



OUT OF THE FOG

The monthly newsletter of NAMI San Francisco

URGENT NOTICE - PLEASE WRITE LETTERS NOW!!

Stop the Cuts to the Mentally Ill in the SFGH Dept of Psychiatry

Your support is needed! Please use the following sample (or write your own) - and send now!

I am contacting you to ask the Supervisor to stop the Cuts to the Mentally Ill in the SFGH Department of Psychiatry. Please:

1. Restore the \$1M in staffing cuts to the Department, and
2. Prevent the closure of one of the Department's Ethnic Minority Inpatient Units

Thank you.
(your name)

Individuals to Contact: Mayor Gavin Newsom 554-6141 gavin.newsom@sfgov.org

Budget & Finance Committee of the Board of Supervisors:

Supervisor Chris Daly	554-7970	chris.daly@sfgov.org
Supervisor Bevan Dufty	554-6968	bevan.dufty@sfgov.org
Supervisor Tom Ammiano	554-5144	tom.ammiano@sfgov.org
Supervisor Sean Elsbernd	554-6516	sean.elsbernd@sfgov.org
Supervisor Ross Mirkarimi	554-7630	ross.mirkarimi@sfgov.org

Mayor's Address:

Honorable Gavin Newsom, Mayor
City & County of San Francisco
Office of the Mayor
San Francisco City Hall
1 Dr. Carlton B. Goodlett Place, Rm 200
San Francisco, CA 94102

Supervisors' Address:

Supervisor _____
City & County of San Francisco
Board of Supervisors
San Francisco City Hall
1 Dr. Carlton B. Goodlett Place, Rm 244
San Francisco, CA 94102-4689

Note: If e-mailing the supervisors, please use your personal e-mail account.

The Monthly Meeting

Please send in questions for June and July meetings!

June 20

Dr Firestone will be speaking on HIPPA, which promises to be a well attended event!

July 18

A presentation on the Behavioral Health Court.

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

Way To Go NAMI SF Boardwalkers Team Members!

Thanks for all your hard work and the fundraising you did for this year's NAMI Walk San Francisco Bay Area!! I hope you all enjoyed walk day. I was happy that we had sunshine and blue skies. It was a little windy in Speedway Meadow, but at least we weren't fogged in! I love seeing the mix of people who participate in the Walk and it's refreshing to talk about our family's struggles with severe mental illness without fear of being judged or stigmatized.

Thank you all for being there -- for bringing yourselves, your donations, your friends, even, your pets! It all contributes to the positive energy that makes each Walk Day a celebratory and special experience for each of us. As a team we can all be proud that we raised \$3,875 according online and then we brought in at least \$600 more on Walk Day. I hope you all got the new NAMI SF affiliate t-shirts. We got a lot of positive feedback on the design from people who stopped by the affiliate table.

Final numbers are not in yet, but the estimates show that overall the San Francisco Bay Area NAMI Walk raised at least \$214,000. NAMI affiliates in five counties (Alameda, Contra Costa, Marin, Santa Clara, San Mateo, San Francisco) organized the Walk. All proceeds from will be used to fund NAMI's programs, locally and nationally, to increase mental health awareness and to reduce stigma of mental illness. Locally, proceeds will fund free NAMI services in each county. These services include:

In Our Own Voice: Living with Mental Illness

A unique presentation that shows how people with serious mental illnesses cope with the realities of their disorders while recovering and reclaiming productive lives with meaning and dignity. Additionally, the program provides a safe way for consumers to share the ups and downs of their recovery and learn from others. Target audiences include: consumers, families, mental health service providers, educators, students, law enforcement personnel, professionals, faith communities, and all people wanting to learn about mental illness.

Family to Family Education Program

A 12-week course for family and friends of individuals with mental illness. The curriculum focuses on schizophrenia, bipolar disorders (manic depression), clinical depression, panic disorder and obsessive-compulsive disorder (OCD). Taught by trained NAMI family members. Open to parents, spouses, siblings and children of persons with schizophrenia, depression, bipolar disorder,

panic disorders or OCD.

For more information on services in San Francisco, you can call 905-6264 or visit our web site at www.namif.org. Attached is a copy of the April 2007 NAMI San Francisco monthly bulletin, "Out of the Fog," for you to peruse in your vast leisure time (if you have not already). Thanks again!

—Suzanne Brady, Team Captain

Remember to donate to the



Community Thrift Store

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

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

June Meeting Notes

By Suzanne Brady

The speaker at our May meeting was Dr. Barnett C. Levin, a founding clinical member of the San Francisco Mobile Crisis Team. Dr. Levin continues to work on the Mobile Crisis Team and also has a private practice. At our meeting he answered questions as a representative of Mobile Crisis and talked about how to anticipate, prevent, and cope with mental health emergencies.

Because severe mental illnesses are chronic and recurring, Dr. Levin recommended that NAMI members get support from a trusted psychiatrist before a crisis situation occurs. Meet with the psychiatrist and your family member who has a severe mental illness while your family member is healthy and their illness is well managed. At that time, discuss treatment goals and plans and have your family member sign a release of information form.

As a result, you, the psychiatrist, and your family member will have the same expectations about how treatment will progress. Then you and the psychiatrist can help your family member recognize when, and if, their mental health takes a turn for the worse.

The loss of the capacity to recognize that one needs treatment is a predictable symptom of severe mental

illness, said Dr. Levin, because one of the symptoms of severe mental illness is impaired judgment. Even if a person with a severe mental illness takes their medication as prescribed and sticks to their treatment plan, sometimes their mental illness will break through. He's also seen clients struggle to stay on their medications because of difficult side effects. Or they don't want to accept that they have a mental illness.

He recommended that at the first sign that a family member is not doing well, start setting limits, and talk about consequences of not managing their illness better. Instead of walking around on eggshells, talk to your family member and their psychiatrist. His advice was most useful for anyone whose family member lives at home or depends on them financially. "What do you have that you can control or set conditions around?" Dr. Levin asked.

He recommended writing your family member a letter containing five statements: 1) I love you very much; 2) I can no longer collude with you and watch as you do things that are not good for you; 3) I love you very much, but something has to change; 4) You say you want to (identify the behavior you disagree with); and 5) I love you unconditionally, but I can not tolerate your behavior unconditionally. Your family member may be unreceptive, but at some point they will read the letter and recognize you are trying to help them.

In a psychiatric emergency, Dr. Levin advised that you first call 911 and request the police, then call mobile crisis. The police will maintain safety on the scene until mobile crisis arrives. A mentally ill person may be able to present well for 20 minutes for the police. But mobile crisis staff can call the treating physician and gather background information to build a fuller understanding of the situation.

By law, Dr. Levin is not allowed to work with a family through his private practice if he first met them on a Mobile Crisis Team call. He encouraged anyone who might want to work with him to call his office and schedule a free first consultation appointment. At that time, you will sign a form that proves you met him outside of mobile crisis. He can help families and mental health clients negotiate the San Francisco mental health system, and monitor and track their care experiences.

The number for Dr. Levin's private practice is 415-440-5505. The Mobile Crisis Team phone number is 415-355-8300. They are available Monday through Friday from 11 a.m. to 11 p.m. and on weekends, 12 noon to 7 p.m.

NAMI National Convention

June 20-24 in San Diego

NAMI's 2007 Annual Convention offers four days of top-notch educational opportunities, our ever popular ask-the-doctor sessions, exhibitor booths, and dozens of workshops to give you up-to-the-minute information related to mental illness.

Registering online with a credit card is fast, easy, and secure. Just visit www.nami.org and start making plans to join us in southern California this summer!

County Mental Health

The County mental health access line
for all consumers is
415-255-3737

The Mobile Crisis Unit is
415-355-8300

Artist Martin Ramirez at SJMA

The San Jose Museum of Art will host the critically acclaimed blockbuster retrospective exhibition "Martin Ramirez" organized by the American Folk Art Museum in New York. This is the first major exhibition and catalogue of 20th century Mexican-American, self-taught master Martin Ramirez (1895-1963). Diagnosed with schizophrenia, Ramirez created 300 drawings of remarkable visual clarity and expressive power within the confines of DeWitt State Hospital in Auburn, California, where he resided from 1948 until his death in 1963. Martin Ramirez will be on view **June 9 - September 9, 2007**. Drawn in graphite, colored pencil, or crayon, often collaged with magazine illustrations, Ramirez's works range in size from several inches up to 12 feet and depict a variety of subjects, including caballeros (horsemen), Madonnas, animals, trains, and tunnels. Memory and experience seep through each composition, incorporating both Mexican and American archetypes. They are spectacular transnational landscapes where tunnels and lines connect the two distant worlds he simultaneously inhabited in his visions and imagination.

NAMI SF's New Address

**1010 Gough St.
San Francisco, CA 94109**

NAMI CALIFORNIA ANNUAL CONFERENCE 2007

"From Dream to Reality"

September 28 & 29, 2007

Irvine Marriott

18000 Von Karman Avenue

Irvine, California 92612

Phone: 949-553-0100

PRE-CONFERENCE ACTIVITIES:

The Affiliate Leaders and Presidents Council Meeting will be held on Thursday, September 27.

CONFERENCE:

Early Registration opens Thursday, September 27 from 9-3:30
Registration opens Friday, September 28 at 8:00 a.m.
Conference begins Friday, September 28 at 8:30 a.m. and closes Saturday, September 29 at 4:30 p.m.

CONSUMER FORUM:

A consumer forum will be held on Friday, September 28 at 12:00 noon. If you are a consumer, and would like to participate in the forum, you must pre-register. See consumer registration below.

ACCOMMODATIONS:

Please make your hotel reservations by calling 800-228-9290 Ask for the specially negotiated rate of \$105 (single, double, triple or quad). This special rate is good from February 12, 2007 thru September 18, 2007. Cut off date for this rate is September 19, 2007. NAMI California cannot guarantee rooms beyond the number that have been reserved in our

block, so book now! Hotel directions will be sent with confirmation of registration.

SHUTTLE SERVICE AND PARKING:

Complimentary hotel shuttle service is available from the John Wayne Airport to the Irvine Marriott. Self parking at the hotel is \$7 per day.

EXHIBITORS WELCOME:

Exhibitors may rent tables for the NAMI California Annual Conference 2007. For forms and details please contact Catherina Isidro at catherina.isidro@namicalifornia.org or 916-567-0163.

CONSUMER SCHOLARSHIPS:

NAMI California encourages affiliates to offer consumers a scholarship to attend the NAMI California Conference. A limited number of consumer scholarships will be awarded by NAMI California and will be awarded on a first come, first served basis. Please contact Catherina Isidro at catherina.isidro@namicalifornia.org or 916-567-0163 for an application.

CONTINUING EDUCATION UNITS AVAILABLE

NAMI CALIFORNIA ANNUAL CONFERENCE 2007 REGISTRATION FORM

Register Today to Get the Early Bird Rate!

Copy this form and use one for each individual registration (please print clearly)

REGISTRATION FEES INCLUDING MEAL(S)

Early Bird Special

Paid before August 3, 2007

2-Day Rate: [] \$150/person

1-Day Rate: [] Fri. [] Sat. \$95/person

Paid after August 3, 2007:

2-Day Rate: [] \$175/person

1-Day Rate: [] Fri. [] Sat. \$110/person

On-Site Registration(No meal guarantee):

2-Day Rate: [] \$185/person

1-Day Rate: [] Fri. [] Sat. \$120/person

Consumer Registration:

2-Day Rate: [] \$105/person

1-Day Rate: [] Fri. [] Sat. \$65/person

I will attend the consumer forum []

I will not attend the consumer forum []

Cut-off Day: Deadline for receiving Registrations in our office is the 19th of September.

Cancellation Policy: A \$35 cancellation fee to cover operating expenses will be charged to those who register, but cannot attend. To cancel, you must notify the NAMI California office in writing no later than August 20, 2007. No refund will be made after this date.

Returned check Policy: A processing fee of \$30 will be assessed for any returned checks due to insufficient funds.

Name: _____

Address: _____

City, State, Zip: _____

Phone: _____ Email: _____

NAMI Affiliate: _____

MEALS:

Friday lunch will be on your own.

Friday Dinner: [] Chicken [] Fish [] Vegetarian

Saturday Lunch: [] Chicken [] Fish [] Vegetarian

NAMI California Conference Consumer Scholarship Donation: \$_____

PAYMENT (Zip Code must be provided above for all credit card payments):

[] Visa [] Master Card [] American Express

Account #: _____ Expiration Date: _____

3-4 Digit Security #: _____ Signature: _____

Total amount enclosed: \$_____

Make check payable to NAMI California – Conference 2007

Mail to:

NAMI California

1010 Hurley Way, Suite 195

Sacramento, CA 95825

Phone: 916-567-0163 Fax: 916-567-1757

Three Study Opportunitites

Bipolar Research Subjects Needed

UCSF/VA Medical Center Brain Imaging Study

Looking for people diagnosed with Bipolar I Disorder who are stabilized on medication. Reimbursement of \$75 provided. E-mail: rain.study.recruitment@gmail.com or call 415-221-4810 ext. 2542 for more information.

Family Members Needed

UCSF/VA Brain Imaging Study

Dr. Raymond Deicken and colleagues are doing a research study to learn more about the genetic basis of bipolar I disorder. We are currently looking for unaffected siblings of people with bipolar I disorder. If you have a brother or sister with bipolar I disorder-and you don't have a psychiatric diagnosis yourself-please call us!

The study involves a one-time lab visit at the San Francisco VA Medical Center. Speaking with Dr. Deicken for about 45 minutes and participating in a 1 hour, 45 minute MRI brain scan. It pays \$75 and you will receive a check for that amount at the end of your visit. We can help with travel expenses if you live outside of the Bay Area.

If you are interested in participating, or if you have any questions about the study: Please call (415) 221-4810 x2542 (Fridays are best, but you can leave a message any time), or e-mail him at: brain.study.recruitment@gmail.com.

Bipolar I or Schizoaffective Bipolar Type

San Francisco VAMC and UCSF Dept of Psychiatry

If you have been diagnosed with Bipolar I or Schizoaffective Bipolar type disorders you are qualified to participate in this study. The study consists of an interview, completing questionnaires and giving a blood sample. Participation will take a total of three or four hours over one to two days. Please call 1-800-730-4022 if you are interested.

3rd Annual Bipolar Education Day at Stanford

Saturday, July 14, 2007

9am to 1:30 pm

Sherman Fairchild Auditorium
291 Campus Drive, Stanford

Presented by the Stanford University School of Medicine, Dr. Terence Ketter, MD Director, Bipolar Disorders Clinic

Additional Speakers:

Dr. Natalie Rasgon - Women's Wellness Program

Dr. Po Wang & Dr. Jenifer Culver-Bipolar Disrdrs Clinic

Dr. Manasi Rana - Pediatric Bipolar Disorders Program

Krista Radojevich - NAMI

Marilyn and Andrea Hillerman - DBSA

Individuals with Bipolar disorders, family members, caregivers, friends and all community members interested in adult, pediatric and women's issues related to Bipolar Disorders are invited to attend.

Continental Breakfast and light lunch will be provided

Free parking in front of auditorium

Pre-registration or RSVP not required

For additional information, please contact: Kristine Keller at 650-498-4968 or email at klkeller@stanford.edu




Family to Family Education Classes

NAMI-SMC is offering the Family To Family Education Class for parents, spouses, children and other family members of persons with a mental illness. Learn about facts and skills to help you and your family. There is no charge, class meets one night a week for 12 weeks.


Class begins this fall.

Call the NAMI office 415-905-6264 to register.

Advance registration is required, class size is limited.



**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

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

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.

(415) 333-6454 (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

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.

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.

Iloperidone Results Show Favorable Akathisia Profile

Excerpt:

According to study results presented today at the 2007 American Psychiatric Association annual meeting, iloperidone, an investigational atypical antipsychotic, was shown to have a favorable akathisia profile. Akathisia - a debilitating sensation of restlessness that manifests as an inability to sit still - is a frequent side effect of antipsychotic medications. Iloperidone is being studied by Vanda Pharmaceuticals Inc. (NASDAQ: VNDA), a biopharmaceutical company working to advance the science of personalized medicine.

"Many people who have akathisia will say that it is the worst experience in their life, and at its worst it can even lead to suicidal behavior given its severity. It is not a surprise that akathisia can lead to medication discontinuation, leading to further symptoms and relapse," said Peter Weiden, M.D., Director of the Psychosis Program of the Department of Psychiatry at the University of Illinois at Chicago. "Many of the newer medications have less akathisia than older antipsychotics, but it is still a significant problem. These findings suggest that iloperidone has a very low akathisia profile, which is positive news for patients with schizophrenia, and the physician community."

Iloperidone is an atypical antipsychotic, with a dual serotonin and dopamine receptor antagonist profile. Clinical trial experience with iloperidone suggests that this balanced antagonism may provide efficacy against positive and negative symptoms of schizophrenia, while causing reduced EPS and hyperprolactinemia relative to other available atypical antipsychotics. Iloperidone also appears to have a favorable weight and metabolic profile. In addition, Vanda is developing a genetic blood test to help identify those patients most likely to benefit from iloperidone.

Vanda has completed its Phase III program for iloperidone in schizophrenia and expects to file a new drug application (NDA) for the oral formulation in Q4 2007. Vanda is also developing a four-week injectable formulation of the compound.

Unmet Needs in Schizophrenia? Although there are many drugs approved to treat schizophrenia, including the commonly prescribed "atypical antipsychotics," a high degree of dissatisfaction remains among physicians and patients. The recent CATIE (Clinical Antipsychotic Trials of Intervention Effectiveness) study, conducted by the National Institute of Mental Health and reported in *The New England Journal of Medicine*, evaluated several antipsychotic medications and revealed that 74% of patients taking antipsychotics discontinued treatment within 18 months, primarily because of insufficient efficacy and tolerability issues.

—Source: Vanda Pharmaceuticals Inc. May 22, 2007

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
415-905-NAMI
415-905-6264
www.namif.org
Contact us at namif@fsasf.org

NAMI- San Francisco Executive Board

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Send newsletter additions/submissions/change requests to
renee.deger@yahoo.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
PMB 426
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

Return Service Requested

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

Your voice is needed NOW -
please see short letter to send on page 1