



Brain Pages



The Newsletter of NAMI Greater Bloomington Indiana Area

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

Issue No. 6

October 2007



Calendar of Events

October 1: TLC Support Group Meeting (First United Methodist Church, 7pm)

October 4: Depression/Bipolar Support Group (St. Marks Methodist Church, 7pm)

October 6: NAMI Indiana State Conference (Marten House and Lilly Center, 8am)

October 11: NAMI General Meeting (Monroe Library, Auditorium, 7pm)

October 15: NAMI-GBA Support Group Meeting (First United Methodist Church, 7pm)

October 18: Depression/Bipolar Support Group (St. Marks Methodist Church, 7pm)

Decriminalizing the Mentally Ill in Bloomington

by Jill Bolte Taylor, Ph.D.

Hello friends of NAMI and the mentally ill. Please place October 11, 2007 at 7pm in the Monroe County Public Library Auditorium on your calendar for our upcoming panel discussion and business meeting titled "Decriminalizing the Mentally Ill in Bloomington."

We have a wonderful panel of speakers who will discuss the current state of affairs in Bloomington. Sheriff Jim Kennedy will speak about the overpopulation of the jail and Prosecutor Chris Gaal will discuss the potential for a really effective Jail Diversion Program. Captain Mike Diekhoff will speak about the current process involved in implementing the CIT program, while Dr. Perry Griffith of Bloomington Hospital will elaborate on the advantages of the 24-hour Hold Law over the 72-hour Hold Law to expedite the CIT process. Dr. Denny Morrison will speak about the role CBH plays in this system, and lastly, Judge Kenneth Todd will close the panel presentations by speaking about where we might go from here.

Each panel member will speak for five minutes and questions from the public will be taken for discussion at the end of the presentation. If you would like to submit a question by e-mail, please send it to jill.taylor@insightbb.com or call me at the number listed below. Also, you will have the opportunity to submit questions on the night of the event.

In addition, our NAMI Greater Bloomington Area affiliate will present Judge Todd with the very first "NAMI Beautiful Mind Award" for his efforts with the Monroe County Drug Treatment Court. Although we recognize that many individuals have worked

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Decriminalizing the Mentally Ill in Bloomington

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very hard to create this wonderful program – which both saves taxpayers money and reduces jail recidivism, we have chosen to recognize Judge Todd for his involvement in both the establishment of the program and its successful implementation. The public panel discussion will run from 7pm-8:30pm.

We will conclude our Fall program with a brief NAMI business meeting scheduled to begin at 8:30pm. After serving their two-year terms, both Cathy Korinek and Vid Beldavs have chosen to step off of the NAMI-GBA board, and we will be voting for our new members. If you have any interest in serving on the NAMI Greater Bloomington Area board of directors, please contact me at 812-335-0459. We look forward to seeing you on October 11!

What is Family-to-Family?

by Cathy Korinek

The Family-to-Family course is for families of adults with serious mental illness. It is a 12-week class covering the description and treatment of mental illnesses, as well as the skills family members need when faced with the problems of mental illness. The program balances education and skill training with self-care, emotional support, and empowerment.

Our most recent Family-to-Family class started Tuesday, August 21, in the board room at the Center for Behavioral Health building on Rogers Street. Most of the 18 people in this class came from a waiting list from last spring's class. They are very interested and engaged in learning the material and sharing their stories.

Most adults with severe and persistent mental illness either live with their families or receive primary care management from their families. The ability of family members to understand and provide a predictable environment for their ill relative is important for the ill family member and all other members of the family.

If you or someone you know would be interested in a future class, contact either Cathy Korinek at 339-6168 (or catkorinek@aol.com) or Lee Strickholm at 339-5440 (or leestrick@aol.com). We will be glad to send you a brochure and/or put your name on a waiting list for the next class.

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

For information or questions, please contact Kat Domingo, this issue's newsletter editor.

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NAMI-GBA wishes to thank the Center for Behavioral Health for helping to underwrite this issue of the newsletter.

NAMI Indiana State Conference Featuring Pete Earley, Author of *CRAZY*

On October 6, 2007, NAMI Indiana will hold its state conference at the Marten House and Lilly Conference Center. The topic of the day is Mental Illness and the Legal System.

- 8:00 – 9:00am Registration and Gathering
- 9:00 – 9:15am Welcome by Marciniak Scholarship Award Recipient
- 9:15 – 10:15 Keynote Speaker: Pete Earley, Journalist and Author
- 10:15 – 10:30 Break
- 10:30 – 11:15 Workshops
- Mental Illness in the News: Reading Between the Lines – Alma Burrus, Department of Mental Health in Addictions; Therese Hatten, NAMI Fort Wayne, Ken Kusmer, APA Reporter
 - Understanding HIPPA/FERPA – Milo Grey, Attorney at Indiana Protection and Advocacy Services
 - Death Penalty Discussion – Paula Sites, Public Defender and Kathy Bayes, NAMI Fort Wayne
 - Juvenile Justice, CHINS and Parental Rights – Cathy Duchovic, Child/Adolescent Mental Health Nurse; Bill Glick, Indiana Juvenile Justice Task Force, Jennifer Levine, Mental Health Specialist at Allen County Courts
 - Consumer Rights and Family Rights – Ken Faulk, Legal Director, American Civil Liberties Union of Indiana
- 11:30 – 12:15 Interest Group Discussions
- Preparing for a Crisis/ Adult Outpatient Treatment – Abby Flynn, Committee Co-chair of AOT
 - Crisis Intervention Teams (CIT) – Deputy Chief Dottie Davis, Fort Wayne Police
 - NAMI Connections and Consumer Inclusion – Joanne Abbott, Consumer Program Coordinator
 - Family-to-Family Program – Pat Herr, NAMI Indiana Board of Directors, Family-to-Family State Trainer
 - Reaching the Faith Based Community – Carole Wills, NAMI Indianapolis, President
 - Children’s Issues – Teresa Hatten, NAMI Fort Wayne, NAMI Indiana Children’s Committee Chairperson
- 11:30 Consumer Council Meeting
- 12:15 – 1:30 Lunch and Exhibitors
Book Signing by Pete Earley

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Mental Health Research Review: *NARSAD Research Newsletter, Vol. 19, Issue 1*

by Al Strickholm

Four times a year, The Mental Health Research Association NARSAD, publishes a newsletter covering research in the field of mental health, in particular the areas of serious mental illnesses, namely: bipolar, depression, and schizophrenia. This reviewer found it exciting to see the progress that is occurring in understanding these disorders and the hope indicated for future treatments.

This issue listed 245 research grants recently awarded to new young researchers. Also announced were the 23 NARSAD Distinguished Investigator awards with a description and commentary of each. These awards cover a full range of research approaches, not only in psychiatry and psychology, but also in the areas of medical and biological research. One example has to do with research on anxiety, and how to improve treatment therapeutics. The issue also discussed planned research on the relationship between creativity and bipolar disorder. It will involve comparative studies on Nobel Prize winners.

A large portion of the planned research involves genetic studies on susceptibility. From the research proposals, it is clear that no single gene is re-

sponsible for susceptibility for these brain disorders. Instead multiple genes in complex variations are being examined for the role they may have in contributing to one's vulnerability to mental illness. This gene variability supports the understanding that for every individual with bipolar, depression or schizophrenia, the disorder is often differently expressed.

“In examining the proposed research, it is clear that we have come a long way from blaming poor parenting as the cause of mental illness.”

One important study involves 1,429 children born of parents who experienced various forms of stress during pregnancy. The focus will be on prenatal stress, when the risk of mental illness susceptibility is believed to occur and becomes manifested later in life as a mental disorder. The rationale is that when early brain nerve connections are being initiated during prenatal development, they are susceptible to injury. Complementing this study are investigations to examine previous findings in schizophrenia, that disorders of neuro-devel-

opment in the brain are often found in the temporal lobes and the more primitive limbic brain system. Also being supported is a long term study on the life progression of mental illness and how it is affected by environmental factors such as care related issues, other diseases, medications, normal aging, etc.

Overall, the research being supported is focused on three major challenges: identification of the affected brain regions, identification of the specific alterations and connections of affected neurons, and identifying the root causes of these disorders. In examining the proposed research, it is clear that we have come a long way from blaming poor parenting as the cause of mental illness.

NARSAD is a non-profit organization that raises and distributes funds for scientific research on brain and behavior disorders. It is the largest donor-supported organization in the world dedicated to finding the causes, improved treatments and cures for psychiatric illnesses. Because the administrative and fundraising expenses are underwritten by two family foundations, 100% of all contributions go directly to support research. For more information, visit www.narsad.org.

Keeping Care Complete

by Lee Strickholm

Results of the recently completed first International Caregiver Survey were reported in the Summer 2007 issue of *Schizophrenia Digest*. The survey, developed by the World Federation for Mental Health (WFMH) and Eli Lilly Company, shows that caregivers view appropriate and effective medication to control symptoms of the illness as their primary concern regarding treatment.

Nearly 1000 family caregivers of individuals with schizophrenia, bipolar disorder, and schizoaffective disorder participated in the survey which was conducted in Australia, Canada, Spain, Germany, France, Italy, the United Kingdom and the United States. Titled "Keeping Care Complete," the survey reveals that the caregivers want doctors to focus on long-term care to alleviate the consequences of a relapse rather than solely managing crisis situations. Respondents worried about their family member experiencing a relapse not only for the consumer's sake, but because a relapse substantially disrupts the lives of everyone involved. They believe that successful treatment substantially contributes to the consumer's overall quality of life.

Preston Garrison, CEO of WFMH, would like to see "men-

tal health centers recognize the fact that family members do a lot of work to ensure continued stabilization of the consumer and that the centers need to provide more support for them." The chronic disease medical model as applied to mental illness should include advocacy and family involvement, just as when treating heart disease or diabetes.

The survey shows that many caregivers have experienced both the chaos of relapse and the relief that comes with stabilization. "Don't ignore care for the caregivers; what is needed for them is a consistent supportive message," is the advice of Dr. Roger McIntyre who heads the Mood Disorders Unit of the University of Toronto Health Network. When treatment objectives are not actually being met, the frustration of caregivers is bound to occur.

Dr. McIntyre states that realistic expectations for recovery can best be achieved through educational programs for the caregivers. NAMI's Family-to-Family series of classes is designed to aid in this endeavor. Information about these classes offered by our local NAMI Greater Bloomington Affiliate is on the website www.namibloomington.org. For detailed results, check out www.wfmh.org.

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NAMI Indiana State Conference Featuring Pete Earley, Author of *CRAZY*

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- 1:30 – 1:45 Awards
- 1:45 – 2:15 Plenary Speaker – Ron Honberg, J.D., National Director for Policy and Legal Affairs
- 2:15 – 2:30 Break
- 2:30 – 3:30 Ask the Doctor Plus
Schizophrenia – Dr. Andy Chambers, I.U. Department of Psychiatry
Mood Disorders – Dr. Ann Adinamis, North Meridian Psychological Association
Dual Diagnosis – George Brenner, Director of Addiction Services, Gallahue Mental Health Center
Children’s Disorders – Dr. Gladys Beale, Child Psychiatrist
- 3:30 – 4:00 Wrap-up/Grand Prize Drawing

About our Keynote Speaker

Pete Earley was cited by *Washingtonian Magazine* in a cover story entitled, Top Journalists: Washington’s Media Elite, as one of a handful of journalists in America who “have the power to introduce new ideas and give them currency.” He is the author of eight non-fiction books and three novels, and is a former reporter for *The Washington Post*. More than one million copies of his books have been published worldwide.

His first book, *Family of Spies: Inside the John Walker Spy Ring* was a New York Times bestseller and was made into a five hour mini-series on CBS television. His book, *Circumstantial Evidence*, led to the release of a wrongly accused black

man from Alabama’s death row who had been falsely accused of murdering a white teenager in the same town that inspired *To Kill A Mockingbird*. His book, *The Hot House: Life Inside Leavenworth Prison*, is based on a year that Earley spent inside a U.S. maximum security penitentiary as a reporter watching everyday events.

His new book, *CRAZY: A Father’s Search Through America’s Mental Health Madness* tells two stories. The first is about Earley’s efforts to help his college age son after he is diagnosed with a major mental illness and is arrested. The second is an investigation of the nation’s mental health system that focuses primarily on the

dreaded ninth floor of the Miami Dade County jail where the city’s most psychotic prisoners are housed. Earley follows several inmates from the jail back into the community during a year-long period to see first hand what sort of services are available.



Register Now for NAMI IN's State Conference "Mental Illness and the Legal System"

Please consider attending this year's conference, held at the Marten House and Lilly Conference Center, 1801 W. 86th Street in Indianapolis. The registration fee for individual members is \$35, family members fee is \$45, and consumer member fee is \$12. For non-members, the registration fee for an individual is \$60, which includes a one-year membership to NAMI. All registration fees include lunch, and CEU credits may be available.

If you are interested in attending the state conference on October 6, 2007, please send your name, address, phone number, and conference registration fees to

NAMI Indiana
P.O. Box 22697
Indianapolis, IN 46222-0697

You may also register online at namiindiana.org.

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

**Please make checks payable to NAMI Greater Bloomington Area
P.O. Box 7794, Bloomington, IN 47407
www.namibloomington.org**

I am interested in:

_____ Learning about volunteer activities
_____ Arranging for speakers for my organization, church, or other group
_____ Being a speaker about mental illness

Name _____ Home Phone _____
Address _____ E-mail _____
_____ Preferred method of contact _____



Thursday October 11 at 7pm

NAMI Greater Bloomington is presenting its fall meeting in the Monroe County Public Library Auditorium. The program is titled "Decriminalizing the Mentally Ill in Bloomington." Please join us for this important discussion with panelists:

Sheriff Jim Kennedy
Prosecutor Chris Gaal
Captain Mike Diekhoff
Dr. Denny Morrison of CBH
Dr. Perry Griffith of Bloomington Hospital
Judge Kenneth Todd



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