



Executive Board

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President's Message:

I would like to write about thanks giving this month. We so often hear the words, but do we really practice them. What I mean, do we live with an attitude of gratitude. For those of us with a diagnosed mental illness, we find it hard to do this. We so often wallow in our troubles and think that we have nothing to be grateful for. When in actuality, if we think really hard, we can find many things to be thankful for, i.e.:

- A roof over our head
- Food to eat
- Safety from harm
- Clothes to wear

We, with a mental health disability, so often focus on our health and well-being, when in fact the above factors are the most important. Don't we all have a roof over our head with shelter from the elements, somewhere to sleep, some food to keep from starving, safety from bodily harm, and some type of clothes to cover our naked bodies. These are the most basic needs of life. So often we think of our desires and wants, not needs. We set our sights on the health and freedom from a mental illness in life, not the things we require to live.

I am not saying that our diagnoses are trivial, but that they are not dealing with the necessities of life. All too much we get caught up in wanting to live our life like "a normal individual" as if, there is a normal outside of a "setting on the dryer."

In this season of the year, let's learn to focus more on the things that we have and are grateful for and rather blessed to live within the United States.

Bonnie Wilson

NAMI Coeur d'Alene President

"Make no mistake, there is a ripple effect when someone develops a mental illness—family, friends, and coworkers are all impacted in different ways."

Dr. Nasreen Khatri, a Toronto, Canada researcher and registered clinical psychologist, on the "trickle-down effects" of depression.

Inside This Issue	
President's Message	1
Medications for Psychosis	2
Next Education/Support	3
Weekly support groups	3
Coping with Schizophrenia	3
Tiny molecule	3

**GIVE
THANKS**
 FAMILY • FRIENDS • GRATITUDE

Medications for Psychosis

Medication for schizophrenia and schizoaffective disorder can greatly reduce symptoms associated with these disorders. However, not everyone responds to each drug the same way, and developing a treatment plan needs to happen with a trusted medical professional trained specifically in the treatment of mental disorders.

Medication used for the treatment of schizophrenia and schizoaffective disorder are based on clinical research and experience, and are chosen and tested based on their ability to reduce the symptoms associated with schizophrenia and reduce the chances of their return.

When talking about medication options for schizophrenia and schizoaffective disorder, it's useful to separate and define the two disorders, since they may each require different types of medication and treatment depending on the individual.

Schizoaffective disorder differs from schizophrenia since it has symptoms that resemble both schizophrenia and serious mood disorders, such as bipolar or depression. It is a disorder that displays common symptoms of schizophrenia along with significant mood disturbances.

These are severe, chronic brain disorders affecting over one percent of the population. They are characterized by the presence of both positive, negative, and cognitive symptoms.

Symptoms

Positive symptoms may include: hallucinations (hearing, seeing, feeling, smelling things which aren't there); delusions (false beliefs); thought disorders (disorganized or dysfunctional thoughts); and movement disorders (agitated or repetitive movements, catatonia).

Negative symptoms may include: flat affect, lack of pleasure in daily life, lack of ability to begin and/or carry out planned activities, lack of speech even when prompted.

Cognitive symptoms may include: poor understanding and use of information, difficulty focusing, and problems with working memory.

These symptoms often cause significant emotional stress in sufferers of schizophrenia and make daily functioning very difficult. Schizophrenia is treated with antipsychotics (medication specifically designed to address the symptoms of psychosis listed above).

Antipsychotics work by affective neurotransmitters and allowing better communication between nerve cells. Generally, antipsychotics are administered in the form of pills to swallow or liquids to drink, though some also come as injectables that are given 1-2 times per month.

It is important to know that different people respond differently to medications, and one antipsychotic medication may work for one person, and not work for another. It's not uncommon for people to have to try multiple medication before finding one that works for them.

In addition to finding a drug treatment plan that works for individuals, the support of friends, family, and others is very helpful for people treating their schizophrenia or schizoaffective disorder. A support network that emphasizes empathy and a non-judgmental approach can greatly help individuals to cope and improve areas in their lives like communication, motivation, self-care, and maintaining and establishing relationships.

Many treatment options combine medication with other types of treatments such as self-help groups (like the weekly support groups listed on page 3), family education (like the family to family course), and individual psychotherapy.

By Lindsay Ulrich

NAMI Coeur d'Alene's next Monthly Education & Support Meeting is December 9, 2014

EVERYONE IS ALWAYS WELCOME!!

NAMI Coeur d'Alene meets the **2nd Tuesday** of every month (except July and August) from 7:00 to 9:00 PM at the ACES Community Services building located at **410 E Harrison Street off of Fourth Ave.**

(This is directly across the street from Goodwill Industries and behind Boller's Automotive)

*****Remember we have returned to having the special speaker during the first hour, breaking for coffee and cookies, then splitting up into a**

family support group and a support group for those with a mental illness***

Weekly Support Groups

- **Mental Health Support Group (formerly know as the Depression and Bipolar Group)** (*Open to those living with **any** mental illness, as well as, **family, or friends***) Every Wednesday 7:00-8:30 PM
Information (208) (208) 416-1991. Located at Kootenai Health classrooms.
- **NAMI Connection Support Group (Specific for ONLY those living with any mental illness)** Every Thursday 6:30-8:00 PM. Information (208) 691-9674. Located at the United Way Conference Room 501 Lakeside Downtown CDA.
- **Dual Diagnosis Support Group (Specific for ONLY those living with mental illness AND also dealing with a substance abuse)** Every Friday 6:30-7:30 PM Information Ron L. R. at (208) 773-2146. Located at the United Way Conference Room-501 Lakeside Downtown CDA.

“What then does schizophrenia mean to me? It means fatigue and confusion, it means trying to separate every experience into the real and the unreal and not sometimes being aware of where the edges overlap. It means trying to think straight when there is a maze of experiences getting in the way, and when thoughts are continually being sucked out of your head so that you become embarrassed to speak at meetings. It means feeling sometimes that you are inside your head and visualizing yourself walking over your brain, or watching another person wearing your clothes and carrying out actions as you think them. It means knowing that you are continually ‘watched,’ that you can never succeed in life because the laws are all against you and knowing that your ultimate destruction is never far away.”

Patient with schizophrenia, quoted in Henry R. Rollin,

Coping with Schizophrenia

Tiny molecule plays an important role in regulating serotonin

June 19, 2014—Rehovot, Israel—Researchers have discovered the “fingerprints” of a tiny molecule that acts on serotonin-producing nerve cells, something they say could lead to new ways to diagnose and treat mental illnesses such as depression and anxiety.

Israel researchers said they succeeded in identifying a connection between a specific type of microRNA molecule known as miR135 and two proteins that play a key role in production and regulation of serotonin, which is involved in depression and anxiety disorders when it's off-balance.

Levels miR135 rise when antidepressants are introduced, and adequate levels of miR135 are associated with a healthy stress response. The researchers said miR135 could have potential as a blood test for depression and related disorders, and as a future treatment.

The study, which appeared in the journal *Neuron* online ahead of print, was entitled “MicroRNA 135 is essential for chronic stress resiliency, antidepressant efficacy, and intact serotonergic activity.”

NAMI (National Alliance on Mental Illness) is the nation’s largest grassroots mental health organization dedicated to improving the lives of persons living with serious mental illness and their families. Founded in 1979, NAMI has become the voice on mental illness with over 1,100 chapters across the country. People across the country join together to meet the NAMI mission, *that of improving the quality of life for those living with mental illness and providing support to their families and friends* through advocacy, research, and education.

NAMI Coeur d’Alene meets the 2nd Tuesday of every month (except July and August) from 7:00 to 9:00 PM at ACES Community Services 410 E. Harrison (Directly across from Goodwill Industries on 4th).

Check it out! NAMI Coeur d’Alene Website:
www.namicoeurdalene.org

NAMI National Website: www.nami.org

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H.E.L.P. Center (201 E. Harrison) Tues 1-4 PM & Th 1-4 PM

(208) 664-3095 ext. 324



NAMI CdA’s programs are made possible through generous donations from:

ACES Community Services, Cancer Community Charities (3 C’s), Coeur d’Alene Kiwanis, Idaho Community Foundation and their McAvoy Fund, Minute Printing, Nelson Family Foundation, Peg & Rick Young Family Foundation, Post Falls Rotary, St. Vincent dePaul Help Center, Women’s Gift Alliance designated funds, and private individuals.

VOLUME 7

ISSUE 5



I want to become a member of NAMI Coeur d’Alene:

Membership Fee Enclosed:

_____ \$35.00 per year for Families, Individuals and Professional

_____ \$3.00 per year Open Door (full membership for individuals/families with limited income)

_____ Donation (tax deductible)

Name: _____

Address: _____

City: _____ **State:** _____ **Zip:** _____

Phone: _____ **Email:** _____

(Please print)

Fill out this form, make checks payable to NAMI Coeur d’Alene, and mail to:

NAMI Coeur d’Alene P.O. Box 1082 Coeur d’Alene, ID 83816

If you would like to pay by credit card you may join by going on-line at: www.nami.org

Joining qualifies you to membership in NAMI National, NAMI Idaho, as well as NAMI Coeur d’Alene. You will receive the NAMI National Advocate magazine in the mail, which is published quarterly.