free** Family to Family Education Program this winter beginning Tuesday, February 14, 2012 at the Unitarian Universalist Church at 2120 N. Fee Lane. The course is offered to family members and caregivers of persons with mental illness. It will meet for 2 1/2 hours each week for 12 weeks culminating with a celebration and certification. The format is a

series of short lectures emphasizing the biological basis of mental illness and interspersed with discussions allowing class members to talk about the subject and interact with each other. The trained volunteer teachers will present concrete, specific information. This will include basic clinical information as well as guidance, skill training and coping techniques. Class size is limited and registration is required, so let people know about the class and advise them to call to reserve space. Call Lee Strickholm at 812-339-5440 or Kathleen Mickel at 812-336-3992.





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Brain Pages is the official newsletter of NAMI Greater Bloomington Area.

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This issue's editor is
Laura Jesseph

NAMI-GBA wishes to thank Centerstone for helping to underwrite this issue of the newsletter.

New NAMI GBA Board Members

The activities of NAMI GBA are run by a board of 11 directors. Two new board members were elected at our annual membership meeting in December, and they will serve three-year terms. NAMI GBA is pleased to introduce these long-time NAMI supporters:

Danyi Beldavs, a court reporter by profession, is the busy mother of a teenager and a toddler and the wife of Aris Beldavs, a former NAMI GBA board member. Reducing stigma is an area of interest to Danyi. She has played a valuable role at our Family-to-Family classes in recent years and is sure to bring new perspectives to our board.

David Carrico, father of two children, is the Adult Services Director at Centerstone, where he also directs residential and ACT services. In his professional capacity, he has met regularly in the past half dozen years with NAMI's Family Advisory Committee to address the concerns of family members of Centerstone's clients. We welcome his insights as NAMI GBA tries to broaden the scope of our activities.

Not yet a member of NAMI-GBA? Join today!

Your annual membership includes newsletters from NAMI National, NAMI Indiana, and NAMI Greater Bloomington Area, as well as access to NAMI's wealth of resources and information.

_____ \$25.00 Individual

_____ \$35.00 Family

_____ \$3.00 Consumer

_____ I want to support NAMI-GBA with a tax-deductible gift of \$ _____

Please make checks payable to:

NAMI GBA

P.O. Box 7794

Bloomington, IN 47407

www.namibloomington.org

I am interested in:

_____ *Helping to prepare mailings*

_____ *Writing an article or book review for the newsletter*

_____ *Helping with outreach for Mental Illness Awareness Week*

_____ *Participating on the NAMI Family Panel for CIT Training*

_____ *Training to be a Support Group Co-Facilitator*

_____ *Training to be a Family-to-Family class Co-Teacher*

_____ *Telling my story to church groups, university classes, etc.*

_____ *Other creative ideas:*

Name _____ Home Phone _____

Address _____ E-mail _____

_____ Preferred method of contact _____

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Dr. Ilardi, associate professor of psychology at the University of Kansas, stated that he has encouraged depressed patients to remove refined sugar and refined foods from their diets. Patients who were willing to comply to these recommendations reported significant improvements in mental clarity, mood and energy. Research and patient experiences indicate that a diet high in whole grains and low in refined foods and sugar can provide significant improvement in mental health, clarity and reduced risk of mental illness.

Low Vitamin D Levels Linked to Depression, Psychiatrists Report

ScienceDaily (Jan. 5, 2012) — Low levels of vitamin D have been linked to depression, according to UT Southwestern Medical Center psychiatrists working with the Cooper Center Longitudinal Study. It is believed to be the largest such investigation ever undertaken.

Low levels of vitamin D already are associated with a cavalcade of health woes from cardiovascular diseases to neurological ailments. This new study -- published in *Mayo Clinic Proceedings* -- helps clarify a debate that erupted after smaller studies produced conflicting results about the relationship between vitamin D and depression. Major depressive disorder affects nearly one in 10 adults in the U.S. "Our findings suggest that screening for vitamin D levels in depressed patients -- and perhaps screening for depression in people with low vitamin D levels -- might be useful," said Dr. E. Sherwood Brown, professor of psychiatry and senior author of the study, done in conjunction with The Cooper Institute in Dallas. "But we don't have enough information yet to recommend going out and taking supplements."

Vitamin D levels are now commonly tested during routine physical exams, and they already are accepted as risk factors for a number of other medical problems: autoimmune diseases; heart and vascular disease; infectious diseases; osteoporosis; obesity; diabetes; certain cancers; and neurological disorders such as Alzheimer's and Parkinson's diseases, multiple sclerosis, and general cognitive decline.

The complete article can be viewed online at Science Daily.

What is NAMI Up To?

by Jill Giffin

NAMI GBA Vice President

This past fall was an active one for our NAMI-GBA chapter.

In October, three NAMI members served on the NAMI Family Panel portion of the Bloomington Police Department's Crisis Intervention Training. The panelists helped the officers understand the family perspective when a loved one living with a mental illness interacts with law enforcement.

Also in October, a small NAMI contingent walked and/or staffed an information table at the American Foundation for Suicide Prevention's Out of the Darkness Walk. NAMI and the AFSP both work to reduce the stigma of mental illness and help prevent suicide.

NAMI also took part in the Art of Mental Health week series resource fair at the Unitarian Universalist Church. The focus of the series was the needs of older adults.

In November, NAMI held its general fall meeting at which several staff members of Centerstone, one of Bloomington's main providers of community-based behavioral healthcare, provided information about Centerstone and answered questions from NAMI members about Centerstone.

Our chapter will also be active this spring. We will offer our Family to Family class. Our support groups will continue to meet on the third Monday of every month and in May look for the NAMI information table at the Bloomington Farmers Market.

NAMI-GBA is always looking for ways to get our membership involved. If you would like to help staff the information table in May, or perhaps walk in April with the NAMI-GBA team in the Homeward Bound Walk to raise funds to end the prevalence of poverty please e-mail jilleathgiffin@yahoo.com. The back of the newsletter has other ways to get involved with NAMI and to help keep us the active chapter that we are.

NAMI-GBA Book Club Will Launch in 2012

by Janet James



Thank you for your feedback!!

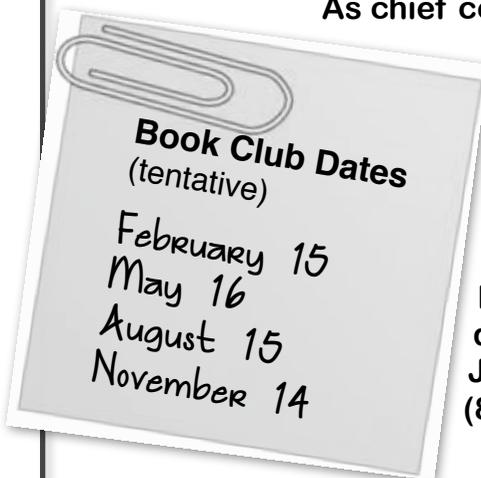
In 2011 we floated the idea of forming a reading group, an informal book club. We wanted to create a sociable, informative device to bring folks together who have a common interest in mental health in fiction and non-fiction.

We invited you to tell us if you liked the idea, and if so when and where would you enjoy getting together. Your response was enthusiastic and so helpful in making decisions about the logistical aspects of organizing.

There was persuasive consensus that we meet quarterly on Wednesday evenings in a private area of a public place. We will meet February 15, May 16, August 15, and November 14, 2012. It's our club though, and we can change dates if we need to. We'll meet at 7 pm and be done by 8:30 pm. At our February meeting, we'll review suggestions for titles we have received (keep sending them to jjames@indiana.edu), and select a book for our May 16 meeting.

As chief cook and bottle washer, I selected a title for our first collective read: Just Like Someone with Mental Illness Only More So, by Mark Vonnegut. It's available at the MCPL.

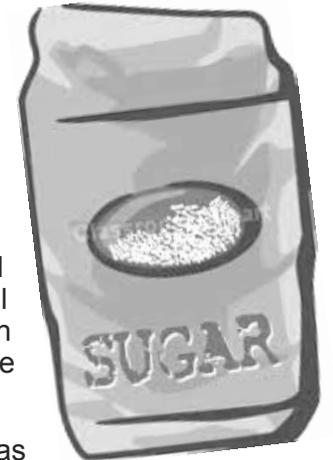
To all of you who registered your interest, we will send you an e-mail about the site of our February meeting. To all of you who would like to be added to our mailing list, please don't hesitate to say so. Send your e-mail to Janet James (jjames@indiana.edu) or call (812) 345-3294.



Researchers Discover Link Between Sugar Consumption and Mental Illness

June 2011
by T M Hartle

(*NaturalNews*) A cross-cultural analysis published in the British Journal of Psychiatry found a strong correlation between refined sugar consumption and mental illness. Researchers found that a high national intake of refined sugar and dairy products predicted a higher incidence of schizophrenia and depression. Research published in Neuroscience in 2002 found a high fat, high sugar diet reduces a key growth hormone in the brain necessary for memory and learning. Research into the correlation between diet and mental illness is finally expanding. This new research is shedding much needed light on the reality that diet does play a role in the incidence of mental illness.



The most provocative finding in the cross-cultural analysis was the consistent connection between refined sugar intake and worse outcomes for schizophrenia and increased prevalence of depression. Researchers also found that consumption of pulses or whole grains and high consumption of starchy root vegetables were linked to a lower prevalence of schizophrenia and depression. The connection between dietary habits and mental illness was not seen with healthy carbohydrate consumption but strongly correlated with refined sugar consumption. Sugar consumption causes a cascade of physiological effects that may explain the increased prevalence of mental illness.

Refined sugar consumption suppresses brain-derived neurotrophic factor or BDNF, an important growth hormone in the brain. This growth hormone is extremely important for the health of neurons in the brain. BDNF triggers new connections between neurons in the brain which is crucial for memory function. Studies have shown low BDNF levels in patients with depression and schizophrenia. The consumption of refined sugar has the potential to exacerbate depression and schizophrenia by contributing to low BDNF levels.

Refined sugar is notorious for causing increased inflammation in the body. Regular consumption of refined sugar can lead to chronic inflammation which can disrupt immune system functioning. Chronic inflammation is implicated in arthritis, some forms of cancer, diabetes, and heart disease among many other illnesses. Chronic inflammation has also been linked to a higher risk of depression and schizophrenia. Psychologists who have become aware of the recent research on sugar and mental illness have begun recommending sugar free diets to patients.