



The Network

NAMI Westside Los Angeles

921 Westwood Blvd., Suite 236 Westwood, CA 90024

www.namila.org



Each year, NAMI Walkers take to the streets, raising money through donations and community/corporate sponsorships. We march for improvements in mental health and to fight the devastating effects of stigma. Join us as we walk through beautiful Santa Monica!

WALK DAY DETAILS

- Saturday, October 5, 2013
- Third Street Promenade, Santa Monica, CA 90401
- Check In/Registration: 8:00 am
- Walk Opening/Walk: 9:30 am

Sign-up and form your team at:

www.namiwalks.org/losangelescounty

How it Works:

1. When you register, you will be given your own NAMIWALKS website.
2. Ask people to donate to your website
3. Walk on October 5th!

Upcoming Events

Sept. 27th. 9 am- 3 pm

Criminal Justice Conference

Cal State Los Angeles
5151 State University Drive
Los Angeles, CA 90032

Oct. 5th 9am

NAMIWalks (info to the left)

Oct. 12th 1pm-3pm

Healthcare Town Hall

Santa Monica Public Library
601 Santa Monica Blvd.
Santa Monica, CA 90401

NAMI Westside Los Angeles-President's Message



Hello friends,

So much has been going on in the Westside office! After our SoulCycle fundraiser, we kicked it into high gear preparing for our Tribute Dinner for Sharon Dunas. It was an incredible evening honoring an incredible woman. After an informative and inspiring Psychiatric Symposium coordinated by one of NAMI's finest champions, Dr. Robert Liberman, we shared a wonderful meal while listening to charming stories (and even a little singing!) in honor of Sharon's retirement from NAMI Westside. Now don't you worry, we aren't letting Sharon go so easily! She will continue on as our Development Chair, tirelessly coordinating our Speaker Series and providing continued outreach into the community.

Next on the calendar was our Pathways Conference. Was that not the best one EVER??? I could listen to Dr. Mark Ragins speak all day! His work inspires me to see things from a new perspective! The only downside to Pathways is that there were sooooo many great choices for the breakout sessions: New Brain Technologies, OCD, Living in Recovery Panel, Bipolar Disorder, Treatment of Schizophrenia, Dual Diagnosis, DBT for Borderline Personality Disorder, Yoga and Meditation, Advocacy, College Mental Health, LEAP method, Psychiatric Pharmacology, etc...I couldn't narrow it down to just two!

Next was the NAMI California Conference in Burlingame, CA. It was my first state conference and I was so impressed by our NAMI family throughout the state. Great people doing great things! The Keynote Speaker was the ever-controversial Dr. Daniel Amen, author of Change Your Brain, Change Your Life and, again, I had a difficult time choosing which breakout sessions to attend! Our very own Sharon Dunas was awarded the **Don & Peggy Richardson Memorial Award** which is given by NAMI California "*for distinguished service to persons challenged by serious mental illness.*" There has never been a more deserving recipient!

And last, but certainly not least, we had a tremendous success with our most recent fundraiser, Depressed Cake Shop. What a night!!!! Thanks to all who came out for the opening to purchase the treats, bid on the art, and celebrate our community. And to the wonderful Rebecca Swanner and her team of baking angels who donated their time, money, energy, and talent to benefit our programs, you are our heroes! We look forward to ANOTHER Depressed Cake Shop within the next few months....just say the word!

We are kicking off the fall with our established classes, support groups, and continued speakers. Our upcoming criminal justice conference – "**Decriminalizing Mental Illness: It Takes a Village**" is on September 27th. NAMI WALKS is on October 5th...don't forget to start your team or donate to your favorite walker! In addition, we are welcoming some additional programs geared toward early intervention in our schools. Joining our Basics and Bases y Fundamentos classes, we will roll out Parents and Teachers as Allies, Ending the Silence, College Teachers as Allies, and NAMI on Campus...in fact, we already have a presence on two campuses, Santa Monica College and West LA City College. We could never do all this without your support. Your donations and your time make our programs happen; YOU make a difference in the lives of so many individuals and their families struck by mental illness.

More to come, my friends....more to come!



‘Depressed’ Cake Shop Will Cheer You Up

Gray sweets draw attention to chronic issue

From Time By Olivia B. Waxman

A new charitable project makes battling depression seem like a piece of cake.

The Depressed Cake Shop is a series of pop-up bakeries that sell gray desserts created by volunteer bakers to raise awareness about depression; they donate the proceeds to lesser-known local charities devoted to mental health issues. The first one popped up in London from August 2-4 and served up tasty treats like Swiss rolls that say “nutjob,” macarons decorated with rain clouds, and even a “fruitcake” — British slang for a crazy person. While the treats are uniformly gray on the outside, bakers have added splashes of color on the inside to signify that there is hope for the approximately 350 million people worldwide who suffer from depression.

“There isn’t a visual representation of mental illness, so we make the desserts gray, an ugly color, because not taking care of your appearance is a symptom of depression,” says Emma Thomas, a PR specialist and the mastermind behind the project, whose past charity bake sales have included cakes that look like sushi to raise money for victims of the 2011 tsunami that devastated Japan.

Depressed Cake Shop Los Angeles organizer Rebecca Swanner, a health and fitness writer, says baking has helped her manage her lifelong battle with depression. She started a sweets company called Secret Marmalade when she was 30, had just gotten out of a long-term relationship, and was struggling to make ends meet as a freelance writer. “Growing up, I never felt good enough, but anytime I bake, people love it,” Swanner says. “Baking itself doesn’t necessarily help with my depression, but the response I get from people trying the baked goods makes me so happy.”

Preparing for the bake sales provides a much-needed “focus” for depressed people, especially those who don’t feel like getting out of bed. People with depression, “suffer in silence, so these events,

Thank you for helping NAMI Westside LA raise over \$6,000!

Using Social Media to Fight Stigma

By Cameron Pazirandeh

Social Media is a powerful tool to fight stigma and advocate for progressive mental health reform. In the last few weeks, there have been a number of displays of stigma against mental illness in the media from Dr. Phil saying that “insane people suck on rocks and bark at the moon” to Brian Williams stating on the NBC Nightly News that Ariel Castro, the Cleveland kidnapper/rapist who trapped women in his house for over a decade, was “arguably the *face* of mental illness.” It is clear that we have a long way to go in educating our society on the truths about mental illness. And, one of the fastest ways to educate the largest number of people is through social media sites like Facebook and Twitter.

So, we’d like to encourage you to first, explore and enjoy the content that we have worked so hard to bring you and, second, to share that content with your friends through email, Facebook posts, Twitter tweets, etc. We have noticed that content that is shared just once is seen by more than 4 times as many people as unshared content. Please do not underestimate the power you hold in sharing interesting articles or videos with your friends. And make sure to like us on Facebook!

facebook:

<https://www.facebook.com/NamiWestsideLosAngeles>

twitter: <https://twitter.com/namiwla>

tumblr: <http://namiwla.tumblr.com/>

pinterest: <http://www.pinterest.com/namiwla/>

youtube: <http://youtube.com/user/NamiWLA>

For question and/or comments regarding social media, please email: namiwla.socialmedia@gmail.com

which can be done anywhere, in schools, in churches, take [depression] out of the darkness and allow people to start talking about it,” adds Swanner.

Resilience: Defeating the Effects of Trauma

By Lauren Cook, MSW

While working in the field of homelessness, I observed people with varying degrees of success in overcoming drug or alcohol addiction, maintaining their mental health, managing medical issues, and trauma. I often wondered how two individuals with seemingly similar situations and experiences could have very different outcomes. For example, one person would engage in mental health treatment, maintain her sobriety, and eventually find employment and housing, while another would resume past habits and behaviors that would perpetuate her circumstances. While I highly respect the vast differences among us and that everyone’s issues are highly individualized, I did notice one commonality among those who were most “successful”. The commonality was resilience. While all people who experience homelessness are resilient to many of the barriers that face them, some have developed a level of resilience against traumatic life events that protects them from more damaging behaviors and choices.

The Adverse Childhood Experience Study (ACE) was conducted in the mid-nineties to launch a large-scale scientific investigation in order to assess the fundamental link between childhood traumatic experiences, and overall health and well being later in life; the study is a joint effort between the Centers for Disease Control and Prevention and Kaiser Permanente’s Health Appraisal Clinic in San Diego. ACE’s findings suggest traumatic early childhood experiences, as well as poor quality of life are the primary risk factors for illness and death. Traumatic childhood experiences may also lead to psychiatric disorders such as PTSD (Post Traumatic Stress Disorder), depression, and separation anxiety as a result of the cognitive changes thereof.

This research has implications for understating trauma and building methods to lessen the damaging effects of traumatic childhood experiences. Trauma changes us, emotionally and physiologically. It changes the way we react to stimuli and in how we view our environment. Preventing childhood traumatic events and building resilience are the two common methods being used in hospitals, schools, homeless services, prisons, and communities to deliver “trauma informed care”. These practices are rooted in compassion and understanding towards people’s adaptations to traumatic experiences. The concept of fostering resilience in individuals has powerful effects on individuals with traumatic experiences and/or mental illness. By providing a more understanding environment, we can have a positive influence in our homes and communities, improve the potential of people who have experienced trauma, and triumph over traumatic experiences.

Pain Isn't Always Obvious



Suicide Is Preventable

www.suicideispreventable.org

What to Do if Someone You Know Exhibits Warning Signs of Suicide

- If there is an emergency CALL 911 immediately
- Do not leave the person alone
- Remove any firearms, alcohol, drugs or sharp objects that could be used in a suicide attempt
- Call the U.S. National Prevention Lifeline:
 - Tel-800.273.TALK (8255)
- Take the person to an emergency room or seek help from a medical or mental health professional

El Sufrimiento No Siempre Se Nota



El Suicidio Es Prevenible

www.elsuicioesprevenible.org

RESOURCE INFORMATION

- PMRT (Pet Team) Psychiatric Mobile Response Team:
 - Tel-310.482.3260
- Local Police West L.A. Captain:
 - Tel-310.575.8400
- Santa Monica Police:
 - Tel-310.458.8491
- Ed Edelman Westside Mental Health Center:
 - Tel-310.966.6500
- Didi Hirsch Mental Health Clinic:
 - Tel-310.390.6612
- Daniel's Place:
 - Tel-310.392.5855
- Local L.A. County Dept. of Mental Health:
 - Tel-213.738.2524
- Santa Monica UCLA Hospital:
 - Tel-301.319.4000
- Homeless Assistance:
 - Tel-310.399.6878
- Twin Towers Jail Inmate Reception Center:
 - Tel-213.893.5385; Fax-213.229.9991
- Patient Information Center:
 - Tel-213.473.6080 or 213.473.6100; website: www.lasd.org, click on "inmate information center" then enter name or booking number.

SOULCYCLE

On May 4th, in West Hollywood, Lauren Broidy, *NAMI Westside LA's Board Member*, encouraged her friends, family, NAMI members, and the community to **Spin to End Stigma**. At SoulCycle riders strive to change not only physically, but emotionally and mentally too. The endorphin rushes that riders receive during rides are unforgettable.

There is no difference between mental illness and a physical illness; both tear families apart. Many families are on the brink of collapse due to the hardships of having a loved one that is suffering from mental illness, but with NAMI's help, are able to mend their lives back together.

Ms. Broidy's event raised \$6500. These funds will go to support NAMI's free programs offered to individuals and family members affected by a mental illness, as well as connect the community to free housing, therapy, and conservatorships.

NAMI Westside LA's Free Programs

Family-to-Family Education Program: A free, 12-week course that is open to family members. This free course teaches ways to understand and help the person with the illness, and helps the family overcome difficulties of coping with this family crisis.

NAMI Basics: A free, 6-week course for parents and other primary caregivers of children and adolescents living with mental illness.

Family Share and Care: We sponsor local support groups for family members and close friends of individuals with a psychiatric diagnosis.

Free Monthly Speaker Series: Twice a month we invite guest speakers to present to the community; this includes psychiatrists, researchers, psychologists, addiction counselors, and researchers in brain biology.

Peer-to-Peer Education Program: A free, 10-week course taught by a team of two who are personally experienced at living well with mental illness. This free course uses lecture and interactive exercises to help participants gain knowledge, insight, and coping strategies.

NAMI Connection: A weekly support group for individuals with a psychiatric diagnosis, enabling them to informally learn from each other's experiences.

In Our Own Voice: A program focused on spreading the message of recovery by living examples through community presentation.

For the most up-to-date course locations and info, please visit www.namila.org



Sharon's Tribute Dinner

Thank you friends, family and NAMI members for to my beautiful tribute dinner. Many of you were there to honor me and thereby supported NAMI Westside Los Angeles' work through the years. I deeply appreciate you caring about the important work NAMI does to assist and educate those who are impacted by mental illness. It was truly one of the most beautiful and loving evenings of my life.

I was particularly touched when my daughter Nicole bravely stood up and talked about her brain disorder and her pathway to recovery. I was rather surprised when she said that I helped her by getting out of her way to recover; I had never heard that before. I know recovery is sometimes a life and/or death struggle and it is always one's personal choice to recover. It was and is my greatest blessing to see the degree to which my daughter has recovered after her long illness.

I want to thank Dr. Lynn Brody and her husband Nic Waite who coordinated all of the party planning, flower arrangements and the program. The room was so exquisite with the flowers they chose.

Thank you to Rosina Ehrlich who worked endlessly on the Tribute Booklet with all of your donations; and to Miriam Nagashima who worked overtime helping with the registrations. I want to thank Sylvia Thompson for her song "You Made Us Love You" (Damn

right I did - I had ulterior motives).

Additionally, I want to thank everyone who spoke at the event: Sanjeet Sihota, Lynn Brody, Gail Evangelidi, Dr Debbie Juster, Doug Linnett, Nicole Dunas, Tammy Brook, Nancy Carter, Mari Ledergerber, Mitzi Wright, Dori Baron and Shelley Hoffman. I know I must be forgetting some.

I also want to thank everyone who bought an entire table specifically Mr. Elliott and Robin Broidy for their daughter Lauren, and Lynn and Nic. And I thank all of you who attended this dinner in my honor.

I had one last wish leaving the position of executive director and president of NAMI Westside Los Angeles. My last wish was to

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raise money so that NAMI Westside could continue their work serving the community that has been kidnapped by a mental illness in one of their loved ones. All of your contributions have helped raise approximately \$20,000. I am more than grateful.

Again, thank you from the bottom of my heart!

Best wishes and love to all of you,

Sharon Dunas



NAB Unveils Youth Mental Health Awareness Campaign

On Tuesday, July 23, the National Association of Broadcasters (NAB) launched “**OK2TALK**,” a campaign to increase understanding and awareness about mental health in youth. The Tumblr-based community campaign includes television and radio ads in English and Spanish that feature teens and young adults opening up about their experiences with mental health. These ads aim to prompt conversation and let people know that help is available and effective. The site also encourages young adults and teens to share their personal stories of recovery, tragedy, struggle, or hope, and includes resources for those seeking help.

The “OK2TALK” campaign is inspired in part by the personal struggles of NAB President and former U.S. Senator Gordon Smith’s 22-year-old son, Garrett, who wrestled with depression and ultimately took his own life.

One in five Americans experience a mental health issue, yet only one in three reach out to receive mental health services, according to the Centers for Disease Control and Prevention. President Obama called for a national dialogue on mental health, a year-long initiative that will bring together 200 mental health experts, 40 organizations, a dozen members of Congress, and celebrities like Glenn Close and Bradley Cooper to facilitate nationwide discussions about youth and mental health. The White House also launched a website, mentalhealth.gov, with its tag line “Let’s talk about it.”

Upcoming Programs

NAMI in The Lobby: NAMI is partnering with hospitals and clinics to help families and friends connect to supportive resources so they know they are NOT ALONE! NAMI family members staff a table in a hospital or clinic to engage family members visiting their loved ones.

Ending the Silence: A transformational program devoted to giving students an opportunity to learn about mental illness through an informative PowerPoint, short videos, and personal testimony.

Parents and Teachers as Allies: This program focuses on helping school professionals and families within the school community better understand the early warning signs of mental illnesses in children and adolescents and how best to intervene so that youth with mental health treatment needs are linked with services.

NAMI on Campus: NAMI on Campus provides information and resources to support students’ mental health and to empower them to take action on their college campuses. It helps to ensure that all students have positive, successful and fun college experiences.

College Teachers As Allies (CTA): This program supports the academic success of college students living with mental health conditions by educating college faculty and staff on the early signs on mental illnesses in students, and how to intervene so students in need receive treatment and services.

You can access this article at <http://www.nimh.nih.gov/news/science-news/2013/nab-unveils-youth-mental-health-awareness-campaign.shtml>

HELP RALPH'S HELP US!

If you shop at Ralph's, you can ensure that a portion of your total bill is donated to NAMI Westside LA. Simply go to www.Ralphs.com, click on the "Services" tab on the red toolbar, click on "Community Contribution" from the drop-down menu, find the heading "Participant" and then click on the enroll button. You will need your Ralph's Club barcode number and NAMI Westside LA's nonprofit number, 90369.



Share Your Story

Has NAMI Westside LA helped you along your journey? If so, please share your story of hope and recovery; send yours to info@namila.org, with the subject line: Newsletter. We all have different experiences in life, and that is what makes the community strong and diverse. NAMI Westside LA will edit your story for length and clarity, if needed. (Please keep your story under 250 words and send a high-resolution photo of yourself along with the article).

Your Internet Searches Can Benefit NAMI Westside LA

Please sign on to www.goodsearch.com, and make NAMI Westside LA your choice of charities. Each time you use GoodSearch (powered by Yahoo) as your search engine choice NAMI Westside LA will receive a donation.



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[Not a member of NAMI Westside LA yet?](#)

New annual fee for all, just \$35

Join at www.namila.org or make checks payable to:

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