

California Families STATE-MENT



Newsletter of California Alliance for the Mentally Ill
Formerly California Association, Families of the Mentally Disabled

5820 Yorkshire Avenue, La Mesa, California 92041; Telephone: 714/463-3672
Helen G. Teisher, Editor

FEBRUARY, 1983



GET YOUR NAME IN THE POT!

CAMI conferences are known for stimulating work, important learning, and warm fellowship. We've had some GREAT ones. A beautiful thing keeps happening - each one seems better than the last. All have been worth every penny spent - every ounce of energy invested.

VISALIA SPRING CONFERENCE, March 25 and 26, 1983 promises to not only uphold all the traditions of quality activity but offers EXCITING INNOVATIONS as well.

We will have longer board meetings so more work of the organization can be accomplished; we will have PRIME TIME BUSINESS MEETING so that we will not be rushing through at the last minute doing a slipshod job of the most important business of the conference: business decisions, resolutions which will convey to the community at large and the decision-makers what we stand for and what we expect for our relatives' benefit.

We will have WORKING COMMITTEE MEETINGS AND WORKSHOPS on important topics led by experts in these areas. For example, (and only for example because there will be more) Grace McDaniel, Office Manager of the Sacramento Office, Fran Hoffman and Liz Shaw will lead a workshop on effective advocacy with the legislature through various means of communication.

Our Vice-President, Jack Oppenheimer, Esq., and Maurice Greenwald, Esq., will lead a workshop on "Compliance with Governmental Regulations and Requirements for Non-Profit Organizations and Corporations."

Another workshop will be led by Leo O'Hearn, Don Richardson, Co-Chair of the CAMI Legislative Action Committee, and Lou Matthews. Their presentation will be on "Creative Uses of Unused Hospital Property for the Benefit of Mentally Ill Persons."

Aileen Jennings will address her topic of "Facility Visitation Teams," and Jeanne Kellogg will attempt to enlarge your interest and participation in Family Networking.

See the March issue of the Statement for further information about other workshops.

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Our Friday after dinner program will be a panel presentation by leaders in the religious community of Visalia-Fresno-San Joaquin area. We will learn of their involvement with services to the mentally ill, and gain suggestions of how we can cooperate with religious leaders in our own communities to serve our own people better.

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REGISTRATION FORM & AGENDA ON PAGE 7



A statewide advocacy group of families, friends, consumers, and professionals dedicated to the care, treatment, rehabilitation and cure of persons with mental illness.

AFFILIATED WITH THE NATIONAL ALLIANCE FOR THE MENTALLY ILL

— That Quiet, Ghastly Tragedy

"Can'st thou not minister to a mind diseased,
Pluck from the memory a rooted sorrow,
Raze out the written troubles of the brain,
And with some sweet oblivious antidote
Cleanse the stuffed bosom of that perilous stuff
Which weighs upon the heart?"

-- William Shakespeare

In the early nineteenth century the physicians and psychologists began to replace the term "dementia praecox" with the term "schizophrenia." No matter what the name, the concept has been that mental disorders come in many forms, all unfortunate, some more hopeless than others. In order to be able to communicate at all about the disorders, names and common terms must be used, despite the negative connotations which have developed around any name used.

No matter what the name, the disease remains as baffling now as it ever was - a disorganization of thought and unsettling emotional flatness, often accompanied in its acute phases by florid psychotic symptoms - delusions, hallucinations, catatonia. The illness can best be described as a disorganization of personality. Often beginning in early adulthood, or before, the condition can continue through life, and may end with complete social withdrawal. Sometimes, without explanation, the disorder may vanish as quickly as it came.

Although many renowned scholars have tried to sort out the schizophrenias and to identify their causes and cures, their efforts have been unsuccessful. Mental illness continues to afflict 1 of 100 people worldwide. Some scientists are still hopeful, believing that the little bits of evidence, a few clues about cognition, chemistry and physiology will one day fall in place solving the puzzle.

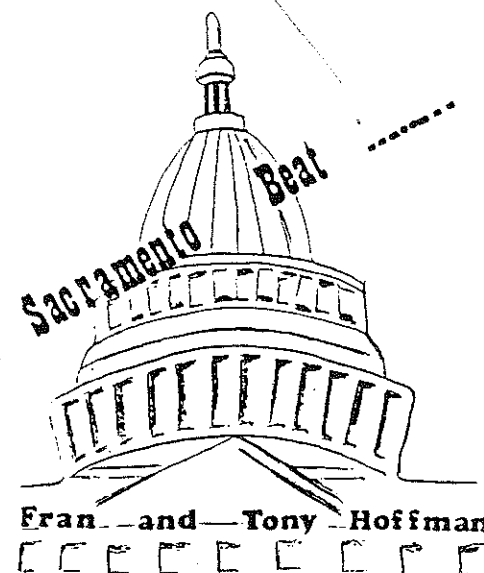
The schizophrenic brain has always been the focus of most of the research. The brain, however is almost impossible to study in its working stages. How can this inaccessible organ be observed, measured and its dysfunction pinpointed? Once dead, the brain is useless in studying any functional brain disorder.

Fashions in schizophrenic research have come and gone. From Kraepelin's time around 1896 into the 1930's the popular theory was that schizophrenia was a metabolic disease in which toxic substances coursed through the bloodstream damaging the cortex. Everything that could conceivably be measured was measured: carbohydrate metabolism, blood circulation, heat regulation, heart size, muscle fatigue, iodine in the brain, protein in the spinal fluid. Body types, organ disorders, endocrinological systems, tooth decay were some of the things studied and found not to be the cause of schizophrenia.

In the 1940's important work was done concerning motivation, thought processes, reflexes, cooperation, competition, and most notably - REACTION TIME. It was found that many irrelevant or fleeting thoughts intrude upon the consciousness of schizophrenics and interfere with their focus and attention. (Note: Drs. Braff and Saccuzzi have both presented records of their work in this area to the membership of San Diego Alliance for the Mentally Ill.)

Neuroleptic drugs has been the only real breakthrough in treatment. These drugs reduce the level of dopamine, a neurochemical transmitter in the brain, and in so doing markedly reduce or remove psychotic symptoms, but, of course, they do not cure. Even these drugs and the theory of dopamine over-production is now coming under attack. Many, many complexities in the study of schizophrenia challenge the scientists as they continue their search for answers.

(For further reading on this subject see: "Schizophrenia: From Adolescent Insanity to Dopamine Disease", Wray Herbert, in SCIENCE NEWS 60, March 13, 1982, pp 173-75.



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2/12/83

As of this date the state budget problems remain unsolved. The following from the San Francisco Chronicle, 2/12/83, SACRAMENTO SCENE by Ann Bancroft, best describes the situation:

With California's depressing financial status and the threat of state-issued IOUs dragging on as the only story in town for weeks, Capitol regulars are resorting to rather desperate attempts at humor.

When Republican Deukmejian announced his intention to take his fiscal case to the people via statewide television this week, and Democratic Senate President David Roberti promised an antagonistic response, political observers immediately came up with a name for the show: "The Winds of Warrants."

A staffer in the office of Assembly Republican Leader Robert Naylor, meanwhile, busied himself with the creation of a song-and dance scenario titled the "Rollover Trigger Boogie" to be performed by a local combo called "Duke and the IOUs."

"The band includes lead singer Duke Armenian, Bobby Naylor beating on Drums, Willie Brown on Taxophone, Davey Roberti pulling strings, and (Senate Republican Leader) Billy Campbell tooting his own horn," according to a memo distributed throughout the Capitol.

"The dancer first shuffles his feet for a long time, does a shortfall with no net, bails out with the right foot, kicks, and then does the 'up and back,'" the dance instructions noted.

AB 929

The pilot program which provides for physical exams for mental patients was initially denied the necessary waiver to permit startup. However, an appeal has been made. If the appeal is unsuccessful, we will then ask members to contact legislators regarding the importance of this program.

An article, "Psychiatric Misdiagnosis" in Psychology Today, 2/83, quotes Dr. Robert Hoffman, a psychiatrist at the University of California School of Medicine in San Francisco, saying that there may be only a 60% chance that a doctor who sends a patient to a mental hospital will supply the institution with an accurate diagnosis.

Hoffman studied 215 patients referred to the psychiatric clinic of a major teaching hospital by private physicians and psychiatrists, many of them on the hospital's staff. Thorough medical, neurological, and psychiatric examinations revealed that 41% of the patients had been misdiagnosed in ways that could make an important difference in treatment.

Summary of AB 3231 Study

The Assembly Office of Research released a summary of their study seeking to clarify and simplify state and county responsibilities for human service programs. The following are references made to mental health:

"Utilize program grants (modified Block Grants) for human service programs where state financing and county administration are preferred."

Short-term Recommendations:

1. Recommend counties be given greater discretion over local property taxes by removing existing laws that mandate counties to pay for or share in costs of federal and state programs including:

\$62 million in county costs for mental health, alcohol and drug abuse programs.

2. Recommend that \$10 million in unnecessary, duplicative and costly administrative procedures be eliminated through the use of state program grants giving counties greater discretion in the administration of the following programs: Mental health, alcohol, and drug abuse.

A bill will be introduced by Assemblyman Farr which will be based on the recommendations in this report.

Bills Introduced

We have attempted to follow up on some of the bills reported on in the last issue of STATEMENT.

SB 141 (Roberti) Would replace plea of "Not guilty by reason of insanity" with plea of "guilty but insane."

In a discussion with staff of the Committee for Penal Reform, the group sponsoring the bill, we were told that only those who "did not know right from wrong, and did not understand the nature and quality of the act" could be considered legally insane under this bill. The person committing the felony would be in custody of the Dept. of Corrections and after 30 days would be sent to the Director of Mental Health for treatment. When sanity is restored the person will be sent to Corrections to serve out the remainder of his/her term, or be paroled.

The bill states that "a person's sanity is restored when the person no longer has the mental disease, defect, or disorder which has caused the insanity."

We question whether the expertise exists to make the decision as to sanity being restored. We are also concerned regarding those patients who may be considered "cured" who are sent to prison and then have a relapse.

An analysis of the bill has not yet been prepared. We presented a copy of the CAMI resolution, adopted October 22, 1983.

AB 228 (Young) Would sell state owned land declared to be surplus, at Metropolitan State Hospital.

Following the long standing CAMI policy of objecting to sale of state hospital land, we contacted the author's administrative aid to state our position. This party seemed very irritated, saying, "We have worked on this for years and now a group nobody has ever heard of comes along objecting to it." Let's make sure that all our legislators hear from CAMI!

AB 36X (Leonard) CAMI members did it again! By contacting your legislators, you helped to delete the section of this bill which would have given the Governor the power to cut mental health funds without going to the Legislature.

AB 9 (Leonard) Would disqualify from voting any person a court has found unable to understand criminal proceedings due to a mental disorder or developmental disability. Courts must notify county clerk of disqualification

and of restoring right to vote.

ACA 5 (Leonard) Currently, persons who are mentally incompetent, imprisoned, or felons, on parole, cannot vote. ACA 5 would amend the constitution (after voter approval) to deny the vote to anyone convicted of a felony and judicially ordered to a state, public or private mental health facility.

AB 295 (Leonard) Deletes the plea of "guilty by reason of insanity" and substitutes procedures related to defense on "grounds of insanity." The defendant shall have burden of proof of insanity.

ACR 19 (Papan) Would create a joint commission on Medi-Cal oversight for purpose of monitoring implementation and impact of various provisions of law regarding Medi-Cal programs.

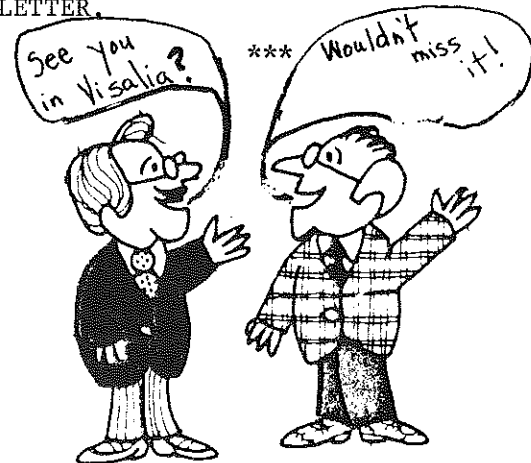
SB 162 (Watson) Would allow release of information to a qualified person for purpose of genetic counseling upon request of relative of patient.

SB 246 (Keene) Reduces from 180 days to 90 days confinement of persons who had made a substantial threat of physical harm upon another person which, at least in part, resulted in his/her arrest and who presents as a result of mental disorder, a demonstrated danger of substantial physical harm to others.

SCR 6 (Watson) Would declare 1983 be the California Year of the Disabled to increase awareness of the public that disabled can be and are productive members of society.

SCR 6 (Bradley) Would establish a state lottery - proceeds to fund Medi-Cal program.

AFFILIATES: PLEASE PUT THE SACRAMENTO OFFICE OF CAMI ON THE MAILING LIST FOR YOUR NEWSLETTER.



The Future Depends On Strength and Unity

Friends, there'll never be a free lunch. Telling the voters what they want to hear is a good way to get elected but a poor way to run a government.

We're in trouble in Washington, DC, and in Sacramento because Reagan and Deukmejian made campaign promises they can't fulfill.

Reagan told us he would cut taxes, increase defense spending and cut domestic spending and balance the budget. Now he's in trouble because of record budget deficits.

Deukmejian told the people he would never raise taxes - a promise he has not totally succeeded in keeping.

The lesson to learn: don't buy any too-good promises any more than you listen to any scheme that seems too good to be true.

Friends, another point to keep in mind - there will never be any free lunch for us in the advocacy business either.

The dedicated volunteer workers who are taking our story to the halls of the legislature can't do it alone. None of us have the means, nor the energy, nor the time, nor the "soul" to carry out the work of CAMI without the help and support of every member of CAMI.

We ask you again to do your part to keep this struggle going. We need your financial support, your interest and cooperation to accomplish the work we know must be done in the interest of our loved mentally ill relatives and their friends.

WE HAVE NO CHOICE. WE MUST CONTINUE OUR WORK SO THAT THE GENERAL PUBLIC AND THE LEGISLATORS WILL KNOW WHAT MUST BE DONE FOR OUR PEOPLE.

- * Their everyday living conditions can and must be improved.
- * Their care and treatment can and must be upgraded.
- * Fundamental and advanced research must be funded so that an end can come to the prevalence of this dreaded condition.
- * Rejecting communities can and must be educated as to the true nature of our loved ones. Acceptance of them must replace the rejection.
- * Their ability to function at their own level in the community must be fostered and abetted by all society.
- * The whole society must be made aware of their needs, and their potential and places must be established for their opportunities to become contributing members of their community.

With an increased and dedicated membership we can exert social and political pressure in the right way and in the right places so that these changes can be effected. JOIN US! YOU'LL FEEL BETTER!

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"When you join our organization, you are helping your relative or friend, and all others who are victims of mental illness. These handicapped people, rejected by society, forgotten, cursed, stigmatized, living in oblivion in many cases, need us to advocate for their benefit. They are members of our society who need help and a chance just as all other members of this society need and deserve help."

--AMI, Norwalk (Metropolitan)

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Please mail contributions and pledges:

CAMI OFFICE/ Nelson Thompson, Treasurer
1818 H Street
Sacramento, CA 95814

All donations are tax-exempt. Your check will be your receipt. All fellow advocates in CAMI thank you.



You'll Love This

The Legal Aid Society of San Diego, happy in being able to report some good news about the more benign regulations concerning SSI/SSDI reevaluations and reviews, now turns to another serious problem affecting our relatives who receive this aid from the government.

We speak of the Social Security Administration's new overpayment policy. Some of the collection techniques suggested for use by SSA personnel are threatening, intimidating, and grossly insensitive, if not actually illegal.

The Legal Aid Society in San Diego is looking for more individual horror stories. They want the most dramatic stories possible to show what this program is doing to people.

If any of you know of any overpayment cases which have caused particular pain or injustice please send details to the editor of STATE-MENT, and they will be forwarded to the San Diego Legal Aid Society. They are especially interested in any case where someone has been harrassed or threatened, in person, in writing, or over the telephone. They also are interested in uncovering cases of hardship which have resulted from the collection of "overpayments."

We strongly urge you to become acquainted with the Legal Aid Society in your own locality, and offer to help in their work. The San Diego Legal Aid Society has been helpful to many of our people here.

--Helen G. Teisher

It is traditional that at the start of the NEW YEAR we all want to take stock, to look back over the year and assess our progress, speak of our accomplishments so that we may have the courage and the interest to continue.

In reading some of the newsletters which come to me I have found some great examples of this kind of inventory and expression of hope for the future. I share with you one of those inspiring messages from Sheila Martinsen of Alameda Family Group of MHA.

"It is a time to look back and a time to look ahead. We started out with a lot of ambiguous notions. We have accomplished many of them. We have gotten out to a great number of people the message that they are not alone. We have vastly increased their

CAMI TREASURER'S REPORT, JANUARY, 1983

Balance 12-31-81 \$ 5,036.48

Receipts

Donations \$13,374.63
Pledges 18,524.50
Dues 1,060.00
Interest 670.08

Total Income, 1982 33,629.21
\$ 38,665.69

Expenses: 5,700.00

STATE-MENT 5,700/00
Office supplies 413.64
Postage 123.50
L A C 2,379.12
Payroll 1,895.87
Franchise Tax 12.50
Employment DD 61.10
Conference 65.47
Bank Charges 32.22
Travel 3,732.46
Rent 1,951.74
Telephone 912.42
Answering Srv. 559.25
Utilities 103.54
NAMI dues 44.00
Review Team 82.90

Total 18,069.73 Bal. \$20,595.96

knowledge of the nature, causes, and treatment of the major mental illnesses, and of the system that serves or does not serve our mentally ill relatives. We have, to a measurable extent, changed that system's view of us. No longer are we, in quite so many cases, chastised or ignored by the professionals. No longer are we so often looked upon as manipulating ogres who, having caused the illness in the first place, can't leave the pros alone to carry on their work in blessed, but artificial, isolation.

Rather, we are more and more being seen as allies in the battle for the successful survival of the patient, as a useful interface with the community for social acceptance and monetary support of programs and treatment facilities."

CONFERENCE INFORMATION

ADVOCATES UNITED FOR A MEANINGFUL FUTURE

CALIFORNIA ALLIANCE FOR THE MENTALLY ILL
HOLIDAY INN AT THE AIRPORT, VISALIA

FRIDAY, MARCH 25, 1983

8:00 - 9:00 REGISTRATION, SAN MARCOS ROOM, OPENING REMARKS

9:00 OPEN BOARD MEETING

11:15 "RESOURCES FOR THE MENTALLY ILL: WHAT WE HAVE AND WHAT WE NEED"
Charles Douglas, L.C. S.W., Program Manager of Continuing Care and Case Management Services, Kings View Community Services

12:00 LUNCHEON SERVED .. MONTEREY ROOM

1:00 SPEAKER: Ralph G. Victor, M. D., Medical Director of Fresno Community Hospital Mental Health Center and Clinical Professor of Psychiatry, U. C. San Francisco

2:00 SPEAKER: Al Urner, PhD., Project Director, Mental Health Administration Project, ENKI Research Systems

2:30 WORKING COMMITTEES/WORKSHOP MEETINGS AND REPORTS

4:00 "EFFECTIVE COMMUNICATION SKILLS AND SOCIAL SUPPORT: TWO APPROACHES TO REDUCE STRESS IN FAMILIES"
Cecile Currier, L. C. S. W., Director of Mental Health Services, Fresno Community Hospital

5:00 ADJOURN

6:15 DINNER SERVED .. LOS PADRES ROOM .. MUSIC

7:00 PANEL DISCUSSION
Five representatives of the religious community also involved in services to the mentally ill "FAMILIES AND THE RELIGIOUS COMMUNITY WORKING TOGETHER IN THE SERVICE OF ALL OF GOD'S CHILDREN."

SLIDE PRESENTATION: FERGER THOMAS FRIENDSHIP CLUB, Chuck Whitthoft, Director

SATURDAY, MARCH 26, 1983

8:30 REGISTRATION .. SAN MARCOS ROOM
WELCOME: LORI MANGINI, TULARE COUNTY SUPERVISOR

9:00 PRIME TIME BUSINESS MEETING

10:40 JAY MAHLER, CITIZEN'S ADVISORY COUNCIL

11:00 SPEAKER: Timothy Flynn, Esq., Public Justice Foundation (since 1979 involved in litigation aimed at keeping the mentally ill out of jails, or failing that to at least provide a therapeutic setting)

12:00 LUNCHEON SERVED .. MONTEREY ROOM

1:00 SPEAKERS:
Richard C. Huemer, M. D., President of the Orthomolecular Medical Society

Barbara Lundeen, Ph D. (biochemistry)
"The Biochemical Approach to Optimal Mental Wellness"

2:00 "MEDI-CAL: WHAT CAN THE PATIENT AND THE FAMILY COUNT ON NOW/IN THE FUTURE?"
Lyman Lum, Medical Regional Office, Sacramento

3:00 WRAP-UP/NEW BUSINESS
Action recommended by the committees for the good of the organization
Resolutions growing out of the work of the conference

5:00 ADJOURN

As a member of CAMI, YOU are needed at our Spring Conference on Friday and Saturday, March 25 and 26. These days were carefully planned to involve all of us in the decision-making process of the organization and to evaluate its progress, and to give us all the opportunity to plan for its stronger future. There will also be opportunities to learn from speakers representing various positions of relevance to us and our work. We will all walk away with new skills, new plans AND renewed spirits. PLEASE CARE...AND COME!

CHECKS TO: FAMILIES AND FRIENDS OF MD, TULARE COUNTY % EMILY THEISS
1325 W. CENTER STREET, VISALIA, CA 93291

CALIFORNIA ALLIANCE FOR THE MENTALLY ILL - SPRING CONFERENCE, VISALIA, MARCH 25 & 26, 1983

I wish _____ reservation (s) to the March 25 & 26 C.A. M. I. Spring Conference

NAME _____ AFFILIATE _____ Phone _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

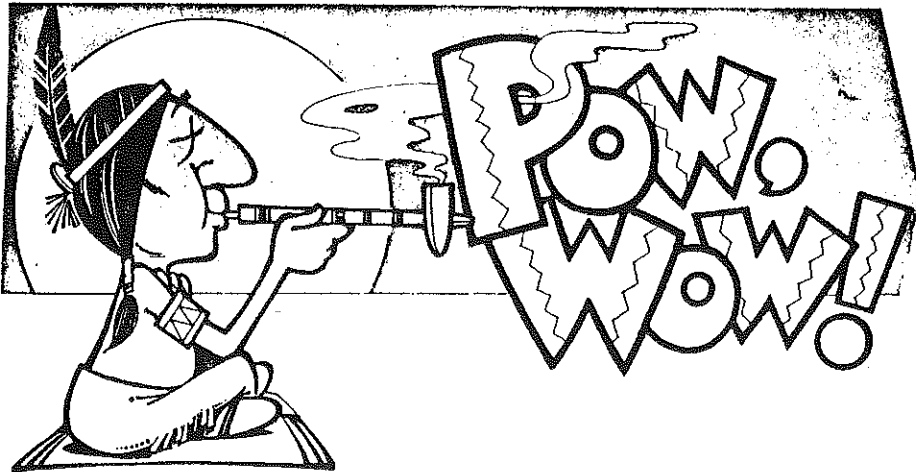
COMPLETE: FRIDAY AND SATURDAY REGISTRATION, FRIDAY AND SATURDAY LUNCHEONS,
FRIDAY DINNER \$40.00

*PARTIAL: REGISTRATION EACH DAY..... 5.00
EACH LUNCHEON..... 7.00
FRIDAY DINNER..... 15.00

tax and tip included
*Limited seating available in coffee shop

Non-Profit Org.
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PERMIT NO. 543

5820 Yorkshire Avenue
La Mesa, CA 92041



SEE PAGES 1 and 7 FOR INFORMATION ABOUT THE

GREAT GATHERING OF THE TRIBES OF CAMI!!!!!!

VISALIA HOLIDAY INN AT THE AIRPORT - MARCH 25 and 26, 1983