

The Iris

Volume 26 Issue 1

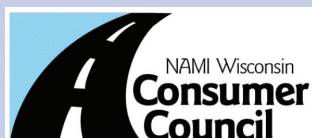
January/February



**NAMI Wisconsin
Annual Conference
April 15 – 16, 2011
Hilton Milwaukee
City Center
509 W. Wisconsin Ave.
Milwaukee, WI**

**Co-Hosted by
NAMI Greater
Milwaukee and
NAMI Waukesha**

**Register by
February 28, 2011
to receive an Early
Bird Discount.**



**Leadership Summit
April 14, 2011
Hilton Milwaukee City
Center
509 W. Wisconsin
Avenue
Milwaukee, WI**

Scholarships available

**Registration forms
and details for both
events on
pages 10 and 11**

Dr. David A. Baker, NARSAD honoree, to address NAMI Wisconsin Conference

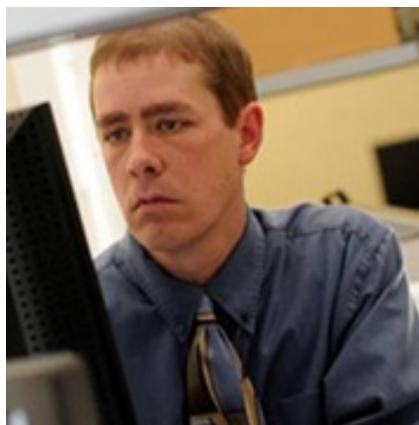
Dr. David A. Baker, Associate Professor and Associate Chair in the Department of Biomedical Sciences at Marquette University, will give the keynote address at the Saturday session of NAMI Wisconsin's Annual Conference on April 16. Dr. Baker has been recognized for outstanding achievements in basic science by NARSAD with the 2010 Freedman Award for his research in the area of treating schizophrenia. Baker was one of five young investigators honored nationally by NARSAD, the world's leading donor-supported organization dedicated to finding the causes, improved treatments and cures for psychiatric illness. The recipient of the Freedman Award is selected from among these scientists by the NARSAD scientific council, which includes three Nobel Prize winners.

Baker has discovered a novel mechanism in the brain that may give rise to aspects of schizophrenia and has pursued the finding by developing novel medications for the disease. His preclinical findings, supported by clinical trials, show that this pharmaceutical therapy leads to significant improvement in symptoms of schizophrenia and bipolar disorders.

Baker completed his postdoctoral training in the laboratory of Dr. Peter Kalivas at the Medical University of South Carolina. He obtained his PhD at Arizona State

University in 1999 and his BS at Montana State University in 1992, working in the laboratories of Dr. Janet Neisewander and Dr. Michael Babcock, respectively.

Dr. Baker's primary research interest is to understand the contribution of neurotransmitter release from astrocytes to brain function in the normal and diseased states, especially as it relates to addiction and schizophrenia. A major emphasis of



*Dr. David A. Baker,
Marquette University*

his program is to develop novel therapeutics for these and other disorders. To this end, Dr. Baker has co-founded Promentis Pharmaceuticals, a start-up pharmaceutical company developing novel CNS therapeutics.

In addition to receiving the Freedman Award from NARSAD, Baker has received research funding from the National Institute on Drug Abuse, National Institute of Mental Health, NARSAD, and the State of Wisconsin.

Eric Arauz is a nationally renowned inspirational speaker who will be the featured speaker at the NAMI Wisconsin Consumer Council leadership Summit, Thursday, April 14. Arauz will also be the keynote speaker at the opening session of the NAMI Wisconsin Annual Conference, April 15.

See page nine for more on Arauz and details on the NAMI Wisconsin Consumer Council Leadership Summit. ☺

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Executive Director's Corner

Eyes on the Prize

by Geoff Greiveldinger

President Obama said during his recent State of the Union address, "Though at times it may seem uncertain, it is a future that is ours to decide, ours to define, and ours to win." His statement serves as a reminder: if we are to accomplish our goal of access to effective mental health services, we must keep our eyes on the prize.

This year poses serious risks to the Wisconsin mental health system with a state budget shortfall of approximately \$3 billion and a new administration and legislature perceiving a mandate from the electorate to cut state spending. Years of advocacy gains could be lost unless NAMI and its allies get organized and hold our ground.

As you know, advocacy efforts are a major part of NAMI Wisconsin's mission to support persons with mental illness and their families and to work to enact positive changes in the mental health system. NAMI Wisconsin is an active participant in coalitions and committees that address issues related to mental illness. But our real strength is in our grassroots.

Every individual impacted by mental illness that becomes a part of NAMI can build both our strength and momentum. As an organization, we actively reach out to all people affected by serious mental illnesses: consumers, siblings, spouses, families of young children, people of diverse multicultural and ethnic backgrounds, and mental health professionals. Our efforts will continue in 2011 as we work to support fledgling affiliates and those that struggle in the rural parts of our state. We are also working with the national office to devise strategies to help our membership continue or launch grassroots advocacy.

Anyone can engage in grassroots advocacy. Simply writing a letter to an elected official about a cause of concern is a form of grassroots advocacy, as is attending city council meetings, or taking

a more active role in promoting change in your community. In the coming year, NAMI Wisconsin hopes to provide our members with tools that will enhance the impact of our advocacy efforts throughout the state.

With passage of the Affordable Care Act, in the next few years we have the potential to make substantial progress toward the system we have always envisioned, where



Lannia Syren

children and adults receive early, effective integrated mental health and primary care. Under Section 1302 (b) of the Act, mental health coverage is considered an essential health benefit. Insurance companies are required to provide coverage, and that coverage must be equal to coverage provided for any other medical condition. Mental health benefits will become a mandatory part of basic care. Additionally, certain psychotropic medications will be required to be covered under insurance company formularies.

Private insurance exchanges created through the Act, if designed to cover adequate and essential mental health care, could help young people stay in the work force without fear of losing the benefits that keep them functional enough to be employed. When Medicaid expands to cover all uninsured people below 133% of poverty, some of the most disenfranchised will be able to get care.

Bottom line: this is a year when we could lose or gain a great deal. We must act now and be vocal in support of this legislation. We need to build our network of effective advocates on the local level who are informed and poised to mobilize the grassroots in response to legislative issues. If you are someone who is passionate about advocacy, talk to your affiliate leader and become an active part of the conversation. We need you. ☺

Advocates and Devil's Advocates

by Geoff Greiveldinger

The January 8th event in Tucson continues to hold national attention. Common wisdom says the cause is vitriolic politics, untreated mental illness, or both.

An event so stunning and so ripe for misunderstanding demands that NAMI discharge its missions of support, education, and especially advocacy. NAMI National has spoken, and NAMI Wisconsin has sent a letter to media across the state. At least one local affiliate, NAMI Greater Milwaukee, has already had a letter to the editor published.

But advocacy is not always easy, especially in this era of fast-paced news and comment. The best advocacy pieces are concise and precise. Advocacy pieces must be accessible to the average audience, but able to withstand the scrutiny of devil's advocates. Sometimes, especially when time is short, it's hard to be both.

A case in point is the statement of the nationally recognized Bazelon Center for Mental Health Law, which is reprinted in this issue. The Bazelon statement notes that mental illness may have played a part in the incident, refutes popular misconceptions of a high correlation between mental illness and violence, and calls for better mental health services. Its case is succinct and persuasive. But how might a devil's advocate respond?

Bazelon implies that the failure of anyone to intervene in Jared Loughner's situation, despite Arizona's relatively relaxed rules on involuntary treatment, demonstrates the "hollowness" of laws that make intervention easier. Might a devil's advocate call that argument a non sequitur and analogize it to suggesting that, because some intoxicated motorists evade detection, tougher drunk driving laws are pointless?

Bazelon says the Tucson incident demonstrates a need for better

community mental health care. Might a devil's advocate suggest that it is paradoxical to reject intervention laws because they are not used, but to call for more community mental health services when there is no evidence that any services were sought, much less denied?

There are more fundamental challenges in publicly addressing so complex and unclear a situation as this. Bazelon is rightly cautious in saying only that "investigators may discover evidence of untreated mental illness." This is not yet like some other notorious cases of killings, in which evidence of mental illness seemed indisputable.

Russell Weston explained his 1998 killing of two police officers in the U.S. Capitol as an effort to find a "ruby satellite" that would stop the spread of disease by legions of cannibals, among whom he numbered his victims. Seung-Hui Cho, who took 32 lives plus his own at Virginia Tech, had a documented history of psychiatric disorder.

Videos and statements made by Jared Loughner though bizarre, do not reflect the completely delusory view of the world manifested by Weston. Some videos are reminiscent of materials left behind by Cho, but that fact alone does not prove mental illness.

This uncertainty about whether mental illness played a roll, coupled with the modern-day need for instant communication on matters of public attention, can challenge any advocate or advocacy group. Certain important points—such as the need for better services—must be made and made quickly. But might these points, made in the wake of inexplicable bloodshed, be misinterpreted as warnings that, without better services, similar episodes can be expected? Might a devil's advocate suggest that they could prove counter-productive by reinforcing misimpressions about mental illness?

continued on page 6

The mission of NAMI Wisconsin is to improve the quality of life of people affected by mental illnesses and to promote recovery.

NAMI Wisconsin will accomplish its mission through the following:

- Establishing local Affiliates in keeping with NAMI National's principles and guidelines.
- Supporting Affiliates by providing follow-up advice and counsel, educational and training programs and materials, access to financial resources as appropriate, conferences, seminars, and presentations.
- Advocating at all levels of government and throughout the public sector.
- Promoting public education and understanding of mental illnesses.

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Frank Ryan: Hamblin understands prisoners with mental illness

Posted on the Capitol Times Website: Monday, January 10, 2011 6:00 am

Dear Editor: The choice of Gary Hamblin as state Corrections secretary might well be the best appointment the Walker administration makes.

Hamblin was an enlightened sheriff of Dane County and a valuable member of the board of directors of the National Alliance on Mental Illness (NAMI) of Wisconsin. He knows changes must be made to improve prison treatment of inmates struggling with no-fault mental illness. And he understands that follow-up care -- unfortunately, a rare commodity -- must be provided to reduce recidivism.

Let's hope Hamblin is allowed to put his principles into effect as head of the Corrections Department.

Frank Ryan, former president
National Alliance on Mental Illness -- Wisconsin Middleton

Retrieved from <http://host.madison.com/ct/news/opinion/mailbag/article> ©

Editorial: Enlightened Corrections Policy

by Neil Heinen, Editorial Director, WISC TV Broadcast on January 11, 2011

We've always had a lot of respect for former Dane County Sheriff Gary Hamblin. He was always candid and straightforward with this editorial board, and even his occasional disagreements with Dane County Executive Kathleen Falk were principled and not personal. We liked the way he ran the Dane County Jail as well, again principled and with respect, so we thought his appointment to head the State Department of Corrections by Governor Walker was rather inspired.

But then our friend and former colleague Frank Ryan's letter to the editor reminded us that Hamblin also served on the board of the National Alliance for Mental Illness of Wisconsin. Given the preponderance of mental health issues in the prison population and the challenges of understanding and treatment both in the system and after prison, the choice becomes even more impressive.

We look forward to Hamblin's leadership of our state's prison system.

Retrieved from <http://www.channel3000.com/news/26417660/detail.html> ©

Bazon Center Statement on Arizona Shooting

by Robert Bernstein, PhD, Executive Director

January 10, 2011 - Our hearts go out to Representative Giffords, her staff, and the residents of Tucson who were victims of the tragic shooting this past Saturday.

And while the details of the shooting and the history of the suspect are still to be determined, early information suggests that investigators may discover evidence of untreated mental illness.

It would be a mistake to conclude that incidents such as this are characteristic of people who have mental illness. In fact, these events are very rare. Studies show that having a mental illness, in itself, does not increase one's propensity to commit serious violence; other factors come into play, including co-occurring substance abuse, trauma and, perhaps in this instance, today's vitriolic political climate.

Over the past decades, a handful of similar tragedies — at Virginia Tech, in the New York City subway and elsewhere — raised immediate concerns about mental healthcare in this country. These concerns soon translated into efforts for quick-fixes, typically, efforts to enact laws making it easier to commit people to psychiatric hospitals or to court-order outpatient treatment. The fact that Arizona has had such laws in place for many years points to the hollowness of these solutions. The plain truth is that America's mental healthcare system is horribly broken and horribly underfunded. And across the nation, budget cuts continue to eviscerate community mental health programs that reach out

to vulnerable individuals and put them on a path to recovery.

Our hope is that this time we will come together in the wake of tragedy in a different way. Rather than stigmatizing people who have mental illnesses with false stereotypes or pursuing laws that try to use courts to compensate for gaps in basic services, the Bazelon Center for Mental Health Law urges a meaningful effort to address the core issues here. The nation's system of community mental healthcare, now struggling to provide even late-stage crisis services, should be equipped to ensure that early, effective assistance is available to people who need it.

Media reports have highlighted Representative Giffords' haunting, cautionary words about today's heated political rhetoric. Another concern of Representative Giffords' merits equal attention: as a state legislator and, more recently, on the Hill, Representative Giffords has a long, distinguished record of advocating for accessible mental health services and fighting the discrimination that burdens people who have mental illnesses.

We at the Bazelon Center are grateful to Representative Giffords for her leadership in advocacy for mental health issues. We hope and pray that this tragic act brings at least some kind of silver lining; necessary mental health system reforms that she would be proud of.

Retrieved from <http://www.bazelon.org/News-Publications/Press-Releases/1-10-11Arizona-Shooting.aspx> ©

How membership in Community Health Charities of Wisconsin benefits NAMI WI

For a number of years NAMI Wisconsin, Inc. has been a member of Community Health Charities of Wisconsin (CHCWI). CHCWI is an umbrella federation of more than 40 premier community health charities all dedicated to promoting health and helping people in Wisconsin who are suffering from chronic diseases, disabilities and disorders. The purpose of CHCWI is to raise funds on behalf of its members through workplace giving campaigns.

NAMI Wisconsin, Inc. is listed in campaign brochures in dozens of workplace giving campaigns across Wisconsin in both the public and private sectors. This placed our organization's name and focus directly in front of tens of thousands of potential donors and at absolutely no added cost to our organization. Those are donors that we could not easily access, and would not ordinarily access, without significant added costs associated with direct individual solicitation by mail or phone. Incidentally, we are charged no admission

fee to join CHCWI and there are no annual membership renewal fees. Workplace giving donations through our membership in CHCWI is a very valuable source of income for our organization.

Our Board wishes to thank in a very special way the many residents of Wisconsin who donated to our organization through the workplace campaign at their place of employment. Unlike foundation grant funds, these workplace donations come to us with no strings attached. We are able to use those resources where they are most needed.

If you worked at one of the employers listed here, you had an opportunity to support the mission and work of the agency. There are many other businesses around Wisconsin that participate in CHCWI campaigns. Check with your employer. Log on to <http://wisconsin.healthcharities.org> to learn more about CHCWI and how you can expand this source of income to our organization.

Modified from The Iris, September 2005 ☺

Learn more about NARSAD

NARSAD is the world's leading donor-supported organization dedicated to finding the causes, improved treatments and cures for psychiatric illnesses. Its mission is to alleviate suffering from mental illness by raising and distributing funds for scientific research on such conditions as schizophrenia, depression, bipolar disorder, anxiety disorders, and childhood disorders, among others.

Since 1987, NARSAD has awarded 3,832 research grants to 3,132 scientists in the United States and 28 other countries for a total of more than \$261 million.

Dr. David A. Baker, PhD, a keynote speaker at this year's NAMI Wisconsin Annual Conference, is the recipient of the 2010 Freedman Award for his research in the area of treating schizophrenia.

NAMI Wisconsin distributes the NARSAD newsletter to all its professional members. To find out more about NARSAD, visit www.narsad.org. ☺

CHCWI Workplace Campaigns

Southeastern Wisconsin

Eastern Wisconsin Federal Employees
Milwaukee Area Technical College Employees
Milwaukee City Employees
Milwaukee County Employees
Milwaukee Public Schools Employees
Milwaukee State Employees
Milwaukee Other Suburban Public Sector Employees

Central Wisconsin

Badgerland Federal Employees
Dane County Employees
Dane County State Employees
Madison Area Technical College Employees
Madison City Employees
Madison Metropolitan School District Employees
Monona Grove School District Employees

Northeastern Wisconsin

Brown County Employees
DePere City Employees
Foth & Van Dyke Employees
Green Bay Chamber of Commerce Employees
Green Bay City Employees
Green Bay Metropolitan Sewerage District Employees
Harbor Credit Union Employees
Krueger International Employees
Menasha Corporation Employees
Robert E. Lee & Associates Employees
Tosca, Ltd. Employees

Statewide

Statewide State Employees, municipalities, counties and school districts

Parents and Teachers as Allies launches in WI

In December of 2010, representatives from NAMI Chippewa Valley, NAMI Dodge County, NAMI Dane County and NAMI Brown County met in Madison to learn about the Parents and Teachers as Allies program and move toward launching local PTA teams. NAMI created Parents and Teachers as Allies to help families and school professionals identify the key warning signs of early-onset mental illnesses in children and adolescents in our schools. It focuses on the specific, age-related symptoms of mental illnesses in youngsters.

Planning for the Future event returns in 2011

NAMI Wisconsin will be hosting a Planning for the Future educational event this spring. Planning for the Future is a training that addresses the needs of aging family members who want to ensure the safety and security of a mental health consumer when they are gone.

Many families are uncertain where to begin, what details need to be included in the plan, who should be included in the planning process and where to find the help they need. Attendees will find the answers to many of their questions and will receive a workbook that will take them through the process.

For more details, contact Lannia Syren at lannia@namiwisconsin.org or call 800-236-2988.

Ethnic Elders work to “build better lives and better communities”

by Jennifer White

Reports have shown that mental health problems are commonly under-treated in the elderly population. Kenosha’s Ethnic Elders, however, are proactively involved in creating, maintaining, and learning more about proper mental health. They seek support from family members, trusted friends, church leaders, and community organizations to aid them in the process.

The Ethnic Elders group was created in 1986 for individuals 55 years of age and older by Salonia Grimes, a lifelong citizen of Kenosha. Their purpose is to empower adults to reconnect with their community by becoming actively involved in healthy life-styles, educational community programs and intergenerational opportunities. Currently, there are 22 active members who volunteer in their community doing various activities that fit their interests. Involvement includes: helping with the Kenosha Kindness events, serving on the Infant Mortality and Black Nurses Association committees, mentoring in the Kenosha Unified School District, helping the homeless, donating to Kenosha Urban Outreach, making pillows for grieving children, serving as Living Well Leaders, etc. They meet at the Kenosha Job Center, 8600 Sheridan Road, Kenosha, in room S10 on the second Tuesday of the month at 10 am. In the meeting, they hear from various presenters about topics of interest, discuss their volunteer activities, and offer each other encouragement

and support. Members and visitors are always welcome to attend.

In the month of November, NAMI Kenosha County was the community organization invited to present their “In Our Own Voice” program to the group. The Ethnic Elders heard from two presenters from NAMI who shared their personal experiences of living life with depression and schizophrenia, and their journeys to recovery. The Ethnic Elders were given insight into how the two presenters and others with serious mental illnesses cope with the realities of their disorders while still living productive, meaningful lives. Lastly, the presenters listened to the Ethnic Elders questions and provided valuable feedback.

The Ethnic Elders’ zeal to gain knowledge about ways to live healthier physical, spiritual, and mental lifestyles is thrilling to witness. Once that knowledge is gained, the beauty of it is -- they gladly share it with others. Through this process, they continue to --“build better lives and better communities.” We are thankful to NAMI for presenting their “In Our Own Voice” program to the group, and for raising awareness in the minority community about a journey to recovery from mental illness.

If you would like to present to, join, or hear more about the Ethnic Elders group, contact Jennifer White with the Aging and Disability Resource Center at 262-605-6652, or email jennifer.white@kenoshacounty.org. ☺

continued from page 3

The need for brevity also hinders advocacy. Had Bazelon felt it had more space, it might have suggested more issues, such as whether stigma prevented Loughner’s family from intervening, whether his parents had health insurance that might have afforded him services, or whether we need again consider who has access to certain firearms.

We cannot expect perfection. As good advocates, we should take devil’s advocates into account, but need not surrender to them. In the last analysis, we must speak the truth as we know it. And if devil’s advocates disagree, we can tell them to visit their client. ☺

NAMI Chippewa Valley achieves affiliate status, ready to move forward

by Stephanie Weld Beck

The past six months of NAMI Chippewa Valley's development demonstrates that individuals and organizations within our community can work together with the goal of positively impacting the lives of individuals affected by mental illness. In August of 2010 Lannia Syren, the executive director of NAMI Wisconsin, joined our group of mental health consumers, friends and family members of those with mental illness, and mental health care providers to discuss developing a local affiliate. After deciding to move forward, our group has accomplished a great deal—including beginning to recruit members, developing bylaws, incorporation with non-profit (501-C3) status, and establishing an executive board. Through this process NAMI Chippewa Valley officially became a NAMI Wisconsin affiliate in December. As an established NAMI Wisconsin affiliate, we applied for and received a \$1000 Affiliate Support and Sustainability Grant.

With the initial challenge of developing an affiliate completed, NAMI Chippewa Valley can now move forward with our initial intent. The mission of NAMI Chippewa Valley mirrors that of NAMI Wisconsin—we hope to improve the quality of life of people affected by mental illness and to promote recovery. NAMI Chippewa Valley desires to provide support and education to persons affected by mental illness, to serve as advocates for these individuals in our local, state, and national communities, and to better educate the local public about mental health and recovery.

NAMI Chippewa Valley's next steps will include a combination of goal-setting, planning, and implementation. We want to work with mental health consumers, family members and friends of those with mental illness, and local public and private mental health care providers to augment and support

existing services, as well as fill in gaps in the community. One example includes providing support and education for family members and friends of adults with mental illness. We hope to serve residents of Eau Claire, Chippewa, and Dunn counties but also will welcome all individuals who can attend monthly meetings or events. Our meetings are at 6:00 pm on the second Thursday of the month at the Eau Claire Center for Independent Living, 202 Eau Claire Street in Eau Claire.

In a short time, we rocketed through a number of steps with the hard work of many people and the support of organizations within our community. A number of people put countless hours into “birthing” NAMI Chippewa Valley and providing our new, developing structure. Special appreciation to Glen Mercier, Bruce Rhoades, Dana Greicar, Ken and Ardyth Krause, and Greg Habben, as well as several other people who served from our beginning, should be noted. We also must thank Eau Claire County Human Services for their support and use of meeting rooms, and Wisconsin's Center for Independent Living for the support and for providing monthly meeting space.

With our partners, we plan to move forward, improving the quality of lives of those individuals affected by mental illness in the Chippewa Valley and to promote recovery. NAMI Chippewa Valley welcomes participation in this effort! ☺

NAMI Wisconsin's local affiliates:

Barron:	(715) 736-0089
Brown:	(920) 430-7460
Chippewa Valley:	(715) 828-8906
Chequamegon Bay: (Ashland, Bayfield)	(715) 274-8403
Dane:	(608) 249-7188
Dodge:	(920) 344-8733
Door:	(920) 743-6162
Fond du Lac:	(920) 922-6865
Fox Valley: (Outagamie, Calumet, Waupaca, Winnebago)	(920) 954-1550
Green:	(608) 329-6211
Iron:	(715) 476-2172
Kenosha:	(262) 605-9038
La Crosse:	(608) 784-7532
Manitowoc:	(920) 682-7025
Marinette (WI) & Menominee (MI):	(906) 864-1933
Milwaukee:	(414) 344-0447
Northwoods: (Marathon, Lincoln, Langlade)	(715) 298-2802
Oshkosh: (Winnebago)	(920) 651-1148
Ozaukee:	(262) 243-3627
Portage/Wood:	(715) 592-4522
Racine:	(262) 637-0582
Rock:	(608) 879-9224
Sheboygan:	(920) 803-6193
South Central: (Sauk, Columbia)	(608) 768-5375
Southwest Wisconsin: (Grant, Iowa, Crawford)	(608) 348-6136
St. Croix Valley: (St. Croix, Pierce)	(715) 307-0355
UW Madison:	(608) 268-6000
Vernon:	(608) 637-8143
Walworth:	(262) 495-2439
Washington:	(262) 338-2393
Waukesha:	(262) 524-8886
Wishigan: (Florence, WI, Dickinson, MI)	(906) 542-7219

'War is Not a Normal Situation'

NAMI Interview with Army General David Blackledge on PTSD

November 11, 2010

Washington, D.C. /PRNewswire-USNewswire/ - Army Major General David Blackledge told the National Alliance on Mental Illness today that "a revolution" is occurring in how the military looks at post-traumatic stress disorder, PTSD.

"Combat is not a normal situation," Blackledge said in a 25 minute interview available on the NAMI website. (www.nami.org) He described his own experience with posttraumatic stress after being wounded in combat in Iraq.

Blackledge is commanding general of the Army's Civil Affairs and Psychological Operations Command (Airborne). His decorations include five Bronze Stars and two Purple Hearts. He was wounded once in a convoy ambush and once during a suicide bombing in Iraq.

"Soldiers are trained in a warrior culture, but combat is not a normal situation," Blackledge said. When he was wounded, "we didn't really have a clear protocol" for treatment. "Psychological aspects took a backseat."

As part of a treatment "revolution," the Army has recognized a need to be "proactive" in helping troops in combat and "especially upon return." The new approach focuses on "comprehensive soldier fitness" and "resiliency."

"Two people can experience the same traumatic events, one will develop posttraumatic stress and it could be a debilitating issue for the rest of their life. For the other person, it doesn't have lasting effects."

The Army is working to better understand and incorporate "resiliency" into training as part of institutional change. It includes providing psychological tools to prepare for and respond to posttraumatic stress.

Strategies for Consumers to Learn More about Their Medications

by Claudia L. Reardon, MD

Psychiatrist and Assistant Professor

University of Wisconsin Hospital and Clinics

In the last newsletter, I addressed the multitude of factors psychiatrists consider in choosing a given psychiatric medication for a given consumer. I emphasized the importance of medication selection being a *collaborative* process between the physician and the consumer. In the midst of an appointment with a psychiatrist, though, it can be difficult for a consumer to know what to ask, and when and how to ask it. Thus, the point of this article is to provide tips for consumers to help them work with their physicians in finding the best medications.

1. Ask the psychiatrist, "How did you pick that medicine?" Even if you can think of nothing else to ask during an appointment, this single question will probably lead to a wealth of useful information. For example, it might lead to a discussion of the target symptoms, how the medication affects other medications or medical conditions, and side effects.
2. Make a list of medication questions to ask your psychiatrist at your next appointment. I find it extremely useful when my consumers come in with a list of questions they have made since I last saw them in my office. This way, consumers are sure not to forget to ask anything important to them.
3. Take notes during your appointments. It can be difficult to remember everything your psychiatrist says during your appointment, and so bringing a note pad and pen along to take notes can be useful so that later you can remember what was discussed.
4. Read books. There are a number of excellent books available for consumers on psychiatric

medications. In my experience, consumers find especially useful the book Instant Psychopharmacology* by Ronald Diamond, M.D.

*Available in the NAMI Wisconsin library.

5. Visit websites. Consumers should be careful about which websites they visit, as not all are reliable sources of medication information. However, a reputable one is the NAMI medication website. Go to the NAMI webpage (www.nami.org) and click on the "Medications" tab on the top toolbar.
6. Talk with your pharmacist. Pharmacists are very knowledgeable in potential medication side effects and interactions. They are another resource in addition to your physician.
7. Try not to be embarrassed. Many consumers are embarrassed to talk about concerns they have about medications, especially side effects that they find difficult to discuss. However, remember that physicians hear about all kinds of different side effects, and it is pretty hard to embarrass a physician when it comes to talk about the human body!

In addition to the above strategies, you might have found others that work for you in keeping you engaged in your medication treatment. It is imperative to keep the lines of communication open with your psychiatrist, and to remember that your physician is there to answer any questions you have. ☺

NWCC Leadership Summit to feature inspirational speaker, Eric Arauz

The NAMI Wisconsin Consumer Council's first Leadership Summit of 2011 will convene at 4:30 pm on April 14 at the Hilton Milwaukee City Center. The summit, which requires pre-registration, will this year feature inspirational speaker, Eric Arauz.

Arauz is president of Arauz Inspirational Enterprises and is an international trauma trainer on the trauma of mental health treatment of people with serious mental illness. He focuses on his original tools and concepts to improve the dialogue between treatment provider and client. He has been nominated for a volunteer Medical School Faculty position at Robert Wood Johnson Medical School and has been appointed to the New Jersey Governor's Council on Alcohol and Drug Addiction.

He is a state trainer for NAMI New Jersey's In Our Own Voice program and serves as a consultant to the National Council on Alcohol and

Drug Dependency on Mental Illness and Chemical Dependency. Arauz has appeared on ABC's Good Morning America on a six segment special on Mind, Mood, and Mental Illness. He also appeared with NAMI National Medical Director, Dr. Ken Duckworth, on a national radio media tour for NAMI National for Bipolar Awareness Day.



Eric Arauz

Arauz is a recipient of a 2009 National Voice Award from SAMHSA for outstanding national mental health advocacy. Eric served in the United States Navy from 1990-1994 and is a disabled

veteran due to extensive operations on all ten of his toes when he returned from the Red Sea. Arauz will also be the keynote speaker on day one of the NAMI Wisconsin Annual Conference.

To pre-register for the NWCC Leadership Summit check the instructions on page 11. ☺

***Pieces: In My Own Voice* to be presented At Annual Conference**

NAMI Wisconsin attendees will be treated to a complimentary performance of Brenda Wesley's play, *Pieces: In My Own Voice* on Friday evening, April 15 at 7:30. *Pieces* is just one component of the successful ASK (*Access, Support & Knowledge*) program, which was developed by NAMI Greater Milwaukee in response to troubling signs of growing mental health challenges in the African American community.

Wesley, a trained mental health education facilitator, conducts the ASK presentations and wrote *Pieces*. Brenda knows first-hand about the struggles faced by African Americans dealing with

mental illness. Two of her closest family members live with mental illness.

"*Pieces* will captivate and engage the audience by bringing them into the world of persons living with a mental illness. The audience will journey through a crisis, self acceptance and recovery," Wesley said. "The stories are told through monologues that cover a wide range of mental health diagnoses. We weave educational messages throughout the show that have been delivered through the ASK program."

The play will be open to the public for a contribution of \$5.00. ☺

NAMI Wisconsin Annual Conference Breakout Topics*

- Advocacy in a New World
- Affiliate Consumer Councils
- Affiliate Leadership Networking
- Affordable Care Act
- ASK Program Sample Session
- Ask the Doctor: Anxiety Disorders
- Ask the Doctor: Bipolar Disorder
- Ask the Doctor: Children & Adolescents with Mental Illness
- Ask the Doctor: Co-occurring Disorders
- Ask the Doctor: Depression
- Ask the Doctor: PTSD
- Ask the Doctor: Schizophrenia/Schizoaffective Disorder
- Chapter 51
- Crisis Intervention Partners (CIP)
- Crisis Intervention Team (CIT) Panel Discussion
- Dept. of Human Services Infrastructure Update
- Diverse Perspectives: Experiences of Consumers from a variety of diverse communities (Double Stigma)
- Evidence-Based Practices
- Grounding Methods – Stress Reduction
- Jails and Mental Health Services
- Medication Updates and Q&A
- Mental Health and Veterans/Veteran Issues
- Mind, Body, and Mental Health
- Navigating the Insurance Waters
- Parents and Teachers as Allies and Basics Info Session
- Peer Specialists
- Raising a Child or Adolescent living with a mental illness
- Recovery through Art
- Schools and Promoting early interventions
- Suicide Prevention

*Topics may change at the actual conference.

Check www.namiwisconsin.org for updates.

NAMI Wisconsin Annual Conference
Recovering Together: Growing Our Grassroots
April 15 – April 16, 2011

Hilton Milwaukee City Center ♦ 509 W. Wisconsin Avenue, Milwaukee, WI 53203
 Co-Hosted by NAMI Greater Milwaukee and NAMI Waukesha

REGISTRATION FORM
Register by February 28, 2011 to Receive an Early Bird Discount!*

PLEASE SEND A SEPARATE REGISTRATION FORM FOR EACH PERSON REGISTERING			
Name:	NAMI Affiliate:		
Home Address:			
City:	State:	Zip:	
Phone:	Email:		

Check the conference day(s) you plan to attend (Required): Friday, April 15 Saturday, April 16

Meal Preference: Regular Vegetarian Other Meal Restrictions: _____

Special Accommodation Needs: _____

<input checked="" type="checkbox"/> Conference Attendees	1 Day	2 Days
Members, Consumers, & Family Members	\$70	\$115
Professional/Agency Members	\$90	\$170
Professional/Agency Non-Members	\$105	\$195
Low Income	\$45	\$65
*Early Bird Discount if received by February 28, 2011	(-\$5)	(-\$15)
Bring a New Friend Discount: Bring a new attendee to the NAMI conference and BOTH receive \$10 off registration. Registrations must be submitted at the same time. Friend's name:	(-\$10)	(-\$10)
Subtotal		
<input checked="" type="checkbox"/> Consumer Leadership Summit Attendees		
Consumer Leadership Summit - Thursday, April 14 - 4:30 pm	\$10	\$10
<input checked="" type="checkbox"/> Support the NAMI Wisconsin Scholarship Fund		
Donate to the NAMI Wisconsin Scholarship Fund		
Total		

REGISTRATIONS WILL NOT BE PROCESSED WITHOUT PAYMENT:

Enclosed is my check for \$ _____, payable to NAMI Wisconsin.

Please bill my credit card for \$ _____ Visa MasterCard

Acct# _____ Exp. Date ____/____/____

Signature: _____

Mail this form with payment to:
 NAMI Wisconsin
 4233 W. Beltline Hwy
 Madison, WI 53711

Or FAX to:
 (608) 268-6004
 (Payment by credit card required
 for fax registrations)

FOR OFFICE USE ONLY
DATE RCVD: _____
AMOUNT: _____
CHECK #: _____
DB ENTRY: _____

Terms and Conditions of Registration

Accommodations at the Hilton:

Please call the Hilton Milwaukee City Center at 1-414-271-7250 for hotel room reservations. Ask for the “National Alliance on Mental Illness” room rate of \$119 per night for single and/or double occupancy. Cut-off date for this rate is March 25, 2011. NAMI Wisconsin cannot guarantee rooms beyond the number that have been reserved in our block, so book now! Hotel directions will be sent with confirmation of conference registration.

Cancellation Policy:

To cancel or transfer a registration, you must notify NAMI Wisconsin by April 8. No refunds after April 8.

Cut-off Date for Early Registration:

Early registration deadline is February 28, 2011. Last day to register for the conference is April 8, 2011.

Exhibitors Welcome:

Exhibitors may rent tables for the NAMI Wisconsin Annual Conference. For forms and details please contact Andrea Clark at andrea@namiwisconsin.org or 608-268-6000.

Registration:

Registration opens Friday, April 15 at 7:30 am. Conference begins Friday, April 15 at 8:30 am and ends for the day at 5:15 pm. The NAMI Wisconsin Annual Meeting and the state Board of Directors election announcements follow from 5:30-6:30 pm. All NAMI members are welcome to attend the Annual Meeting. Registration re-opens Saturday, April 16 at 7:30 am. The conference starts at 8:30 am Saturday and closes at 3:45 pm. Attendees must register to attend prior to April 8th as no onsite payments will be accepted.

Returned Check Policy:

A processing fee of \$10 will be assessed for any checks returned due to insufficient funds.

Special Accommodation Needs:

If you need an interpreter, materials in alternative format or other reasonable accommodations, please notify the NAMI Wisconsin office at least two weeks prior to the conference.

Consumer Leadership Summit:

The NAMI Wisconsin Consumer Council Leadership Summit will be held Thursday, April 14, from 4:30 to 7:00 pm at the Hilton Milwaukee City Center. This event requires pre-registration. Consumer Scholarship winners may attend the event and will have the Summit fee waived, but must pre-register.

Consumer Scholarships:

A limited number of consumer scholarships will be available for the conference. Please call the NAMI Wisconsin office at 800-236-2988 on or after January 28 to receive information and the application for the scholarships. Scholarships are for conference registration and lodging only. There is a \$10 co-pay due with the application. Scholarships cover continental breakfast and lunch included in the conference but not dinner or transportation. If you live within 60 miles of the Hilton Milwaukee City Center in Milwaukee, WI you will not be eligible for lodging costs. Priority will be given to those who have not received a conference scholarship in the recent past.

<u>Dates of Note</u>	
February 28	Early Bird registration deadline
March 25	Hotel discount rate cut-off
April 8	Last day to register for conference and for cancellation refunds

QUESTIONS? Call the NAMI Wisconsin office at 608-268-6000 or 800-236-2988.

Return Service Requested

Help NAMI Wisconsin bring vital education programs to people affected by mental illness.



Yes, I want to support NAMI Wisconsin with the following gift:

\$100
 \$75
 \$50
 \$35
 Other \$ _____

Name _____

Address _____

City _____ State _____ Zip _____

Email _____

Please charge \$ _____ to my:
 Visa
 MasterCard

Acct # _____ Exp. Date _____ / _____

Signature _____

Is your donation being made in memory or in honor of someone special? If so, please complete the following:

In memory of: _____

In honor of: _____

I'd like more information about the following:
 a local NAMI affiliate in my area
 becoming a NAMI member

Your gift to NAMI Wisconsin will change minds, raise voices, and help many individuals and families affected by mental illness.

As for me, you must know I shouldn't precisely have chosen madness if there had been any choice. What consoles me is that I am beginning to consider madness an illness like any other, and that I accept it as such.

—Vincent Van Gogh in a letter to his brother, Theo

The NAMI Wisconsin iris is a variation on a theme of irises Vincent Van Gogh painted while he was hospitalized for mental illness at Saint Paul-de-Mausole in Saint-Remy-de-Provence, France. We have adopted the iris as a symbol of hope and courage.

Consider making a generous gift today.