

## WHAT IS NAMI?

### **NAMI IS THE NATION'S VOICE ON MENTAL ILLNESS.**

The National Alliance on Mental Illness is a grassroots, self-help support, education and advocacy organization dedicated to improving the lives of people with brain disorders (mental illnesses). Most NAMI members are the families and friends of people who suffer from severe illnesses such as schizophrenia, bi-polar disorder, clinical depression, panic disorder obsessive-compulsive disorder, dual diagnosis, and borderline personality disorder. People afflicted with these disorders form a vital and growing part of the NAMI membership and leadership.

### **WHAT IS MENTAL ILLNESS?**

Mental Illness is a term used for a group of disorders causing severe disturbances in thinking, feeling and relating. They result in substantially diminished capacity for coping with the ordinary demands of life. Brain disorders can affect persons of any age – children, adolescents, adults and the elderly – and they can occur in any family. Several million people in this country suffer from a serious, long-term brain disorder. The cost to society is high due to lost productivity and treatment expense. Persons with mental illness occupy more hospital beds than do persons with any other illness.

### **DID YOU KNOW?**

Mental illnesses (brain disorders) are far more common than cancer, diabetes, heart disease or arthritis. The National Institute of Mental Health estimates that one out of four families in the U.S. will have a loved one with a mental illness. Mental illnesses are NOT the same as mental retardation, which involves deficits in learning ability and intellectual process. Mental illnesses are NOT the result of weak character or bad parenting. Serious mental illnesses are brain diseases, biologically based, and are NOT anyone's "fault".

Visit the NAMI Resource Table for all of NAMI Program Brochures.  
To Contact Your Local Affiliate Call: NAMI - Westside LA (310) 889-7200 or visit our website at [www.namila.org](http://www.namila.org)



## *Pathways to Wellness*

### **The Annual Community Conference on Mental Health**



*candle-lighting meditations on page 3-4*

**Sunday June 13, 2010  
11:30AM - 5:30PM  
AMERICAN JEWISH UNIVERSITY  
15000 Mulholland Dr.  
Bel-Air, CA 90077**

**Visit us online at [www.namila.org](http://www.namila.org)**

## PROGRAM

**11:30AM - 12:15PM**

REGISTRATION, REFRESHMENTS, RESOURCES

Free educational materials, books for sale,  
counseling professionals available to answer questions.

**12:15PM**

KEYNOTE SESSION

Welcome by Sharon Dunas

KEYNOTE TALK BY DR. MICHELLE GOLLAND

“The Media, Mental Illness and Family Relationships”

**2:00PM - 3:15PM**

WORKSHOPS: SESSION ONE

Numbers 1-8

**3:45PM -5:00PM**

WORKSHOPS: SESSION TWO

Numbers 9-16

**5:00PM - 5:30PM**

RESOURCE TABLES

Questions and Answers Session

*Thank you to our sponsors, supporters and friends:*

*American Jewish University and Sam Levitt -Program Director*

*Sharon and Ron Dunas*

*Donna and Eddie Silberman*

*Janice Frisch*

*Martin and Esther Capp Foundation*

*Roberta and Joseph Howard -*

*Marie Ledergerber - Gail Evangelididi*

*Department of Mental Health - Los Angeles County*

*Penny Good*

*John Helyar*

*Mark Gale*

*Life Adjustment Team*

*Kaiser Permanente*

*Lou and Beanie Goldsmith*

*Harry and Belle Yaffe*

*and to our volunteers, and the wonderful speakers who have  
volunteered their time for the event.*

## WHAT ARE NAMI PROGRAMS?

### EDUCATION AND SUPPORT PROGRAMS OF NAMI LOS ANGELES COUNTY

- ▶ **Family to Family** – A 36-hour course for family members with a relative diagnosed with a mental illness, covering brain biology, treatment, medications, communication and resources.
- ▶ **Family Support Group** – A weekly support group for family members who have a relative with mental illness.
- ▶ **Borderline Personality Family Class** – A twelve week education course specifically for family members and friends of those with Borderline Personality Disorder, given by trained family members.
- ▶ **Peer to Peer** - A peer-facilitated nine week education class for consumers who have been diagnosed with a mental illness that focuses on “living well with what we have.” Graduates may be eligible to become teachers.
- ▶ **NAMI Connections Mutual Support Program** - A weekly support group for those diagnosed with mental illness, enabling them to informally learn from each others’ experiences.
- ▶ **Mental Health Speaker Series** – Twice monthly presentations feature prominent psychiatrists, researchers, therapists, and others with new information on mental illness, recovery, and self-care. The series has featured medical and alternative practitioners.
- ▶ **In Our Own Voice: Living with Mental Illness** - Recovered consumers present information to community agencies and corporations to help to fight stigma and raise public awareness. Many consumers who speak in this program go on to get jobs as a result of it.
- ▶ **Provider Education for Clinicians** - Utilizing consumers and families as experts, clinicians are taught non-scientific aspects in treating those with mental illness, to help design best practices guidelines. Clinicians receive CEU credits.
- ▶ **Family to Family “Train the Trainer” Class** – A training for graduates of our Family to Family class to go on to become teachers in the program.
- ▶ **Family Basics** – Offers education and support for families with a young child with mental illness.

Visit the NAMI Resource Table for all of NAMI Program Brochures.

To Contact Your Local Affiliate Call:

NAMI - Westside LA, (310) 889-7200

or visit our website at [www.namila.org](http://www.namila.org)



### 15. "Documenting Disability: Navigating the Social Security Claims Process"

The topic emphasizes crucial information and tips that can lead to a successful outcome of a claim based on mental illness. In addition to discussing all the stages and standards associated with an application for benefits, their will a lengthy question and answer period.

**Presenters: Cari M. Schwartz JD and Megan F. DiTolla JD.**



### 16. "Straight Talk on Mental Health Medications and Treatments"

Visions, elation, anxiety and depression, Once these emotions were causes for introspection and emotional growth. Today they are reasons that we've become the most medicated society on earth. Anxiolytics, antidepressants, mood stabilizers, antipsychotics, psychostimulants, ECT, rTMS, anti-craving meds, and more. This session surveys the treatments we've got, how we use and misuse them, and what's being developed in the future. Lots of time for discussion and Q&A. **Presenter: Roderick Shaner MD**



**D**r. Michelle Golland is in private practice as a Clinical Psychologist in Los Angeles, California with a focus on issues relating to couples and individuals. She is also an expert in multi-cultural and community psychology. Early in her career she was the director of a day treatment center for chronically mentally ill older adults in Santa Monica California where she was first introduced to NAMI. It was during this time that she developed a deep passion for issues relating to how society deals with people who are disabled due to the severity of their emotional problems.

Dr. Golland is a national media psychologist and relationship expert and has appeared on CNN Larry King Live, Campbell Brown and The O'Reilly Factor on Fox News, HLN, ABC, and NBC. The media turns to Dr. Michelle Golland when they need an experts opinion on the psychological issues related to anything in popular media. She is also an expert and contributing writer on the popular website for mothers, Momlogic.com.

Dr. Golland believes that media can have a positive influence on the perceptions of mental illness and ways in which individuals, families and society deals with emotional and psychological issues.

Dr. Golland obtained her doctorate with honors in clinical psychology in 1998 from the California School of Professional Psychology in Los Angeles. She received her undergraduate degree from USC in 1993.



**Congratulations  
on your 3rd Annual  
Mental Health Conference!**

*Pete & Doug Linnett*

Pete Linnett  
Founder, Life Adjustment Team

Helping clients to live productive and meaningful lives.  
**LifeAdjustmentTeam.com**

**Proud Sponsors of the NAMI Pathways to Wellness Conference.**  
Program Designed & Printed by:

**COPY TO GO** *the ONE source for all print • copy • design*

P: 310.478.5455 F: 310.479.7179  
1311 Westwood Blvd. Los Angeles, CA 90024  
info@copytogola.com www.copytogola.com

**BRING THIS AD AND GET 10% OFF ORDERS \$100 OR MORE**

- Full Color Printing
- Business Cards
- Stationery
- Banners
- Posters
- Labels
- Menus
- Magnets
- Invitations
- Postcards
- Print layout
- design
- Mounting
- Lamination
- Website Design
- Photo Retouching
- Digital Photography
- Binding (all types)
- Passport Photos
- Folding/Scoring
- Foil Stamping
- Embossing

# MEDITATIONS

*If there is to be peace in the world,  
There must be peace in the nations.  
If there is to be peace in the nations,  
There must be peace in the cities.  
If there is to be peace in the cities,  
There must be peace between neighbors.  
If there is to be peace between neighbors,  
There must be peace in the home.  
If there is to be peace in the home,  
There must be peace in the heart.*

~ Chinese Philosopher - Lao-Tse - 6th century BC ~

*Write it on your heart  
that every day is the best day in the year.  
He is rich who owns the day, and no one owns the day  
who allows it to be invaded with fret and anxiety.  
Finish every day and be done with it.  
You have done what you could.  
Some blunders and absurdities, no doubt crept in.  
Forget them as soon as you can, tomorrow is a new day;  
begin it well and serenely, with too high a spirit  
to be cumbered with your old nonsense.  
This new day is too dear,  
with its hopes and invitations,  
to waste a moment on the yesterdays.*

~ ralph waldo emerson ~

*Let my heart be the vessel of God's Love.  
Let my thoughts be the blossom of God's Love.  
Let my words be the expression of God's Love.  
Let my actions be the fulfillment of God's Love.*

~ Willingness - David Ridge ~

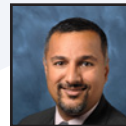
*The aim of devotion and prayer is to develop love for everyone.*

~ amma ~



## 12. "Post-Traumatic Stress Disorder in a Traumatized World"

This seminar focuses on the significant and currently relevant field of trauma and its aftermath - Post-Traumatic Stress Disorder. PTSD can be caused by the loss of job, home, death of a family member, mental illness and other trauma, which represents the loss of well-being and normal functioning. Current research is provided in terms of the effects of trauma on relationships to loved ones and the compromised workings of the brain. Methods to identify and understand traumatic symptoms are presented from the perspectives of hyperarousal (anxiety), reenactment (flashback episodes), and avoidance (retreat from activities). The impact of trauma on family dynamics is explored. Intervention, coping, and treatment options are provided, specifically helping ourselves and our loved ones deal with the crisis stage, reducing symptoms, and working through the trauma. **Presenter: Michael L. Levittan, Ph.D.**



## 13. "The 72 Hour Hold and Beyond. How Do I Keep My Relative in the Hospital? A Panel Discussion with the Experts"

Learn how to be an effective advocate for your relative; Know the laws; the procedure; what you can do to effectuate the best possible outcome. A panel discussion with a hospital psychiatrist, the hearing officer who determines if your relative should be held in the hospital, an investigator from the public guardian's office; and an attorney in private practice helping families advocate for their mentally ill relative. **Presenters: Anand Pandya MD; Richard C. Luckham Adm. Mental Health Court; Montreal Rodney – Public Guardian's Office . Facilitator: Gail Evanguelidi**



## 14. "DBT Skill Workshop: Using Radical Acceptance and Validation to Improve Important Relationships in One's Life."

These skills can aide a family member in communicating and improving one's relationship with a loved one with mental illness, improving one's relationship with a spouse, boss, co-employee and in other important relationships in your life. "Learn skills to enhance communication (with validation) in order to get your needs met and better cope with life stressors" (with radical acceptance). **Presenter: Jennifer Robles, Ph.D**

## WORKSHOP SESSION TWO

3:45 PM – 5:00 PM



### 9. “An Insider’s Story of Bipolar Disorder”

On the outside, Terri Cheney was a highly successful Beverly Hills entertainment lawyer, representing Michael Jackson and major motion picture studios. But behind her seemingly flawless facade lay a dangerous secret -- for the better part of her life Cheney had been battling debilitating bipolar disorder. After repeated hospitalizations and suicide attempts, she finally elected to tell her story, in an effort to save her own life. Question and Answer period will follow Terri’s presentation. *Presenter: Terri Cheney JD – Author Manic: A Memoir*



### 10. “Mindfulness: How It Can Help You Cope, Find Acceptance, and Deal With Grief. Learn Skills You Can Use Immediately.”

Having a mentally ill family member is often an emotional roller coaster for the entire family. These emotions often touch on issues of loss and unresolved grief increasing the stress. Occasionally, there are even moments when family members and professional caregivers are stretched to their limits in every way. This workshop will discuss mindfully viewing our life as a journey towards acceptance, and how to work with our own emotions, stress and loss as an opportunity to find meaning and healing for the caregivers as well. You will also learn practical ways for mindfully dealing with stress that you can practice as soon as today.

*Presenter: Jerome Front MFT*



### 11. “Acupuncture: For Relief of Stress, Anxiety, Depression and Overall Wellness. Ancient Solutions to Modern Problems. Why It Works?”

The understanding of the mind and emotions in health and disease is an inherent component of Chinese medicine. The seven emotions: joy, grief, sadness, fear, anger, fright, and worry are intimately connected to the organs and have a reciprocal effect on one another. Dr. Hu will explain how Acupuncture and Chinese Medicine treat emotional disorders, such as stress, panic and anxiety attacks, depression, insomnia. She will also demonstrate a simplified Qigong exercise for mind body balance.

*Presenter: Juling Hu, Lac, OMD*

## MEDITATIONS

*If we are peaceful, if we are happy,  
we can smile, and everyone in our family,  
our entire society, will benefit from our peace.*

~ Vietnamese Zen Buddhist monk - Thich Nhat Hanh ~

*This is the beginning of a new day.*

*I can waste it or use it for good.*

*What I do today is important because I am  
exchanging a day of my life for it.*

*When tomorrow comes, this day will be gone forever,  
leaving in its place something I have traded for it.*

*I want it to be a gain, not a loss; good, not evil; success, not failure  
in order that I shall not regret the price I paid for it today.*

~ author unknown ~

*God grant me the serenity to accept the things I cannot change;  
courage to change the things I can; and wisdom to know the  
difference.*

~ Reinhold Niebuhr ~

*Mi shebeirach avoteinu*

*M'kor hab'racha l'imoteinu*

*May the source of strength,*

*Who blessed the ones before us,*

*Help us find the courage to make our lives a blessing,  
and let us say, Amen.*

*Mi shebeirach imoteinu*

*M'kor habrachah l'avoteinu*

*Bless those in need of healing with r'fuah sh'leimah,  
The renewal of body, the renewal of spirit,  
And let us say, Amen*

~ Debbie Freidman ~

## WORKSHOP SESSION ONE

2:00 PM – 3:15 PM



### 1. "Issues Related to Older Adults and Mental Illness"

In this session Michelle will explore Depression, Alzheimer's and other mental disorders to consider in the older adult population such as anxiety, schizophrenia late in life as well as alcohol and substance abuse. We will also look at mental health services available for older adults and their families. *Presenter: Dr. Michelle Golland*



### 2. "Empowering People with Mental Disabilities via Psychosocial Rehabilitation & Spiritual Interventions"

This presentation will: 1) introduce the research on psychiatric rehabilitation, spirituality, and mental health, 2) describe the inner-city psych rehab program as a model, and 3) address how to implement techniques of psychiatric rehabilitation and spiritual interventions to assist people in recovering from severe mental illness. *Presenters: Robert P. Liberman, MD Ana Wong-McDonald Ph.D*



### 3. "Cognitive – Behavioral Therapy ("CBT Therapy") for Panic Disorder and Anxiety"

The cognitive-behavioral model for understanding how anxiety disorders develop and treatment approaches will be discussed. Discussion will include outlining critical components of treatment for Panic Disorder, OCD, Generalized Anxiety Disorder, Phobias and Posttraumatic Stress Disorder. The hallmark features that distinguish Cognitive-Behavioral Therapy from other psychotherapeutic orientations will be clarified. *Presenter: Mark Oakley Ph.D*



### 4. "The Difficult Lives of Bipolar Individuals: Why is Return of Normal Function Such a Struggle?"

Although most individuals with bipolar disorder have an improvement, if not a remission from their symptoms of manic or hypomanic episodes, a return to normal function seems to take longer and is less common. Why is it that functional recovery is more difficult to achieve? In this talk, Dr. Gitlin will examine this issue and suggest the different potential factors that may affect function. After that, the implications of these factors for treatment will be discussed. *Presenter: Michael Gitlin MD*



### 5. "Treatment of Psychiatric Patients with Substance Abuse Problems"

This training is designed to familiarize participants with diagnosis and state of the art pharmacological treatment for mental health patients with substance abuse problems. The epidemiological data will be presented. Issues and difficulties relating to their treatment will be stressed. Overview on drugs of abuse will be discussed. Participants will learn about the available pharmacological agents for treatment of psychiatric patients. Available medications for treatment of substance abuse will also be addressed. *Presenter: John Tsuang MD*



### 6. "Using Verbal and Non Verbal Communication When Your Relative is Psychotic"

How can you minimize the intensely fearful experience for someone whose brain in a psychosis? Learn how to assist your relative in lessening the terrifying impact of "hearing voices." Learn specific body language and verbal communication to lessen the experience of severe anxiety when your relative is having delusions and/or hallucinations. Learn tools to reduce the possibility of extreme bizarre behavior and violence. *Presenter: Sharon S. Dunas MFT; President NAMI-Westside LA*



### 7. "Recognizing and Treating Obsessive-Compulsive Spectrum Disorders and Hoarding"

The presentation will focus on four specific disorders: Obsessive-compulsive Disorder; Body Dysmorphic Disorder; Eating Disorders; and Hoarding. A framework for conceptualizing these diagnostic entities and the implications for treatment will be outlined. Various treatment modalities will be discussed, including Cognitive Behavioral approaches and Psychopharmacologic approaches. Current and future research findings and trends will be reviewed as well as their implications for future treatment. *Presenters: Eda Gorbis, Ph.D, MFT and Lee Sadja MD*



### 8. "Suicide Warnings: What Family and Friends Must Know"

More and more families have been affected by completed or attempted suicides by family members which may have been averted. Be prepared, by recognizing the call for help and knowing what to say, do and ask. In this seminar, you will learn several ways in which friends and family members can be more aware of warning signs, learn to be less judgmental and strategic in terms of getting help. *Presenter: Andy Behrman, Author- Mental Health Advocate*