



SEPT/OCT 2008

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## SUPPORT GROUPS SEPT. AND OCT.

### Fourth Thursday

**September 25, 2008**

**October 23, 2008**

**7:00 pm - 9:00 pm**

The Sanctuary  
9033 Central Avenue  
Capitol Heights, Md  
Thelma Martin, 301-275-3330

### Second Tuesday

**September 9, 2008**

**October 14, 2008**

**6:30-8:30 p.m.**

Colony South Hotel  
7401 Surratts Road  
Clinton, MD  
Mary Heath, 301-856-8221

### Third Wednesday

**September 17, 2008**

**October 15, 2008**

**6:30 am - 8:30 pm**

6178 Oxon Hill Road  
Suite 201  
Oxon Hill, Md  
James E. Jones, 301-894-3042

### Third Monday

**September 15, 2008**

**October 19, 2008**

**10:00 am - Noon**

Hanko Building / In NAMI Office  
8511 Legation Road  
New Carrollton, Md  
Marge Owens, 301-345-1572

*This is a supportive work group that accomplishes the tasks of getting mailings ready while talking about our experiences and listening to each other's challenges and solutions.*

## WORKSHOPS

**SEPT.  
'08**

**CHECK YOUR MAIL  
FOR DETAILS ABOUT THE  
SEPTEMBER PROGRAM.**

**OCT.  
'08**

**CHECK YOUR MAIL  
FOR DETAILS ABOUT THE  
OCTOBER PROGRAM.**

Check your mail for the location of the September and October workshops.

The affiliate is located at the  
**Hanko Building • 8511 Legation Road, New Carrollton, MD 20784**

Directions: Go west on Rte. 450 from the Beltway (495/95). Make a right at 85th Avenue (the New Carrollton Hotel is on the right). Travel on 85th Avenue until it ends. Make a left on to Westbrook Drive. Then take the next right on to Legation Road. The road ends in a parking lot and the Hanko Building is on the right across from a colorful playground.

## THE VICE PRESIDENT'S MESSAGE

*By James E. Jones*

### WE DEPEND ON EACH OTHER

One thing is for certain in the National Alliance on Mental Illness \_ we are family. When the organization was formed nine years ago, it was the family members of consumers who came together to build a supportive community of advocates.

For the past year, our affiliate president, J. Edward Jones, has appealed to our members and the local community to become volunteers for the organization. As he has stressed many times, our affiliate can not succeed without the generous support of volunteers. Why? Because, like a family, we depend on each other.

As I write this column, J. Edward has fallen ill and can not share his thoughts with you in this newsletter. His illness should be a reminder to us all that no one is an island. We are human and each of us is vulnerable. Life happens, and when it does there may be times when we will need the help of another NAMI member.

What kind of help? Someone to drive our mentally ill son to the doctor, or pick up a prescription from the pharmacy. Someone to sit with our mentally ill mother while we run an errand, or someone to prepare an extra plate for dinner. Someone to share information on a new drug, treatment facility, or to pass along the name of a compassionate and competent therapist or lawyer.

Our affiliate is often in need of someone to answer the office phone. An extra pair of hands to help mail flyers or make phone calls to prospective candidates for a consumer or family program. A reliable friend to help organize one of our monthly educational programs. A dedicated advocate who is willing to serve on the Board of Directors, one of our service committees, or to be trained to be a facilitator for a support group.

It is with humility that I stand in for our president as we pray for the return of his health. But I hope during this time we will all reconsider how we can best serve our affiliate and donate our time and skills.

You should know that our organization relies on a small group of conscientious individuals who often go beyond the call of duty to ensure that the affiliate thrives and runs smoothly. If, for any unfortunate reason, one of us falls ill, or has a personal emergency, this group dwindles ever smaller and we must double our efforts to keep going.

But if we had an active list of willing volunteers to call upon, we could continue to operate with confidence and allow others the time they need to take care of personal matters.

Make a personal commitment and become a NAMI volunteer. Just do it. Remember, we are a family. The only people we can depend upon are ourselves.

If you are interested in becoming a volunteer, call the affiliate office at 301-429-0970 or email me at jimjonesFAMU@aol.com

*James E. Jones is vice president of NAMI Prince George's County.*

**THANK YOU FOR JOINING THE AFFILATE AND/OR RENEWING YOUR  
MEMBERSHIP. WE ALSO THANK OUR DONORS. YOUR  
SUPPORT IS GREATLY APPRECIATED.**

## CONSUMER FEATURED IN THE *NEW YORK* *TIMES*

Deanna Green, coordinator of recovery programs at the Howard County affiliate of the National Alliance on Mental Illness, is a source of pride in the NAMI community.

Green was one of nine consumers featured in "Patient Voices," an interactive, multimedia health series focusing on bipolar disorder that was posted on The New York Times Web site in July.

"It has been absolutely phenomenal," said Green, 40, of the response to the multimedia presentation in an interview in early August. She called the media exposure "a victory" in fighting her own "self-stigma" and "the stigma that other mentally ill people have to face."

In the health series, which included video, audio, photography and text, Green told how she is walking the road to recovery after a diagnosis of bipolar disorder in 1997. The feature also told how Green suffered a psychotic break on a major highway before her diagnosis and how she has struggled to find acceptance in her family, community and within herself.

"It is fabulous," said Susan Helsel, executive director of NAMI Howard County. "It is a wonderful contribution to the battle to get people to understand mental illness. We're very proud of Deanna."

The Times series was not the first time Green shared her story with the media. She has appeared in an article about mental illness in The Sun and in various NAMI newsletters on the state and national level.

But the prestige of The Times has garnered Green a sense of "love and good will" from her family, religious community and the NAMI family. "That really makes me happy," she said. "After feeling so unloved and not cared about for so long."

Green, who was hired to work at the Howard County affiliate in 2006, is well-known in NAMI. She is a state trainer for In Our Own Voice and is a national trainer for Peer-To-Peer mentor and NAMI Connections.

At the NAMI national convention in Orlando, FL, in June, Green was recognized as a leader in the Peer-To-Peer program.

Several weeks after the convention, Green received a phone call from NAMI asking if she would like to be featured in a Times project on mental illness and recovery. She agreed.

"I knew it was a big deal, but I didn't have any reservations," Green said, noting that her openness about her diagnosis and recovery are part of her self-acceptance and her refusal to feel ashamed about her medical condition.

Green was photographed by a Times photographer in Centennial Park, site of the annual NAMI Maryland walkathon, and she was also interviewed by a Times staff member.

"People are so ashamed of their mental illness and are in so much pain," said Green, noting she hopes her story will be a step forward for mentally ill people across the country and around the world.

Green is also excited about her participation in the Maryland Consumer Leadership Coalition, part of the Mental Health Transformation Project led by the Office of Consumer Affairs of the Maryland Mental Hygiene Administration. The coalition met in early August to discuss how consumers can be proactive in the transformation of the state's mental health system.

In addition to her work with NAMI, Green is also writing a book. Although she is not quite sure of the topic, she said "self determination and self-esteem" will be a major part of the project. The mother of five adult and teenaged children, and the grandmother of a 6-month-old granddaughter named Saibra, Green, who is

also newly single, said she is in a time of "self-discovery" in her life.

Despite the prominence and influence of The Times, Green said she is not one to seek fame. "It's important to me that I live an authentic life," she said, "and that I'm able to make a positive impact on the life of my peers."

*Lisa R. Rhodes is editor of the affiliate newsletter and its publicity coordinator.*

## ◆ CLINICAL STUDIES POINT TO ADVANCES IN RESEARCH

Several months ago, Dr. Alan Mallinger, unit chief of the Adult Outpatient Clinic in the Mood and Anxiety Disorders Program at the National Institute of Mental Health and his colleague, Libby Jolkovsky, a research psychologist, gave affiliate members an update on several clinical studies at the Institute.

The following is an interview with Dr. Mallinger about his work and the new discoveries that have occurred through the studies.

### 1. What are your responsibilities at National Institute of Mental Health?

I am the Unit Chief of the Adult Outpatient Clinic in the Mood and Anxiety Disorders Program. In this role, I work closely with several research groups investigating depression, bipolar disorder, and post traumatic stress disorder (PTSD).

### 2. How many studies are you conducting and what is the purpose of the studies?

There are two basic types of studies being conducted: 1) treatment studies aimed at finding improved therapeutic options, and 2) studies aimed at understanding more about the causes of these disorders. In terms of treatment studies in the outpatient clinic, we currently have two protocols for unipolar depression, one for bipolar depression, and one for PTSD. In our inpatient unit, we have four proto-

cols for unipolar depression and three for bipolar depression. Another new study for unipolar depression is about to begin, that has both inpatient and outpatient components. Our clinic also supports a number of additional studies aimed at understanding the causes of mood and anxiety disorders, such as imaging and genetic studies; most of these do not offer treatment, although a few do.

**3. How many subjects are involved in the studies?**

Each study has its own specified number of subjects, which can typically range from a dozen or so to approximately 80.

**4. When did the studies begin and when will they conclude?**

Each study is on its own schedule. The oldest currently running project was first approved in 2003, and the newest in 2008. Studies are concluded when sufficient data has been obtained to reach valid scientific conclusions. Typically this takes three to five years.

**5. What have the studies revealed so far in regard to mental illness?**

An inpatient study of acute mania that recently concluded found that a type of drug called a protein kinase C inhibitor can be useful; hopefully this will spur development of new drugs with a similar mechanism. Another study using ketamine suggests biological mechanisms that may be helpful in treating unipolar depression more rapidly; further inpatient studies are underway now to replicate and extend this finding.

**6. What impact, if any, will these preliminary findings have on the treatment of the mentally ill?**

Because these findings are preliminary, they will not affect psychiatric practice outside of the research setting. They define new concepts for how to approach the treatment of mental illness, but much work remains to be done to validate these concepts.

**7. Is there anything about the findings that surprised you?**

If I think back to how we thought about mood disorders 20 or 30 years ago, all of it surprises me. The protein kinase C and ketamine work point to mechanisms possibly involved in the causation of mood disorders that we would not have imagined back then. This work rests on advances in the basic science of brain function, and we have been fortunate to have input from basic research that has guided this work. This is called translational research – taking ideas from the laboratory and applying them in the clinic. Having spent the first half of my career as a laboratory investigator, I'm especially enthusiastic about the possibilities of this approach.

**8. What requirements are necessary for the mentally ill to participate in a clinical study at the Institute?**

We are presently conducting studies with patients having unipolar or bipolar depression, and those with PTSD.

**9. Is there a present need for participants?**

Yes, absolutely. We do have very specific criteria that guide who may be included in studies, to keep the science rigorous and to safeguard against exposing people to unnecessary or unacceptable risks. Therefore, not every patient who presents for evaluation will be appropriate for study participation.

**10. What do you hope these studies will accomplish in regard to the diagnosis and treatment of the mentally ill?**

We hope our work will eventually lead to better treatments, especially for individuals who are not benefiting sufficiently from the presently available treatments. Such treatments would hopefully be more specifically targeted, for example, based on an individual's genetic characteristics, or specific alterations of brain structure or function.

**11. Who are the members of your research team and what do they do?**

A fairly wide cast of professionals are involved. This includes scientists who generate and test some of the important

ideas, physicians who carry out the patient care needed to evaluate treatments, nurses, psychologists, and social workers who support both clinical care and research procedures, and a variety of research assistants and technicians. It is a large and complex undertaking, and the NIH is one of the few places in the world where so much of it can be done on a single campus – and I say that from the perspective of a person who came here after spending most of my career at one of the larger research universities in the country.

**12. Do you know anyone personally who is mentally ill? If so, what has your relationship with them taught you about mental illness?**

I think most people in the mental health field have some personal or family experience with mental illness, and I count myself among them. That experience has taught me more than I can recount here but perhaps most importantly that we are all in this together.

*Editor's note: For more information on these clinical studies or how to participate in a clinical trial, contact Libby Jolkovsky at 1-877-MIND-NIH| 1-877-646-3644 (TTY: 1-866-411-1010) or go to <http://patientinfo.nimh.nih.gov>.*

**AN EXCELLENT READ...**

The affiliate recommends "Hope's Boy: A Memoir," the *New York Times* bestseller by Andrew Bridge.

The memoir tells of Bridge's birth to a teenage mother who succumbs to mental illness under the weight of isolation and poverty. Bridge is eventually taken from his mother by police and spends a tumultuous decade in foster care in California.

Despite these hardships, Bridge goes on to graduate from Harvard Law School and is now a children's rights lawyer. The book has been praised for its honest portrayal of the foster care system and for the author's tender and steadfast love for his mother.

# NAMI - PG BULLETIN BOARD

*NAMI Prince George's County is a not-for-profit, self-help organization searching for a better understanding of mental illness and better techniques to cope with everyday problems. We are an advocacy group working toward the better services to which people with mental illnesses are entitled.*

**We offer: mutual support, understanding, advocacy, encouragement, information, and education.**



**NAMI Prince George's County** is the local affiliate of:  
NAMI-Maryland 410-467-7100 or 1-800-467-0075 and the National Alliance on Mental Illness 703-524-7600 or 1-800-950-NAMI, the national Helpline.  
NAMI MD e-mail: [namimd@nami.org](mailto:namimd@nami.org) • WEBSITE: [www.md.nami.org](http://www.md.nami.org)

## To contact

### NAMI Prince George's County:

Write:

P.O. Box 959,  
Greenbelt, MD 20768  
or call 301-429-0970  
[board.namipgcmd@verizon.net](mailto:board.namipgcmd@verizon.net)

*Please Remember  
Nami-Prince  
George's County  
in Your Will*

## NAMI Prince George's Board

**J. Edward Jones**  
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VICE PRESIDENT

**Mary Ellen Moran**  
TREASURER

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**Susan Gervasi**

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**Hassan Sabree**



Board meetings are open  
to all members.

Board meetings will be the first  
Thursday of every month  
September 4 and October 7.



**Hanko Building**  
8511 Legation Road  
New Carrollton, MD  
7:30-9:30 pm



## To Place an Ad in the NAMI Prince George's County Newsletter

The following rates apply for every  
3 1/2" x 2" size business card ad:

12 months @ \$30 = \$360 - 20% discount for full payment = \$288.00

9 months @ \$30 = \$270 - 15% discount for full payment = \$229.50

6 months @ \$30 = \$180 - 10% discount for full payment = \$162.00

3 months @ \$30 = \$90 + one month free for full payment

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One-fourth page ads are \$55 with same discounts as above.

*All ad costs are tax deductible.*

For further information, call J. Edward Jones at 301-292-6674.

*The cost of publishing and distributing this Newsletter was paid for by a grant from the Prince George's County Department of Family Services. Any opinions, findings, and/or conclusions do not necessarily reflect the views of the State, the County, and/or the Department of Family Services.*

# WE'RE HERE TO HELP.

## NAMI Prince George's County

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**If you are no longer interested  
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please call our office  
and leave a message  
letting us know.**

## MEMBERSHIP APPLICATION

### NAMI Prince George's County

I would like to join/renew membership in NAMI Prince George's County. My check/money order, payable to NAMI Prince George's County, is enclosed. Membership includes NAMI National, NAMI Maryland, and NAMI Prince George's County.

New Member or  Renewal

*Type of Membership (Select one of the following):*

\$35 Individual/Family/Organization  \$3 Open Door

Enclosed is my tax deductible membership fee of: \$ \_\_\_\_\_

I have also enclosed an additional tax deductible contribution of: \$ \_\_\_\_\_

I would like this additional contribution to go to:

NAMI Prince George's

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone Home: ( ) \_\_\_\_\_ Work: ( ) \_\_\_\_\_

E-mail \_\_\_\_\_

Mail to: NAMI-Prince George's County, MD, Attn: Membership Committee  
Post Office Box 959, Greenbelt, MD 20768-0959