



Brain Pages



The Newsletter of NAMI Greater Bloomington Indiana Area

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

Issue No. 8

September 2008



Calendar of Events

October 6: TLC Support Group Meeting (First United Methodist Church, 7pm)

October 7: *The Stigma of Mental Illness* with Dr. Bernice Pescosolido (Monroe County Public Library 1B/1C, 7pm)

October 9: Depression/Bipolar Support Group (St. Marks Methodist Church, 7pm)

October 18: NAMI IN State Conference (Marten House Hotel and Conference Center)

October 20: NAMI-GBA Support Group Meeting (First United Methodist Church, 7pm)

October 23: Depression/Bipolar Support Group (St. Marks Methodist Church, 7pm)

October 7: Erasing the Stigma of Mental Illness

by Jill Bolte Taylor

Come join us for an interesting and entertaining evening with internationally known researcher/sociologist Dr. Bernice Pescosolido as she presents "Erasing the Stigma of Mental Illness" on October 7, 2008!

The first week of October is Mental Illness Awareness Week. We are very fortunate to have world renowned researcher and professor Dr. Bernice Pescosolido present "Erasing the Stigma of Mental Illness: New Hope Rising – Discoveries in Neuroscience" at our annual NAMI Greater Bloomington Area public meeting. The event takes place on the evening of October 7, at 7pm, in Room 1B/1C of the Monroe County Public Library.

A wide range of efforts have been undertaken to reduce the stigma of mental health in the last decade. Dr. Bernice Pescosolido will summarize these on-going efforts toward stigma reduction, as well as present data about a decade of change. In addition, Dr. Pescosolido will discuss the implications of recent neuroscientific findings that will guide us toward a greater understanding (as well as a more compassionate view) of mental illness.

Bernice Pescosolido, PhD, is an internationally known medical sociologist. She is a Distinguished and Chancellor's Professor of Sociology here at Indiana University. She is Founder of the Indiana Consortium for Mental Health Services Research, and Director of the ConCEPT 1 Program in Health and Illness. Her work has focused on the interface of community and treatment systems, investigating the influence of culture, social networks and health care on health, illness and healing. Her work is widely published across sociological, public health and medical venues and has re-

continued on page 2

In this issue:

- 1 October 7 with
Dr. Bernice
Pescosolido
- 2 Family to Family
- 3 Meet the Board
Candidates
- 4 Child/Adolescent
Mental Health
- 5 State Conference
with Fred Frese
- 6 Background for
Presidential
Debates: Mental
Health Platforms

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.

P.O. Box 7794
Bloomington, IN 47407
www.namibloomington.org
info@namibloomington.org

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

Erasing the Stigma of Mental Illness on October 7

continued from page 1

ceived funding and numerous awards from the National Institutes of Health, National Science Foundation, private foundations, professional associations and state government.

We hope you will join us for what will prove to be a very interesting and entertaining evening.

Family to Family Fall 2008 Class Update

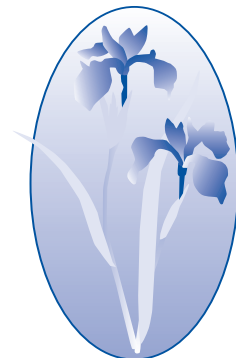
by Lee Strickholm

The fall NAMI Family to Family Class has gotten off to a great start with a full enrollment and two seasoned teachers, Cathy Korinek and Lee Strickholm. Assisting them as a resource and support person is Marcia Dias. The First United Church in Bloomington is providing the meeting space.

This NAMI educational program has provided information and motivation over the past years to more than 100,000 participants throughout the United States, Canada and Mexico. The comprehensive 12-week program has been developed by NAMI professionals and is offered free of charge to family members and friends. It is staffed by volunteers and offers lectures with class discussion, opportunities to participate in workshops and guest presentations. Subjects covered include

information about specific mental diagnoses, medications and their effect on brain functions, help in dealing with crisis situations, communication skills, self-care for the caregivers, rehabilitation and advocacy.

More information about the program can be found at www.nami.org. To find out about plans for future local classes contact Lee Strickholm at 812-339-5440 or leestrick@aol.com.



Meet the NAMI-GBA Board Candidates

Following the program by Dr. Bernice Pescosolido on October 7, 2008, the membership of NAMI Bloomington will vote for the new members of the board. There are five vacancies (including one consumer position) and the following people have submitted their names as candidates:

Marcia Dias: I moved to Bloomington a year ago from my home in the Rocky Mountains. I am a research associate at the Indiana University Prevention Research Center and moved to the Midwest to be closer to my children. I have worked at other universities, state and federal governments. I like traveling, cooking, gardening, reading and outdoor activities. In the past, I have devoted much time to social causes, including low-income organizing, migrant schools, civil rights, Native American education, child and maternal health advocacy. I am interested in NAMI because I know first-hand the pain experienced by individuals and their families when facing mental illness. I hope that my past experiences will be an asset to the NAMI affiliate in Bloomington.

Sarah Hunt: I am a single mother of a thirteen-year-old daughter diagnosed with bipolar disorder. I work part-time as an office manager at a center that supports post-secondary students with Aspergers and learning differences. I enjoy reading, jewelry design, and am an avid gardener. My daughter and I both enjoy spending time in our wonderful community as well as attending the many

cultural events and activities Bloomington offers. I am interested in becoming a NAMI-GBA board member in order to promote awareness and advocacy for children and adolescents experiencing the early-onset of mental illness.

Laura Jessep: Bipolar disorder has been a part of my family for decades. Last year I discovered the NAMI Family to Family class and attended with my daughter. No course can eliminate the challenges of living with mental illness. What I did discover is that I am not helpless. With education about the disease, a network of caring and compassionate people, and a more proactive attitude, I now have some tools to work with. I am grateful and would like to help put these tools in the hands of others. I am a mother and a grandmother, a videographer and musician.

Kathleen R. Mickel: I have been a Bloomington resident for more than 30 years with degrees from the IU Music School and Louisiana State University. I continue to be a participant and leader in Bible Study Fellowship, Friday Musicale, and Psi Iota Xi philanthropic sorority. Together with my husband E. J. Mickel, professor, I have

three grown daughters and six grandchildren. As a grandmother of a loved one diagnosed with schizophrenia, I am especially interested in sharing my gifts with NAMI Bloomington.

Continuing their three-year terms on the board are:

Katherine Domingo: I am a NAMI advocate because I have seen how mental illness can affect the lives of people and their loved ones.

Jill Giffin: I want to be involved in NAMI to reduce the stigma of mental illness and to help spread the word about Family to Family.

Al Strickholm: I co-teach Family to Family and attended past national and state NAMI conferences. I have a family member who is recovering from a mental illness.

Lee Strickholm: I am the facilitator for local Family Support Group meetings, co-teacher of Family to Family, and member of the Centerstone Family Advisory Committee. I am currently the treasurer and membership coordinator.

Jill Bolte Taylor: I served for three years on the National NAMI Board of Directors. Now I am committed to helping our local affiliate prosper.

Child and Adolescent Mental Health

by Sarah Hunt

In 2001 the Surgeon General released a report stating that 12% of children under the age of 18 have a diagnosable mental illness (Mental Health: A Report of the Surgeon General, 2001).

Mental disorders are common in youth and are the leading cause of disability among young Americans.

80% of young people will NOT receive the treatment they need resulting in school failure, suicide, substance abuse and behavioral problems (Mental Health: A Report of the Surgeon General, 2001).

Approximately 50% of students with a mental disorder age 14 and older drop out of high school—the highest drop-out rate of any disability group (U.S. Dept. of Education, 2001).

More youth and young adults die from suicide than from cancer, heart disease, AIDS, birth defects, stroke, pneumonia, influenza and chronic lung disease combined (National Strategy for Suicide Prevention, 2001). Research shows that 90% of people who die by suicide suffer from a diagnosable and treatable mental illness at the time of their death (Mental Health: A report of the Surgeon General, 1999).

70% of youth involved in state and local juvenile justice systems throughout the country suffer from mental disorders,

with at least 30% experiencing symptoms so severe that their ability to function is significantly impaired (Blueprint for Change, National Center for Mental Health and Juvenile Justice, 2006).

Nationally, there is a colossal shortage of child and adolescent psychiatrists. In 2003, the American Academy of Child and Adolescent Psychiatry, found there was on average, one child psychiatrist for every 15,000 youths under the age of 8 requiring services.

NAMI's Action Center

Children living with emotional and mental disorders must be linked with effective services and supports in order to avoid losing crucial years that will never be regained. Treatment of many serious emotional and mental disorders has proven to be effective. In order to address and increase awareness of this growing population, NAMI formed the Child & Adolescent Action Center.

The center is working to address the outdated and fragmented systems of care that have repeatedly failed this population and focus attention on systems reform that promises to help children and adolescents in need with mental illness and their families. Their goal is to build and support

NAMI's grassroots advocacy to ensure an expanded systems reform agenda at the local, state, and national levels.

Action Center Programs

Breaking the Silence is an educational project originally created with funding from NAMI as part of their "Campaign to End Discrimination" with additional support from NAMI-New York State and NAMI-Queens/Nassau. It is an extraordinary package designed to provide health educators and other interested teachers with the material necessary to teach the facts about mental illness and replace stigma with compassion and action. The program meets the National Health Education Standards.

Parents and Teachers as Allies is an in-service mental health education program for school professionals. This two-hour program focuses on helping school professionals and families within the school community better understand the early warning signs of mental illness in children and adolescents and how best to intervene so that youth with mental health treatment needs are linked with services. It also covers the lived experience of mental illnesses and how schools can best communicate with families about mental health related concerns.

continued on page 6

2008 NAMI Indiana State Conference

New Hope for Better Living: *Treating the Whole Person*

All are invited to attend the 2008 NAMI Indiana State Conference on October 18, 2008 at the Marten House Hotel and Conference Center. This year's conference theme is "New Hope for Better Living: Treating the Whole Person." The day's events will include renowned psychologist, speaker and consumer, Dr. Fred Frese.

Dr. Frederick J. Frese is a psychologist who served for fifteen years as Director of Psychology at Western Reserve Psychiatric Hospital, one of



Dr. Frederick J. Frese

Ohio's largest psychiatric hospitals. He is presently Coordinator of the Summit County Ohio Recovery Project. Thirty-five years ago, while a young Marine Corps officer, Fred was diagnosed with schizophrenia, and over the next ten years was in and out of mental hospitals, often on secure wards. Despite his disability, he earned a degree in International Business Management from the American Graduate School of International Management in Phoenix, as well as Masters and Doctoral degrees in psychology from Ohio University.

Dr. Frese currently holds psychology faculty appointments in psychiatry at Case Western Reserve University and The Northeast Ohio Universities College of Medicine, and has held teaching positions at Kent State, Ohio University, and the Ashland Theological Seminary. He has published numerous articles and chapters and serves on the advisory board for *Schizophrenia Bulletin* and *Psychiatric Rehabilitation*. He is also a reviewer for *Psychiatric Services*. A long time activist on behalf of persons suffering from serious mental illness on the local, state, and national level, he founded the Community and State Hospital Section of

the American Psychological Association (for psychologists serving the seriously mentally ill). He has served on a variety of committees for both the National Institute of Mental Health and the Veterans Administration.

Dr. Frese has been featured in the video *I'm Still Here: The Truth about Schizophrenia*, in *The Wall Street Journal*, on CNN Healthweek, Lifetime Medical Television, Public Broadcasting and numerous other media productions. He has served on the boards of several health care and consumer organizations, including the National Alliance on Mental Illness (NAMI), the National Institute for the Seriously Handicapped (NISH), the American Occupational Therapy Association, and the Ohio Psychological Association. Dr. Frese is married and the father of four children.

Apart from Dr. Frese's keynote, there will be presentations of awards and exhibits from various resources. Sessions include: Ask the Doctor, Presentations on Clubhouses, Spirit, Parents and Teachers, SSDI, Peer Specialist, Judicial System, Education on Electronic Records, and more.

To register online, visit www.namiindiana.org.

Candidates on Mental Health Care: Background for Upcoming Presidential Debates

from the NAMI National Office

NAMI has released the responses of presidential candidates John McCain and Barack Obama to a detailed questionnaire about mental health care—along with highlights of the Democratic and Republican platforms. [These were printed in Brain Pages Issue No. 7.]

“Mental health is part of the national dialogue on healthcare,” said NAMI executive director Michael J. Fitzpatrick. “We offer the candidate responses as part of the process of public education.”

“One out of four Americans are affected by mental illness at some point during their lifetimes. It does not discriminate between Democrats and Republicans. We hope mental health services will be addressed in the upcoming debates.”

The presidential debate on October 7 in Nashville coincides with Mental Illness Awareness Week (MIAW).

During the primaries, Senator Obama answered 24 specific questions on a NAMI questionnaire. McCain provided a statement in lieu of specific answers. His campaign noted that it was not his policy to reply

to questionnaires.

NAMI also is highlighting excerpts from the Democratic and Republican party platforms adopted by the recent party platforms in the areas of healthcare, education and veterans.

NAMI is a non-partisan organization with 1100 state and local affiliates, dedicated to improving the lives of individuals and families affected by mental illness. It does not endorse political candidates.

To learn more about this topic and read the responses, please visit www.nami.org/election2008/candidates.

Child & Adolescent Mental Health

continued from page 4

Basics is the new signature education program for parents and other caregivers of children and adolescents living with mental illness. Development of this program was based on the success of NAMI signature programs for consumers and families available across the country. Elements include: recognition of mental illness as a continuing traumatic event for the child and the family, sensitivity to the subjective emotional issues faced by family caregivers and well children in the family, recognition of the

need to help ameliorate the day-to-day objective burdens of care and management, gaining confidence and stamina for what can be a life-long role of family understanding and support and empowerment of family caregivers as effective advocates for their children.

For more information, or if you are interested in becoming involved with any of these programs, please contact Sarah Hunt by e-mail (sarah.f.hunt@gmail.com) or phone (327.8107). Visit www.nami.org/caac for more information.

HARVARD BRAIN BANK

Did you know that when you sign the back of your driver's license to donate your organs, the brain is NOT included?

Sign up as a
brain donor today!

1-800-BRAINBANK
[www.brainbank.
mclean.org](http://www.brainbank.mclean.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

_____ \$3.00 Consumer

_____ 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:

_____ 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 _____

Erasing the Stigma of Mental Illness

Dr. Bernice Pescosolido, Distinguished and Chancellor's Professor of Sociology at Indiana University, will share with us her work to erase the stigma of mental illness.

Tuesday, October 7, 2008

7:00 PM

Room 1B/1C

Monroe County Public Library

Free and open to the public!

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