



OUT OF THE FOG

The monthly newsletter of NAMI San Francisco

NAMI WALKS ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ FOR THE MIND OF AMERICA

Join a Team, Register, *JUST SHOW UP!*

June 3, 2006 — Golden Gate Park

Sign up on the Web Site!

Go to www.nami.org - Click on namiwalks, then the state of California, then San Francisco - NAMIWalk San Francisco Bay Area

- * Form a walk team
- * Join an existing team
- * Walk as an individual
- * Sponsor a walker
- OR * Be an event sponsor
- * General donations

This EASY TO USE form links you to forms to click and register. To join as an individual walker or sponsor a walker, click on those words.

You can join any team from here. If you are a new user, just click on the words "Click here to create your sign - in account.." For those of you who registered online last year, click on returning user. Be sure to have your user name and password ready.

To be an event sponsor contact Dede Ranahan, Walk Director at 916-408-4541 or at dranahan@nami.org.

New 2006 Walk Sponsors

Thank You For Your Tremendous Support! Your Donations Have Pushed Us Past The \$70,000 Mark In Walk Sponsorships!

Give A Wonderful Gift!

- Become A Sponsor In Honor Of Someone You Know.
- Become A Sponsor In Honor Of Someone You Remember.

Some of the 2006 WALK SPONSORS include:

JOINT PLATINUM SPONSORS (\$15,000)

John Muir Behavioral Health Center
Dixon Financial Services, Inc.

MAJOR SPONSOR (\$7,500)

Crestwood Behavioral Health

GOLD SPONSORS (\$5,000)

Bristol-Myers Squibb
Janssen, L.P.

SILVER SPONSORS (\$2,500)

California Pacific Medical Center
Denovo Ventures LLC
Episcopal Charities
Magellan Health Services

Anonymous
The CA Assoc. of Marriage
and Family Therapists
The California Endowment

Continued on page 5

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

The Monthly Meeting

May 17

Ask the Doctor
Peter Forster, MD
Clinical Professor of Psychiatry,
UCSF, Clinical Director, Gateway
Psychiatric Services
Please send questions to
forster@itsa.ucsf.edu

June 21

Linda May, PhD, MFT
Case Manager, PART
Prodrome Assessment
Research & Treatment
Program

July 19

To Be Announced

NAMI StigmaBusters

Contact: smarch@nami.org

Unanimous: All Thumbs Down

"This isn't a game, it's psychological warfare," said Richard on April 5, 2006, at the end of the third episode of Unanimous, a Fox-TV "reality show" in which contestants living in an underground bunker need to agree who should receive \$1.5 million. So far, the money has been cut in half, because they can't.

The show also represents blatant, irresponsible exploitation of stigma. In the second episode, Richard became an "outcast" after it was revealed that he once was hospitalized on "a mental ward" (apparently for alcoholism or depression).

Initially, there was hope that the show would show the reality of enlightenment and education battling ignorance and prejudice -- indeed, one contestant declared that mental illness was "no different than a common cold." But the show has degenerated into a "stigma fest." In the third episode, contestants described Richard and exaggerated his behavior using the following language.

- "Crazy as a crap-house rat"
- "A whole bunch cuckoo"
- "Not working with a full deck"
- "Bizarre" and "wagging"
- "Explosive"
- "Out of his mind"
- "An outcast in real life"

The show's Web site asks: "Has Richard driven everyone crazy?" It also advertises the show's commercial sponsor: Burger King.

Let's tell Fox-TV and Burger King to stop the stigma.

- Stop exploiting prejudice against mental illness.
- Stop spreading stigma on Unanimous or any other show.
- Support the Surgeon General's campaign against stigma.
- Stigma is a barrier to people getting help when they need it.

County Mental Health

The County mental health access line
for all consumers is

415-255-3737

The Mobile Crisis Unit is

415-355-8300

- They are risking liability under the Americans with Disabilities Act (ADA). Burger King's sponsorship in particular violates its own corporate diversity policy and is hostile to both customers and employees.

NAMI does not sponsor boycotts. They are not an effective tactic. However, the Burger King slogan is "Have It Your Way." Personally, I intend to tell them that I won't buy any Whoppers unless I can have them without stigma.

Nicole Bernard, Director
Standards & Practices

10201 W. Pico Blvd., Los Angeles, CA 90035

ASKFOX@FOXINC.COM

Clyde Rucker

Senior Vice-President, Communications & External
Affairs

Burger King Corporation

5505 Blue Lagoon Drive, Miami FL 33126

(305) 378-3000

Burger King does not accept public emails. It is especially important that short, handwritten notes be sent to Mr. Rucker or phone messages left with his office.

Voice Award Nominations: Consumers

The U.S. Department of Health & Human Services (HHS) Substance Abuse & Mental Health Services Administration (SAMHSA) is still seeking nominations for the Consumer category of its annual Voice Awards. All nominations must be received by Friday, April 21.

This is a good opportunity for NAMI leaders to nominate In Our Own Voice participants. Self-nominations also are welcome.

The awards are for consumers who have 1) personally demonstrated that recovery is possible, 2) participated in efforts to reduce discrimination and stigma, and 3) made a positive impact on their community, workplace, or school. Nominations should be sent to voiceawards@vancomm.com. They also can be sent by regular mail to:

Remember to donate to the

Community Thrift Store



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

Continued on page 2
625 Valencia Street at 17th Street

415-861-4910

Schizophrenia As Misstep By Giant Gene

By Nicholas Wade

Reprinted from *The New York Times*, published April 18, 2006

Researchers have made progress in understanding how a variant gene linked to schizophrenia may exert its influence in the brain. The findings are tentative but, if confirmed, could yield deep insights into the biological basis of the disease.

The gene, called neuregulin-1, was first implicated in schizophrenia in 2002 by DeCode Genetics, a Reykjavik company that looks for the genetic roots of common diseases in the Icelandic population.

But how the variant form of the gene contributed to the disease was far from clear, in part because even the normal gene's function is far from understood. A team led by Amanda J. Law of the University of Oxford in England and Daniel R. Weinberger of the National Institutes of Health has now developed clues as to how the gene may go wrong.

Neuregulin is one of about 10 genes so far linked to schizophrenia. It plays many different roles in the brain, some concerned with synapses, the interconnections between neurons, so derangements of its function are a plausible source of schizophrenia. It is a long road, however, from knowing a variant gene is linked with a disease to understanding the biology of how the disease is caused.

The problem is particularly daunting with neuregulin. It is one of the largest genes in the human genome, sprawling over some 1,125,000 units of DNA, and it generates at least six types of protein through a procedure known as alternative splicing, in which different components of the gene are mixed and matched so that each set specifies a different protein.

Adding to the complexity, the variant stretch of DNA that DeCode linked to schizophrenia does not lie in the neuregulin gene itself but just upstream of it, meaning that it presumably affects not the actual proteins produced by the gene but the way the gene is controlled.

The activity of genes is governed by transcription factors, which bind to specific sequences of DNA units that lie close to the gene. Alteration of these sequences may cause the transcription factors to bind incorrectly and thus impair the proper expression of the gene.

Dr. Weinberger has tested this idea by analyzing the activity of the gene in a large collection of brain samples from schizophrenic patients. The tissue was frozen shortly after the patients died.

Recently he showed that one protein is produced in larger amounts in the prefrontal cortex of schizophrenic patients. But there were reasons for thinking that this

protein, the first of neuregulin's six types, might be an effect of schizophrenia rather than its cause.

Dr. Weinberger and Dr. Law have now studied the hippocampus, the region of the brain where initial memories of faces and places are formed and which, like the prefrontal cortex, is affected in schizophrenia. In contrast to their previous analyses, this time they concentrated on Type 4 proteins, which were discovered by DeCode two years ago and seem more likely to play a causative role.

The reason is that the first component of the transcript that makes the Type 4 proteins lies at the very beginning of the neuregulin gene and closest to the upstream genetic segment that is statistically linked to schizophrenia.

The researchers found that people who inherited two versions of the variant segment, one from each parent, were producing 50 percent more of neuregulin's Type 4 protein than those who inherited one or no copies.

This suggests, though does not prove, that the production rate of Type 4 proteins is the mechanism through which the neuregulin gene contributes to schizophrenia.

"This is a wonderful insight into the underlying molecular mechanism of this gene," Dr. Law said. "The field will now move to trying to understand the biology of this change on brain and behavior." She and her colleagues report their findings in today's issue of *The Proceedings of the National Academy of Sciences*.

The role of neuregulin's Type 4 proteins is unknown, but they may be involved in making neurons migrate, a property of great importance when the brain is being constructed.

Dr. Law said that the variant segment linked to schizophrenia had a single DNA unit change at the center of one of the binding sites recognized by the transcription factors that control the gene. Loss of the binding site presumably upsets the regulation of the gene, causing too much of the Type 4 protein to be generated, she said.

Having slightly more than usual of a single protein may seem a very subtle derangement for so devastating a disease, but subtlety is to be expected, Dr. Weinberger said. "We know that all mental illnesses are about very subtle aspects of the wiring biases. They are about how you process complicated environmental stimuli, not about how you walk down the street."

Dr. Kari Stefansson, a neurologist and DeCode's chief executive, noted it was extremely hard to get enough schizophrenic brain samples for good statistical analysis but, given that constraint, the new finding was promising and "remarkable if true."

Next Article in Science (1 of 9)

START-FINISH LINE SPONSOR (\$1,500)

Eklin Medical Systems

BRONZE SPONSORS (\$1,000)

Bay Area Community Services
Bucklew Programs
Edgewood Center for Children and Families
Eli Lilly & Co.
Sherrilyn and Kenneth Fischer
Loring Ward Advisor Services
Mills-Peninsula Health Services
Ram Building Company in honor of Chris & Ryan
Stars Behavioral Health
Symantec
Telecare Corp.
The Cakery (in-kind)

SUPPORTER SPONSORS (\$500)

Bert Ahuna for Adam Enright
Avalon Graphics (in-kind)
Contra Costa County Mental Health
Davis-Marin Inc.
Eden Medical Center
Carol Gosh, CFP
Bradford A. Heath, DDS
Micronic Laser Systems
Mirant California LLC
NAMIWALK Steering Committee
Sen. Don Perata, President Pro Tempore
Pfizer Pharmaceuticals Inc.
Pfothenhauer Wilshusen Family in memory of Kelsey
Dede Ranahan, Walk Director
Meir & Navah Statman
Ted's Village Pharmacy
Toppan Photomask, Inc.
United American Bank
Way Financial

KILOMETER SPONSORS (\$250)

Fanya Margo McDaniel
Nakamura Graphics (in-kind)
SEIU Local 949
Jay & Ellie Shukert
Mujahidun Sumchai
The Dales Family

Supporter Sponsor (\$500)

Pfizer Pharmaceuticals, Inc.
Kilometer Sponsors \$250
Jay And Ellie Shukert
Mujahidun Sumchai

Brain Imaging Study

Sponsored by UCSF and the VA, the study would require:

- coming into our lab at the VA Medical Center Hospital one time (for about 3 hours total) which a) includes speaking with Dr. Deicken for about 45 minutes to discuss your symptoms and history and b) participating in a 1 hour 45 minute MRI brain scan
- providing a letter from your mental health professional stating your psychiatric diagnosis, which needs to be faxed or mailed to us prior to your visit
- we currently need people who are stabilized on their medications and not experiencing depression or mood swings (otherwise, please wait until you're feeling better and contact us at that time).

The study pays \$50 and you will be given a check for that amount at the end of your one-time visit. If you feel that you qualify and are still interested, please call me at (415) 221-4810 x3127 (between 11am-4pm W-F is best) so that I can do a brief phone screening.

—David Delman, Research Associate

PLAN of California

Two master **Special Needs Trust Plans** are offered to families in California. The plans would designate a minimum of \$150,000 or \$300,000 to contract with PLAN to give oversight of both fiduciary and personal support services without endangering public entitlements.

Contact Baron Miller (415) 522-0500 or
PLAN of California (888) 574-1258

Community
Vocational
Enterprises



1425 Folsom Street
(415) 544-0424

Accessible on MUNI lines:
6, 7, 9, 12, 13, 19, 26, 27,
42, 47, 49, 66, 71

Job Training, Counseling and
Placement for Mental Health
Services consumers. Call and set
up an appointment for an
individualized program.

Voice Awards

c/o Vanguard Communications
2121 K Street, NW, Suite 300, Washington DC 20037
Nominations should include:

- Consumer's name and contact information
- Your name and contact information
- A description (500 word maximum) of the contributions of this person as they relate to the three criteria listed above

Old vs. New Medication: Stories Wanted

NAMI wants to hear from consumers or family members describing the difference that newer antipsychotic medications for schizophrenia have made in their lives. Please send your short, personal story to storybank@nami.org, including your name, age, city and state, telephone number, diagnosis, treatment history, and relevant details.

NAMI will consider stories for use in testimony, media interviews, or other advocacy efforts. All submissions remain confidential. No story will be used without further contact and direct authorization.

Crumbs: Swept Away?

ABC-TV's Crumbs hasn't been seen since the last episode aired on February 7. The network is not saying whether the show has been cancelled or whether new episodes may still pop up later in the season. Stigma, however, had largely been eliminated by the last two episodes. We'll keep monitoring.


Offensive Action Figure

Archie McPhee & Co. in Seattle is the online retailer of an offensive action figure produced by Accoutrements, also in Seattle. The company's toys, gifts, and novelties "made by Magic Pixies" are described as having "a sense of humor that is distinctively our own."


One of the company's latest products is an "Obsessive Compulsive Action Figure" that includes a surgical mask and sanitary towelette. The back of the package includes an "Are You Obsessive-Compulsive?" test that lists criteria such as "You carry a bottle of spray bleach in your briefcase" and "You wash your hands after taking a shower."

For persons who score 10 points on the test, the package recommends they seek help at www.ocfoundation.org, the Web site of the Obsessive-Compulsive Foundation. The referral was printed without the Foundation's permission. They have protested the action figure, but have received no reply to date.

Let's support them by letting the "Magic Pixies"



**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

know how offensive the action figure is. Please contact both Accoutrements and the Archie McPhee & Co. to reinforce the protest:

- The US Surgeon General has warned that the trivialization of mental illness perpetuates stigma, contributing to a barrier that discourages people from seeking help when they need it. On average, eight years pass from the onset of obsessive-compulsive disorder (OCD) and getting treatment.
- OCD is no joke. It is an illness often compounded by major depression that can lead to suicide. The action figure is not educational. It is flippant and misleading. It violates social responsibility.
- It is unconscionable to imply that any mental health organization would support or be affiliated with a product of this nature.

Archie McPhee & Co.	Accoutrements
P.O. Box 30852	P.O. Box 30811
Seattle, WA 98113	Seattle, WA 98113
mcphee@mcphee.com	
425/349-5188 (fax) info@accoutrements.com	

—Stella March, National Coordinator
NAMI Stigmabusters
smarch@nami.org

**Electronic Newsletter
Distribution**

Please Resend requests for email newsletter to
renee.deger@sbcglobal.net

Hotmail address accounts are not feasible for low or infrequent use and the email addresses we were collecting for newsletter distribution were lost before they could be recorded.

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.

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, 5:50-6:45 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

Free Consultation: Kathy Shook, a Psychiatric Clinical Nurse Specialist (415) 476-4172

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

SPIRITMENDERS Community Drop-in Center

2940 – 16th Street #B2 (415) 552-8565

OASIS (Office of Self Help)

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

RECOVERY, Inc. for nervous ailments.

(510) 482-5808 (meets at California Pacific in SF)

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

Anxiety & Panic Self Help Group: John (650) 755-0883

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

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

Narcotics Anonymous SF Helpline: (415) 621-8600

New Support Group

Wednesday, May 3

6:00 P.M. to 7:30 P.M.

at Jewish Family Service Agency, 2150 Post Street
Facilitator: Ms. Laura Kleinman, M.S.W.



NAMI-SF Support Groups

- 1) 1010 Gough
2nd Wednesday at 6:30
Contact Vickie at (415) 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

*(formerly San Francisco Depressive
and Manic Depressive Association)*



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.

Brain Implants Ease Depression

Reuters News Service
April 25, 2006

CHICAGO -- Electrical stimulation deep inside the brain was shown to help people suffering from severe depression, as well as obsessive-compulsive disorder, a new study said.

The treatment is known as deep-brain stimulation, which involves placing implantable electrodes into specific parts of the brain that are functioning abnormally. The electrodes emit pulses of electrical stimulation to block the abnormal activities in the brain, which cause symptoms like pain, movement problems, obsessions and anxieties associated with psychiatric disorders.

The technology, owned by Minneapolis-based Medtronic Inc., has been used for years to treat intractable pain. It was approved several years ago to treat Parkinson's disease and other movement disorders, such as tremors.

"This technology is now showing promise in psychiatric problems like depression and OCD. Beyond

that, it may help treat stroke and other brain injuries," neurosurgeon Ali Rezai said in an interview.

Dr. Rezai was a lead investigator in the Cleveland Clinic Study and was to present data from several similar studies at the American Association of Neurological Surgeons in San Francisco yesterday.

Four of the six patients followed in the depression study, conducted with approval from the Food and Drug Administration and the Institutional Review Board, showed a clinically significant reduction in depression severity as measured by standardized assessments.

All six patients had a history of being resistant to other treatments, including medication, psychotherapy and electroconvulsive therapy.

The participants underwent surgery to have the deep-brain-stimulation leads implanted in the region of the brain known as the ventral anterior internal capsule.

Dr. Rezai said the OCD study, which followed nine patients for at least two years, showed deep-brain stimulation was effective.

An estimated 9.5% of the U.S. population suffers from a depressive disorder every year, and 2.3% of the population suffers from OCD, such as fear of contamination.

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

5214 -F Diamond Heights Blvd., Box 426
San Francisco, CA 94131
415-905-NAMI
415-905-6264
www.namif.org

NAMI- San Francisco Executive Board

President: Pamela Fischer
Secretary: Suzanne Brady
Treasurer: Dale Milfay

Committees

Family to Family: Vicki Evans
Hospitality and Support Groups: Vickie and Bob Evans
PLAN: Baron Miller
Out of the Fog: Renee Deger, Ruan Frenette and Dale Milfay
Speaker's Bureau: Baron Miller
Database Manager: Suzanne Brady

Hotline Answering Team

Carla Villalba (Chair)
Susan Bronstein
Eileen Lemus
Dale Milfay
Eilene Olicker
Mary Vogt

Members at Large Board

Dr. Gifford Boyce-Smith
Vicki Evans
Florence Fee
Cara Hoepner
Piers Mackenzie
Dale Milfay

Send newsletter additions/submissions/change requests to renee.deger@sbcglobal.net



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
PMB 426
5214-F Diamond Heights Blvd.
San Francisco, CA 94131-2118

NAME _____

(Please Print)

ADDRESS _____

CITY _____ ZIP _____

PHONE _____

This is a:

•New Membership •Renewal •Change of Address

What is your relationship to a person with a mental illness?

•self • parent • sibling • spouse

• health care/other professional

Other _____

Please Check One:

• \$35 Individual or Family Membership

• \$50 Organization Membership

• \$75 Sponsoring Membership

• \$100 or more – Patron 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

5214-F Diamond Heights Blvd., Box 426
San Francisco, CA 94131

Return Service Requested

PRESORTED
STANDARD MAIL
U.S. Postage
PAID
San Francisco, CA
Permit No. 11751

We are going to be distributing the newsletter electronically.
Please Resend requests for email newsletter to renee.deger@sbcglobal.net
Hotmail address accounts are not feasible for low or infrequent use and the email addresses we were collecting for newsletter distribution were lost before they could be recorded.