



OUT OF THE FOG

The monthly newsletter of NAMI San Francisco
www.namifsf.org

Join us for the 5th Annual NAMIWalk Kick-Off Lunch



NAMIWalk is NAMI San Francisco's biggest fundraiser of the year. The Kick-Off event is free for anyone who wants to create a Walk team or learn more about the Walk and the many opportunities to participate in this exciting event!

Wednesday, March 25th • 11:30am - 1:30pm

CalStateUniversity, EastBay
 Hayward Campus - New Student Union
 25800 Carlos Bee Blvd., Hayward

For map and directions: www.namiwalksfbay.org

RSVP by March 16 to laurie@namiwalksfbay.org or 800-556-2401.

Treatment Advocacy Center

<http://www.treatmentadvocacycenter.org/>

The Treatment Advocacy Center is pleased to announce a new website designed to fully equip supporters with the most up-to-date information and advocacy tools. Include the Treatment Advocacy Center website in your favorites and check back often for updates.

2009 NAMI National Convention July 6-9 in San Francisco

Celebrating our 30th year! We've got lots of special events planned to celebrate this milestone in our history...in one of the world's great cities!

Don't miss this opportunity to join thousands of your NAMI friends and advocates to celebrate our past while we stand together to look to the future.

Dr. Marsha Linehan, creator of dialectical behavioral therapy, a revolutionary treatment for people with borderline personality disorder, will present at the Research Plenary during the upcoming convention. Dr. Linehan is a professor of psychology at the University of Washington in Seattle and director of the Behavioral Research and Therapy Clinics. She originally developed the therapy to help chronically suicidal people. It has since been adapted for a variety of settings as well as for a number of other seemingly intractable behavioral disorders.

All activities will be held in the SF Hilton and Towers located at 333 O'Farrell Street, 1-800-HILTONS, (415) 777-1400. Visit www.nami.org



<p>3rd Wednesday of each month 6:30 - 8:00 pm 1010 Gough St. (between Eddy & Ellis)</p>	<i>The Monthly Meeting</i>		
	<p><u>March 18</u> Dr. Peter Forster from UCSF will speak on "Dual Diagnosis."</p>	<p><u>April 15</u> Dr. Damien Rose from the UCSF PART study will be speaking on predicting psychosis.</p>	<p><u>May 20</u> Scott Granet, LCSW OCD-BDD Clinic of Northern California, will speak on "Understanding and Treating Obsessive-Compulsive Disorder and Body Dysmorphic Disorder."</p>

Addiction: Insights from Parkinson's Disease

Source: McGill University, Wednesday, February 25, 2009

A new comprehensive review by researchers at the Montreal Neurological Institute (MNI), McGill University and the University of Cambridge, England provides vital insights into the neurological basis of addiction by investigating Parkinson's disease patients, who in some instances develop various addictions when undergoing medical treatment. The review, published in this week's (February 25) issue of the scientific journal *Neuron*, illustrates that persistently elevated levels of dopamine in the brain promote the development and maintenance of addictive behaviours.

Addiction is a complex health and societal problem that can destroy lives and damage communities. Brain imaging studies have shown that addiction severely alters brain areas critical to decision-making, learning and memory, and behavior control. In order to learn how to control or manage the disorder, it is necessary to understand the underlying biological mechanisms. Researchers have turned to Parkinson's disease to study addiction, successfully using one disease to learn about another. Although seemingly very different, dopamine plays a role in both disorders and some of the same systems in the brain are affected. Parkinson's disease is often thought as just affecting movement but, it also consists of cognitive, behavioural and mood symptoms, which are now being recognized as a major source of disability.

Dopamine is a neurotransmitter, or chemical messenger in the brain that is involved in brain processes that control movement, emotional response and the ability to experience pleasure, reward and pain. Parkinson's patients lack dopamine and are often treated with dopamine agonists, medication that mimics dopamine action.

"In some instances Parkinson's disease (PD) patients become addicted to their own medication, or develop behavioural addictions such as pathological gambling, compulsive shopping or hypersexuality," says Dr. Alain Dagher, neurologist at the MNI and co-author of the review.

"This is surprising because PD patients typically have a very low incidence of drug abuse and display a personality type that is the opposite of the typical addictive personality. These rare, addictive syndromes, which appear to result from excessive dopaminergic treatment, illustrate the link between dopamine, personality and addiction."

PD patients treated with dopamine agonists had an incidence of pathological gambling as high as 8% compared to less than 1% in the general population. In PD patients who develop addictive disorders, the problems started soon after starting dopaminergic therapy and stopped after treatment was discontinued. It was found that adjusting the dosage and combination of medication resolved the addictive symptoms, while maintaining the same motor benefit.

The phenomenon of addiction induced by dopamine medications can also tell us something about vulnerability to addiction in the general population. Not everyone is equally vulnerable, and it now appears that the propensity to become addicted is in part hereditary. Many of the genes implicated in addiction appear to affect brain levels of dopamine.

Studies show that that dopamine acts in an area of the brain known as the ventral striatum, which receives input from other areas such as the hippocampus and amygdala. It may be through this region that dopamine promotes addictive behaviours.

Understanding brain function that leads to drug addiction may help in the development of drugs to block drug-craving and drug-seeking behaviours in the general population as well as refine disease treatment for Parkinson's patients.

SSN's Ticket to Work: Updated Fact Sheets

Two key documents relating to the Social Security Administration's Ticket to Work (Ticket) program have recently been revised. The Overview document highlights the NEW Ticket program, outlining important changes as well as the 2009 payment system. The EN Resources document provides great contact information for both potential and approved Employment Networks, instructing them on where to go for help.

Overview

In 2008, the Social Security Administration (SSA) issued revised regulations that significantly improved the Ticket to Work (Ticket) program. SSA believes these changes will:

1. Encourage more organizations to become Employment Networks (ENs) and increase the types and number of ENs available to serve Ticket Holders.
2. Promote partnering between organizations and expand the range of services available to Ticket Holders.
3. Offer public and private entities exciting opportunities to obtain flexible funding by becoming ENs and helping Ticket Holders enter and maintain employment.

4. Improve the coordination of the Federal, state and local services available to beneficiaries, particularly the coordination of Vocational Rehabilitation (VR) and EN services and the various SSA Work Incentives.

Regulatory Improvements of Particular Interest

Ticket eligibility has expanded to include ALL adult beneficiaries, ages 18 through 64, who receive cash benefits from Social Security based on disability under the Social Security Disability Insurance (SSDI) program and/or the Supplemental Security Income (SSI) program.

- Total potential payments for SSI and SSDI beneficiaries are now approximately the same.
- ENs can earn payments earlier in the employment process, more often, and at higher rates.
- Two sets of Milestone payments are available based on gross earnings:
 - Phase 1 Milestone payments are based on gross earnings at the Trial Work level (\$700/month in 2009), which in many cases equates to part-time work, and permits beneficiaries to receive a mix of benefit payments and earnings as they explore work.
 - Phase 2 Milestone payments are based on gross earnings at the Substantial Gainful Activity (SGA) level which encourages the use of SSA Work Incentives.
- If a Ticket is "in use" (assigned) and the Ticket Holder is determined to be making "timely progress" in moving towards self-supporting employment, the Ticket Holder's medical Continuing Disability Reviews will be postponed. The new regulations expand the criteria for measuring timely progress to include both educational attainment and work.
- SSA can now pay a State VR agency and an EN for providing sequential services to the same Ticket Holder (referred to as Partnership Plus). This applies when VR serves the beneficiary under the VR/SSA Cost Reimbursement program, the VR agency closes the case, and the beneficiary subsequently assigns the Ticket to an EN for job retention or ongoing support services.

Outcome Payment System

The new Ticket regulations made two significant changes to the EN Outcome payment system.

The total amount of potential Outcome payments increased to \$676 a month for SSDI and \$386 a month for SSI in 2009.

The total payments available under the Milestone-Outcome payment system were increased to 90% of total payments available under the Outcome only payment system.

[Please visit www.yourtickettowork.com to see the details of the New EN Milestone-Outcome Payment System (2009 figures).]


Important Reminder

Total EN payments depend on many variables and differ among Ticket Holders. SSA determined that Phase 1 Milestone payments will be awarded based on an EN providing initial services, including job placement, that lead to employment. This means that one or more of the Phase 1 Milestones may not always be available to an EN. Two situations that can impact the availability of Phase 1 Milestones are:

- Partnership Plus: When a State VR agency serves a beneficiary under the new Partnership Plus option, the beneficiary may initially receive VR services to meet his/her intensive up-front service needs and, after the VR case is closed, the Ticket Holder may assign his/her Ticket to an EN and receive job retention services or ongoing support services. While the EN has the potential to earn Phase 2 Milestone and Outcome payments, the Phase 1 Milestone payments are not available to the EN if VR closed the case with the beneficiary in employment. To learn more about Partnership Plus, visit: www.socialsecurity.gov/work/documents/PartnerPlusD8x11108.pdf
- Recent Work Rule: If a Ticket Holder worked with earnings at or above the Trial Work level (\$700 in 2009) during the 18 months prior to assigning his/her Ticket to an EN, the four Phase 1 Milestones may or may not be available to the EN depending on when the work occurred. MAXIMUS has created a tool to explore a Ticket Holder's recent work history. Visit: www.yourtickettowork.com/training_2 and click on "18th Month Prior Earnings Tool."

*Social Security Administration
Office of Employment Support Programs
SSA Pub. No. 63-024
January 2009*

Remember to donate to the



Community Thrift Store

This is one of our *best* sources of income for the NAMI SF Chapter!!

625 Valencia Street at 17th Street
415-861-4910

Support Groups



Family Members' Groups

Healing Circle African American Family Support
1st Thursdays, 6 - 7:45 pm at 1099 Sunnydale Ave (The Village). Call LaVaughn at 415-832-9616

Sibling & Adult Children Network
Call Mary Gullekson at 474-7010 for information

Berkeley Sibling Support Group
Call Carolyn Defay at (510) 644-8579

Bilingual & Monolingual Support Groups

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 or call 925-938-9988

Chinese Families Mental Health Alliance. Ed Koo 352-2047

Spanish Language Support Group for family members and caregivers has started. Info: Carmen Burgos 415-401-2733.
1st Tuesday 5:30-7:30 p.m. at Mission Mental Health, 2712 Mission Street in San Francisco.

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, 5:30-6:45pm
1010 Gough. 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

Harm Reduction Therapy (415)-863-4282



NAMI-SF Support Groups

- 1) **For Family Members, 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

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 Norbeck at
415-519-0171 or Harry Walters at
650-430-2909 for information.

Location:

900 Hyde St., St. Francis Hospital
between Pine and Bush in San Francisco
At Outpatient Registration desk, take elevator down to
lower level. Meeting rooms are next to the elevator.

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.

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.

County Mental Health

The County Mental Health Access Line
for all consumers
415-255-3737

Substance Abuse Treatment Access
1380 Howard, First Floor
415-503-4730 or 1-800-750-2727

The Mobile Crisis Unit
415-355-8300



The SFGH CAB CLOTHING PROJECT



This program is a big help to
consumers who are in need of clothes
while they are at SF General Hospital.

Just call and they will pick up your donation or meet you at
the front door of the hospital when you bring it in.

Please call Amelia Truman, 415-206-4465

Family To Family Education Class

**Two classes are planned to start soon:
one will be an evening class hosted by
the VA Hospital, and the other will be on
Saturday mornings.**

We are currently enrolling family members and
friends of persons with a mental illness in the
free 12-week course.

Leave your name, number, and interest in
the Family-to-Family class on our hotline
(905-6264), and we'll get right back to you!

Be a Compeer Friend

Compeer San Mateo County invites the San Francisco
area to participate in the organization. Compeer connects
stable persons with mental illness with a friend in the
community, usually for a couple of hours every couple
of weeks. They are looking for more friends - could you
spare some time to share some friendship? Contact Inge
at contact@compeersanmateo.org or call 650-355-8083
for more information.

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.

www.namif.org

NAMI San Francisco

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NAMI-SF Hotline 415-905-NAMI / 415-905-6264

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PLAN: Baron Miller
WALK: Ellie Shukert

Send newsletter additions/submissions/
change requests to roopa2nami@gmail.com



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"

Please mail to:
NAMI-San Francisco Treasurer
1010 Gough St.
San Francisco, CA 94109

NAME _____
(Please Print)
ADDRESS _____
CITY _____ ZIP _____
PHONE _____

This is a: •New Membership •Renewal •Address change
What is your relationship to a person with a mental illness?
•self • parent • sibling • spouse • health care/professional
Other _____

Please Check One:
• \$10 Consumer
• \$45 Individual or Family Membership
• \$100 Organization or Benefactor Membership
• \$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*.

NAMI SAN FRANCISCO

1010 Gough St.
San Francisco, CA 94109

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FIRST CLASS MAIL
U.S. Postage
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