



Caring and Sharing

NAMI PHOENIX

Volume 5, Number 2

Families and Friends Affected by Mental Illness

March/April 2004

Second Annual

NAMI Antique Show

March 6 - 7, 10 am - 6 pm

Uptown Plaza, Central & Camelback in Phoenix

Once again the Maricopa County NAMI affiliates and the Consumer Council are extremely grateful to **Richard Porter** and **Joe Ray Underdown** from **Central Antiques/Antique Gallery** for choosing NAMI as the charity to benefit from this wonderful Antique Show at Uptown Plaza.

More than 35 top antique dealers from around the country are booked and coming. They will be bringing a variety of high-end antiques and collectibles to display for sale in the lovely fountain courtyard of Uptown Plaza.

But that's not all!—Members of the prestigious **Valley of the Sun Antique Dealers Association** will be on hand to offer "Antique Road Show" style **appraisals for \$5** each to benefit NAMI. These verbal appraisals will be a perfect opportunity for owners to determine whether their items are worth keeping, selling or insuring!

And there's still more!—The upscale **Salon Estique** hair salon is donating their fees to NAMI for **haircuts** in the courtyard from noon to 3 pm on Saturday and 11 am until 2 pm on Sunday.

(Adults-\$15, Children-\$10) Get a fresh style for a fantastic price! **AND, A League of Their Own**, a well-known Phoenix restaurant, will once again serve special lunches.

Plus every suggested \$3.00 tax-deductible donation at the front entrance goes entirely to NAMI Affiliates to benefit families afflicted with serious brain disorders.

The combination of all these fantastic resources and people guarantees a great success. **Join the fun!** Although many volunteers have already committed to help—there's always room for more at the party. To get your volunteer date and shift reserved, call **Susan Glynn** at 602/942-2462 or **Carol Cronlund** at 602/953-0478.

See you at the Plaza!



PICTURE PERFECT



by *Kaye A. Peters*

We might have some record-breakers here, when we speak of **Ken and Kathy Mounkes!**

Ken and Kathy arrived in Phoenix from Kansas in 1969, with their four children. They became part of the original founders of NAMI Arizona due to their own personal interest in mental health, and for the past 25 years have devoted their lives to activities involving anything to improve the lives of the mentally ill.

Here is a couple who have never let us down. Their names are first on the lips of organizers when committees are formed and we need volunteers! Ken and Kathy have put their money where their mouths are so many times it's hard to believe they have any other life but that of helping out NAMI!

Ken was President of NAMI Arizona, 1984-1985, and also served on the Arizona State Hospital Advisory Board for 11

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Caring and Sharing

To contact NAMI Phoenix

New Mail Box Address:

Ste102 PMB 344
6339 E. Greenway Rd.
Scottsdale, AZ 85254
Phone: 602-354-7842
Email: Harriet.Kronick@cox.net
Web site: www.namiphoenix.org

Executive Committee:

Barb Hucek, President
Carol Cronlund, Vice President
Kate Helms Tillery, Secretary
Helga Wilson, Treasurer

Members of the Board:

One year term:
Carol Cronlund, June Kaiser, Barb Hucek
Two year term:
Kate Helms Tillery, Diane McVicker,
Helga Wilson
Three year term:
Ken Babb, Walt Hoesch, Harriet Kronick

Committees:

Advocacy: Diane McVicker (Chairperson), Robert Broman, Donna Cook, Sue Davis, Alex Gandarilla, Kathy Huseby, Gordon Iversen, Rosemary Lenzen, Ken Mounkes, Sandy Murphy, Rosemarie Nichols, Marilyn Racer, Mary Rapson, Rita Moffit, Shirl Gillespie, Lois Ramos

Bylaws and Resolutions:

Frances Peterson (Chairperson), Alice Schultz

Public Relations:

Ken Babb (Chairperson), Adrienne Pagel (newsletter lay-up)

Programs and Education:

Volunteer Committee:

Carol Cronlund, Harriet Kronick

NAMI Phoenix represents families and friends affected by serious mental illnesses. NAMI Phoenix is an affiliate of NAMI (National Alliance for the Mentally Ill) and NAMI Arizona (the Arizona Alliance for the Mentally Ill). NAMI is a grass roots, self-help, support, education, research, and advocacy organization dedicated to improving the lives of adults and children with severe brain disorders.

—continued from page 1

years, as well as numerous other Boards. He also serves on the Board of Directors of PLAN.

For lack of a better term, when Ken and Kathy 'sniff' out the need that a mentally ill child may have some special needs, they're there to help.

Where Ken found the time in years past to argue our cause in front of the Legislature, we'll never know!

Whether we need help putting together mailings, planning our Christmas Party...you name it..You can COUNT ON IT that Ken and Kathy will run to the call. They're fun to be around and they'll see to it that you'll have fun, too, if you're working with them!

Love in their eyes, smiles on their faces, and compassion in their hearts....*SURE DOES MAKE FOR A PRETTY PICTURE!*

Thank you Ken and Kathy.

Visions of Hope Center Update

Visions of Hope Center
15044 N. Cave Creek Rd.,
Phoenix, 85032

Executive Director: **Donna Feno**
Assistant Director: **Valarie Vogel**
Phone: 602-404-1555
Bus Route: 90

Expanded hours:

Monday & Wednesday

8am - 7pm

Tuesday, Thursday & Friday

8am - 5pm

Saturday

9:30am - 3:30pm

Dining Schedule:

Light breakfast & full lunch—
Every Day.

Light supper—

Monday & Wednesday

Come Join Us!

2nd Annual NAMI Antique Show
Join the FUN^d!

VOLUNTEER! Choose a DAY and a SHIFT*

Friday, March 5 • Saturday March 6 • Sunday March 7

**Shifts will be 2-3 hours in length*



Duties may include:

- Hospitality for the dealers
- Help at the NAMI Information Table
- Ticket sales
- Potluck Dinner**

*** The Maricopa Affiliates are again hosting a potluck dinner on Saturday night for all the dealers. The affiliates already have the entrees, salads, desserts and drinks organized. However, we need help with setup, serving, clean-up and more. Your help guarantees an Antique Show Success.*

To choose **your** Day and Shift, call:
Carol Cronlund at 602-953-0478

Meet Nancy Hale!

Our New NAMI Region IV Director



Sue Davis, NAMI Arizona Executive Director, and Nancy Hale.

Nancy Hale began December 8, 2003 as Regional Director - Region IV

reporting to **Steve Buck**, Deputy Director of Field Operations.

Nancy joins NAMI after a successful tenure on the staff at the University of Iowa where she served on the Department of Psychiatry's research team as a Project Coordinator. She was the University of Iowa Coordinator for "The Molecular Genetics of Schizophrenia" which is an NIMH grant funding a collaboration of 11 sites across the US and Australia.

Nancy also coordinated two grants associated with the Iowa Department of Corrections/University of Iowa Department of Psychiatry. In conjunction with Dr. Donald W. Black, MD (first author), she has published three articles in peer-reviewed journals. Prior to her appointment with the university she worked for McKesson's medical software division as the Product Manager for the large clinic software package. Nancy spent ten years in the technology industry as an owner and general manager of Business Technologies, Inc.

Nancy is a NAMI Iowa family member. For the past several years she has served NAMI Iowa as a volunteer teacher of the NAMI Family to Family education program. Across the state of Iowa she has presented frequently at mental health conferences on a variety of mental health topics including schizophrenia. Nancy has a Bachelor of Science in Sociology/Market Research, from the University of Iowa, Iowa City and a Nursing degree from Northeast Iowa Community College, Dubuque, Iowa.

Nancy met many NAMI Arizona members when she attended the NAMI Arizona Annual Conference, and she promises to return many times in the future as she serves Arizona state and local NAMI affiliates.

Gifts In the Bag

by *Alice Schultz*

The Holiday Gift Program for Patients in community based treatment programs **DELIVERED!** Exactly **325 gift bags** were distributed to persons at 22 sites.

The program was sponsored by NAMI Phoenix, the Osteopathic Medical Society of the Southwest.

Our thanks to:

Reuben Schneider Company
(Donation-gift bags)

Flamingo Las Vegas (Playing cards)

And to the following companies for merchandise discounts:

Dell Magazines (Puzzle books)

J. B. Dental Supply

Patterson Dental Supply

Lato Linen Supply (Wash cloths, combs)

Sock Wholesalers

Special thanks to:

NAMI Phoenix members

North Scottsdale United Methodist Church Men's Fellowship

for filling boxes to the brim with donated articles.

Volunteers (Angels all... who assembled the bags):

Carol Cronland, Laura Jenkinson, Dr. Vikki Wiener, Martha Jenkinson, Phil Wiener, Samantha Shelton, June Kaiser, George Brainard, Sandy Kaiser, Helga Wilson, Mary Robson, Dolly Kennedy

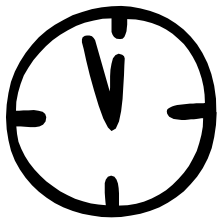
Cash donations and purchases of fresh fruit put the finishing touch on the program!

Extra thank you's go to those who spent additional time to help deliver bags.

Call for Nominees

The NAMI Phoenix Nominating Committee is accepting nominations **from the membership** for openings on the NAMI Phoenix Board of Directors.

If you would like to submit a member's name to become part of this **hard-working board of directors**, please contact **Barb Hucek**, NAMI Phoenix President, no later than March 31 at 480-951-1208.



It Is **TIME** for PARITY

by *Max E. Dine, MD*

On April 29th 2001, President Bush said: "Americans with mental illness deserve our understanding, and they deserve excellent care". "Our health insurance system must treat serious mental illness like any other disease".

Unfortunately, congress has not yet passed a meaningful Federal Parity Law.

Mental Health Insurance Parity has been one of the most important mental health issues in Arizona and nationally for at least the past eight years. Why? Because if there were insurance parity—equal benefits for physical and mental illness - many individuals who suffer from mental illnesses would be able to obtain the same level of treatment as all other persons and, at times, earlier in the course of their illness.

In Arizona, a parity bill has been introduced in the legislature each year from 1994 - 2001. Every year it has been killed by the business community, especially the Arizona Chamber of Commerce and the National Federation of Independent Businesses as well as by private

health insurance companies. An agreement was worked out with the state in 2001, so that CIGNA Healthplans would cover state employees under parity. It was assumed

that no parity bill would be introduced for about two years when cost data would become available. However, since October 2003, CIGNA Healthplans has refused to release parity cost data to the Parity Coalition.

A Parity Coalition has been meeting since summer of 2003. NAMI Arizona, NAMI West Valley, NAMI Phoenix and the NAMI Arizona Consumer Council all are members. The coalition crafted a bill and convinced Rep. Hershberger (R-Dist. 26) and Sen. Giffords (D-Dist. 28) to be prime sponsors. HB 2327 and SB 1226 provides for comprehensive parity, covers all mental health disorders as well as substance abuse; covers employers with at least 25 employees and is not a mandate since only group

health care plans that provide medical and surgical benefits, as well as mental health benefits in their policies would be required to have parity.

There are several reasons why the Parity Coalition is optimistic that HB 2327 and SB 1226 will become law in 2004:

- The mental health community legislative advocacy is the strongest it has ever been, the cost of full mental health parity would increase premiums only an estimated 2 - 3%.

- There is no fiscal impact to the state's general fund. Rep. Hershberger and Sen. Giffords are experienced sponsors and committed to parity.

- More legislators this year are cosponsors of the parity bills.

- Governor Napolitano is favorable to parity.

- Tiffany Boch, Executive Director of Mental Health Association of Arizona, has been able to meet with several health insurance companies and Chambers of Commerce and to date, two health insurance companies, CIGNA Healthplans and Pacific Care, have said they will be neutral on the 2004 parity bills!!!

**Winston Churchill advised the graduating class of Oxford University:
"Never, never, never give up".**

I cannot emphasize enough how critical is your support for the passage of HB 2327 and SB 1226. The Chambers of commerce have not yet stated their position on the parity bills and many legislators are embedded with the business community. We will need to follow the parity battle closely in the 2004 Legislature and visit, call, email and/or fax your legislators during crucial committee and House and Senate votes to remind them that you want broad-based parity and you are watching how they vote in this election year.

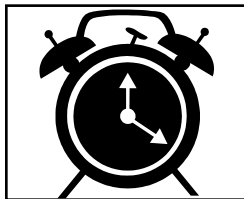
To be on my MH Advocates e-list for current MH legislative information, send your e-dress to me at medine@mindspring.com. If you do not have access to e-mail, call me at 602-938-4730.

—Advocate for Parity—

The Governor:

- **Mailing Address**

The Honorable Janet Napolitano
Governor's Office
1700 West Washington
Phoenix, AZ 85007



- **Direct Line - (602) 542-4331**
- **Toll Free for Calls Outside Maricopa County - (800) 253-0883**
- **Email Address -azgov@azgov.state.az.us**
- **Website - www.governor.state.az.us**

STATE REPRESENTATIVES AND SENATORS:

(Note: All Representatives' and Senators' telephone prefix is now 926. All letters to legislators must have a return address or they won't be delivered.)

- **Mailing Address—Representatives:**

The Honorable (Full Name)
House of Representatives Wing
State Capitol
1700 West Washington
Phoenix, AZ 85007

- **Mailing Address—Senators:**

The Honorable (Full Name)
Senate Wing
State Capitol
1700 West Washington
Phoenix, AZ 85007

- **Main Switchboard Telephone Number - (602) 542-4900.** *(The operator can tell you the Representatives and Senators office phone numbers but cannot forward your call to their office numbers.)*

- **Toll Free Number Outside Maricopa County - (800)-352-8404**

- **Email Addresses** for all legislators (except Meg Burton Cahill—mbcahill@@azleg.state.az.us) is the **first initial and up to 7 letters of last name followed by @azleg.state.az.us** (For example - Rep. John Lorado - jlorado@azleg.state.az.us)

- **Arizona Legislative Information Service (ALIS) .azleg.state.az.us**

- **To determine your Legislative District and Legislators:**

- 1) Call House Information Desk at (602) 926-4221 or (800) 352-8404
- 2) ALIS - See Legislative Map - Go to www.azleg.state.az.us and click on Legislative Map
- 3) Call or go to Project Vote Smart Website - You may need your home 9 digit Zip Code (888)-VOTE-SMART www.vote-smart.org

Laura Lawless Speaks Out



Photo by *Bette Knuppel*

Arizona's own Laura Lawless, Miss Arizona 2002, continues to offer her compelling story on a national circuit. In an article published by NAMI Rochester, (NY) Steve Turula writes:

The presentation by Laura Lawless was powerful. Laura impressed me as being heroic in her role as a mental illness awareness advocate. Her message impacted those of us who often daily find ourselves mentally in cerebral turmoil. Her accomplishments under unduly mental strain gives, I believe, all of us who have, are, or will suffer mental agony, hope. For if one immensely challenged by severe depression can advocate so impressively, we can as well.

She has achieved great heights but I foresee this as only the beginning. Laura speaks of hope for all of us and represents a true role model to follow. Her powerful message presented with excellent communication skills was uplifting for us all.

NAMI Phoenix List of Events and Activities Calendar for March/April 2004

Group Name	Group Description	Date/Time
NAMI Phoenix Board Meetings	Next Nami Phoenix Board Meeting at the NAMI Arizona Office, 2210 N. 7th Street. Meeting is open to all. Contact information 602-354-7842.	Monday, January 12, 2004 6:30 pm
Family Support Groups		
Daytime Family Support	For family members and friends of people who have a serious mental illness. Meets at NAMI Family Center, 2210 N. 7th St., Phoenix. Facilitator: <u>Joanne Abbott</u> . Call 602-244-8166 .	2 - 4 pm Wednesdays
Wednesday Evening Family Support	For family members and friends of people who have a serious mental illness. Meets at NAMI Family Center, 2210 N. 7th St. Phoenix. Attendees are free to arrive or to leave at their convenience. Call the NAMI Arizona Office at 602-244-8166 for information.	6 - 9 pm Wednesdays
Family Support	For family members and friends of people who have a serious mental illness. Meets at North Scottsdale United Methodist Church, 11735 N. Scottsdale Rd. Scottsdale. Call the <u>Carol Cronlund</u> at 602-953-0478 .	7 - 8:30 pm First Monday
Family Support	For family members and friends of people who have a serious mental illness. Meets at North Scottsdale United Methodist Church, 11735 N. Scottsdale Rd. Scottsdale. Call the <u>Carol Cronlund</u> at 602-953-0478 .	6:30 - 8 pm Third Thursday
Specialty Support Groups		
Sibling and Adult Child Support & Education	For siblings and adult children who have a family member with a mental illness. The group focuses on how mental illness impacts the "well" sibling or adult. Meets at NAMI Office. Call <u>Carol Cronlund</u> at 602-953-0478 .	6:30 - 8 pm Third Monday
NAMI C.A.R.E.	For consumers. A peer-based, mutual support group program for individuals facing the challenges of recovering from any serious mental illness. Meets at NAMI Family Center, 2210 N. 7th Street, Phoenix. Call: the NAMI Office at 602-244-8166 .	1 - 3 pm Fourth Thursday
NAMI Young Families	For parents of children and adolescents with neurological or emotional disorders. For more information, contact <u>Cindy Gattorna</u> , Director of the Child & Adolescent Division at 602-244-8166 .	Call the NAMI Arizona Office for Schedule & Location

NAMI C.A.R.E. Support Group	A peer-based, mutual support group program for individuals facing the challenges of recovering from any serious mental illness. This support group focuses on folks who are working either full or part time. It employs guidelines and principles of support designed to empower its members. Facilitator: <u>Dick Robson</u> . N. Scottsdale United Methodist Church, 1735 North Scottsdale Road, Scottsdale. Call <u>Dick</u> at 480-661-6296.	First & Third Thursdays 6:30 - 8 pm
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Education Classes

NAMI Peer-to-Peer	NAMI Peer-to-Peer classes consist of 9 classes 2 hours weekly offering an opportunity for growth to any individual who experiences mental illness. Courses are free and taught by teams of three mentors who are themselves experienced at living well with mental illness. Call <u>Call Harriet</u> at 602-354-7842 .	Dates and Times to Be Announced for NEW Winter Classes
Visions for Tomorrow	Visions for Tomorrow 8-session class for caregivers of children and adolescents with brain disorders. Contact: <u>Liz Curry</u> at 602-789-7045 .	Dates and Times TBA for NEW Winter Classes
Family to Family Classes	A 12-session class for family members of people with a mental illness. The next Family to Family Class starts February 3, 2004 at North Scottsdale United Methodist Church, 11735 N. Scottsdale Rd., Scottsdale. Call <u>Marilyn Racer</u> at 602-992-1936 to register for this or future classes.	Next Class Starts: Tuesday, February 3 10 am - 12:30 pm

Social Events

Family/Consumer Social Evening	For all consumers, family members, and friends. A night of games, food, conversation, relaxation. Meets at The New Church of Phoenix, 5631 E. Shea Blvd, Phoenix. Contact: <u>Carol Cronlund</u> 602-953-0478 .	7 - 9 pm Third Monday
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NAMI Arizona Annual Meeting	Come meet NAMI friends from around the state and take advantage of a great education program, featuring <i>Harold S. Koplewicz, MD</i> and <i>Dietrich Stephan, PhD</i> For more information contact the NAMI Arizona office at 602-244-8166 .	Saturday, January 24, 2004 Black Canyon Conference Center
Maricopa County NAMI Affiliate Antique Show	Top antique dealers will show their wares. The entrance fee of a \$3.00 tax deductible donation will benefit families affected with serious brain disorders. Join other NAMI volunteers from NAMI Phoenix, NAMI West Valley and NAMI East Valley to further mental illness awareness. To volunteer or attend, Contact: <u>Susan Glynn</u> at 602-942-2462.	Saturday & Sunday March 6 & 7 10 am - 5 pm Uptown Plaza Phoenix

WANTED

PLAN of Arizona (Planned Lifetime Assistance Network) is hiring a part-time Executive Director. PLAN works with persons with disabilities and their families to plan for and provide services now and into the future. Salary is \$2,000 a month for a 20 hour work week.

Please send resumes with qualifications to:

**PLAN of Arizona
2210 N. 7th Street
Phoenix, AZ 85006**

A Message of Hope

From the NAMI Arizona Annual Meeting

by *Susan Glynn, President NAMI Arizona Board of Directors*

The Annual Meeting for NAMI AZ held January 24, 2004 was filled with messages of hope for people suffering with brain disorders and their families. Keynote presenters shared latest research and treatments in the field of serious mental illnesses during this exciting all day conference.

Dr. Harold Koplewicz from the New York University Child Center and author of "More than Moody, It's Nobody's Fault" validated the neurological research which shows that mental disorders are not caused by parents or children. However, parents are responsible for getting the right help and he offered practical suggestions for effective involvement in a child's treatment.

Dr. Dietrich Stephan, Director of the Neurogenetics Division of TGen, is researching the genetic blueprint for schizophrenia. TGen, the new world class Genome Research Institute located in Phoenix, offers hope for many genetic diseases by identifying genetic mutations to ultimately treat with "smart drugs" and cure diseases at the molecular level.

Andrew Sperling, Director of Federal Legislative Advocacy for NAMI, brought members news from the legislative advocacy front in Washington D.C. Later, during the workshop session, as Co-Chair of the Housing Task Force of the Consortium for Citizens with Disabilities, Mr. Sperling joined **Phil**



Adrienne Pagel presents a Mystery Author Luncheon check to **Jean Griesenbeck** while **Ken Babb** (NAMI Arizona board member) looks on.

Amorosi (President, NAMI East Valley) in explaining the options and opportunities for increasing affordable housing in Arizona.

The Mystery Authors Luncheon Committee Chair, **Adrienne Pagel**, presented a ceremonial check for nearly \$70,000 to the State Board of Directors for proceeds raised at this sellout November 2003 fundraiser. In turn, the State Board began a new tradition of thanking each affiliate for its participation and support by sharing proceeds based on its contribution to the success. Every board member from each affiliate received a Mystery Author check. NAMI Phoenix was recognized for their tremendous efforts with the largest check!—**\$4,725!**

Other highlights included special awards. The



Left: **Susan Glynn**, (right) presents **Dennis Lambert** (host of NPR's Morning Edition) and **Abigail Beshki**, (producer) with the Excellence in Media Award, given to KJAA 91.5 FM.

Right: **Kathy Bashor**, (left) NAMI East Valley Board Representative congratulates **Hilary Montana** and her proud parents, **Denise** and **Scott Montana**.



2004 Excellence in Media Award was presented to KJZZ producer, **Abigail Beshkin**, for her recent week long outstanding segment on mental illnesses. **Dennis Lambert**, KJZZ announcer and host of NPR's Morning Edition, moved the audience with his story of his own struggle with mental illness and with his expression of gratitude to his wife for her unflinching support.

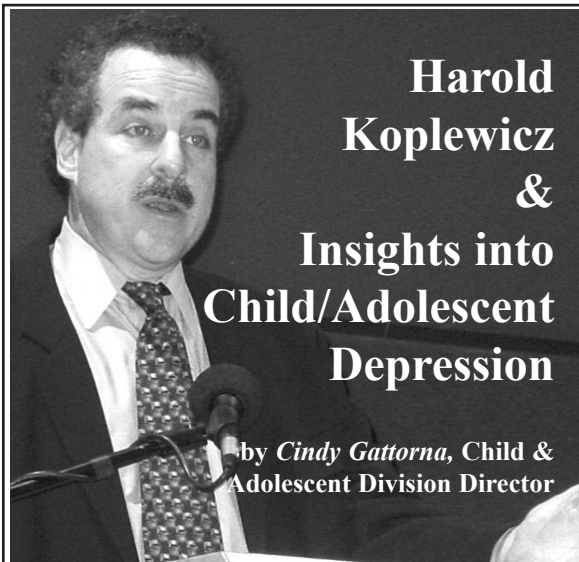
The 2004 Junior Advocacy Award went to sixth grader, **Hilary Montana**, for her inspiring success in soliciting silent auction items for the Third Annual Mystery Authors Luncheon.

After the wonderful workshops concluded, congratulations were extended to newly elected State Board Members—**Kathy Bashor** representing NAMI East Valley, **Jean Griesenbeck** representing NAMI Sedona, **Diane McVicker** representing NAMI Yavapai County, and **Brenda Tice** representing NAMI South-eastern Arizona.

The State Board of Directors voted in their new officers: **Susan Glynn**, President; **John Thomas**, First Vice-president; **Bette Knuppel**, Second Vice President; **Clarke Romans**, Treasurer; and **Diane McVicker**, Secretary. These new officers and the new board are keenly aware of the challenges ahead and look forward to working together for a successful year.



Andrew Sperling advocates for parity legislation and educates at the NAMI Arizona Annual Meeting.



by **Cindy Gattorna**, Child & Adolescent Division Director

Dr. **Harold Koplewicz**, keynote speaker at the NAMI Arizona Annual Meeting on January 24, presented his views about early diagnosis, intervention and treatment of the young with mental illness. Dr. Koplewicz is the Founder and Director of the New York University Child Study Center, a NAMI exemplary psychiatrist, and the author of *It's Nobody's Fault*, and *More than Moody: Recognizing and Treating Adolescent Depression*. His humorous style and familiar attitude made these heavy topics easier to hear.

Dr. Koplewicz discussed a variety of mental illnesses, especially depression. In any given year, as many as 8.3% of the adolescent population begin exhibiting signs of depression and two million high school students in the United States make specific suicide plans.

In a handout Dr. Koplewicz delineated how depression in teenagers is different from depression in adults. Teens are more reactive to the environment, more irritable than sad, and their depression is more chronic.

Dr. Koplewicz emphasized that early intervention for all behavior is critical. Unfortunately, there is a dramatic shortage of child and adolescent psychiatrists in the United States. And there probably will be for many years to come. He suggested the health care community explore different ways to deliver quality psychiatric services—perhaps through current pediatric practices.

In the afternoon breakout sessions, Dr. Koplewicz discussed how different the presentation of healthiness and illness can look at different stages of development in children. He noted that most parents whose children are eventually diagnosed with depression reported that the child first displayed symptoms of anxiety. He wonders—if we aggressively treat the anxiety, can we then prevent the onset or decrease the severity of the subsequent course of depression?

Many thanks to Dr. Koplewicz for sharing these important insights into our children.

Consumer Council Update

by *Harriet Kronick*
Vice Chairperson—Consumer Council
Consumer Council Representative to State Board

We were there! Our very own Consumer Council Table at the NAMI Arizona Annual Meeting and Conference. Our information and handouts were very helpful to those that stopped by. Many consumers visited as well as family members. Several people signed up for our next Peer to Peer 9 week educational program as well as asking to be trained for In Our Own Voice program. IOOV trains consumers to present their stories to the community in an effort to educate and eliminate stigma.

The Council will be involved with the Antique show held March and will share in some of the profits. We are hoping to use these funds to educate consumers and families about consumer issues. This effort will create a better understanding of how the Council works and it's hopes in the coming year.

There will be an effort to bring all consumer council representatives up to speed about the Arizona Psychiatric Advanced Directive. This is information that needs and will be shared with their affiliates.

If you interested in attending our meetings (which are open to the public), or wish to be on our mailing list, please contact me at: 602-354-7842 or at Harriekronick@cox.net

Mental Health Guild Annual Spring Luncheon & Fashion Show

March 19 2004
Phoenician Resort.
6000 E. Camelback Rd.

- Fashion Show by Saks
- Designer Aurora Ruffolo & her designs
- Silent auction

For further information call:
Patsy 602-977-1240, *Jane* 602-679-6336 or
Ricki 480-948-0428.



Save the Date...

**NAMI Phoenix
Annual Meeting**

**Saturday,
May 22, 2004**



SAVE THE DATE!

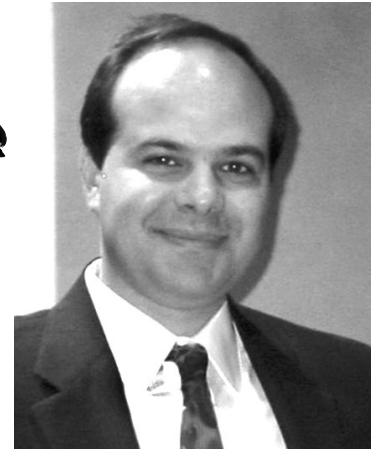
The 4th Annual
*Mystery
Authors Luncheon!*

**Saturday, October 30,
2004**

*The Westin Kierland Resort and Spa,
Scottsdale, AZ*

Consumers, now you can participate in the Design of your own research program

by Seth E. Dobrin & Dietrich A. Stephan



Dietrich A. Stephan

A warm welcome goes out from our local NAMI community to our new Valley partner in research—The Translational Genomics Research Institute (TGen). This article is the first in an ongoing informative consumer oriented series. TGen will deliver a regular research message addressed to consumers and the community at large—followed by a call to action. This timely information will translate into more than great hope—Immediate action can be taken to partake of new and enhanced therapeutics offered through TGen. And yes, eradication of many mental disorders is no longer just a hope. Eradication is on the horizon!

The Translational Genomics Research Institute (TGen) has recently moved to Phoenix, and with its arrival comes hope for improved diagnostics and therapies for mental illness. Research programs are designed and influenced by physicians, patient advocacy groups and basic researchers. This allows the research groups to design their experiments in a way that is more useful to the physician and more applicable to the patient.

Additionally, we have the most sophisticated genomic tools (such as the ability to see how the entire genome is behaving in a snapshot) to apply to disorders like schizophrenia. The combination of sharper tools, an increased ability to accurately diagnose sub-classes of illness, and community support will facilitate the movement of diagnostics and potential therapeutics from the bench back to the bedside.

Almost all mental illnesses have a genetic component. Several studies demonstrating a genetic component to mental illness (including schizophrenia, bipolar disorder, and depression) have been published recently and they have changed the way mental illness is viewed by the scientific community.

The studies conducted “twin-studies concor-

dance” where they compare individuals that have schizophrenia and the general population, family members of someone that has a mental illness, non-zygotic twins (not identical) and zygotic twins (identical twins).

If a disease is genetically influenced, then as you move from the general population to genetically related individuals the rates of the disease increase. For example, the rate of schizophrenia in the general population is 1 in 100 individuals, but in identical twins the rate is 1 in 4. The same is true for bipolar disorder and depression.

On the other hand, In a simple, clearly genetic disorder, if your identical twin has a disease you would have a 100% chance of developing the disease as well.

Therefore, scientists have concluded that mental illnesses are genetically more complex, and probably require an interaction between a genetic *predisposition* and an *environmental stimulus*.

TGen scientists have been successful at identifying the genetic basis of

dozens of disorders in the past. There is great promise that we will find the genetic basis for mental illnesses as well. Over the next few years, with the continued support of the patients, families, and communities in Arizona, TGen will lead the way to creating a better life for those of us affected with these devastating conditions.

Seth E. Dobrin and Dietrich A. Stephan
Neurobehavioral Research Unit,
Neurogenomics Division
The Translational Genomics Research Institute
Phoenix AZ 85004
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Tgen critically needs your financial support to keep this research moving ahead, and to keep the ray of hope alive. For more information or to make a donation, please contact Jill Lemna at 602-343-8727 or at jlemna@tgen.org

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Let's **ROAR** in 04—in numbers too big to ignore!

The twenty-first century is the millennium of the brain. We can and will eradicate brain disorders this century. But only with a collective spirit...we need unity and numbers now!

How can we solicit new members? The best way is with a personal invitation from a current member. If each member will make a personal commitment to secure one new member, we will double our membership. Reflect on that a moment. Doubling our membership has the potential of doubling "people power" thus dramatically enhancing our ability to—

- ✓ Increase revenues for programs and services
- ✓ Have our collective voices heard by the community
- ✓ Create power with numbers for legislative issues
- ✓ Execute the primary functions of NAMI: support, education, research, and advocacy

Members, there is so much at stake right now for those with brain disorders and all those that are affected by them. We have just begun in earnest to have our message heard.

So, we are calling all you cats to hunt. . . .If each of you captures just one, this organization will grow *mightily*.

NAMI Phoenix Membership

MEMBERSHIP TYPES

___ Family/Individual \$20

DATE: _____

___ Open Door \$3 (low income)

Name: _____

(Home) Phone: _____

Mailing Address: _____

(Work) Phone: _____

FAX: _____

Email: _____

