



National Alliance on Mental Illness

NAMI Madison County

* SUPPORT * EDUCATION * ADVOCACY * RESEARCH *

Website: <http://madisoncty.nami.org>

NAMI Office Phone: 618-798-9788

June 2008

Board of Directors

- Diane Pisko, President
- Pat Rudloff, Vice President
- Ann Dirks Linhorst, Secretary
- Keith Gauen, Treasurer
- Jim Giger
- Margaret Merrell
- Kevin Niebur
- Mary Rottmann, NAMI IL Board Member



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Annual Meeting Held

The NAMI Madison County Annual Meeting of the membership was held on Tuesday, May 13th, prior to the regular Board meeting that evening at Gateway Regional Medical Center.

Several changes to the Bylaws were approved including increasing the number of directors on the Board from 11 to 15. This was followed by election of Directors. Margaret Merrell was re-elected to a second two year term and Rob Roennigke who has served on the Madison County and NAMI Illinois Boards in the past will return to the Board for another two year term. Elected for first-time service are Kelly Gable, Lynn Glauber, Fred Laswell, Donna Sheard, Janice Stephens and Roger Watkins. Rob Roennigke and Lynn Glauber were elected as Vice President and Treasurer respectively. Lynn is replacing Keith Gauen who has resigned as Treasurer, a position which he has held for five years. Keith will finish out the 2nd year of his current term as a director.

Diane Pisko will finish her first term as Board President and Ann Dirks-Linhorst will continue in her 2nd year of her first term as Board Secretary. Kevin Niebur and Jim Giger are in the 2nd year of their 2nd terms. Pat Rudloff will remain on the Board as Immediate Past President and Mary Rottmann is automatically on our Board as a current NAMI Illinois Board member.

May's regular board meeting began at the conclusion of the Annual Meeting. A major item for discussion was what position NAMI Madison County would take regarding the Madison County Sheltered Care Home since the Madison County Board voted not to accept any of the bids received for its rebuilding by a vote of 22 against and 7 for. Chairman Alan Dunstan made it very clear at this meeting that this vote would ensure that the Home would not be rebuilt and, indeed, would be closed. After much discussion as to how our organization should handle this issue, it was decided that NAMI's mission should be to support the people – current and future residents -- and not necessarily the bricks and mortar of an actual home. Our focus should be supporting quality mental health services including housing for those now residing in the Sheltered Care Home and in Madison County. The Board agreed on the following resolution: *Be it resolved that since the Madison County Shelter Care Home will not be rebuilt, NAMI Madison County advocates for the current residents of the Madison County Shelter Care Home, and all those with mental health needs in Madison County, to assure that all necessary services are provided with adequate funding as provided by the Mental Health Board.*

The Board directed Diane Pisko and Pat Rudloff to seek a meeting with Madison County Board Chairman Alan Dunstan and Marcia Wickenhauser, Executive Director of the Mental Health Board, to present and discuss this resolution. While the resolution was not favored by several who would prefer to see the home rebuilt, it was agreed to as a practical compromise in the best interest of the residents of the Sheltered Care Home.

CRISIS HOTLINE NUMBERS IN MADISON COUNTY

Northern Madison County--Community Counseling Center Hotline--(618) 465-4388

Southern Madison County--Chestnut Health Systems Hotline--(618) 877-0316



by Diane Pisko

Our annual meeting was held on May 13th in the first floor conference room in Gateway Regional Medical Center. At the annual meeting, all NAMI

Madison County members in good standing were able to vote on election of board members and officers. Any changes made to the bylaws are to be voted on at the annual membership meeting also.

At this meeting, the general membership approved changes to our current by-laws. One of the new changes in the bylaws is that we are now allowed to have 15 board members versus 11 and are able to run three consecutive terms versus two. A few other changes were done to the by-laws but the above mentioned ones were the high points.

The board elections went as follows:

- Pat Rudloff was able to resign as Temporary Vice President and will resume her immediate past president position;
- Keith Gauen resigned as Treasurer but will serve out his term as a Board member (one year left);
- Margaret Merrell was re-elected;
- Mary Rottmann is an automatic Board member due to her State Board Member status.

New board members and officers:

- Rob Roennigke: long-standing member of NAMI was not only elected as a board member but also Vice President;
- Nominated from the floor: Lynn Glauber: CPA that works for IRS and was elected as board member and also Treasurer;
- Kelly Gable: pharmacist, employed at SIUE and

Community Alternatives, contributor to the NAMI National newsletter;

- Janice Stephens: special education teacher in Cahokia with family members with mental illness, lives in Belleville;
- Fred Laswell: NAMI office volunteer and very technology-oriented;
- Roger Watkins: good background in housing and former employee of Community Counseling Center and presently Executive Director of Housing Solutions, Inc.;
- Donna Sheard: NAMI member for 4½ years, has taught Peer to Peer, office volunteer, active in the Chamber of Commerce.

I would like to thank the remainder of the board members not mentioned above who are currently in mid-term: Secretary Ann Dirks Linhorst, Jim Giger, and Kevin Niebur. I especially would like to thank our outgoing Treasurer Keith Gauen. When he took the job of treasurer five years ago, it was basically paying our bills and keeping records of membership, but now the office of Treasurer has turned into much more with additional duties because of having a paid office coordinator, PIAT and SIUE Events, Walk for Mental Health, etc. Thank you, Keith, for a job well done.

Thanks to all the NAMI members that attended and made their vote count. The new board members will start their offices on July 1, 2008 when we begin the new fiscal year.

Thank you for those of you that attended the Mental Health Rally in Springfield, IL on May 14th. We had beautiful weather for the rally. Next year I hope to fill the bus completely and maybe even get a second bus. Don't forget to keep writing your congressman and state representative about mental health issues. We need our voice to be heard on capital hill.

Do you have extra time on your hands? You too can become a member and/or just a volunteer of NAMI Madison County. Please call our office at (618) 798-9788 and speak to AJ French, our office coordinator. Our office is open Monday through Thursday from 12:00pm to 4:30pm. If you have any time available during those hours, we would appreciate you being a member of our NAMI Madison County volunteer office staff.



NAMI Madison County Office

Gateway Regional Medical Center
2100 Madison Avenue, 4th floor
Granite City, IL 62040

AJ French, Office Coordinator

E-mail: namimadisoncty@sbcglobal.net

Office Hours: Phone: 618-798-9788
Noon to 4:30PM Fax: 866-332-5338
Monday thru Thursday

Website: <http://madisoncty.nami.org>

NAMI Experience the Revolution

★ ★ ★ ★ ★ JOIN TODAY!

Call the NAMI Office at 618-798-9788 to have a membership form sent to you or download one from our website by clicking here:

http://madisoncty.nami.org/nami_membership_form12d.pdf

June thru Sep 2008 LINC Workshops

LINC is a consumer-driven, community based, not-for-profit agency which provides services to persons of all ages and with all types of disabilities in order to maximize their independence in all areas of community life. LINC is sponsoring the following upcoming workshops:

- Monday, June 23, 7-9pm - How to Prepare for Employment: Cover Letter, Resume, & Interview Preparedness
- Tuesday, August 12, 1-3pm - How to Work with Your Legislators
- Tuesday, Sept. 16, 1-3pm - Nov '08 Candidate Issues

Advanced registration for their workshops is necessary. Space is limited. Please call (618) 235-9988 to register today. If you have any questions, you can e-mail info@lincinc.org or call the office at the number above. A Sign Language Interpreter is available and must be requested 72 hours prior to the date of the workshop.

New Time Change for Continuum of Care Meeting

The Madison County Continuum of Care (CoC) is a county-wide collaboration consisting of Madison County Community Development and an array of providers who focus on services to people who are homeless. The group includes shelters, agencies that provide mental health and other disability services, agencies that provide all sorts of supportive services, and interested individuals. The focus on homelessness is broader than just people who have a mental illness or other disability although people with disabilities do constitute a sizable portion of those who are homeless. In Madison County, unfortunately, a growing number of homeless individuals are children or families with children.

The monthly Madison County CoC meeting is held on the third Thursday of each month. The next meeting will be held on June 19th. **Please make note that the CoC meetings will now start at 9:30AM.**

For registration, time and meeting locations please contact Amy Lyerla at Madison County Community Development, phone 618-692-8940.

Litchfield Support Meeting Has Moved

NAMI Support Group Sharing and Caring Meetings are held in Litchfield on the 3rd Tuesday of each month. The next Litchfield Support Group Meeting will be held on June 17th at their new meeting location at Christian Church of Litchfield, 31 Yaeger Lake Trail, Litchfield, IL (across from cemetery). The meeting runs from 7:00PM to 9:00PM. Any questions, contact the NAMI Office at 618-798-9788.

NAMI Announces New Support Group Location

On Tuesday, June 3, 2008, the National Alliance on Mental Illness (NAMI) Madison County's Sharing and Caring Group will begin meeting also at Saint Clare's Hospital, located at 915 East Fifth Street in Alton. It will be in the Heritage Room. This meeting will start at 7:00PM. We continue to meet as well in Granite City at the Chestnut Clubhouse at 21st and Edison on the same night. (The Alton and Granite City meetings meet on the first Tuesday of every month.)

Caring & Sharing is a time when family members who have a loved one with a mental illness can come and talk in an atmosphere of understanding and learning to cope with this biologically based illness. This support group will be for family members only at this time. Hopefully, we will have a NAMI Connection (consumer support group) soon. If you would like more information regarding this, please call the NAMI Office at 618-798-9788.



HOUSE PASSES RESOLUTION SUPPORTING MENTAL HEALTH MONTH

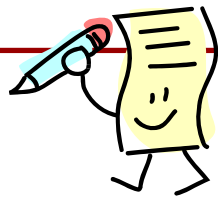
by US Congressman
Jerry F. Costello

The U.S. House of Representatives recently passed H. Res. 1134 in support of the goals and ideals of Mental Health Month. Recognized in May, Mental Health Month provides an opportunity to promote mental well-being, ensure access to services and raise the overall awareness level of the general public regarding mental health needs.

So far this year, Congress has advanced several bills relating to mental health care. Both the House and the Senate have passed versions of mental health parity bills, which would ensure that mental health insurance is more readily available, and a great deal of awareness has been brought to the issue of meeting the mental health needs of our troops returning from Afghanistan and Iraq. More resources are being devoted to veterans' mental health issues, including counseling and improved diagnosis.

Outreach efforts such as Mental Health Month help people understand that depression and other ailments are common and can be treated successfully. Many people do not know the warning signs of depression, or feel uncomfortable asking for help. The more people know about mental illness, the more likely they are to seek treatment. I look forward to continuing our work to advance awareness of mental health issues.

MARK YOUR CALENDAR!



Sharing & Caring, Clubhouse, Granite City.....June 3, 2008
NAMI Connection Group, Clubhouse.....June 3, 2008
Sharing & Caring, St. Clare's Hospital, Alton.....June 3, 2008
Board Meeting, Gateway, Granite City.....June 10, 2008
NAMI National Convention, Orlando, FL.....Jun 13-16, 2008
Sharing & Caring Meeting, Jerseyville.....June 14, 2008
NAMI Connection Group, Gateway, Granite City....June 17, 2008
Sharing & Caring, Litchfield.....June 17, 2008
Continuum of Care Meeting.....June 19, 2008
NAMI Connection Group, Gateway, Granite City...June 24, 2008
Sharing & Caring, Jerseyville.....June 28, 2008
5th Annual Walk for Mental Health.....Sep 27, 2008
Consumer Conference, Gateway Convention Center..Oct 10, 2008
NAMI IL Conference, Lisle, IL.....Oct 17-19, 2008
NAMI/PsiChi Event, SIUE.....Oct 23, 2008

NAMI Madison County Project Leaders

AJ French.....Office Coordinator & IOOV Coordinator
Mary Gauen..... Webmaster
Matt Gauen.....NAMI Llama Artist
Barb Giesecking & Diane Pisko..... Newsletter
Sandy Giger..... Editor & Walk Coordinator
Tom Johnson.....CIT Coordinator
Kevin Niebur.....Multi-Cultural Coordinator
Jane Roennigke..... Education & PIAT Coordinator

Interested in helping these members?
Contact the NAMI Office at 618-798-9788.

OTHER LOCAL MEETINGS

NAMI GREATER BELLEVILLE: 3rd Thursday of each month, 7:00PM at the Hilltop Emporium (rear entrance), 207 East Main St., Belleville. For more information contact Ron Szewczuk at 618-476-1771.

NAMI CUPFUL: 4th Saturday of each month, 2:00-4:00PM, 1505 Market Ave., East St. Louis. Call Pamela Perry, Central Comprehensive Mental Health, at 618-274-0881 (work) or 314-868-8031 (home) for more information.

ST. LOUIS OBSESSIVE COMPULSIVE DISORDER SUPPORT GROUP: 3rd Saturday of each month, 10:00AM, St. John's Mercy Medical Center, McAuley Room South, 615 S. New Ballas Rd., Von Gontard Conference Center. Speakers start at 10:00AM and support groups meet from 11:00AM till noon. For more information, call 314-842-7228, ext. 3.

DBSA (Depression and Bipolar Support Alliance) MEETING: Every Monday 7:00-8:30PM, O.C. Anderson Hospital, Maryville, IL, next to the cafeteria on Lower Level B.

DBSA Contact: Diane at 618-667-8781 or by e-mail at dbsamc@yahoo.com for more information.

**DEADLINE for the
July 2008 issue
of newsletter is June 15th.
Please e-mail your article to Sandy at
skgiger@hotmail.com on or before due date.**

Hey, did you know we are now taking names for the next NAMI Basics and Family to Family classes. Call the NAMI Office at 618-798-9788 to add your name to the list or for more information.



Spring Forward Into Spring

by Heidi M.

Spring is here! Flowers will soon be blooming and the apple trees will bud. The robins will travel back to our part of Illinois. The trees will turn green.

I remember last year traveling to Pennsylvania. Illinois was a season ahead of our neighbors on the East Coast. There, all the trees were bare and waiting. But they were bursting to bud, and when the sun shone on them, the mountains gleamed like a sunset brushed with a stroke of deepest red.

How much like us. We get dry, bare, and broken. We go through times of stress and deep depression. But we are bursting to bloom again. There is hope.

Treatment works!

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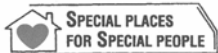


Applications are being accepted for HUD rent-assisted apartments at Community Court, Hempel House and Yakubian Apartments in Alton. To qualify, you must be between the ages of 18-62 with a maximum income of \$23,050 and have a chronic mental illness. Please call (618) 465-0120 for info.



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- ◆ The newsletter is posted to our website and therefore can also be seen **worldwide**.



Irwin Chapel Funeral Home

"Honoring Life"

Glen Carbon and Granite City



Thank you to
Chestnut Health Systems in Granite City
and Community Counseling Center in Alton
who each month alternately print this newsletter as a service to NAMI.



Ask Your Pharmacist
by: Kelly Gable,
Future Board Member and
PharmD, BCPP

The majority of us will take medication at some point in our life, whether it is for an infection, diabetes, high cholesterol, or possibly a mental illness. Before taking any medication it is important to inform yourself of the following: the benefits of taking the medicine; common, rare, or more serious side effects; and specific instructions on how to take your new medication. No matter the question, it is also important to know who you can ask to obtain your answers. Your local pharmacist is one of the most accessible healthcare professionals with a wealth of knowledge regarding medicine. But just in case you are a bit shy, this article will address the answers to some commonly asked questions.

1. If I can't afford my medicine, are there any alternative ways to obtain it?

Medications can be quite expensive when you lack prescription insurance coverage. Based on your yearly income, there are pharmacy assistance programs available to the public through specific medication manufacturers. Most drug companies offer this service. I will review one example, as the specifics of each can differ slightly. Jane S. is prescribed Lamictal for mood stabilization by her psychiatrist. She just lost her job in the past year and therefore has no benefits including prescription coverage for medications. Jane S. can utilize the pharmacy assistance program offered by GlaxoSmithKline, the manufacturer of Lamictal. She can consult with her psychiatrist and together they can fill out a form supplied by the manufacturer. This form can be obtained on their website. Once the form is completed, it must be mailed or faxed to the company, along with proof of income and the actual written prescription for Lamictal. GlaxoSmithKline will process this information and then monthly supplies of the medication will either be sent to Jane S. at her place of residence, or to her psychiatrist in the community.

2. Is weight gain a common side effect of most psychiatric medications?

Weight gain, unfortunately, can be a side effect of many medications. However, not all psychiatric medications cause weight gain. Newer antipsychotics, such as Seroquel, Zyprexa, Risperdal and Clozaril can cause weight gain in many people who take them. Presently it is unclear how this occurs, but we do know that people often experience an increase in their craving for sweets and foods with high caloric content. Because these medications often provide great benefits to people in terms of symptom remission, these benefits may outweigh the risk of weight gain associated with them. However, if you do experience weight gain, it is important to focus

on other ways to lower your risk, such as drinking lower calorie or diet drinks and consuming more water. In addition, it is helpful to eat less carbohydrate rich foods such as donuts, candy, and chips and replace these with foods higher in protein and fiber such as fruits, vegetables, and lean meats. Thirty minutes of brisk walking, three times a week is also extremely beneficial in combating weight gain and improving overall health. Before starting any diet or exercise program, it is important to consult with your physician or healthcare provider to determine what program would be best for you.

3. How do antidepressants really work in the mind to improve my mood?

Not all antidepressants work in the same fashion, however all antidepressants work to normalize neurotransmitters, or chemicals, in the brain. These chemicals include serotonin, dopamine, and norepinephrine. Antidepressants are classified into several groups: selective serotonin reuptake inhibitors (SSRIs), serotonin and norepinephrine reuptake inhibitors (SNRIs), monoamine oxidase inhibitors (MAOIs), and tricyclic antidepressants (TCAs). SSRIs are the most commonly prescribed antidepressants for depression. These include Prozac, Lexapro, Celexa, Zoloft, Luvox, and Paxil. SSRIs work to improve your mood by increasing the amount of serotonin in the brain. When serotonin levels are low, a person can experience a drop in their overall mood, changes in their appetite and sleep patterns, and an increase in anxiety. Once serotonin levels are increased, your mood will slowly, over the course of several weeks, begin to improve.

If you have specific questions you would like addressed in future newsletters, we welcome any and all inquiries. Contact the NAMI Office at 798-9788 so the staff can forward your question to the Pharmacist.



**"Power of Peers"
Conference Offers Scholarships**

Tap into the "Power of Peers" this September as the Depression and Bipolar Support Alliance (DBSA) presents a conference of compelling educational workshops, pre- and post-conference institutes and a lineup of renowned keynote speakers. The national conference will be held September 10-14, 2008 in Norfolk, Virginia. DBSA offers a unique peer-centered perspective for individuals living with depression or bipolar disorder as well as for family members or health care providers looking for ways to best help their loved-ones, patients or clients by partnering with them on their path to recovery. Learn more at

http://www.dbsalliance.org/site/PageServer?pagename=events_conference2008.

Bipolar Survey: Consumers & Caregivers

PatientView, an independent research-and-publishing organization, along with the World Federation of Mental Health (WFMH) and other European-based groups are conducting a survey to guide them in creating a global website for people living with bipolar depression. The survey can be taken online, and participants can remain anonymous if they choose. The survey closes Monday, June 30. The survey hopes to find out: 1. What people with Bipolar think are the most important types of health-care information for them; 2. Other key subjects of importance to people with Bipolar; 3. What people with Bipolar think sets them apart from other people with a mental health condition.

(Source: NAMI National Friday Facts, May 16, 2008)

NAMI Will Release a Report, "Schizophrenia: Public Attitudes, Private Needs"

On June 10, 2008, NAMI will release a report, Schizophrenia: Public Attitudes, Private Needs, based on a survey of persons living with schizophrenia; caregivers; and the general public conducted by Harris Interactive. More than 1000 members of the public, 250 consumers, and 250 caregivers participated in the survey. Check the NAMI National website on June 10th.

(Source: NAMI National Friday Facts, May 16, 2008)

(Several months ago, NAMI President Diane Pisko submitted a 3-part series on Bi-Polar information. She now is providing the first part of a 3-part series on Schizophrenia. The source for each was taken from Everyday Health.)

Help Someone with Schizophrenia Stay Positive (Part 1 of 3)

Demoralization often occurs after a psychotic episode of schizophrenia. It can also be the result of a person failing to meet societal expectations, such as not achieving higher education goals. Not accomplishing these types of goals can exacerbate low self-esteem and depression in a person with schizophrenia.

Listening to a friend or relative self-deprecate can be frustrating, but there are ways for you to help. First, maintain a positive attitude. It's common for family members of people with mental health disorders to feel hopeless, but often times your encouraging outlook will be reflected in your loved one's attitude.

Next, try using statements of admiration to boost your friend or loved one's self-esteem and confidence. However, insincere compliments and observations can backfire: Be genuine with your praise.

Finally, don't be discouraged if your loved one initially rejects flattering statements. In fact, his or her disapproval suggests that you are "right on target."

Caring for Someone with Schizophrenia:

Ensuring that people with schizophrenia continue to get treatment and take their medication is important. If patients stop taking their medication or stop going for follow-up appointments, their psychotic symptoms will return. If these symptoms become severe, they may become unable to care for their own basic needs for food, clothing, and shelter; they may neglect personal hygiene; and they may end up on the street or in jail, where they rarely receive the kind of help they need.

Family and friends play an important role in a schizophrenic's treatment:

- Help the patient write a list of attainable goals, including the steps for reaching them. For example, what activity would help to move him or her toward independence?
- Review the list on a weekly basis, or whatever feels comfortable, to mark off progress or identify areas that need more work.
- Encourage the patient to maintain a regular daily schedule and get enough sleep each night.
- Provide support and encouragement, but do not take over any of the tasks on the list, such as household chores.
- Do not criticize or pressure the patient — it will only lead to regression and a worsening of symptoms. Concentrate on what the patient is doing right.

Antidepressants: Can They Lose Effectiveness Over Time?

Mayo Clinic psychiatrist [Daniel Hall-Flavin, M.D.](#), and colleagues answer select questions from readers.

Question: Can antidepressants lose effectiveness over time? I've taken fluoxetine (Prozac) for several years. But recently, I've noticed the medication doesn't seem to be having the same effect, and I feel more depressed. Can you explain this? - Mary / Minnesota

Answer: You describe a phenomenon that affects approximately 20 percent of people who take antidepressants — the so-called "poop-out" effect. In such cases, the medications simply stop being effective. Doctors don't fully understand what causes this. But factors that you and your doctor may want to consider include:

- Relapse or worsening of depression. For most people, depression is a disease that will recur at least once — if not more frequently — after the first episode. Sometimes depression worsens for no apparent reason or due to added stress that overrides the effects of the medication.

(Continued on Page 8, Antidepressants)

Antidepressants (Continued from Page 7)

- Underlying medical condition. Some conditions, such as hypothyroidism, can cause depressive symptoms. It is important to rule out such conditions as a cause of worsening depression.
- Aging. Sometimes depression can get worse as you get older.
- A new medication. Some medications for unrelated conditions can interfere with the way your body metabolizes and uses antidepressants, decreasing their effectiveness.
- Reassessment of original diagnosis. For example, it is possible that an illness previously diagnosed as depression may actually be bipolar disorder, in which depression is a prominent feature.

The good news is that adjusting the dosage, changing medications or adding other medications is usually effective in countering the poop-out effect. Psychotherapy also can help.

For all these reasons, it is important to have a psychiatrist trained in the use of antidepressant medications review all of the possible causes and interventions that may be helpful when an antidepressant seems to lose its effectiveness.

(Source: Mayo Clinic.com)



Illinois Mental Health Collaborative
“Recovery and Resilience”
by Consumers at Chestnut’s PSR Clubhouse

On April 2, 2008 18 participants from PSR attended the Illinois Mental Health Collaborative “Recovery and Resilience”. Below is the input we’ve received from consumers.

Question: What did you learn?

Person 1-Recovery and resilience, don’t let mental illness crush your dreams, we listened to speakers lecture as Nanette Larson. There’s no limit to people getting better and living in community and being employed.

Person 2-Doctor Knight talked about the maintenance and maintaining proper compliance of medication. He shared that he takes medication. His doctor has lessened his dosage.

Person 3-Recovery and resilience. The speakers were Ed Knight, he talks about his history, he has a mental health diagnosis. And Nanette Larson, she talks about her history, she has a mental health diagnosis.

Person 4-We were talking about mental illnesses.

Person 5-Talked about mental illness and medication.

Question: What was the most fun?

Person 1-Riding on the bus from Clubhouse to Springfield.

Person 2-The bus ride to Springfield, talked about when we were kids.

Person 3- This person said listening.

Person 4-I like the part where Nanette Larson talked about the Wellness Recovery Action Plan.

Person 5-On the bus trip we made signs for the rally, representing Madison County Mental Health and listening to music.

The group as a whole agreed that they would definitely go again to another conference.

CIT Update

Last month’s newsletter had a salute to the Crisis Intervention Team officers in Madison County. Another CIT training class was held from May 5th through 9th with a total of 26 officers attending. The department locations with number of officers attending are as follows:

- East Alton - 2
- Wood River – 2
- SWIC – 1
- Chester – 2
- O’Fallon – 2
- Edwardsville – 1
- Madison County Sheriff – 3
- Granite City – 4
- Collinsville – 3
- Troy – 1
- Highland – 1
- Belleville – 3
- Monroe County Sheriff - 1

It is a great feeling to know that we have more CIT officers in Madison and neighboring Counties. Also note that these counties have a mutual aid agreement that allows any CIT agency to send a CIT officer to another CIT agency during a crisis if the jurisdictional law enforcement agency is unable to provide such officer at that time.

Again, we applaud these and all CIT officers and thank them for making such a difference in our area.



Schizophrenia Drug's Dosage Drives Success

The Vanderbilt physician who in the late 1980s established the antipsychotic drug clozapine as the gold standard for treating patients with treatment-resistant schizophrenia has improved on his own research.

Herbert Meltzer, M.D., director of the Schizophrenia Program in the Department of Psychiatry, and colleagues have shown that the success of clozapine in treating this population was not due to the unique pharmacologic features of the drug itself, but the fact that it was used at higher doses than what is used to treat patients with schizophrenia who respond well to antipsychotic drugs. Clozapine is rarely used for the 70 percent of patients whose psychotic symptoms respond well to a wide array of other antipsychotic drugs.

The study, published in the Jan. 23 issue of *The Journal of Clinical Psychiatry* and funded by Eli Lilly, included 40 men and women, ages 18 to 58, diagnosed with schizophrenia or schizoaffective disorder, which many think is part of the same spectrum of illness. Patients were recruited from three U.S. outpatient community mental health treatment facilities, including Nashville's Centerstone Mental Health Center.

The results showed that the drug olanzapine, whose pharmacology is considered closer to clozapine than that of any other drug available, when used at a higher dose than the established norm, is as effective as clozapine in improving psychopathology and cognition in treatment-resistant patients. The study showed that treatment-resistant patients taking higher doses respond more slowly than average patients taking conventional doses. In fact, both need to be given for six months before a good treatment response occurs, compared to six weeks for the average patient at the lower dose range.

Schizophrenia affects more than 2 million American adults, about 1 percent of the population age 18 and older. Approximately 30 percent of them are treatment-resistant, says Meltzer, one of the world's leading experts on schizophrenia and principal investigator of the study.

"The results provide another option for treatment of those patients," Meltzer says.

Though it has been the only drug approved for treatment-resistant patients for nearly two decades, clozapine has a serious side effect, agranulocytosis, that requires patients to be monitored closely while they are taking the drug. Agranulocytosis is a blood disorder in which the person has a low level of granulocytes white blood cells important in fighting infections.

Meltzer said because the side effect can be fatal if untreated, patients who take clozapine must have their white cell count monitored each week for the first year, but less frequently thereafter.

"Because of the risk and hassle, clozapine was never as widely used as it should have been," Meltzer said.

"Instead of 30 percent of patients (those who are treatment-resistant) taking the drug, at most, 5 to 10 percent did."

Another side effect of both clozapine and olanzapine is weight gain. "Both of these drugs very often produce serious weight gain, sometimes as much as 50 to 100 pounds," Meltzer said. Patients in this study taking olanzapine gained significantly more weight (16 pounds) than those on clozapine (3 pounds).

"This study shows that olanzapine is a viable option for those truly treatment-resistant patients who won't or can't take clozapine, providing you take the dose up to the range we used, which was three to four times the dose now established as the optimal effective dose, and if you take caution to limit the weight gain, which unfortunately may not always be successful," Meltzer said.

He cautioned that a larger study is needed to confirm his findings that the two drugs are essentially equally effective in treating this group of difficult-to-treat patients.

Meltzer's next step is studying higher doses of the most widely used drug in the treatment of schizophrenia risperidone. He and his Vanderbilt colleagues, William Bobo, M.D., and Yuejin Chen, M.D., Ph.D., plan to study the long-acting injectable form of risperidone because it does not produce as much weight gain or other metabolic changes as clozapine and olanzapine, and because there is better compliance with the long-acting form. Meltzer is particularly hoping to attract patients to the study who have failed to respond to standard doses of the drug. He hopes to enroll 160 patients, 80 of those in Nashville.

And during that study, using brain imaging and genetic markers, he and Vanderbilt colleagues Adam Anderson, Ph.D., and Stephan Heckers, M.D., chair of the Department of Psychiatry, will investigate why higher doses are more effective in these patients and why it takes longer to get a response.

At the same time, Meltzer's lab will be involved in basic research to understand the effects of higher doses and longer duration of treatment with clozapine and related drugs in laboratory animals.

Meltzer said that expanding on his clozapine research from the 1980s has been a "terrific" experience. "I always have said if anything I ever published needed correction, I wanted to be the one to do it."

(Source: Medical News Today, 16 Feb 2008)

Madison County Shelter Care Home Closing

On May 21, 2008, 22 members of the Madison County Board voted to close the Madison County Shelter Care Home in Edwardsville. Thank you to Michael Holliday, Judy Kuhn, Hal Patton, Brenda Roosevelt, and Kent Sheibel who were the five members who voted to keep the home open.

Because of the home's closure, NAMI will proceed with their resolution as stated on page 1.



NAMI Madison County Meeting Times and Locations



Alton – Sharing & Caring meeting for **family members** on the 1st Tuesday of each month from 7:00-8:30PM at Saint Clare’s Hospital, 915 East 5th Street in the Heritage Room.

Granite City – Sharing & Caring meeting for **family members** on the 1st Tuesday of each month, 7:00-9:00PM at Chestnut Clubhouse, 2054 Edison Street.

Granite City – NAMI Connection Meetings for **Consumers**, all meetings 7:00-9:00PM:

- o 1st Tuesday of each month at Chestnut Clubhouse, 2054 Edison Street;
- o 3rd and 4th Tuesdays of each month in the NAMI Madison County Office at Gateway Regional Medical Center on 4th floor, North Wing.

Jerseyville – Sharing & Caring meeting for **family and consumers** on the 2nd and 4th Saturdays of each month, 4:00-6:00PM at the Church of the Nazarene, 285 Maple Summit Road.

Litchfield – Sharing & Caring meeting for **family members and consumers** on the 3rd Tuesday of each month, 7:00-9:00PM at the Christian Church of Litchfield, 31 Yaeger Lake Trail.

Granite City - Business Meeting for **all members and advocates** on the 2nd Tuesday of each month, 7:00-8:30PM, Gateway Regional Medical Center in Granite City, Lower Level Conference Room next to Cafeteria.

**If you have questions about any of these meetings, call the NAMI Office at (618) 798-9788.
For actual dates, see “Mark Your Calendars” on page 4.**

HAPPY FATHER’S DAY!! JUNE 15TH



**NAMI Madison County
Gateway Regional Medical Center
2100 Madison Ave, 4th Floor
Granite City, IL 62040**

TO:

**RETURN
SERVICE
REQUESTED**