



Brain Storm

Newsletter of NAMI Tri -Valley

www.namitrivalley.org

Volume 3 Number 4, July/August 2007

NAMI Tri-Valley Mission Statement

“NAMI Tri-Valley in collaboration with other community agencies and organizations provides information and referrals to resources, education programs and advocacy support to consumers and families.”

Board of Directors

Marsha McInnis, *President*
marsha_mci@comcast.net

Suzi Glorioso, *Secretary*
glorios4@comcast.net

Rochelle Margucci, *Treasurer*
rmargucci@comcast.net

Committees

Jennifer Garrison, *Webmaster*
jenn@dbsacastrovalley.org

Programs

Family-to-Family
Donna & Russ White
russdonnawhite@comcast.net

In Our Own Voice
Krista Radojevich
trivalleybipolar@hotmail.com

Advisory Committee

Daniel Kostalnick, M.D.
Art Tenbrink, MS LMFT
Tony Limperopoulos, LCSW

Study Offers Hope For Faster-Acting Antidepressant

Ketamine may prove positive in blocking brain receptors that activate depression.

From HealthDay News by Staff Writer, July 27, 2007

New research from the National Institute of Mental Health gives 15 million people suffering with depression hope for a future faster-acting antidepressant.

The medication ketamine begins to take effect on the brain cells involved in depression within hours, researchers report.

“Our research is showing us how to develop medications that get at the biological roots of depression. This new finding is a major step toward learning how to improve treatment for the millions of Americans with this debilitating disorder; toward eliminating the weeks of suffering and uncertainty they have to endure while they wait for their medications to work,” Dr. Elias Zerhouni, director of the National Institutes of Health, said in a prepared statement.

In previous studies, the chemical ketamine blocked a brain cell receptor called NMDA which plays a role in depression. In the latest study, researchers found that this is only the first step. Blocking NMDA

increases the activity of a second receptor, AMPA. This boost is the key to ketamine’s rapid action as an antidepressant.

Both NMDA and AMPA are receptors for the neurotransmitter glutamate, a chemical messenger between brain cells that has recently been identified as a possible player in depression. Researchers are examining the molecular processes involving glutamate with the hope of better understanding the causes of and treatments for depression.

In order to test ketamine, the researchers induced depressive symptoms in mice. When they gave the depressed mice ketamine, the symptoms were relieved for at least two weeks. However, the effects of ketamine were blocked when they gave the mice medicine that prevented ketamine from reaching the AMPA receptor, proving the importance of the second step in the chain reaction.

Writing in the July 23 online edition of *Biological Psychiatry*, the researchers

Ketamine (con't page 2)

Ketamine (con't from page 1)

cautioned that ketamine itself is not appropriate as an antidepressant because of its side effects, which include hallucinations. However, understanding how ketamine operates will help with the development of faster-acting antidepressants, they reported.

Current antidepressants may take weeks or months to have an effect, leaving people suffering with depressive disorders frustrated and at risk for worsening symptoms, including suicide.

“In any other illness of depression’s magnitude, patients aren’t expected to just accept that their treatments won’t start helping them for weeks or months. The value of our research on compounds like ketamine is that it tells us where to look for more precise targets for new kinds of medications that can close the gap,” said NIMH Director Dr. Thomas R. Insel. “We’re making tremendous progress.”

By aiming pharmaceutical development at more specific

molecular targets such as NMDA and AMPA, scientists may be able to reduce the wait for antidepressants to take effect. The researchers tested the effectiveness of compounds similar to ketamine on the NMDA receptor and found a similarly speedy relief of depression.

Ketamine is currently approved for use as an anesthetic, but its use is limited due to hallucinations during recovery. The doses used in this study were much smaller than the amount approved for anesthetic use.

August’s Speaker:

**Stephen Loomis,
Paralegalist
*Special Needs Trusts***

Stephen Loomis will talk about special needs trusts, what to look out for and how to best plan.

Stephen graduated from the University of California, Davis with honors with a double major in History and Political Science and a minor in Economics. He has spent 35 years as a Certified Financial Planner and Registered Investment Advisor.

Stephen taught a class on Estate Planning for Dick Kearney and Bob Burch at a bay area junior college. He started working with Living Trusts and Special Needs Trusts in 1989. Stephen works as a paralegal for a Sacramento attorney and has completed over 1,200 Living Trusts and settled over 60 estates in that time.

October’s Speaker:

**Douglas DelPaggio,
PharmD, MPA
*Medication Updates***

No one is more qualified to answer your questions about medications and the problems that can occur.

Douglas Del Paggio, PharmD., MPA, is the Director of Pharmacy Services for the Alameda County Behavioral Health Care Services (BHCS).

DelPaggio is on the faculty at the UCSF College of Pharmacy and the California School of Podiatry.

Douglas will talk about updates on MHSA programs, Medicare Part D, recent Schizophrenia developments.

Bring your questions and come listen to a very dynamic speaker.

NAMI Tri-Valley on the Family Education and Resource Center Advisory Committee

Marsha McInnis, President of NAMI Tri-Valley has been selected to participate in an innovative center that provides support and resources to all families in Alameda County whose lives are touched by mental illnesses.

The one million-dollar center will be the first of it’s kind in California. The Mental Health Services Act mandates that families be included in the treatment plan in order to strengthen wellness, recovery and resilience.

The 15 member committee is comprised of a broad spectrum of service providers, agencies, consumers and family members.

The committee’s role is to develop a first rate center that includes a warm line, library, Family-To-Family classes as well as other educational and supportive services.

For further information, please view the following web site:
<http://www.alamedaferc.com/>

NAMI Tri- Valley Booth at Day On The Glen

Stop by the NAMI Tri-Valley Booth and say "hello". The event is being held in Dublin on Saturday, September 15 and Sunday, September 6. The location is Emerald Glen Park on the corner of Tassajara Road and Gleason Drive.

County Crisis Response Services in Livermore

Livermore now has mental health crisis response services available. Funded by the Mental Health Services Act, the program opened in March.

The Crisis Response Program is provided by Alameda County Behavioral Health Care Services (BHCS). The program is a county-side service for adults (excluding Berkeley/Albany) that provides:

- Telephone crisis information and referral
- Limited walk-in crisis intervention
- Complete evaluations for adults for assignment to Alameda County BHCS case management services
- Urgent interim medication support
- Limited brief treatment for adults at risk of psychiatric hospitalization due to a crisis
- Non-urgent mobile crisis outreach for adults in the community (staff permitting)

The hours are:
Monday 10:00- 5:00
Tuesday 8:30-3:00
Wednesday 8:30-3:00

**For referrals, please call:
1-800-491-9099**

Kid's Corner

by Suzi Glorioso

A Day at the Ballgame

By Suzi Glorioso

I sat on the second step of the metal bleachers at the Dublin Sports Park soaking up the warmth and listening to all the sounds around me. It was a beautiful spring day, a gentle breeze swaying the trees and coolly brushing through my hair. A butterfly flittered by and landed on someone's nearby duffle bag as spectators and players began to arrive.

I could feel the energy and excitement begin to build as the players were assigned their batting order and everyone got into place. My husband found the perfect spot for picture taking, planning to capture an amazing moment in a freeze frame. And then I heard the announcement over the loudspeaker "and first up to bat for the Diamondbacks is Ryan!" as a tear slid quietly down my cheek, unnoticed by all but me.

There are so many things in life we take for granted. But having a child that suffers from mental illness brings everything into sharper focus. The everyday, "normal" activities that we hope our children will experience become a trigger for rages or emotional instability, leaving our children feeling separated, isolated and lonely. Our hearts hurt for them and for us, for desires unmet and dreams lost. For many children with mental illness, competitive sports are such an activity.

Our nine year old son, Ryan, would always ask when he could play on a baseball team and cried just as often when the answer was not yet. However, thanks to the Granada Little League, Livermore Rotary, The Olivina and a multitude of volunteers and supporters, his dream, and those of many other children, has come true. These generous people have created an opportunity for our kids all over the Tri-Valley area to play ball on the Little League Challengers teams. Several teams of kids with varying ages and mental and physical disabilities come together every Sunday for a good spirited, heart-warming game of baseball. Every child bats at least twice per inning, no one is out and no score is kept. Each child has a 'buddy' playing with him or her to assist in whatever way is needed. But most importantly, the smiles that shine on every child's face are enough to light up a stadium and to warm even the coolest of hearts.

My husband captured such a picture, Ryan's first hit and the sheer joy beaming from his face. And another tear falls quietly down my cheek . . .

If you know of a child who would like to play on the Little League Challengers or if you would like to enjoy watching a game yourselves, please contact Suzi at (925) 443-1797 or by e-mail at glorios4@comcast.net.

Membership Application NAMI Tri-Valley

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ E-mail _____

- | | |
|---------------------------------------|-------|
| <input type="checkbox"/> General | \$35 |
| <input type="checkbox"/> Consumer | \$15 |
| <input type="checkbox"/> Professional | \$45 |
| <input type="checkbox"/> Century | \$100 |

\$ _____ In Memory Of: _____

\$ _____ In Honor Of: _____

Membership dues are tax deductible. Membership entitles you to receive NAMI Tri-Valley Newsletter "Brainstorm", NAMI California publication "The Connection" and NAMI National "The Advocate".

Send this application form with your check payable to:
NAMI Tri-Valley
P.O. Box 5563
Pleasanton, CA 94566

GENERAL MEETING & SPEAKERS SCHEDULE FOR 2007

July 2 — No meeting

August 6 — Steve Loomis: Special Needs Trusts

September 3 — No meeting

October 1 — Doug Del Paggio, PharmD, MPA:
Director of Alameda County Pharmacy Services

November 5 — To Be Announced

December — No Meeting

FYI . . . for Families & Friends

NAMI Tri-Valley Support Group

Meets 2nd Monday of each month
7:15 p.m. – 9:00 p.m.
Livermore Library
1188 S. Livermore Ave.
Contact: Marsha McInnis 925.980.5331
marsha_mci@comcast.net

NAMI Family Support Group

Meets 4th Monday of each month
7:00 p.m. – 8:30 p.m.
St. Clare's Episcopal Church
3350 Hopyard Rd., Pleasanton
Contact: Russ or Donna White 925.455.6901
russsdonnawhite@comcast.net

FYI . . . for Parents

Parent Resource and Support Group

Meets 1st Tuesday of each month
7:00 p.m. – 9:00 p.m.
Pathways To Wellness
5674 Stoneridge Drive Suite 116, Pleasanton
Contact: Suzi Glorioso 925.443.1797
glorios4@comcast.net

FYI . . . for Consumers

Depression and Bipolar Support Alliance—DBSA Tri-Valley

Meets each Wednesday 7:15-8:45
St. Clare's Episcopal Church
3350 Hopyard Rd., Pleasanton
Contact: Krista Radojevich
trivalleybipolar@hotmail.com

Depression and Bipolar Support Alliance—DBSA Castro Valley

Meets each Friday 7:15-8:45
Eden Hospital Conference Center
Conference Room A, Ground Floor
20103 Lake Chabot Road, Castro Valley
Contact: Jennifer Garrison 925.413.3784
jenn@dbsacastrovalley.org



NAMI is a non-profit, grassroots, self-help, support and advocacy organization of consumers, families, and friends of people with severe mental illnesses, such as schizophrenia, schizoaffective disorder, bipolar disorder, major depressive disorder,

obsessive-compulsive disorder, panic and other severe anxiety disorders, autism and pervasive developmental disorders, attention deficit/hyperactivity disorder, and other severe and persistent mental illnesses that affect the brain.

Brainstorm is published by NAMI Tri-Valley, an affiliate of NAMI National and NAMI California