



Caring and Sharing

NAMI PHOENIX

Volume 5, Number 3

Families and Friends Affected by Mental Illness

March/April 2004

Barb's Reflections

By Barb Hucek, President NAMI Phoenix

Two years have passed since *Susan Glynn* passed the gavel of the NAMI Phoenix organization to me. During these busy years, it has been my privilege to work with a variety of wonderful people on many projects. As NAMI Phoenix prepares for its upcoming annual meeting on May 22nd, let's look forward to the upcoming challenges we face.

With *Sue Davis* our NAMI Arizona Executive Director stepping into retirement, and *Mary Robson's* move to a new job, the local affiliates including NAMI Phoenix will have many more responsibilities. The broad educational offerings like Visions for Tomorrow, Family to Family, and Peer to Peer are now ours to support, staff and fund. Our programs have given those who attend these classes the gifts of knowledge, understanding and support. From these vital programs many people have come to NAMI Phoenix bringing with them energy and talent. A tremendous thank you to all who teach and train in NAMI Phoenix's education programs!!

The support group model has also changed in the last year to reflect the new emphasis of NAMI national which is "families helping

families". A small number of dedicated facilitators have taken up the job of being reliable and empathetic support group leaders for an ever growing need base. Weekly and monthly support once was funded by Maricopa County or the state office. Now each local NAMI affiliate group must grow their own leadership to continue this important work.

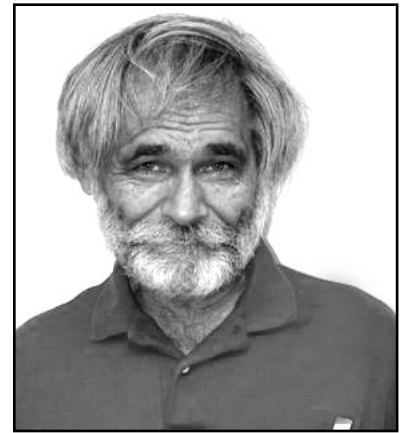
As you can see, we have our work "cut out for us". Many of us have come to NAMI Phoenix at a time of crisis with our ill loved one. Community wisdom within the support groups was then and is today invaluable.

The next dues reminder that you receive will reflect a cost increase which will be used to keep NAMI Phoenix vital—

- **STRONG** enough to be a voice to reduce stigma,
- **STRONG** enough to offer education programs to new families
- **STRONG** enough to advocate for better treatment in the mental health care system.

The new dues schedule is explained in detail elsewhere in the newsletter. Please read the section carefully and see what your dues will fund...**and please reflect on how you might be of service.**

In His Own Voice



by Kaye A. Peters

It isn't often that we have the opportunity to speak with a consumer/advocate for any length of time. I had that opportunity...an opportunity to learn what is available to the consumer that aids their successful living, and what enables them to help others.

May I introduce you to Mr. Bob Broman, a consumer/advocate, who we highlight as Volunteer of the Month!

Bob is ready and willing to discuss his own challenges, while giving credit where credit is due to many individuals who have mentored him along the path he has chosen. The

—continued on page 2



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: Harrietkronick@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

names of **Ken Babb** and **Mary Robson** roll off his tongue. He respects and admires them for their help, endless and boundless empathy demonstrated toward those afflicted with mental illness, and their tireless efforts within the NAMI Phoenix organization.

Bob became a member of the NAMI Arizona Consumer Council in 1999. At that time he was a delegate to the State Board—until 2001 when he was elected to the NAMI Arizona State Board of Directors where he remains seated today. He still attends Consumer Council meetings and NAMI Phoenix Board meetings, so as not to miss any pertinent information that can be shared with the State Board. He's a visible consumer/advocate in many arenas of mental health. He works continuously and honorably in an effort to increase his knowledge in the field as evidenced by his involvement in several auxiliary groups. These groups work toward the successful living of individuals with mental illness. Additionally, Bob is a volunteer of the Compeer Program for the Health Association. In this capacity he is a companion-peer to other consumers. Broman said: "Along with helping yourself, advocacy work helps the friendless, lonely and depressed."

One can find Bob eight hours a week at Visions of Hope Center, a drop-in center that is run by/for/with consumers. The center is funded by Value Options. He primarily teaches academics, yet manages to present poetry classes too—a personal love of his. Several of his poems have been published in NAMI newsletters.

Seemingly never over

involved, Bob supported our most recent Mystery Author's Luncheon, and worked as a security guard at the Antique Show!

In his "spare time" he offers his energy to work with "In Our Own Voice", a group of consumers who give talks about their illness and their experiences. He has delivered as many as 15 speeches over the past few years.

Bob Broman is a 100% dedicated man. He may very well be our CONSUMER/ADVOCATE OF THE YEAR! What a marvelous example of what one person can do!

Bob, NAMI loves the sound of your voice!

Bob Broman may very well be our CONSUMER/ADVOCATE OF THE YEAR! What a marvelous example of what one person can do!

WE HEAR YA, WE HEAR YA.

Come Celebrate Bob Broman!

*The Arizona Center
for Disability Law's*

**Celebration of the Rights of
Individuals with Disabilities.**

May 6, 2004, 5 - 7 pm
Two Renaissance Square
40 N. Central, Ste 2700
602-274-6287

*Bob will be honored with the
Maureen Zeeb Mental
Health Advocacy Award.*

*\$25 per person
Cocktails/Hors d'oeuvres
Silent Auction*

The NAMI Phoenix Annual Meeting Offers YOU Three Outstanding Programs—in One Day

Saturday, May 22, 2004

Bill Wilson Hall

(Community Bridges Building)

2770 E. Van Buren

(To access Bill Wilson Hall park in
the rear of the building.)

1. Advocacy Answers from the Center for Disability Law

Presenter: *Margaret Dumouchel*, Staff Advocate & NAMI member

2. What's New at the Pharmacy?

Ask *YOUR* questions. Presenter: *Scott Harrington*, PharmD

3. PACT Program

Presenter: *Shelley Curran*, Value Options Clinical Director

Questions (?)

Call NAMI Phoenix

602-354-7842

What do these Providers offer?

Join us to find out!

Annual Meeting Timetable

8:30am - Continental Breakfast

9:00 - Business Meeting & Elections

10:00 - Speakers

11:30 - Closing Remarks

Election of New Board Members

The following members have been nominated to the NAMI Phoenix Board of Directors—
(Voting will take place at the May 22, 2004 Annual Meeting or by mail-in ballot.)

Term: 3 year term

Carol Cronlund, married, four children and four grandchildren. She teaches computers in elementary school. She served NAMI Phoenix, 2 years as vice-president and 2 years as a board member. She is co-chair of the volunteer committee and previously served as the program committee co-chair. She facilitates a consumer social support group and a Family to Family Support group and is looking forward to serving another 3 years on the board of NAMI Phoenix.

Term: 3 year term

Marge Elza, married, one adult son. Legal secretary, previously a commercial property manager. Attended Ottawa University and Phoenix College (business administration). Marge has served on severable boards (e.g., Building Owners and Managers Association and the Phoenix Writers' Club). Completion of the Family-to-Family course makes her ready to serve NAMI Phoenix.

Term: 3 year term

Barb Hucek, married, three children. She works as a pre-school teacher. She brings to NAMI Phoenix a passionate commitment to educate families. She is in her second year of co-teaching a NAMI Phoenix Family-to-Family Education class and co-ordinates all the education programs for NAMI Phoenix. Barb served a 2 year term as President of NAM Phoenix and one year as a board member. She is looking forward to serving NAMI Phoenix in new ways for the next 3 years. Barb is one of the founders of the Mystery Author's Luncheon.

Term: 1 year - completing a 1 year vacancy

Adrienne Pagel, married to Tim Stumpp, has three children, two of whom have a mental illness. She organized the Mystery Author's Luncheon for 3 years, produced the NAMI Phoenix Caring and Sharing Newsletter for 4 years and coordinated the NAMI Arizona's Finance and Development Committee and served on the Executive Director Search Committee. She plans to work with the new NAMI Phoenix Finance and Membership committee.

Second Annual **NAMI Antique Show In Review**

by *Kathy Bashor*



The NAMI/ Gallery Antique Show on March 6 -7 was a huge success this year. The weather was perfect for our outdoor event. The public was greeted by eager NAMI volunteers and colorful flowers pots decorating the water fountain at Uptown Plaza (Central & Camelback). Balloons were visible everywhere and there was a constant flow of people coming to enjoy the event.

Over 30 quality antique dealers participated. Due to the success of last years event, there was a dealer waiting list. We were extremely pleased to have exceptional participants including *Mike Richards* (who has some of the most fantastic antique jewelry on the West Coast), *Nome* and *George* (who presented rare European and American sterling), and a dealer from Nebraska who had a nice display of early American quilts. .

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Kathy Bashor (NAMI SE Valley of the Sun), *Susan Glynn*, *Lela Rosales*, *Helen Boorman* (NAMI Phoenix)

The *Valley of the Sun Dealers Association* provided appraisals for \$5.00 an item. One of the most unique items belonged to one of our own, *Vera Matuska*. Vera arrived with a turn of the century bronze Buddha bank...when a coin was dropped in, the Buddha rubbed his stomach.

The appraisers were a bit stumped by the caliber of this item and suggested that it be taken to Sotheby's for auction. Vera opted to keep her family heirloom. *Salon Estique* joined the festivities by donating hair cut revenues.

Antique dealers are known to be very hard to please. HOWEVER, the NAMI volunteers pampered the dealers to such an extent that all were begging to be invited to return next year.

Such success was due to *Carol Cronland's* organizational ability. With great tenacity, Carol chaired the event. We must admit that this honor came under somewhat dubious circumstances. Carol did not exactly volunteer to be coordinator, she just made the mistake of missing an important NAMI meeting—and we voted in during her absence. Carol, somewhat dubious of our intentions,. gracefully accepted this challenge. She immediately went



Joe Ray Underdown and *Richard Porter* , owners of the *Antique Guild* and *Central Antiques*, kick off the day with a balloon arch and flowers.

to task and organized all committees.

Toni (alias Mary Markgraf) a wonderful NEW NAMI volunteer, chaired the information booth. Toni was so enthusiastic! And was responsible for donating the red NAMI smocks. Toni and **Helen Borman** both helped educate the public about mental illness while selling NARSAD cards.

Helga Wilson, always present but usually unseen, did a great job advertising the event. She was even spotted at the event, carrying herself so regally, while searching for Siam jewelry.

Mary Sample completed her duties by organizing the Saturday night dinner. Wonderful and creative dishes were prepared by NAMI volunteers. Everyone enjoyed the great assortment of most edible foods, and many were seen scurrying back for seconds, thirds and.... The dinner was accented by live soft music donated by ASU's professor **Mark Curran**.

Tom Kelly and **Kathy Bashor** were responsible for security. Inevitably, Tom was seen successfully following the band of gypsies while hoping to share in the proceeds. Thanks to Tom and all the watchful volunteers, the gypsies left empty-handed.

The occasion was graced by **Susan Glynn** and **Adrienne Pagel**, the official money counters! The Consumer Council was well represented. **Bob Bro-man, Kaj Willow, Harriet Kronick**, Kathy Bashor and Tom Kelly all contributed many hours to the success of the show.

Special thanks to **Phil Amorosi** who worked the entire event. No only did he perform security tasks, he helped dealers move in and out. Phil probably was in bed for a week after all that work!



Jennifer Kersker and Mary Markgraf greet antique supporters.

And a great big hug to **Joe Ray Underdown** and **Richard Porter**, owners of the Antique Gallery. They made this event possible. These men were most gracious. NAMI is so appreciative for their continuing support.

This year we raised over 5,000 dollars which was divided between three Maricopa affiliates (South East Valley of the Sun did not have their affiliate status yet), and the State Consumer Council.

The most important dividend, however, was the relationships and friendships that developed among the affiliates. As the Maricopa affiliates cohesively strengthen their bonds, this fine group is sure to better carry out the NAMI mission.

The most important result however, was the relationships and friendships developed among the affiliates. The Maricopa affiliates are becoming a very cohesive and strong group, so much needed to carry out the NAMI mission



SAVE THE DATE!

The 4th Annual Mystery Authors Luncheon!

Saturday, October 30, 2004

The Westin Kierland Resort and Spa, Scottsdale, AZ

Save the Date...

**NAMI Phoenix
Annual Meeting**

**Saturday,
May 22, 2004**

NAMI Phoenix List of Events and Activities Calendar for May/June 2004

"The support group motivates me; it gives me comfort to know that others are going through similar things. It also helps me learn how others are coping."

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, March 8, 2004 6:30 pm

Family Support Groups

"I believe in the power of the group to encourage and hold you when you are in trouble."

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 <u>Carol Cronlund</u> at 602-953-0478 .	7 - 8:30 pm First Monday

Specialty Support Groups

"Support Groups have educated, encouraged, and sustained me for 24 years. They have been the most positive experience in my life."

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 North Scottsdale United Methodist Church, 11735 N. Scottsdale Road, Scottsdale. Call Kate at 480-496-7339 or visit www.namiphoenix.org .	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 Call to Confirm
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

<p align="center">NAMI C.A.R.E. Support Group</p>	<p>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.</p>	<p align="center">First & Third Thursdays 6:30 - 8 pm</p>
Education Classes		
<p>NAMI Peer-to-Peer</p>	<p>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.</p>	<p align="center">Dates and Times TBA for NEW Spring Classes</p>
<p>Visions for Tomorrow</p>	<p>Visions for Tomorrow 8-session class for caregivers of children and adolescents with brain disorders. Contact: <u>Liz Curry</u> at 602-789-7045.</p>	<p align="center">Dates and Times TBA for NEW Classes</p>
<p>Family to Family Classes</p>	<p>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.</p>	<p align="center">Now taking registrations for future classes</p>
Social Events		
<p>Family/Consumer Social Evening</p>	<p>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.</p>	<p align="center">7 - 9 pm Third Monday</p>
Special Events and Programs		
<p>NAMI Phoenix Annual Meeting</p>	<p>Attend the NAMI Phoenix Annual Meeting. Learn about the plans for the future, vote for new board members, and meet other NAMI friends. Questions? Contact <u>Barb Hucek</u> at 480-951-1208.</p>	<p align="center">Saturday, May 22, 2004 8:30 - noon Bill Wilson Hall</p>
<p>Volunteer Appreciation Open House</p>	<p>Come to the NAMI Phoenix volunteer Appreciation Open House. If you are a volunteer or would like to become one, come and bring a friend to our party. Meet other NAMI members and discover how your strength can impact NAMI Phoenix. RSVP to 602-354-7842.</p>	<p align="center">Sunday, June 6th 2 - 4 pm</p>

My New Job

by *Mary Robson*



Mary Robson, new Maricopa County Mental Health Court Coordinator.

The assignment I was given in preparing this article was "What did you do at NAMI and what are you doing now?". . . in 300-500 words! Well, for those of you that know me, it's hard for me to say "Good Morning" in only 300-500 words. But in the spirit of efficiency and to ward off reader boredom, I will try to be brief.

For those that are familiar with our State Office, you know that there is little we don't do. When asked to describe my job description, I one day answered that I had brought a plunger to work! Seriously, our small band of dedicated staff and tireless volunteers have daily taken whatever challenges come our way with an awesome sense of teamwork that has been the mantra of our friend and Executive Director, **Sue Davis**.

My initial contact with NAMI Arizona was to volunteer one day per week at the State Office on Fillmore. It was primarily my responsibility to answer the phone and offer information and referral. Of course I had no information and had no idea where to refer anyone, so every time the phone rang, my heart would start pounding and I would immediately put the person on hold, and run to Frances, Sue, or Deborah to get the answers. I will be forever grateful to have been with NAMI Arizona in that office. It epitomized the strength and dedication of the philosophy of our organization.

In December of 1998, Sue Davis offered me a half time position as Membership Coordinator. Later, when **Deborah Gross** returned to school to start working on her Psy.D. (she's nearly there and doing an extraordinary job as an intern with the Restoration to Competency Program with Correctional Health), I became full time and started to focus much of my time on the education programs. It is with pride that I am able to say that we have grown to offer seven NAMI signature pro-

grams of education and support for family members and consumers, plus many additional specific programs for professional and community education. As a State Organization, we have provided the support and assistance to our local affiliates, so that most are now able to offer the full range of programs in their communities. I am most appreciative of the extraordinary and collaborative efforts of our local groups and the incredible staff of Joanne and Cindy that have made this possible.

But my wandering spirit and search for new challenges, plus my propensity for divine intervention, led me to the knowledge that Maricopa County Superior Court was looking for a Coordinator for their criminal Mental Health Court, and additionally, coordination for the City of Tempe's model Mental Health Court. A pioneering group of community and court members joined together to form the first Mental Health Courts in Maricopa County. My position was funded by a grant this group accessed from the US Dept. of Justice.

Because this position is the first of its kind, there is no formal job description other than to say *this will be a group effort to create support and growth of the philosophy of therapeutic courts and to create models that will hopefully be replicated across the county.*

It has been so satisfying to work with such

impassioned individuals from the Superior Court, Tempe Municipal Court, Adult Probation, and ValueOptions. Since this is a work in process. . . there will be more reports to follow!

In closing, I have been overwhelmed by the kind letters and conversations that I have had from members all over the state upon my leaving. Please know, that if possible, I would write to each

one of you individually to express my heartfelt thanks for the joy you have brought to my life, for the education and acceptance you have provided me, and for the opportunity to share your lives. You have given me the greatest gift. . . your trust and your friendship. Oh,oh. . . there are 651 words!

There's Something About *Mary*...

by *Frances Peterson*

You know Mary—tall, slim, tanned; carries herself like a queen, face of an angel, big brown eyes of a deer: Mary Robson. But that's just the outside.

Inside, we occasionally find a Mary, Mary, quite contrary never afraid to speak her own mind, especially when it comes to contradicting negative remarks about her beloved consumers.

She doesn't waste a lot of time with small talk. How could she?

She's usually so busy participating, anticipating, educating, disseminating, articulating and facilitating the many educational

classes and groups she has supervised at NAMI for years.

She has traveled, literally, thousands of miles throughout Arizona, developing and maintaining close personal relationships with all the state affiliates. To them, she has become the smiling face of NAMI. Did I mention how efficient she is? She writes thank-you notes on the SAME DAY she receives the comment or compliment or whatever. Some of us take MUCH longer.

What's lurking beneath the surface of this

veritable whirlwind? We see a very sensitive and vulnerable soul who, like most of us, has encountered ups and downs in her own family but still has the heart to grieve, not only on her own, but with all of us. And, after the grieving, she is the first to laugh, that recognizable (almost unladylike) laugh that encourages all of us to soldier on. Her enthusiasm, confidence,

and just plain old good will are all contagious, so take a deep breath when you're around her—it's catching.

Then there's her

capacity and courage to enjoy herself, regardless of circumstances, sunning on the beach of Rocky Point, munching on a fish taco and sipping something or other with salt on the rim.

Yes, there IS something about Mary—lots of things about Mary that we are going to miss immensely when she moves on to her wonderful new job. The county is not renowned for its business acumen, but they hit the jackpot when they hired Mary.

Good luck, best wishes, knock 'em dead, and lots of love from all of us in NAMI Arizona.

The county is not renowned for its business acumen, but they hit the jackpot when they hired Mary.

New Meeting Place for SAC

The Siblings and Adult Children support group has changed locations. **Our new meeting place is North Scottsdale United Methodist Church, 11735 N. Scottsdale Road.**

For support and education, please join us on the third Monday of each month, 6:30-8:00 pm. For more information, visit www.namiphoenix.org or call **Kate** at **480-496-7339**.

Dues Changing for Family/Individual Memberships Effective July 1st

Across the state of Arizona, NAMI affiliates are adjusting dues rates to help create a unified dues structure of \$35 for Family/Individual Memberships.

The new Dues rates are:

Family/Individual \$35

Open Door for Low Income remain \$3

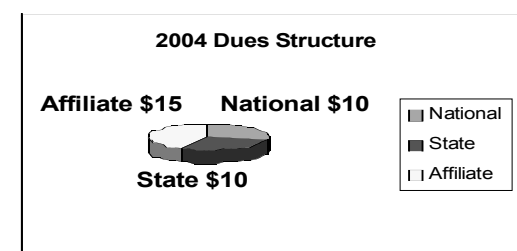
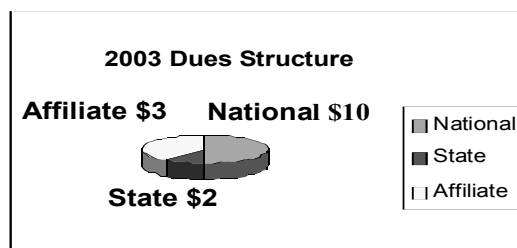
Corporate \$200

Your Dues Cover:

- Support Groups
- Education Classes
- Newsletters
- Crisis Line
- Websites
- National Advocacy

We need your continued Support.

You can still renew at the old rate before July 1st, 2004. *(Use form on back cover.)*



Mail to: NAMI Phoenix

6339 E. Greenway Rd #102-344
Scottsdale, AZ 85254

Consumer News Corner

Hurrah for us! The Maricopa County Antique Show had 18 volunteers working at various jobs from security to the education table. Our sense of pride was elevated this year as we shared equally in the funds generated from the show. This money will go to the Consumer Council and will be used toward the goals we have established for 2004. A special thanks to Kathy Bashor, a consumer herself, for encouraging us to participate and for her endeavors in setting up the auction. It was a real show of solidarity.

For those of you on the waiting list for our next Peer to Peer class, please "hang in there"-- a starting date for the class has not been determined. You will be notified as soon as the date, day and location are in place.

A date has not been set for the next council meeting. Please check the NAMI Phoenix website.

If anyone is interested in being trained as a NAMI C.A.R.E support group facilitator, please contact me at 602-354-7842. In addition, you can call about any other questions you may have concerning Consumer Programs.

Harriet Kronick

Caring and Sharing

Volunteer Open House Party

Sunday, June 6, 2004
2 - 4 pm

Come to the NAMI Phoenix volunteer Appreciation Open House. If you are a volunteer or would like to become one, come and bring a friend to our party. Meet other NAMI members and discover how your strength can impact NAMI Phoenix. RSVP to **602-354-7842**.

RSVP to *Carol Cronlund*,
602-953-0478

*We look forward to meeting
you!*

RESEARCH REVELATIONS from TGEN

Last issue we used Research Revelations as an opportunity to acquaint you with TGen, this month we will acquaint you with the research being conducted at TGen that is relevant to NAMI and its members. We have multiple research projects related to schizophrenia and bipolar disorder. Currently we are conducting two family based schizophrenia studies where there is a clear family pattern of schizophrenia in a group of American families (Schizoaffective disorder) and a group of German families (Catatonic schizophrenia).

Additionally, we have initiated collaboration with the Stanley Medical Research Institute looking at the biochemical changes that occur in the brains of individuals with schizophrenia and bipolar disorder. In this issue we will discuss the first family based study and in future issues we will discuss the other projects.

Families for the schizoaffective disorder study were collected as part of the Maryland Epidemiological Study, a joint study spearheaded by researchers at the John's Hopkins University. This group of families has a region of their genome that is tightly linked to a very specific type of schizophrenia with very specific clinical presentation.

The aim of this project is to determine the sequence of the genomic region in individuals affected compared to the unaffected individuals. We have already screened selected regions of the genome of these individuals but with no evidence for a causative change in their DNA. We need to screen the entire region leaving no holes, to do this we will use a new technology developed by a company called Perlegen.

This technology will allow us to rapidly and relatively inexpensively determine the genetic code of this entire region. Just for perspective on the magnitude of this project, the region we are studying is about 10,000,000 bases (letters), the fastest machines available today can determine the sequence of about 10,000 bases per day. For a single patient it would take 1,000 days and we need to do this for at least 16 patients. That is 16,000 days, not to mention that Perlegen is less expensive using than using conventional sequenc-

ing. The price tag for the Perlegen project is roughly \$500,000 while the price tag for using conventional methods would be on the order of several millions of dollars.

With Perlegen, the results would be in our hands in a matter of months, 16,000 days of continuous work for conventional methods.

So why is this study not yet completed? This is where you can help find out the causes of schizophrenia, we have not been able to secure the funding thorough the usual channels so the project is on hold until such a time that we can secure the funds. Please contact Ms. **Jill Lemna** if you would like to assist us to identify the first gene of major effect-causing schizophrenia at 602-343-8727.

As we mentioned last issue, the goal of the research at TGen is to bring basic science back to the bedside in the form of better diagnostics and better, more targeted therapeutics. Once this study is completed it is possible that a genetic diagnostic tool or even more targeted therapeutics could arise from the results



Dietrich A. Stephan

Thank You Pinnacle Presbyterian !!

We received a wonderful letter from Mac Schaefer, the new pastor of Pinnacle Presbyterian Church—plus a check for \$285.00. The note included with the check touched our hearts. On the recent occasion of his installation, he made a special offering that was divided among three causes—NAMI's mission was one of them.

Why is NAMI in his heart? Mac just completed the Family to Family class recently that was presented by **Susan Glynn** and **Adrienne Pagel**. And thank you ladies!



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**Your Last Chance to Join NAMI at Reduced Rates!
 Beginning July 31, 2004 Membership rates Increase. . .**

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- ✓ 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

NAMI Phoenix Membership

<u>MEMBERSHIP TYPES</u>	DATE: _____
___ Family/Individual \$20	___ Open Door \$3 (low income)
Name: _____	(Home) Phone: _____
Mailing Address: _____	(Work) Phone: _____
_____	FAX: _____
_____	Email: _____

