

NAMI-GC

Chicago's Voice on Mental Illness

The National Alliance on Mental Illness of Greater Chicago



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Check out our website
www.NAMIGC.org

Information about Mental Illnesses, Resources for Finding Assistance and more...

NAMIWalks Chicago took place on September 18, 2011 in Grant Park. Over 1,000 NAMI supporters joined NAMI-GC in efforts to spread awareness, eliminate the stigma of mental illness, and raise over \$90,000 in support of NAMI-GC & our fellow NAMI affiliates.

Light the Darkness 2012

Thursday, March 29, 6:00 PM

at Galleria Marchetti

825 West Erie Street, Chicago

Awards Dinner and Auction

Purchase tickets online

at www.namigc.org, and

by phone: (312) 563-0445



**The NAMI-GC Library
now has DVDs
available for all
video resources
in the library.**

¿Habla Español?

Si necesita ayuda,
llame al
(312) 563-0445

Office Hours

The NAMI of Greater Chicago office is staffed from 10 AM to 5 PM weekdays. Callers to our HELPLINE (312) 563-0445 will reach a family member or consumer who has very likely experienced what the callers are going through.

NAMI of Greater Chicago Staff

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Pathways in Living

Consumer Education Course

Developed by NAMI of Greater Chicago, this 8-week course for consumers of mental health services is taught by consumers using the "Pathways to Recovery" workbook. \$15 book fee.

Call (312) 563-0445 to sign up.

FAMILY-TO-FAMILY COURSE

Is an effective program of education and support (in English and Spanish) for family members or primary care givers of persons with a mental illness. This free 12-week course offers factual information and opportunities to learn from the experiences of others.

Call (312) 563-0445 to sign up.

If you are moving, or are receiving duplicate copies of our Newsletter, please let us know!

We Are What We Experience

Our life experiences -- the ups and downs, and everything in between -- shape us, stay with us and influence our emotional set point as adults, according to a new study led by Virginia Commonwealth University researchers. The study suggests that, in addition to our genes, our life experiences are important influences on our levels of anxiety and depression.

"In this time of emphasis on genes for this and that trait, it is important to remember that our environmental experiences also make important contributions to who we are as people," said principal investigator Kenneth Kendler, M.D., director of the VCU Virginia Institute for Psychiatric and Behavioral Genetics. "When I was growing up, in talking about the importance of a good diet, we used to say 'You are what you eat.' What this study shows is that to a substantial degree, 'you are what you have experienced.' That is, your life history stays with you in impacting on your background book, for good or for ill," he said.

Kendler, professor of psychiatry, and human and molecular genetics in the VCU School of Medicine, and an international team of researchers from VCU and other universities, analyzed nine data sets of more than 12,000 identical twins with symptoms of depression and/or anxiety through the lifespan. By studying identical twins, researchers have a pair of individuals who are born with identical genetic compositions and a shared family environment. As they get older, their environments may change as they begin to make divergent decisions concerning lifestyle, diet or friends. Participants completed reports relating to their own symptoms of anxiety and depression in a five-to-six-year period. The participants varied in age and were from American and European population-based registries.

Statistical models, developed by Kendler's colleague Charles Gardner, Ph.D., a research associate in the VCU Department of Psychiatry, were used to observe how components of individual variation changed over time. The team observed that as the twins moved from childhood into late adult life, they increasingly diverged in their predicted levels of symptoms, but after that point, stopped further diverging. Further, they noted that environmental experiences contribute substantially to stable and predictable inter-individual differences in levels of anxiety and depression by mid-life in adults. The study first appeared online Sept. 23, and in the October issue of Psychological Science, a journal of the Association for Psychological Science.

Source: ScienceDaily, (Oct. 5, 2011) The above story is reprinted (with editorial adaptations by ScienceDaily staff) from materials provided by Virginia Commonwealth University.

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group and fan page on

facebook

and follow us at
www.twitter.com/namigc

twitter

For information regarding advertising
space, contact info@namigc.org

¿Qué Es La Salud Mental?

La salud mental influye las maneras en que pensamos, sentimos, y actuamos ante la vida. Afecta la manera en que manejamos el estrés, nos relacionamos uno al otro y tomamos decisiones. La salud mental afecta cada uno de los aspectos de nuestras vidas.

¿Pero, qué es la salud mental? El Dr. David Satcher, el Inspector General de Sanidad, definió la salud mental como:

- 1.) la capacidad para participar en actividades productivas;
- 2.) tener relaciones satisfactorias con otros;
- 3.) la habilidad para adaptarse al cambio; y
- 4.) la capacidad para sobrellevar adversidades.

Charlie Curry, el Director del Centro para Servicios de Salud Mental, declara que la salud mental requiere:

- 1.) un lugar cómodo para vivir;
- 2.) una actividad con sentido que llena su tiempo; y
- 3.) una cita los sábados en la noche.

Estas definiciones son sorprendentemente similares y aplica a todas las personas en todas las etapas y edades de vida.

Desórdenes mentales que no son tratados pueden llevar a:

- fracaso escolar
- conflictos familiares
- abuso de drogas
- violencia y
- suicidio.

Desórdenes mentales que no son tratados son muy costosos para las familias, comunidades, y el sistema de cuidado de la salud.

Los desórdenes de la salud mental son causados por una combinación de:

- 1.) biología, y
- 2.) estresores y eventos del entorno

Causas biológicas son:

- genética (vulnerabilidad heredada)
- desequilibrios químicos en el cerebro o
- daño en el sistema nervioso central, por una enfermedad o por un accidente severo en la cabeza.

Factores ambientales también ponen personas en riesgo de desarrollar desórdenes de salud mental incluyendo:

- exposición a la violencia, como siendo testigo o siendo víctima de abuso físico o sexual, disparos de pasada, asaltos u otros desastres;
- estrés relacionado a la pobreza crónica, discriminación, u otras dificultades serias; y
- la pérdida de personas importantes por muerte, divorcio o relaciones rotas.

Una variedad de señas pueden indicar la presencia de desórdenes mentales o disturbios emocionales serios:

- Estar triste y desesperado sin ninguna razón, y estos sentimientos no se van.
- Estar muy molesto la mayor parte del tiempo y llorar mucho o sobre-reaccionando ante las cosas.
- Sentirse sin valor o culpable la mayor parte del tiempo.
- Frecuentemente ansioso y preocupado.
- Incapaz de superar la pérdida o muerte de alguien importante.
- Estar extremadamente miedoso o tener miedo sin explicación.
- Constantemente está preocupado por problemas físicos o por la apariencia física.
- Miedo de que la mente está siendo controlada o siente que perderá el control.

NAMI-GC's Memorial/Tribute Fund

A way to mark anniversaries, weddings, and special occasions, or to express sympathy for the loss of a loved one. NAMI-GC sends a beautifully handwritten notice to the person(s) you designate.

Memorials

In Memory of Bruno Andriukaitis
Minnie & Charles Morton

In Memory of Maria C. Barr
Heidi Brem & James B. Kargman

In Memory of LuAnn S. Desmond
Tom Desmond

In Memory of Chris Donovan
Jane & Dan Donovan

In Memory of Edith Hartman
Clara & Shep Eisenberg

In Memory of Margaret Kelliher
Charlotte K. Woodfin

In Memory of Our Beloved Son, Phillip J. Levkovitz
Horty & Joe Levkovitz

In Memory of Peter Lortie
Dan C. Lortie

In Memory of Avrum J. Metcoff
Clara & Shep Eisenberg
Phyllis & Paul Gilson

In Memory of Lilyan G. Nash
Gretchen G. Althen
Suzanne Andriukaitis
Patricia & Ralph Barto
Cynthia Cain
Peter B. Carey
Joan & John Geary
Kathleen & William Hurley
Maureen & Kastytis Jucas
Susan & George Keeley
Rachael King

In Memory of Lilyan G. Nash (cont.)

Joan & Robert Klaus
Marian Leatzow
Nancy & Thomas Leiser
Bess-Catherine & James McCord
Ursula McCord
Sheila M. Mickus
Roxanne Nicolas
Maureen & Thomas Sheehy
MaryAnn & Douglas Smego
Robert & Carole Standing
Rosemary Sullivan
Matthew & Joyce Walsh

In Memory of Catherine Nyberg
Tammy & Gerald Bosco

Tributes

In Honor of Susan Krasnow
Karen Krasnow

Research Opportunities

Alexian Brothers Center for Psychiatric Research

is currently enrolling participants in several clinical studies including: Bipolar Disorder (ages 18-65); Major Depressive Disorder (ages 18-75); Treatment-Resistant Depression (ages 18-70); and Schizophrenia (ages 18-65). Clinical research very often presents people with renewed hope and the possibility that something different may be available for them. Eligible participants may receive medical and psychiatric evaluations along with medication provided at no cost. Compensation for time and travel may also be available.

For more information, please visit us online at: www.abbh.org/research or email us at: research@alexian.net

If you or someone you know may be interested in participating,
please call us at: **(847) 230-3591** for a FREE phone screening.

American Medical Research, Inc. (AMR)

conducts inpatient and outpatient Phase I-IV Clinical Trials at sites in Oak Brook, Chicago, Aurora, and Naperville. Currently recruiting patients for research studies on Major Depression, Treatment Resistant Depression, Bipolar Depression, Adolescent Bipolar Disorder/Schizophrenia, Schizophrenia, Generalized Anxiety Disorder, Insomnia, as well as many other studies. Eligible patients will receive all study drugs, evaluations, and study-related procedures at no cost, and compensation.

Please call: **1-866-NEW-MEDS (866-639-6337)** or **(630) 928-1000**

Capstone Clinical Research

conducts psychiatric clinical medication trials for children, adolescents, and adults in Libertyville, IL. We are currently enrolling patients in several pediatric and adolescent trials including ADHD, Depression, Anxiety, and Bipolar Disorder. We also have trials for Depression in Adults. Patients need not be previously diagnosed, and there is no cost or need for insurance. Our trials include comprehensive psychiatric evaluation, medical labs and EKG, and monitoring of study drugs as well as a stipend for time and travel.

For more information, contact our office at: **(847) 549-7214** or visit: www.capstoneclinical.com

Loyola University Department of Psychiatry & Behavioral Neurosciences

is seeking individuals with bipolar depressive disorder for a medical research study. If you suffer from BPD and have depressive symptoms that have not responded satisfactorily to antidepressant therapy, you may be eligible to participate. Qualified participants will receive psychiatric medication for a maximum of eight visits over a period of 10 weeks. Participants will be compensated up to \$360 for their time and travel.

For more information, please call: **(888) LUHS-888 (888-584-7888)** and ask for extension **6-5090**

National Institute of Mental Health

is conducting two gene detection studies. One for Bipolar Disorder and another for Obsessive Compulsive Disorder. Adults with Bipolar Disorder or OCD are invited to join. Volunteer siblings and parents may be asked to participate. Participants will be interviewed and a small amount of blood will be collected. All information obtained will remain confidential, even among family members. A small stipend will be paid.

Contact Mrs. Kazuba at: **(866) 644-4363** Email: kazubad@intra.nimh.nih.gov

Northwestern University

is looking for participants for a Schizophrenia Research Project. The studies look at different aspects of the illness using MRI technology, clinical interviews, and cognitive testing. The major goal of this study is to improve understanding of the underlying causes and mechanisms of schizophrenia, especially during its earliest phases. Participants are compensated up to \$25 per hour for their time. Individuals with schizophrenia, their mothers, and their siblings are encouraged to contact Dr. John Csernansky's research lab to find out which studies they qualify for as participants.

For more information, please call: **(312) 695-8643**

Pediatric Brain Research & Intervention Center at The University of Illinois at Chicago

is looking for children/adolescents with Pediatric Bipolar Disorder, MDD, and Healthy Controls to participate in our research study. Subjects ages 9-18 will be asked to participate in a 6 hour session which includes: a brain scan/fMRI, diagnostic interview, neuropsychological tests on a computer & eye movement testing. Participants will be compensated for their time. Studies conducted by Dr. Mani Pavuluri, MD, PhD.

Please contact Gail Schuck at: **(312) 996-1945** for more information.

Rush University Medical Center

If you are between the ages of 18 and 55 and have been diagnosed with schizophrenia, you may be eligible to participate in the TENETS research study. This study was created to see if computer lessons and group discussions can improve memory and concentration. Study participants will be provided with a new FDA approved medication and regularly see a research psychiatrist for treatment. While enrolled in the study, participants will receive at no charge: psychiatric care, thinking and concentration exercises, mental health assessments, physical exams, laboratory tests, and medication for schizophrenia.

For more information, please contact Jennifer Baumgartner at: **(312) 942-7272**

Treatment Research Center at Rush University Medical Center

is currently looking for subjects to participate in research studies in Chicago & Skokie for bipolar disorder and depression. Those who are eligible receive an evaluation, study medication, study visits and other study-related procedures at no cost. Some studies provide modest stipend. All patient info kept confidential.

Please call: **(312) 942-6597**

The University of Chicago: Pharmacogenomics Research Study of Bipolar I Disorder

Principal Investigator: Elliot Gershon, MD

is seeking individuals who suffer from Bipolar I Disorder to participate in a study of mood stabilizer response. The study is designed to identify genes for relapse prevention. All participants will be given lithium and then they will be closely monitored for two years or until relapse. Throughout the course of participation, participants will have periodic assessments and blood draws for analysis. Participants are provided compensation for all research-related assessments and interventions. All assessments, appointments, follow-up will occur at the University of Chicago's Hyde Park campus. The time commitment varies depending on the treatment response, but subjects can be enrolled in the research study for up to 20 weeks in the stabilization and observation phase and up to two years in the maintenance phase. The study is on going until 2014. If interested, please call our study line:

(866) 51-GENES or **773-834-3560** or e-mail: **family@yoda.bsd.uchicago.edu**

University of Chicago Clinical Neuroscience and Psychopharmacology Research Unit

The purpose of this study is to see how a type of medication called Selective Serotonin Reuptake Inhibitors (SSRIs) has an effect on depression and associated symptoms in people with Borderline Personality Disorder (BPD). SSRIs are often prescribed to patients with BPD, but their specific effects on depression and related symptoms, including self-harm, in people with BPD require further study. In this study, an FDA approved SSRI will be compared to a placebo in order to determine the effects of the medication. The study will last 5 months, and involves 13 visits. Part of the study involves taking an experimental drug or a placebo. You will receive a confidential evaluation to see if you qualify to enter the study. If you qualify, you will then receive a full behavioral assessment.

For more information, please call: **(773) 834-4441** or email: **SSRIBPD@bsd.uchicago.edu**

The University of Illinois at Chicago

is conducting a "Late-Life Depression Study." Adults 60-and-over, experiencing Depression but not receiving treatment for it, are needed for the study. It requires 3 separate visits, and about 10 hours of time, overall. Mood evaluation, cognitive tests, an MRI brain scan, and a psychiatric interview are included. Participants will receive up to \$200. The study is being conducted by Dr. Anand Kumar of the UIC Psychiatric Institute, 1601 W. Taylor St., Chicago.

Contact Piotr Daranowski at: **(312) 413-8223** or email: **Mood-Study@psych.uic.edu**

The University of Illinois at Chicago Center for Cognitive Medicine

is conducting research "Comparing Two Kinds of Counseling Sessions after an Initial Psychotic Episode." Inclusion criteria: ages 16-45, received a diagnosis of psychotic disorder such as Schizophrenia or a related condition in the last 3 years, and willing to receive ongoing outpatient treatment at the Psychotic Disorders Program at UIC.

Please contact Dr. Peter Weiden at: **(312) 996-8164** or email: **PSI@psych.uic.edu**

New Neurons in Adult Brain Buffer Stress

New neurons growing in the adult brain help buffer the effects of stress, according to a new study in mice. Previous research has suggested that the growth of new neurons, or neurogenesis, in adults is involved in recovery from depression. This work provides evidence that loss of new neurons plays a role in the development of depression and suggests that the stress response is the link between adult neurogenesis and depressive illness.

Background

Research has generated provocative clues that changes in the growth of new neurons in the adult brain are centrally involved in the development of, and treatment for, depression. One of the areas of the brain in which neurogenesis is known to occur, the hippocampus, has a well known role in learning and memory, but it also helps regulate the stress response. Studies have shown that stress, a known risk factor for depression, and the hormones released as a result of stressful experiences, reduce the rate of neurogenesis in the hippocampus. Other studies have found that currently available antidepressants augment neurogenesis, as does exercise, which has been shown to increase resilience to stress.

On the other hand, while there has been much evidence pointing to a link between neurogenesis and depression, studies also report that animals in which neurogenesis has been prevented by various means do not develop behavior analogous to depression. This suggested that altered neurogenesis didn't directly cause depression; the NIMH research was aimed at exploring the connection.

This Study

In this study, reported in the journal *Nature*, NIMH intramural scientists led by Heather Cameron interrupted adult neurogenesis in mice, then tracked how the mice responded to stress.

Testing pointed to an impaired ability by the mice to respond to stress when neurogenesis was absent. In a first test, the investigators used gene transfer to render newly growing neurons sensitive to an antiviral drug, so that newly dividing, but not mature neurons, are eliminated. They then compared how mice with and without adult neurogenesis responded to being restrained, a stressor for mice. Immediately after the restraint ended, both groups of mice had similar levels of the hormone corticosterone, a marker of stress. Thirty minutes later, however, corticosterone was still elevated in the mice without adult neurogenesis, suggesting that their ability to recover from stress was compromised. In addition, the investigators showed that it was neurogenesis specifically in the hippocampus and not other areas of the brain that altered the response to stress.

In another standard test of depression-like behavior, which reliably shows the effects of antidepressants on behavior, the mice were offered food but had to venture into an open, exposed space to get it. Mice that had not been subjected to stress responded similarly whether or not neurogenesis was intact. If the mice were first stressed by being restrained, however, those in which neurogenesis was impaired took longer to eat, preferring safety to food. These and other tests suggested that the presence or absence of neurogenesis affected how the mice responded to stress, both in terms of internal hormonal responses and behavior.

Significance

Stress is a key risk factor for depression, but some people seem especially vulnerable to stress while others are resilient. Previous research has shown that the hippocampus is involved in regulation of the stress response system and that stress impairs neurogenesis in the hippocampus. This work suggests that adult neurogenesis helps an individual weather stress. Thus stress itself could lead to a self-reinforcing cycle leading towards a declining ability to respond effectively to stress, in some cases leading to depression.

Understanding how adult neurogenesis is involved in the development of depression—and how it is involved in the actions of antidepressant medications and other therapeutic and preventive approaches—can help inform the development of new ways to prevent and treat depression.

Source: [NIMH Science Update, Aug. 16, 2011](#)

Reference: [Snyder, J.S., Soumier, A., Brewer, M., Pickel, J., and Cameron, H.A. Nature Aug 3, 2011](#)



Building Hope and Finding Motivation from Within

Staying motivated can be difficult for anyone, especially with the myriad of distractions in this high-tech, ultra-busy world we live in. But for those with schizophrenia, staying motivated and remaining focused on the end goal can be even more challenging. Nonetheless, there are many resources and coping skills that can assist in a successful outcome.

“Motivation comes from hope,” says David Palmer, a Baltimore, Maryland, resident who has schizophrenia. “One has to make the effort to improve your situation. It is easy to give up hope and become apathetic and give up socially. But I’ve been in treatment long enough to know that I can overcome the obstacles.” Hope means forgiving yourself for past mistakes and believing in the future. It is also important to have in place a number of coping strategies for times when things are difficult. “People should look beyond the symptoms,” says Chris Summerville, chief executive officer of the Schizophrenia Society of Canada. The new philosophy of recovery is “looking at what are the strengths a person has and the importance of setting personal goals.”

Identify your strengths

Elyn Saks, a University of Southern California–Los Angeles professor of law, a MacArthur fellow, author, and a woman who has schizophrenia herself, does not have a problem with staying motivated. But “schizophrenia is different from person to person,” she says. It is not a one-size-fits-all illness. “There are many different ways of staying motivated. If you are part of a support network, try to work with what someone tells you about their interests,” says Saks. For example, those who are unable to hold down a full-time job but love animals might consider providing a dog-walking service or offering to tend to pets when their owners are on vacation. Similarly, Ken Duckworth, MD, medical director of the National Alliance on Mental Illness, says people need to identify their own skills and use them to their advantage. “There are those individuals with schizophrenia who might have something they are really into, such as music. While they might not be able to hold down a full-time job, they might consider joining a band.”

“I’m not a consumer or a mental professional, but I am a family member,” says Kate Farinholt, executive director of NAMI Maryland. “What I hear most from consumers is that they need to get to a point where they are able to feel that they are in charge of their choices. Often that is a result of a support network that gives feedback and acts as a cheering section to keep the hope alive when things are rough.” Not everyone with a mental illness has a ready-made support system available; nevertheless, there are strategies for developing a network, such as becoming involved in NAMI and other programs in the community, for starters. And doing this can be a powerful tool in remaining focused and motivated on achieving an end goal, whether that is finding meaningful work, making independent living arrangements, or completing a college degree.

Going with the flow

Remember that motivation can change from one time to another. “When people really want something, such as an apartment of their own, they can become determined to do what it takes to straighten things out,” says Duckworth. Palmer stresses the importance of community and building meaningful relationships with others. “If you know (a person) casually, try to strengthen that relationship,” he says. “That might be as simple as asking someone out for coffee.” But, he advises, developing a relationship often takes work. “For a friendship to flourish, one has to invest energy into making that happen.”

Setting goals is a powerful step in staying motivated and on point—as is thinking big. “When I had to withdraw from law school at Yale University, it was suggested that I should limit my expectations,” says Saks, and “consider a job as a cashier for a couple of years.” But Saks was reluctant. “How much more stressful would it be for me to face a line of people every day demanding their change?” she wonders. “I advise people to truly explore what it is that they want to do.” Saks credits her recovery to therapy, medications, support from family and friends, and—most importantly—an accommodating and intellectually stimulating work environment. “Relationships are important,” she says. “And so is work. I’ve been occupationally successful, even with my illness.”

When looking to the future, the new model is empowerment, says Summerville. “Historically we have focused on a person’s weaknesses and deficits, but that model is definitely changing. The new philosophy is one of recovery. That is looking to the person’s strengths and how can one help them set personal goals. What may be simple for many individuals may not be so easy for those with schizophrenia. We are very much moving from living within the illness to living outside the illness.” Furthermore, those coping with schizophrenia should take note of a powerful tool: their peers who have been successful in their recovery, and can understand the challenges. Farinholt says that “it is not just about understanding what recovery is, but integrating the tools for recovery and hope into everyday treatment.”

Hope is the key

All in all, hope is the key when it comes to staying motivated and focused on your goal. Palmer adds that his recovery includes four distinct elements: hope, empowerment, self-responsibility, and a way of reintegrating himself into a community with meaningful relationships with other men and women. “I’ve been in treatment long enough to know that I can overcome apathy. One has to believe in the future and that you can improve the situation.”

Source: Mary Medland, *SZ Magazine*, Summer 2011

NAMIWalks Chicago was 1 of over 80 NAMIWalks efforts that took place nationwide this year, and it is Illinois' only official NAMIWalks event. This national movement aims to spread awareness of our great need for a quality treatment & recovery system for those suffering from mental illness, and it aims to eliminate the stigma of mental illness. Team Captains volunteer to form Walk Teams and recruit others to join them. All Walkers are encouraged to share information and request donations in sponsorship of their efforts. NAMIWalks is open to all, completely FREE, and there are no requirements to raise funds.

NAMI of Greater Chicago hosts and organizes the annual 5k Walk in Grant Park, and we were joined by fellow affiliates NAMI Barrington Area, NAMI Hanover Twp, and NAMI Will County, as well as BringChange2Mind.org. Our supporters raised over \$90,000 in support of NAMI of Greater Chicago, the NAMIWalks Program, and our co-supporters! Thank you for helping us continue providing free programs & services!



Teams with the Most Registered Walkers:

- 50+:** *Metropolitan Family Services*
-Team Captains Amber Williams & Valencia King
- 30+:** *Grey Matters*
-Team Captain Ashley Fontaine
Northwestern Psychiatry Team
-Team Captain Marion Malcome
- 20+:** *NAMI Barrington Area*
-Team Captain Joseph Jason

Team Tom

-Team Captains Maureen Craigmile & Barb Marquez

Team Emangian

-Team Captain Angela Kuhns

Comprehensive Clinical Services

-Team Captain Jonathan Silverman

Rompiendo Barreras

-Team Captains Edlyn Rodriguez & Claudia Cespedas

SuperTeam Elliott

-Team Captains Ryan & Emily Elliott

Thank You to our Top 10 Supporting Teams!

- \$7,500+**
- 1. *NAMI Barrington Area* - Captain Joseph Jason
- 2. *Eisenberg Hoofers* - Captains Jackie & Jen Eisenberg
- \$3,000+**
- 3. *Walk4ScottLewis* - Captain Dan Page
- 4. *Team Tom* - Captains Maureen Craigmile & Barb Marquez
- 5. *NAMI EG/S/HP* - Captain Gloria Huezo
- 6. *BMS Chicago* - Captain Gina Metelica
- \$2,000+**
- 7. *Team Emangian* - Captain Angela Kuhns
- 8. *Dual Diagnosis Team of Hope* - Captain Beata Romozzi
- 9. *Madigan Marchers* - Captain Jean Madigan
- 10. *SuperTeam Elliott* - Captains Ryan & Emily Elliott

Thank You to our Top Individual Fundraisers!

- \$2,000+**
- Laura Fox, *NAMI Barrington Area*
- Beata Romozzi, *Dual Diagnosis Team of Hope*
- William Blackburn, *WalkForScottLewis*
- \$1,000+**
- Hugh Brady, *NAMI Barrington Area*
- Jess Rappe, *Team Spirit*
- LaGenia Bailey, *BMS Chicago*
- Eddy & Lisa Eisenberg, *Eisenberg Hoofers*
- Jean Madigan, *Madigan Marchers*
- David Nyberg, *Catherine's Crusaders*
- Erica Dennison, *Eisenberg Hoofers*
- Dan Page, *WalkForScottLewis*
- Deena Brooks, *JanssenWalks*

Suzanne's Say

Happy Holidays! My wish for all or you is that your holidays are filled with moments that create warm memories.

As this year draws to a close, I look back on what has been a truly busy year - budget cuts, threats of closures of clinics and hospitals, and decreases in available mental health service programs. Your advocacy with legislators and public officials is the only thing that has kept the situation from becoming even worse than it is. The National NAMI surveyed state mental health budgets and Illinois ranks first in cuts! Not something that Illinois should be proud of... More than ever we need your help in changing this picture. Your legislators - state & national - need to hear from you. They need to hear your personal stories of the struggle to obtain effective services. Advocacy is the solution. As Margaret Mead said, "Never doubt that a small group of thoughtful, committed people can change the world. Indeed, it is the only thing that ever has."

Happy New Year!



Suzanne M. Andriukaitis, M.A., ACSW, LCSW
Executive Director
NAMI of Greater Chicago

Posture and Balance in Bipolar Disorder

A small study by researchers at Indiana University suggests that postural control problems may be a core feature of bipolar disorder, not just a random symptom, and may provide insights both into areas of the brain affected by the psychiatric disorder and new potential targets for treatment.

In the study, participants who had bipolar disorder displayed more postural sway—a series of adjustments that keep the body upright and balanced—particularly when their eyes were closed, than study participants who had no psychological disorders. People with bipolar may have deficits in sensorimotor integration, researchers said.

The findings indicate that brain areas associated with motor behavior might represent possible targets for new bipolar disorder treatments. Also, problems with posture, balance and motor control could appear before other symptoms, signaling an increased risk for the disorder.

The study, appearing online in the journal *Public Library of Science (PLOS) ONE* ahead of print, is entitled "Postural control in bipolar disorder: Increased sway area and decreased dynamical complexity."

Source: BP Magazine, Summer 2011

Need help paying for medication?
Websites for Access to Affordable or Free Prescription Medications

www.RxforIllinois.org - or call (877) 793-6745
www.TogetherRxAccess.com - or call (800) 444-4106
www.pparx.org - or call (888) 4PPA-NOW/(888) 477-2669
www.BenefitsCheckUp.org

Are you a NAMI of Greater Chicago Member?

Membership at NAMI of Greater Chicago also enrolls you as a member of NAMI Illinois (State) and NAMI (National). If you purchase a NAMI Illinois or NAMI (National) direct membership, you will not receive a NAMI of Greater Chicago membership.

Name _____
 Address _____
 City _____ State _____ Zip _____
 Phone Number: (____) _____
 Email: _____

Membership

- New Renewing
- \$55 Individual/Family
- \$100 Sustaining
- \$100 Mental Health Professional
- \$250 Sponsoring
- \$250 Institutional (25 Newsletters)
- \$500 NAMI-GC 500 Club

Membership for Consumers of Mental Health Services

- \$15 Consumer Club

Relationship to Mental Illness (optional)

- Parent Sibling Spouse Child
- Friend Professional Self Other

ADD A DONATION \$ _____

Memorial or Tribute:

This additional gift of \$ _____

- In memory of: _____
- In honor of: _____
- On the occasion of: _____

Notify the person(s) below of this Memorial or Tribute gift:
(The amount will not be disclosed)

Name _____
 Address _____
 City _____ State _____ Zip _____

Make checks payable to NAMI-GC.
 Contributions are tax deductible as provided by law.
NAMI-GC is a not-for-profit 501(c)(3)

Substance Abuse Support Groups

Alcoholics Anonymous - Chicago Area Service Office
(312) 346-1475 / www.chicagoaa.org

Al-Anon/Alateen - Groups for families & friends of alcoholics
(888) 425-2666 / www.niafg.org

Lutheran Social Services of Illinois - (773) 637-0487
5825 W Belmont Ave, Chicago - Outpatient Drug & Alcohol

Narcotics Anonymous - www.chicagona.org
English: (708) 848-4884 / Español: (708) 848-5194

Chicago Area Family Support Groups

City of Chicago-South

Community Mental Health Council - (773) 734-4033
Luberta Conner Livingston & Denise White (773) 978-0725
Trinity United Church of Christ - 400 W 95th St, Chicago
3rd Tuesday of the month, 6:30 PM

Metropolitan Family Services - 3062 E 91st St, Chicago
Family and Friends of Adults with Mental Illness - **Anne Hollister** (773) 371-2927 - 1st Wednesday of the month, 6:30-7:30 PM
Family Connect for Military Family Members - **Jean Xoubi** (773) 371-2949 - 1st Wednesday of the month, 6-7:30 PM

Suburban Groups-South

NAMI South Suburbs of Chicago
Marianne Bithos (708) 335-4008 - St. Julie Church
7399 159th St, Tinley Park - 3rd Tuesday of the month, 7 PM

NAMI Southwest - **Lois** (708) 425-0925
Reach Anonymous - Pilgrim Faith United Church of Christ
9411 S 51st Ave, Oak Lawn - 1st Tuesday of the month, 7:45 PM

Suburban Groups-North

NAMI Barrington Area - **Frank** (847) 899-6264
Northwest Community Hospital (MH Network Bldg, 2nd fl.)
901 W Kirchoff Rd, Arlington Heights - Thursdays 7-9 PM
Lake Villa Assessor's Office - 37850 N Route 59, Lake Villa
Toni (847) 804-2088 (call after 5 PM, weeknights)
3rd Tuesday of the month, 7-8:30 PM
Spouses / significant others of loved ones w/ mental illness
Call: (847) 496-1415 - 1st Monday of the month, 6:30-8:30 PM

NAMI Cook County North Suburban - (847) 716-2252
Skokie Hospital - Kenton Knox Conference Center
9701 N Knox Ave, Skokie - 1st Monday of the month, 7-8:30 PM
Nesset Center - 1775 Ballard Rd, Park Ridge
3rd Tuesday of the month, 7-8:30 PM
St. Francis Hospital - 355 Ridge Ave, Evanston
4th Saturday of the month, 9-10:30 AM (Begins January)
Highland Park Hospital - 777 Park Ave West, Rm 1A, Highland Park
- 2nd Thursday of the month 7-8:30 PM (Begins February)

NAMI of Lake County - (847) 249-1515 - Gurnee Village Hall
325 N O'Plaine Rd, Gurnee - 2nd Tuesday of the month, 7 PM

NAMI of McHenry County - (815) 344-8300
McHenry County Mental Health Board - 620 Dakota St,
Crystal Lake - 3rd Thursday of the month, 7-9 PM
5320 W Elm, McHenry - 1st Thursday of the month, 7-9 PM
Contact office for times/locations of other support groups

NAMI Northwest Suburban - (847) 899-0195
Alexian Center for Mental Health - 3350 Salt Creek Ln, Ste 114,
Arlington Heights - 3rd Wednesday of the month, 7-8:30 PM
(Address change in February: 3436 N Kennicott, Arlington Hgts)

City of Chicago-North

NAMI of Greater Chicago - (312) 563-0445
1536 W Chicago Ave, 1st Floor, Chicago
English - 2nd Wednesday of each month, 7-9 PM
December 14 - January 11 - February 8 - March 14 - April 11
Español - Segundo y Cuarto Jueves del Mes, 6-8 PM
familias y pacientes serán reunidos: 8 & 22 de Diciembre
12 & 26 de Enero - 9 & 23 de Febrero - 8 & 22 de Marzo

Thresholds Family & Friends Support Group
Tom Kinley (773) 537-3650 - Dincin Center for Recovery
2700 N Lakeview Ave, Chicago
Thursdays (except holidays) - Drop-in b/w 7-10 PM

Suburban Groups-West

NAMI DeKalb, Kane-South & Kendall - (630) 896-6264
Provena Mercy Hospital (McDermott Rm/Lower Level)
1325 N Highland Ave, Aurora - **Buzz Hays** (630) 761-6971
3rd Tuesday of the month, 7-8:30 PM
Congregational United Church of Christ - 40W451 Fox Mill Blvd,
St. Charles - **Lynette Niequist** (630) 584-7481
1st Thursday of the month, 7-8:30 PM

NAMI of DuPage County - (630) 752-0066 ext. 210
2100 Manchester Rd, Bldg B, Ste 925, Wheaton
2nd & 4th Tuesdays of the month, 7-8:30 PM
Good Samaritan Hospital - **Patty** (630) 275-6264
3815 S Highland Ave, N Pavilion Rm 208, Downers Grove
1st and 3rd Tuesdays of the month, 7-8:30 PM
St. Thomas the Apostle Church - 1500 Brookdale Rd,
Naperville - 1st & 3rd Mondays of the month, 7-8:30 PM
Elmhurst Hospital, Board Rm (by cafeteria), 200 Berteau,
Elmhurst - 2nd & 4th Thursdays of the month, 7-8:30 PM
En Español - Trinity Lutheran Church, 1101 Kimberly Way (Rte
53) Rm 200, Lisle - Primero Jueves del Mes, 7-8:30 PM
Glen Oaks Hospital, 701 Winthrop Ave, Glendale Heights
Cuarto Miércoles del Mes, 7-8:30 PM

NAMI Elk Grove/Schaumburg - (630) 302-2530
Kenneth Young Center- 1001 Rohlwing Rd, Elk Grove Village
(630) 363-1846 - 2nd Thursday of the month, 6:45-8 PM
Alexian Brothers Behavioral Health - (847) 352-6708
1650 Moonlake Blvd, Hoffman Estates - Fridays, 7-8:30 PM

NAMI Kane County - (847) 426-4594 / **Laurie** (847) 695-7957
Provena St. Joseph Hospital - 77 N Airlite St, Elgin (St. Mary
Rm/Lower Level) - 2nd Tuesday of the month, 6:30-8 PM
Ecker Center - 1845 Grandstand Place, 3rd floor, Elgin
2nd Saturday of the month, 9-11 AM

NAMI Metro Suburban - **Eunice** (708) 383-2274
Group is looking for a new location - call for more information

NAMI Will County - (815) 731-9103 - Provena St. Joseph Med.
Ctr. 333 N Madison, Joliet - 3rd Sunday of the month, 6-7:30 PM

Chicago Area Support & Advocacy Groups

Groups vary in size, focus, and location. Call, visit, ask questions, and make your own choices.

Support Groups for Parents of Children/Adolescents

NAMI Barrington Area - Toni (847) 804-2088
(call after 5 PM, weeknights) - Northwest Community Hospital
(MH Network Bldg, 2nd fl.) 901 W Kirchoff Rd, Arlington Heights
2 groups meet separately at this time: 1) Parents of adopted
children of trauma; 2) Parents of biological children (up to 23
y/o) - 1st and 3rd Fridays of the month, 7-9 PM

NAMI of DuPage County - (630) 752-0066 ext. 210 - Parents
of children under 22 w/ a mental illness - 2100 Manchester Rd.
Bldg B, Ste 925, Wheaton - 2nd & 4th Mondays, 7-8:30 PM

NAMI Cook County North Suburban - (847) 716-2252
Parents of Children & Adolescents
Kenilworth Union Church - 211 Kenilworth Ave, Kenilworth
2nd Thursday of the month, 7:30-9 PM
Wilmette Public Library - 1242 Wilmette Ave, Wilmette
3rd Friday of the month, 9:30-11 AM

NAMI of Lake County - (847) 249-1515 - Parents of children
(0-18) with a Brain Disorder - Gracepoint Church 1221 W Maple
Ave (Rte 176) Mundelein - Last Thursday of the month, 7 PM

Support Groups for Consumers of Mental Health Services

City of Chicago-South

Metropolitan Family Services - 3062 E 91st St, Chicago
New Support Groups for Veterans - **Jean Xoubi (773) 371-2949**
Vet Voices - All veterans and military service members
2nd & 4th Tuesdays of the month, 6-7:30 PM
Women United - Female veterans and military service members
2nd Wednesday of the month, 6-7:30 PM

Suburban Groups-West

NAMI DeKalb, Kane-South & Kendall
Office (630) 896-6264 / Rich Salazar (815) 793-2789
Provena Mercy Behavioral Health Bldg (Voris Board Rm)
1330 N Lake St, Aurora - Fridays, 6 PM
Newman Catholic Student Center (Vaughn Room)
512 Normal Road, DeKalb - Wednesdays, 3:30 PM

NAMI of DuPage County - (630) 752-0066
Good Samaritan Hospital - North Pavilion, basement
3815 S Highland Ave, Downers Grove, Thursdays, 7-8:30 PM
Central DuPage Hospital - Behavioral Health Bldg, Rm 131
25 N Winfield Rd, Winfield - Wednesdays, 7-8:30 PM

NAMI Elk Grove/Schaumburg
Alexian Brothers Behav. Health - 1650 Moon Lake Blvd,
Hoffman Estates - **Carol (847) 352-6708** - Fridays 7-8:30 PM
Kenneth Young Center -1001 Rohlwing Rd, Elk Grove Village
Michelle (224) 653-9878 - Tuesdays, 7:30-9 PM

NAMI Kane County - (847) 426-4594 - Family & Consumer
Group - **Laurie (847) 695-7957** - Ecker Center 1845 Grandstand
Place, 3rd floor, Elgin - 2nd Saturday of the month, 9-11 AM

NAMI Metro Suburban (708) 524-2582 - 816 Harrison St.
Oak Park - Saturdays 1-2:30 PM, Tuesdays 7:30-9 PM
Drop-in Center - 3-7 PM every day except Sunday

NAMI Will County - (815) 731-9103 - Provena St. Joseph Med.
Ctr. 333 N Madison, Joliet - 3rd Sunday of the month, 6-7:30 PM

Suburban Groups-South

NAMI South Suburbs of Chicago
Marianne Bithos (708) 335-4008 - Thresholds South Suburbs
12145 S Western Ave, Blue Island - Wednesdays, 4:30-6 PM

NAMI Southwest - Lois (708) 425-0925
Sunshine Group (Social Group) - Oakview Center, 4625 W
110th St, Oak Lawn - 3rd Friday of the month, 6 PM

City of Chicago-North

***NAMI of Greater Chicago* - Betty (312) 563-0445**
1536 W Chicago Ave, 1st Floor, Chicago
English - 1st & 3rd Mondays of the month (usually)
2:30-4 PM - December 5th & 19th - January 2nd & 23rd
February 6th & 20th - March 5th & 19th - April 2nd & 16th
Español - Segundo y Cuarto Jueves del Mes, 6-8 PM
familias y pacientes serán reunidos: 8 & 22 de Diciembre
12 & 26 de Enero - 9 & 23 de Febrero - 8 & 22 de Marzo

Suburban Groups-North

NAMI Barrington Area - Nora (847) 899-6264
Northwest Community Hospital (MH Network Bldg, 2nd fl.)
901 W Kirchoff Rd, Arlington Heights - Thursdays 7-9 PM

NAMI Cook County North Suburban - (847) 716-2252
Beth Emet Synagogue
1224 Dempster St, Evanston - Mondays, 4-5:30 PM
Lutheran General Hospital, Room 1062
1775 Dempster St, Park Ridge - Saturdays, 4-5:30 PM
Social Group for Young Adults:
3rd or 4th Sunday of the month, 1 PM, call for location

NAMI of Lake County - (847) 249-1515
College of Lake County - 19351 W Washington, Rm D209,
D Wing, Grayslake - Wednesdays, 6 PM
Lake County Health Dept. - 3002 Grand Ave, ATP entrance
Great Rm, Waukegan - 2nd & 4th Friday of the month, 7 PM

NAMI of McHenry County (815) 344-8300
4100 Veterans Pkwy. McHenry - Mondays 2-3:30 PM

Various Locations

Abraham Low Self-Help Systems
(312) 337-5661 / www.lowselfhelpsystems.org
Call or visit web to find your neighborhood group meetings

Depression & Bipolar Support Alliance of Greater Chicago
(DBSA) (773) 465-3280 / www.dbsa-gc.org
Call to find - Consumer Support Groups, Family Support
Groups, and Educational Meetings
Locations in Chicago (Rogers Park & Northwestern Memorial
Hospital), Palatine & Evanston

Grow Support Groups - (888) 741-GROW (888-741-4769)
www.growinamerica.org - Groups in city & suburbs. Call to find.

NAMI of Greater Chicago/The Alliance on Mental Illness of Greater Chicago (NAMI-GC) advocates and educates on behalf of people with serious mental illness and their families.

Membership in NAMI-GC brings you the newsletter and other information about support groups, regular member meetings and seminars, and check-out privileges for NAMI-GC's David Ash Witheridge Library and its materials on serious mental illness. Membership contributions to NAMI-GC automatically enroll you as a member of NAMI of Illinois (State-level) and NAMI (National).

Membership dues and donations support NAMI-GC's programs and activities, including:

- Information & Referrals, Crisis Support
- Advocacy & Anti-Stigma Activities
- Family & Consumer Education Courses
- Public Education & Speaker's Bureau
- Community Outreach Programs
- Newsletters
- Legislative Updates
- Resource Library



Donate a USED vehicle?

To donate your used vehicle to NAMI of Greater Chicago, call the office (312) 563-0445, or log on to www.donateacar.com, click on *Donation* on the left-hand side of the welcome screen and fill out the information on the form. Please be certain to pull down the name *National Alliance on Mental Illness, Greater Chicago.*
Thanks!



Upgrading your computer system?

Donate your USED working computer to NAMI-GC. We'll either use your computer in our office, or give it to a consumer.
Call (312) 563-0445
(Tax letter available upon request)

NAMI of Greater Chicago
The Alliance on Mental Illness of Greater Chicago
1536 West Chicago Avenue
Chicago, IL 60642

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