



National Alliance on Mental Illnesses

NORTH CENTRAL FLORIDA

September 2005 • Vol.4, No.9 Serving Alachua, Bradford, Columbia, Dixie, Gilchrist, Levy & Union Counties

SEPTEMBER MEETING

Tara Lynn Monsanto, the CIT Coordinator of Crisis Intervention Team (CIT) will be our speaker at the next NAMI NCF meeting. Crisis Intervention Team (CIT) training represents a new approach in Alachua County to training law enforcement officers to deal with situations in which mentally ill individuals are involved. Selected officers participate in an intensive 40-hour training that includes education on major mental illnesses, signs and symptoms of mental illness, medication and treatment, suicide assessment and intervention, substance abuse and dual diagnosis, communication skills and de-escalation techniques. The training takes place in classroom lectures, role-rehearsal situations, and site visits to mental health facilities. The meeting will be Monday, September 12th at 7:15. We will meet at Shands at Vista Medical Park off of NW 39th Avenue. The address is 4101 NW 89th Blvd. The receptionist in the lobby will direct you to the correct meeting room.

National Suicide Prevention Week September 5-11, 2004

- ◆ *Florida has the 2nd highest number of suicides in the Nation and ranks #13 highest rate of all the states.*
- ◆ *Florida has more than two times the number of suicides than homicides.*
- ◆ *Suicide is the 11th leading cause of death in the United States.*
- ◆ *Every 43 seconds someone in the U.S. attempts suicide; Every 18 minutes someone in the U.S. dies by suicide.*
- ◆ *Each person who dies by suicide leaves behind an average of six loved ones or survivors.*
- ◆ *Non-fatal suicide attempts often result in serious injuries, trauma to family and friends, and severe economic loss to a Nation.*

FOR HELP or INFORMATION:

Crisis Center 352-264-6789

1-800-suicide

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

MENTAL ILLNESS AWARENESS WEEK

Mental Illness Awareness Week is sponsored by NAMI National, and is implemented by each affiliate on a local level. This year our affiliate will be coordinating two events, both with support from Vista: Depression Screening Day and "Nothing to Hide: Mental Illness in the Family", a traveling photography exhibit distributed by Family diversity Projects, Inc.

DEPRESSION SCREENING...

On Thursday, October 6, we will help with the third annual Depression Screening Day. There will be easily accessible site(s) in town where the public can fill out a questionnaire that screens for depression, have it scored and speak with a mental health professional (from Vista) on the spot if needed. At each site, our NAMI volunteers will sit at the tables, explain how to fill out the screening survey to interested people, score the surveys, direct the people to the on-site mental health professionals as needed, and put out informational brochures for people to pick up. Interested volunteers will receive detailed instructions on how to carry out the tasks. Only the professionals from Vista will provide counseling. We will need at least two NAMI volunteers for each shift.

PHOTO EXHIBIT...

The "Nothing to Hide: Mental Illness in the Family" photo exhibit is a collection of 20 framed family portraits, each with a family member who has a serious mental illness. Each photo is accompanied by a brief written bio. Vista is fully funding this exhibit that extends past the official Awareness Week to October 28. The photos and bios will be displayed at the downtown library for the first two weeks in October. The following week they will be displayed in the Atrium at Shands. The fourth week is still being arranged.

NAMI volunteers are needed to unpack and set up the photos at each site and transport them between sites during the month. By working with high school organizations, we are hoping to involve high school students in this work. This is a tremendous stigma buster opportunity.

We will need a number of people to make these events a full success. If you think you might be able to help out in any way, or if you want more information, contact Bruce or Joan Stevens (378-0886).

ZYPREXA PREVENTS BRAIN LOSS IN SCHIZOPHRENIA

A new brain imaging study of recently diagnosed schizophrenia patients has found, for the first time, that the loss of gray matter typically experienced by patients can be prevented by one of the new atypical antipsychotic drugs, Zyprexa (olanzapine), but not by haloperidol, an older, conventional drug. The study, published in the Archives of General Psychiatry, also confirmed previous studies that show patients who experience less brain loss do better clinically. "This is a really big breakthrough," says the study's leader, Jeffrey Lieberman, M.D., director of the New York State Psychiatric Institute and chairman of psychiatry at Columbia University Medical Center. "The drugs we have for schizophrenia can't cure people who've been sick for years, but this study shows that the newer atypical drugs, if started early, can prevent the illness from progressing. If our findings are confirmed, one could argue that we should treat new patients with atypical drugs like Zyprexa (olanzapine) rather than older conventional medications such as haloperidol and chlorpromazine."

Gray matter contains the bulk of the brain's cells and the billions of connections among the cells. Loss of gray matter in patients with schizophrenia has been linked to social withdrawal and progressive deterioration in cognition and emotion--which are among the least responsive symptoms to medications.

The study found that, on average, haloperidol-treated patients lost about two percent of their gray matter, or about 12 cubic centimeters. No changes were detected in the Zyprexa (olanzapine)-treated patients and the normal volunteers. Patients who lost gray matter, particularly in the frontal lobe of the brain, also had greater problems with cognitive functioning, as measured by tests of verbal fluency, verbal learning and memory.

Schizophrenia has always been known as a disease that causes progressive worsening of symptoms and deterioration in function, but only in the last 10 years have researchers found that the brains of schizophrenics are also progressively deteriorating.

"People used to think that the deterioration was inevitable, but now we're thinking that if you can prevent the acute episodes of psychosis in schizophrenia you can actually stop the loss of gray matter," Dr. Lieberman says.

"It also gives us hope that we will be able to completely forestall the disease in the future by intervening before psychosis even begins," Dr. Lieberman adds. "In three to five years, we should have ways to identify which adolescents will become schizophrenic, and we can then begin to test the preventative power of treatments."

Adapted from <http://archpsyc.ama-assn.org/cgi/content/abstract/62/4/361>, and The Doctor's Lounge.net.

FAMILY TO FAMILY CLASS BEGINS

72 HOUR HOLD

A new Family to Family class Dianne Skye will assist. The class began on Wednesday, August 31, at the Civitan Regional Blood Center in Gainesville. This is a 12-week course for families of individuals with severe Brain disorders (mental illnesses). The course discussed the clinical treatment of mental illnesses and teaches the knowledge and skills that family members need to cope more effectively. The course is taught by trained family members. This class will be taught by Susan Boulet and Beth Foley. Paula Ambroso and

Dianne Skye will assist. The class is intended only for family members of a person with a mental illness. Registration is required and the class size is limited, however they maybe one or two spaces still available. All course materials are furnished at no cost to participants. To register for the class or for additional information you may call Michelle at 352-332-9881; Dianne at 352-378-1798; Dorothy at 352- 378-9440 or Voice Mail 352-339-8640.

Our NAMI NCF library has added the best-selling author Bebe Moore Campbell's new book, **72 Hour Hold**. The book, dedicated in part to her Los Angeles-area affiliate, NAMI-Inglewood, tells the story of Keri and her daughter, Trina, who has bipolar disorder. Keri struggles to come to terms with her daughter's mental illness and find treatment and support for herself and her daughter while navigating the mental-health system.

Ms. Campbell, a co-founder of her NAMI affiliate, a Family-to-Family trainer and 2003 NAMI award winner, relates in the July issue of Essence magazine that she "was inspired by my own journey as the family member of a person with a mental illness. My experience with my loved one, as well as the experiences of others grappling with the same issues provided adequate research." **72 Hour Hold** deals with not only mental illness but race relations and family dynamics as well.

People with a Mental Illness Enrich our Lives...

This is the second in a series of informational bits about people throughout history who have had or whose family members have had a serious mental illness.

Ludwig van Beethoven, born in Bonn, Germany, December 16, 1770, was considered by many to be the greatest composer who ever lived and achieved the highest level of musical geniuses. Beethoven had bipolar disorder which some have said gave him such creative power that his compositions broke the mold for classical music forever. He was a child prodigy which his father tried to exploit. His "manic" episodes seemed to fuel his creativity. He wrote his most famous works during times of torment, loneliness, and suffering psychotic delusions. It took him 12 years to finish his last and 8th Symphony in total deafness. He then medicated himself with the only drugs available in that day to bring some relief – opium and alcohol - and died several years later, on Mary 27, 1827, of liver disease. It is reported 20,000 people attended his funeral.



Ludwig van Beethoven



* Remember to return books or videos to the NAMI NCF library to return so others may also benefit from them. Generally the check-out period is one month.

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

NEW PSYCH MEDS IN THE PIPELINE...

Several new psychiatric medications are currently at different places along the pipeline to consumers. The company Akzo Nobel has a new atypical antipsychotic drug for schizophrenia and bipolar disorder called Asenapine. The company Acadia is developing two drugs: ACP-103 will be a side effect-reducing adjunct for use with atypical antipsychotics, and ACP-104 (N-desmethylclozapine) is a new antipsychotic that is more specific to one of clozapine's active receptors than clozapine itself. An advantage of ACP-104 over clozapine is that it would have the potential benefit of improving cognition. Nearly ready to launch is a sustained release form of Seroquel, as well as a 400 mg tablet that will be ready within the next year. Furthermore, a recent study in the American Journal of Psychiatry (July 2005) implicates Seroquel (quetiapine) for depression in bipolar disorder, in addition to its current use as an antipsychotic and treatment of acute mania.

NAMI NCF OFFICERS

October is the month that we select a new slate of officers for 2006. NAMI North Central Florida has continued to grow and reach out in support of our membership and others in our community with problems and concerns similar to our own. We can't do this without strong and dedicated leadership. The nominating committee is in the process of compiling a slate of names for officers and committee chairs for the next year. If you are willing to be considered for any of these positions, please call one of the nominating committee members as soon as possible.

*Chuck DeBolt - 332-7828; Pat Warnock - 271-7116;
 Dianne Walsh - 378-1798.*

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| <i>President</i> | <i>Mental Illness Awareness Committee</i> |
| <i>Vice President</i> | <i>Support Groups Committee</i> |
| <i>Secretary</i> | <i>Telephone Committee</i> |
| <i>Treasurer</i> | <i>Public Policy Committee</i> |
| <i>Membership</i> | <i>Liaison to Shands at Vista</i> |
| <i>Public Relations</i> | <i>Liaison to FACT Team</i> |
| <i>Newsletter</i> | <i>Liaison to Meridian Behavioral Healthcare</i> |
| | <i>Liaison to NFESH</i> |

Take a look at NAMI North Central Florida's Web Site - <http://www.naminorthcentralflorida.org/>