



OUT OF THE FOG

The monthly newsletter of NAMI San Francisco



Sign Up for the Bay Area NAMIWalk

Saturday, May 31, 2008
Speedway Meadows, Golden Gate Park
Check-In: 9:30am; Walk Starts: 11:00am
5 Kilometers

SIGN UP at www.namiwalkSFbay.org

Our participating local affiliates in Alameda, Contra Costa, Marin, San Francisco, San Mateo, Santa Clara and Solano counties depend on the funds raised at the SF Bay Area NAMIWalk to help fund NAMI programs here in the Bay area. These programs include support, education, research and advocacy involving schizophrenia, bipolar disorder (manic depression), major depression, obsessive-compulsive disorder and severe anxiety disorders.

- Registration is FREE! All participants are encouraged to collect donations from family members, friends, co-workers and business associates in support of their participation in the Walk.
- All walkers raising \$100 or more will receive an event T-shirt.
- Companies, organizations and families are encouraged to organize teams of walkers made up of employees, organization members, relatives and friends to take part

in the Walk. It is in the shelter of each other that we live. By widening the circle we raise awareness and bring hope to those who suffer from severe mental illness, their families and their friends.

- There is a wide-range of corporate sponsorship opportunities available to local companies and businesses. To find out about Walk sponsorship, please contact Laurie Williams, SF Bay Area Walk Director at 800-556-2401 or laurie@namiwalksfbay.org.

Join Us for the NAMIWalk Kick-Off Luncheon

Wednesday, April 9, 2008

Doors open 11:30 a.m - Program 12:00 p.m.-1 p.m.

John Muir Medical Center, Ball Auditorium
1601 Ygnacio Valley Rd., Walnut Creek, CA 94598

Special guest speaker **Jeff Bell**,
KCBS news anchor and author of
Rewind, Replay, Repeat: A Memoir of Obsessive Compulsive Disorder

The Kick-Off luncheon is free for anyone interested in learning more about the Walk and how to participate as a Sponsor, Walk Team Captain or Volunteer. Contact NAMI San Francisco at namisf@fsasf.org or call 415-905-NAMI (6264). Seating cannot be guaranteed without RSVP. Donations may be made to NAMI Walk SF Bay Area, 3020 El Cerrito Plaza, #195, El Cerrito CA 94530. Tax Exempt I.D. #94-2650681. Also see www.namiwalkSFbay.org or phone 800-556-2401

3rd Wednesday of each month
6:30 - 8:00 pm
1010 Gough St.
(between Eddy & Ellis)

The Monthly Meeting

April 16

Dr. Kiki Chang from Stanford University will speak on pediatric bipolar.

May 21

Nena St. Louis, performer and artist, and fellow performers from Jump! Theater will perform and discuss a new play.

June 18

Richard Heasley, Executive Director, Conard House, Inc., will speak on the lessons learned from self-management of chronic medical conditions and their application to serious mental illness.”

Depression May Be Contagious, Experts Say

By Radna Chitale, Reprinted from ABC News, March 28, 2008

Ron and Carol Rossetti had a storybook romance. The two were high school sweethearts, went to prom together and married after college. "He was like the fun in my life," Carol Rossetti recalled. "But had I known the ride I was going to be in for, I'm not sure I would have signed up for it."

Not too long after they were married, Ron would get into terrible tempers, Carol recalled, or become very depressed. Later on, as his business grew more successful, Ron would spend money lavishly on cars: A Lotus, a Viper, a Porsche.

Ron Rossetti's erratic behavior took a toll on his wife. "I was just really unhappy," Carol said. "I was wanting to find the answer without giving up the marriage."

Carol Rossetti's discontent may be no surprise to many people whose spouses suffer from mood disorders. Ron was diagnosed with bipolar disorder in his late 30s, and while the news explained some of his behaviors and brought Carol a measure of relief, his wife Carol was in an unusual and vulnerable position.

Spouses are at high risk for depression when one party has a clinical disorder like depression or bipolar disorder, because they spend a large amount of time with them and are emotionally invested in their well-being. "Was she depressed? Absolutely," Ron said. "Look what she had for a husband. & Was it a Dr. Jekyll or Mr. Hyde?"

Some studies show that if one spouse is depressed, the other can become depressed, and that up to 40 percent of people whose spouses have bipolar disorder get clinical depression. That's according to Dr. Igor Galynker, director of the Family Center for Bipolar Disorder at Beth Israel Medical Center in New York and professor of clinical psychiatry at Albert Einstein College of Medicine.

Natural Born Mimics

"We can mimic other people's facial expressions," Galynker said. "When we mimic other people's facial expressions, we also can adopt the mood that these people are in. It affects us, even on a superficial level." But such mimicry can go beyond the superficial and become emotional. Studies in which monitors track brain activity while a subject is shown smiling or frowning faces show that the areas associated with happy or sad emotions are active when the subject is presented with the corresponding face.

This ability to tune in to other people's feelings, or empathize, can be useful, but it can also get a person in trouble if they are around someone who has depression. "If a genetic predisposition exists, and a person is surrounded by people with a behavior, that may give rise to or create an environment that would fertilize that behavior," said Steven Lappen, a writer and frequent public speaker who has bipolar disorder.

Lappen, 58, was diagnosed with bipolar disorder at 19 and said his manic and depressive episodes during his 20-year marriage made his wife feel invisible and caused her to withdraw from him, behaving as if she, too, was depressed. "I was so blocked up, I couldn't respond to her overtures," Lappen said. "Outside of the marriage, she wasn't depressed. She was able to tap into her vitality and vibrancy."

Lappen and his wife eventually divorced, and he later remarried a woman who also has bipolar disorder. "The good news is that we both have bipolar disorder; the bad news is that we both have bipolar disorder," Lappen said, adding that their implicit understanding of the clinical nature of each other's moods made for a smoother relationship.

Clinical Condition?

But experts are quick to point out that clinical mood disorders are not contagious per se. Depression and bipolar disorder are complex, rooted in genetics and subtle brain chemistry. Experts point out that these disorders cannot infect people nearby the way a virus could.

"A depressed person will not give you the same clinical disorder by contagion. They're just too complex for that," said Ian Gotlib, professor of psychology and director of the Mood and Anxiety Disorders Laboratory at Stanford University. "It is rare that you yourself will develop that same psychiatric disorder."

But a person with depression or other disorder can have a tremendous effect on those around them. Studies on college roommates show that when one person has depression, the other roommate can develop similar behaviors and feel more down. "It's not the mimicry, it's the stress of being around them," Gotlib said. "The mood stuff happens, but it's not clinical."

Coping strategies are critical when dealing with a depressed spouse. "If the caregiver believes the behavior is caused by the illness, they are less likely to be affected," Galynker said. "If they think the behavior is the result of a character flaw, they are more likely to be affected because then they also place blame on themselves."

Carol Rossetti never thought she had a clinical condition, but she eventually became so unhappy with her husband that they separated. "When I left him after 34 years of marriage, I didn't think we'd get back together," Carol said. "I was perfectly fine not being with him."

But Ron quit his job and went through therapy to get his disorder under control, and after a year of separation, the Rossettis came together again. Now both Ron and Carol know how to maneuver around Ron's episodes. "The last ½ to two years have been the most worry-free of my life," Carol said. "Now he's a born-again bipolar person."

County Mental Health

The County mental health access line
for all consumers is

415-255-3737

The Mobile Crisis Unit is

415-355-8300

The Cost Of Creativity: Bipolar Disorder and the Stars

By Lauren Cahoon, Radha Chitale, and Aina Hunter
Reprinted from ABC News, March 21, 2008

The stereotype of the tortured artist shows up often in popular culture: a frazzle-haired composer pacing about his room, a troubled starlet, a crazed novelist with a bad case of writer's block. Along with that stereotype comes an assumption -- that the hyper highs and crushing lows that we witness in some of our celebrities is a sign of bipolar disorder.

In fact, it's rumored that many of the notable artists in history -- including Beethoven, Lord Byron and Charles Dickens -- suffered from the disorder. "There is such a thing known as artistic temperament," said Dr. Igor Galynker, director of The Family Center for Bipolar Disorder at Beth Israel Medical Center in New York and professor of clinical of psychiatry Albert Einstein College of Medicine. "And it's kind of conducive to creativity."

So might there be a bipolar "epidemic" among artists? "It sort of makes intuitive sense," said Dr. Dost Ongur, clinical director of the schizophrenia and bipolar disorder program at McLean Hospital, a psychiatrist hospital in Belmont, Mass. "Some of the things that go into bipolar disorder on the manic side, some of the traits -- thinking fast, creativity, charisma, charm -- can be very positive."

But doctors are quick to note that the connection between celebrities and bipolar disorder isn't ironclad. For instance, Galynker says that unusual behavior from some celebrities may be due to drug and alcohol use, but instead they get misdiagnosed with a mind disorder. "It's the diagnosis du jour," Galynker said.

Furthermore, doctors note that it's hard to determine whether celebrities have bipolar disorder at any higher rates than the rest of the population. "Just by chance, there's going to be 2% of people who have it [in any group of the population]," Ongur said.

Still, doctors admit that, for whatever reason, bipolar disorder seems to crop up more often in artists and celebrities. The stars listed here have opened up about their struggles with bipolar disorder, revealing the inevitable highs and lows of this challenging condition.

Pete Wentz - Pete Wentz, 28, is the bassist for Grammy-nominated pop punk band Fall Out Boy. "Sugar, We're Goin Down," a single off the band's 2005 album, "From Under the Cork Tree," went to No. 8 on the Billboard Hot 100 Chart, but the song's title parallels Wentz's battle with bipolar disorder. "I have manic depression. I obsess over everything," Wentz told Britain's Q Magazine. Wentz was diagnosed with bipolar disorder as a teenager. He also takes medication for

anxiety and sleep.

In February 2005, Wentz passed out from an overdose of anxiety medications, although he denied that it was a suicide attempt. "I was isolating myself further and further," Wentz told Rolling Stone Magazine. "And the more I isolated myself, the more isolated I'd feel. I wasn't sleeping. I just wanted my head to shut off, like, I just wanted to completely stop thinking about anything at all."

Wentz, who is in a relationship with pop singer Ashlee Simpson, seems to have his disorder under control, for the most part. "When I am depressed, I can't get out of bed," Wentz said. "But right now, it's sunny and 65 in my head, so it's OK!"


Phil Spector - The producer of hits such as "Unchained Melody" and "Imagine" is known for his prolific career and disturbing behavior. Throughout his history of smash-hits and scandals, Spector says bipolar disorder has been a constant curse. "I have a bipolar personality," Spector said in February 2002 interview with the London Daily Telegraph. "I'm my own worst enemy. I have devils inside that fight me."

Despite the devils, Spector is credited for reinventing American pop music, creating his signature "wall of sound" -- an orchestral, bombastic style found in songs like "Be My Baby" and "That Lovin' Feeling."

Spector's musical brilliance was been underscored with dark and erratic behavior. His first wife, Veronica Bennet, claimed he kept her locked up in their mansion and threatened to kill her if she left him. Several musicians who worked with Spector spoke of how the producer had threatened them at gunpoint.


Spector says he has struggled with his bipolar disorder for 20 years. On 2/3/03, Spector was arrested and charged with murder in the killing of nightclub hostess Lana Clarkson. His subsequent trial ended with a hung jury. A second trial is scheduled for Sept. 2008.

Linda Hamilton - Linda Hamilton morphed from shy waitress to tough-as-nails freedom fighter over the course of the blockbuster action movies "Terminator" and "Terminator 2: Judgment Day." But Hamilton found it far more difficult to fight off the demons in her personal life.
Continued on page 4



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Hamilton suffered from manic-depressive episodes for 20 years before getting properly treated and calls the years from her 20s to her 40s her "lost years." "In those 20 years, I did not know the meaning of the word 'hope,'" Hamilton told The Associated Press. "It was just a bleak, difficult existence."

Hamilton said her manic episodes drove much of her work early on, but the depression felt like falling into a manhole with no way out and pushed her to self-medicate with drugs and alcohol. One of our doctors said treatment for bipolar does not reduce creativity. Still, Hamilton feared sacrificing her creativity for mental stability, a common reaction for many artistically inclined people with bipolar disorder. "That is one of the most difficult things of treating bipolar disorder," Galynker said. "If someone is fantastically creative do you want to make them just averagely creative?"

But Hamilton said she was able to go through treatment without losing her creative streak. "A lot of my early career was based on that angry woman that was just an organic outgrowth of the chemical imbalance that I had," Hamilton said. "And I thought, I'm going to become normal and I won't have those extraordinary gifts as an actress. There is nothing that has been diminished or dulled. I don't feel that any of my greatness has been covered over."

Richard Dreyfuss - Oscar winner Richard Dreyfuss may be best known for playing the marine biologist who thought a scuba suit and shark cage could protect him from the hungry maw of "Jaws," but the famous actor's inner life is far more complex than that of the boyish character he made famous.

In a 2006 television documentary titled "The Secret Life of the Manic Depressive" by British actor Stephen Fry, Dreyfuss was one of several actors who spoke extensively and frankly about his bipolar disorder. He told Fry that he been on lithium and other medications to level his mood. Dreyfuss is not reticent about sharing his views on subjects like mental illness, religion and politics

and he speaks frequently about civic duty. Still, it may be his openness about the stigmatized disorder that has made the most impact.

Margot Kidder - As Lois Lane, Margot Kidder played a vivacious journalist with a soft spot for Superman, played by Christopher Reeve, in the blockbuster films of the 1970s and 1980s. But even Superman could not save Kidder from her bipolar disorder.

Kidder said she was aware as early as 19 that her mood swings were intense enough to "knock over entire cities." "But at that point, I don't know how much psychiatrists knew about manic depression. I know that I didn't know what to call it," Kidder said. "It wasn't my mood swings that alarmed me as much as the altered states that I would go into. I likened them to LSD trips without the LSD."

Kidder's drinking and occasional drug use masked her problem but in April 1996, she could not hide anymore. After disappearing for several days, Kidder made headlines when she was found dirty and dazed, hiding behind some bushes in a stranger's backyard. Kidder was taken to the mental ward of a Los Angeles hospital for treatment, after which she went home to Canada to rest.

"I so don't want to cry, but it's the thing I have avoided and been terrified by and have demonized my whole life and it has done extraordinary damage to an awful lot of lives besides mine," Kidder said. "I've had an awful lot of highs and they were great. But the price I've paid for them is pretty tough to accept and I'm not -- I can't pay that price anymore."

Maurice Bernard - Soap opera stars rarely go through the same kind of life-altering dramas that their characters suffer through on TV -- the amnesia, the long-lost mothers, the unintentional marriages. But Maurice Bernard, who plays a mob boss on "General Hospital," got to act out aspects of his own personal distress in the award-winning "Sonny Is Bipolar" story line.

In 2007, Bernard was honored by the Entertainment Industries Council with the first "Performance in a Daytime Drama" PRISM Award for his portrayal of bipolar disorder.

Bernard, 45, was diagnosed with bipolar disorder (then called manic depression) at the age of 22 after a nervous breakdown and a stay in a mental hospital. Since his 1993 start at "General Hospital," Bernard has had a few rough periods and even left the show in 1998. In a 2007 interview on "The Oprah Winfrey Show," Bernard described the importance of sticking to his medication. "I flirt with not taking it -- but I'm not stupid, because every time I've gone off the medication, I've had a breakdown," he said.

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Carrie Fisher - The actress and writer, known best for her role as the dauntless Princess Leia in the "Star Wars" trilogy, has had to deal with both the light and the dark sides of her psyche.

Fisher has suffered from bipolar disorder since her youth. "I have a chemical imbalance that, in its most extreme state, will lead me to a mental hospital," Fisher told Diane Sawyer.

Fisher, the child of actors Debbie Reynolds and Eddie Fisher, had a tumultuous childhood. Her father ran away with Elizabeth Taylor when she was 2 years old, and Fisher began performing on stage at age 12.

While Fisher got a huge break in "Star Wars", her career did not take off, and she gradually developed a cocaine and alcohol addiction. All during this time, she struggled with her disorder. "I used to think I was a drug addict, pure and simple -- just someone who could not stop taking drugs willfully," said Fisher in a December 2000 interview with Diane Sawyer on ABC News. "And I was that. But it turns out that I am severely manic depressive."

However, after years of struggle and a breakdown that kept her in a hospital for two weeks, Fisher has come to terms with her condition. "I outlasted my problems," Fisher said. "I am mentally ill. I can say that. I am not ashamed of that. I survived that, I'm still surviving it, but bring it on. Better me than you."

Stephen Fry - While the English actor and comedian imbued drollery into British TV favorites such as "Jeeves and Wooster" and "Black Adder," he's had to do it while dealing with bipolar disorder.

"I [suffer], according to a psychiatrist at least, from cyclothymia, which is sometimes called 'bipolar light,'" Fry said in a 2006 seminar at St. Andrew's University. While Fry explained that his condition generally has less severe symptoms, he reached a dangerous low point in 1995, when he walked out of a play he was starring in and came very close to killing himself.

"I went into my garage, sealed the door with a duvet I'd brought and got into my car," the comedian said in a BBC documentary "Stephen Fry: The Secret Life of the Manic Depressive."

"I sat there for at least, I think, two hours in the car, my hands on the ignition key," he said. After that, Fry was diagnosed with the bipolar disorder.

"I'd never heard the word before," Fry said in the documentary. "But for the first time, at the age of 37, I had a diagnosis that explains the massive highs and miserable lows I've lived with all my life."

Now, Fry uses his celebrity to create awareness about bipolar disorder. "I'm in a rare and privileged position of being able to help address the whole business of stigma," Fry said in his documentary, "and why it is

that the rest of society finds it so easy to wrinkle their noses... when confronted with an illness of the mind and of the mood -- especially when we reach out with such sympathy towards diseases of the liver or other organs that don't affect who we are and how we feel in quite such devastating complexity."

Burgess Meredith - Though he played the part of Rocky's iconic boxing trainer, Mickey, in "Rocky," Burgess Meredith might have needed some coaching of his own when dealing with his bipolar disorder.

Although younger generations may not recognize Meredith -- he died in 1997 -- he was well-known in his era, playing the Penguin in the 1966 "Batman" TV series and starring in the 1939 version of "Of Mice and Men." He was also known in Hollywood for his violent mood swings and temperamental behavior. Rumored as woman-chaser, the actor married four times.

Meredith explained his changeable behavior in his autobiography, "So Far, So Good," writing that he was diagnosed with cyclothymia, a milder form of bipolar disorder.

Like many people who suffer from bipolar disorder, Meredith had a difficult childhood. "All my life, to this day, the memory of my childhood remains grim and incoherent," Meredith wrote in his autobiography. "If I close my eyes and think back, I see little except violence and fear." Apparently, abuse or neglect during early years can act as a trigger for the disorder.

"If you have the predisposition, you can become ill if there's a sufficient stress brought to bear on that situation," said Dr. C. Edward Coffey, professor of psychology and neurology and vice president for behavioral health services at Henry Ford Health System in Detroit. "We know that kids that experience trauma when they're young -- that's going to disturb their balance and can lead to bipolar disorder [if they are predisposed]."

Dick Cavett - The clever talk show host and comedian may have appeared suave and self-assured on television, but there were times when Dick Cavett's mind was far from serene.

Cavett has openly talked about his struggle both with depression and bipolar disorder. He even did electroconvulsive therapy to help him treat his mind disorders. "In my case, ECT was miraculous," Cavett said in a 1992 interview with People Magazine. "My wife was dubious, but when she came into my room afterward, I sat up and said, 'Look who's back among the living.' It was like a magic wand."

However, his illness still caused him some difficulty when he was sued for backing out of doing a nationally syndicated radio program in 1997. Cavett's lawyer told

Continued on page 7

Support Groups



Family Members' Groups

African American Family Support

1st Thursdays, 5:30-7:30 pm at
1380 Howard St., Rm 537. Call Wanda at 255-3694

San Francisco Family Support Group

Tuesdays, 5:15-6:45 p.m. at SF General Hospital, 1001 Potrero St., Room 7M30. Info: Susanne at 415-558-5900

Sibling & Adult Children Network

Call Mary Gullekson at 474-7010 for information

Berkeley Sibling Support Group

Call Carolyn Defay at (510) 644-8579

Support Group for Family Members, Friends & Care Givers

Tuesdays, 5:30- 7:30 pm at Mission Mental Health,
2712 Mission St. Child care and refreshments provided.
Call Carmen Burgos at 415-401-2733

Bilingual & Monolingual Support Groups

Chinese Families Mental Health Alliance. Ed Koo 352-2047

Consumer Self-Help Groups

Depression & Bipolar Support All. (formerly DMDA)

Saturday afternoons at 1:30-3:00 and
1st Mondays at 6:45-8:00 pm in the Saint Francis Hospital,
900 Hyde St., 2nd Floor Conf. Room. Call 519-0171

OASIS (Office of Self Help)

1095 Market Street at 7th, Suite 202 (415) 575-1400

RECOVERY, Inc. for nervous ailments

(415) 333-6454 Community Miracles Center,
2269 Market Street (between Noe and Sanchez)

Consumers with Schizophrenia

3rd Wednesday of each month, 5:30 pm
1380 Howard St., 5th floor. Info: Susanne at 558-5900

Hoarding & Cluttering Support

2nd Monday and 4th Wednesday of each month.
Antonio (415) 421-2926 x306

Health and Wellness Action Advocacy

1st Thursday of each month, 1-3pm. Antonio at
(415) 421-2926, x306

Alcoholics Anonymous: San Fran: (415) 621-1326

Marin: (415) 499-0400 San Mateo: (650) 573-6811

Narcotics Anonymous SF Helpline: (415) 621-8600

NAMI-San Francisco is a self-help organization of family members, mental health consumers, friends, professionals and other interested citizens, united to provide support, education and advocacy for persons with severe mental illness. NAMI-San Francisco is a private, non-profit organization.



NAMI-SF Support Groups

- 1) **For Caregivers and Friends Only**
1010 Gough
2nd Wednesday at 6:30
Contact Vickie at 661-5208
- 2) San Francisco General Hospital
7th Floor, Room 7 M 30
Tuesdays, 5:15 – 6:45 p.m.
Call Susanne Killing at 558-5900

Asian Mental Health Resources

The Culture to Culture Foundation's directory of Asian-American mental health services in the Bay Area can be accessed at www.asianmentalhealth.info. The Culture to Culture Foundation is a nonprofit, community-based organization dedicated to promoting mental health and emotional wellness within the San Francisco Bay Area's Asian-American community. For more information go to www.culturetoculture.org or call 925-938-9988

DBSA

Depression and Bipolar Support Alliance of San Francisco



Regular Support Group:

every Monday at 6:45-8:15pm and
every Saturday at 1:30-3:00pm.

Young Adults Support Group:

1st and 3rd Monday of each month at 6:45-8:15pm for 18 to 25+ year old people.
Contact Harry at 650-430-2909 for information.

Friends And Family Support Group:

1st and 3rd Monday of each month at 6:45-8:15pm. Contact Jane at 415-519-0171 or Harry at 650-430-2909 for information.

Location:

2nd floor of St. Francis Hospital
900 Hyde St.

between Pine and Bush in San Francisco
Conference rooms B, C, and D

Meetings are on a drop in basis and are open to peers, please note we do not allow observers. You do not need to be a member to attend, however memberships are \$20.00 a year and you are encouraged to join and support the organization.

From The Cost of Creativity on page 5

The Associated Press that the host had a manic depressive (bipolar) episode and was not able to fulfill the contract. The case against Cavett was dropped. Since then, the actor has also helped to raise awareness by participating in a movie about mental illness called "A Patient's Perspective," produced by the Depression and Related Affective Disorders Association.

Patty Duke - The child actress-turned TV star has lived a life of extreme highs and lows, mirroring her struggle with bipolar disorder.

While Patty Duke won an Oscar at age 16 for her role as Helen Keller in "The Miracle Worker," and fame from her TV series "The Patty Duke Show," her personal life was traumatic. Her mother turned Duke over to the control of her managers, John and Ethel Ross, who abused and controlled Duke for most of her young adulthood. This abuse led to years of misery, addiction and broken relationships for Duke.

She also struggled, unknowingly with her bipolar disorder -- which she would not be diagnosed with until her 30s. "Even now, it's weird to tell you what my reaction was. In my entire life I had heard the words 'manic-depressive' only three or four times -- in some completely unrelated way, certainly nothing to do with me," Duke writes in her autobiography, "A Brilliant Madness."

"But the words just made sense. As my psychiatrist said them, I remember nodding my head as if I had known this all along. They were the best two words I ever heard. They described how it felt to be me."

Duke now has control of her life and is informed about her disorder. In addition to authoring two books on her experience with bipolar disorder, she has become a spokeswoman and activist for mental health awareness.

Vivien Leigh - For those younger than 35 the name Vivien Leigh may draw a blank stare. But it was the beautiful, famously temperamental Leigh who played the breathless Scarlett O'Hara in "Gone With the Wind."

She also played Blanche DuBois, the oversexed alcoholic in "A Streetcar Named Desire." Tragically her private life mirrored that of her Oscar-winning roles. Leigh was reportedly diagnosed with bipolar disorder, characterized by extreme highs and lows, a disorder that could be seen as a metaphor for some of the external circumstances in her life.

Her unhappy childhood in India was spent in a convent boarding school and her two marriages ended un-happily. Besides battling alcoholism and what was then known as manic depression, she died of tuberculosis at 53.

On the other hand, she was known internationally as one of the most beautiful women in the world. She was also lauded for her talent. She won Oscars for her roles in "Gone with the Wind" and "Streetcar" and played opposite acting greats Sir Laurence Olivier, Clark Gable and Marlon Brando.

Leigh married Olivier in 1940. In his autobiography, Olivier described her disorder in the poetic way one might expect from the famous actor: "Throughout her possession by that uncannily evil monster, manic depression, with its deadly ever-tightening spirals, she retained ... an ability to disguise her true mental condition from almost all except me."

—Lauren Cox contributed to this report.

Out of the Fog is published 10 times a year by NAMI-San Francisco, a non-profit organization affiliated with the National Alliance on Mental Illness, which goes by the acronym NAMI, and NAMI-California, the statewide affiliate.

NAMI San Francisco

1010 Gough St.
San Francisco, CA 94109
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Contact us at namif@fsasf.org

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Please Join NAMI SF

NAMI-San Francisco is moving to a system where members renew in their anniversary months, but many of you are on the calendar-year system.

Please let us count you. There is power in numbers. We need the support of families, friends, consumers, professionals and others who share our goals. Your dues help us pay for the printing of the newsletter, educational materials and mailings and the Family-to-Family Education Course, an invaluable resource for people who love someone with a mental illness.

Checks may be made out to "NAMI San Francisco"

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1010 Gough St.
San Francisco, CA 94109

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- \$250 or more for Patron Membership
- \$500 or more for Sustaining Membership

• I cannot join NAMI-San Francisco at this time but I would like to receive ***Out of the Fog*** or **I am enclosing a donation of \$ _____ to help cover the cost of *Out of the Fog*.**

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