

STEPPING STONE

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How do you go about getting mental health help for an adult that refuses treatment?

*The preceding question and answers offered are about getting help for someone who is resistant to any kind of treatment. This may be the ultimate concern for families and friends. In NAMI's signature education program, **Family to Family**, the issue always comes up. Stepping Stone looks at an Internet blog about relationships showing how complex it can be to even define the problem. The answers presented are really more questions. What would your answer be?*

Answer: There isn't much you can do. You can't legally force someone to get treatment, unless you can prove they are incompetent, or that they are a danger to themselves or others. (There may be other circumstances but I'm not aware of them.) And laws probably vary from state to state. If their condition is not that extreme, there is nothing you can do at all. If you can persuade, cajole, even coerce them to get help, it will be a wasted effort if they don't really want help or if they believe they don't need it. It's just like dealing with a drug addict or an alcoholic. If they don't want help, no amount of treatment or therapy will help.

Answer: While it is true that "help will not be helpful unless it is wanted.", on some occasions one may not realize how much help is needed until they are able to see how beneficial medication may be. In my situation I was in a relationship with a man who became schizophrenic. I would trick him into taking his meds every day, and eventually he started feeling a lot more "normal" and he began taking his meds on his own.

Answer: Really there is nothing that you can do. My sister has a mental illness and we learned very quickly. What I can recommend to you is **NAMI, the National Alliance on Mental Illness**. Here you can take a free 12 week class called Family to Family. You will learn a lot about disease processes, local laws, and what you can do as a relative. It's a great class and really helped my whole family. I hope that you will find answers there.

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2013-2014

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A Note from the Editor

Insights and Recovery

“As a vehicle of self-expression, creative activities can be used to express feelings, increase self-awareness and insight to situations, facilitate problem-solving, and enhance learning, all of which may help patients to have a sense of control in their lives.” (Creek 2002 quoted in Griffiths 2008). ¹

Poetry has long been expressed as the attempt to explain the unknowable; the reach inside of self to share with the world who you discovered yourself to be. One can be quietly enjoying an alone time, and who talks into your ear? Your muse, that’s who.

In his poem “Prelude To Insanity,” Zachary looks at his inner self, examines what he imagines, and in the end, discards what he sees as illusion. He looks at self in a critically positive light. He succeeds in communicating his discoveries as he walks on his road of recovery.

We who live with a mental illness are not immune to the muse. We respond with a variety of creative endeavors. Patricia Deegan, Ph.D., researcher and innovative lecturer for psychology and recovery issues, said:

“Our real work is to realize that we are not broken things that need to be fixed, but rather that we are called to become a new creation.” ²

1. Patricia A. Deegan. “Letter to My Friend Who Is Giving Up.” (lecture, Connecticut Conference on Supported Employment). http://ilru.org/html/publications/training_manuals/Advocacy_SeizePower.txt

2. Griffiths S: *The experience of creative activity as a treatment medium. Journal of Mental Health* 2008; 17:49-63.

Direct your comments, questions, news items, poems and personal stories to:



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Answer: Not only is there little you can do short of attempting to have the adult committed for being a danger to themselves or others, or to have them adjudged mentally incompetent, there is little you should do. If the adult is not a danger and is not incompetent, the belief that you have the right to govern the life of another adult human being is, at best, morally presumptuous. It would be no different to, for example, trick a Schizophrenic into taking their medication then it would to forcibly withhold food from someone you considered obese. You might think you are helping them solve a serious personal problem, but what you are in fact doing is depriving them of their right to self-determination.

Relationships.answers.com/family



Visit our website at:

www.namifdl.org

Prelude to Insanity by Zachary D.

*Where does insanity begin?
Is such bliss truly a sin?
Once I feel the fire burn within my soul
I feel able to complete any goal.*

*I could build even Rome in a day
The forces of my fate I could sway.
I see the whole world in a different light
Everything seen every color so bright*

*Yet lost in this ecstasy I lose track of what
I value most
As if my important people were but a
ghost
I make rash decisions that affect all that
I'm around
Taking their stability and running it
into the ground*

*Insanity begins in the fragility of the
human mind
Such bliss brings nothing but ruin for all
human kind.*

Get the *Most* from your NAMI membership

Are you getting the most out of your NAMI membership? You can sign up for free subscriptions and access research, advocacy, and discussion groups at NAMI.org. Get started now!

First, thank you for your support and loyalty through your membership to NAMI, the National Alliance on Mental Illness. Without our dedicated members and supporters, we would not be able to continue our work to combat stigma, promote awareness, educate America and advocate on behalf of those in need.

To verify your NAMI membership information and sign up for free NAMI subscriptions go to NAMI.org and enter your username and password.

If you have not created a NAMI.org username, click REGISTER and use the same email address to register to automatically link to your membership account.

If you do not know your membership number and password please contact our membership chairperson Pearl Blackburn at pearl.blackburn@gmail.com.

On the My Information page, click on the "Add subscriptions" link next to your membership and select one or all of the following:

NAMI Now is NAMI's general newsletter, with news and stories from nami.org. Included are articles on research, policy, personal stories, NAMI events, multicultural resources, faith, and much more.

Statehouse Spotlight is a newsletter that tracks emerging state public policy trends and provides the latest in tools and resources for state-level advocacy.

NAMI E-News is an electronic newsletter delivering the latest in federal action alerts, legislative and policy updates, and NAMI press releases.

CIT in Action The NAMI CIT Technical Assistance Resource Center publishes CIT in Action to feature news and information about police Crisis Intervention Team (CIT) programs as well as other information about jail diversion, community reentry and related decriminalization initiatives.

Iavazamoes! NAMI's quarterly Spanish language newsletter

NAMI is much more than the foundation for hundreds of NAMI State Organizations, NAMI Affiliates and volunteer leaders who work in communities across the country to provide essential and free education programs, support groups and advocacy initiatives. With the support of your membership this year, we have been able to offer help and hope to thousands.

NAMI Family Support Group

7:00 - 8:30 p.m. - 2nd Thursday each month

Open to all adults 18 and older who have a family member or friend living with mental illness. Groups are confidential.

NAMI Consumer Connections Group

7:00 - 8:30 p.m. - 2nd & 4th Thursday each month

Open to all adults 18 and older living with mental illness who are stable and well enough to participate in a recovery group. Group meets separately from the family group.

Contact: namifdlga@gmail.com

NAMI Education Meetings

7:00 - 8:30 p.m. - 4th Thursday each month

Open to all adults 18 and older. Educational topics of interest pertaining to mental health and recovery are presented by community providers.

Contact: namifdlga@gmail.com

FDA Approves New Fluoxetine Dosage

Newsire — The US Food and Drug Administration has approved a 60 mg dosage of fluoxetine (Prozac), Edgemont Pharmaceuticals announced recently.

Fluoxetine is a widely-known and used treatment for major depressive disorder, obsessive compulsive disorder in adults and pediatrics, and bulimia nervosa and panic disorder in adults. Edgemont's fluoxetine 60 mg tablet is the only fluoxetine product to offer a 60 mg dose in a single pill. A half-tablet, 30 mg dosing option is also available. This makes it more convenient for patients who, up until now, had to either take three 10 mg pills or three 20 mg pills to achieve their target dose.

“By reducing the number of pills per dose from three pills to one, we are hopeful that our fluoxetine 60 mg tablets may help patients be more therapy compliant,” said Douglas Saltel, Edgemont's president and chief executive officer. “This is an especially important goal for the higher milligram dose patients that may be having trouble controlling their symptoms of depression.”



Join NAMI Today!

When you become a member of NAMI, you become part of America's largest grassroots organization dedicated to improving the lives of persons living with mental illness.

NAMI FDL membership is only \$35 per year.

Gifts of any amount are accepted and appreciated. For those with limited income, our “Open Door” membership is \$3 per year.

Members receive the *NAMI Advocate* national magazine. Please make your checks payable to:

NAMI FDL
P.O. Box 2665
Cumming, GA 30028



Find Joy and Celebrate every Day of your Life

submitted by member Pearl Blackburn

Whether you are a person living with mental illness or the caregiver to someone with mental illness, you know to take one day at a time.

Celebrate the good days on any day of the week.

This Labor Day weekend I was concerned about my daughter who lives in another state. We communicate by text messages and social media.

She cannot or does not respond to my text messages timely. Sometimes it is a few days.

I was concerned because she had a change in her medication. As you live with someone with mental illness you understand the importance of being medication compliant and it's impact of having a good day or a bad day.

My daughter is a responsible adult, medication compliant and makes good decisions. Why am I concerned? As a mother I have a right to be concerned about my children no matter their age.

My daughter was fine and having a fun with her friends over the Labor Day weekend. I find strength in trusting that she is enjoying her life, her way.

My elderly mother would ask if I would bake a cake every weekend to celebrate. She liked cake and enjoyed having me at home on the weekend. Every weekend should be a holiday.

NAMI Walks 2013 - Atlanta



On October 5th, 2013, the Happy Feet team from NAMI FDL walked in the annual NAMI Walks fundraiser in Atlanta at Piedmont Park. Teams from all around the metro area congregated in the park to raise funds for mental illness education and advocacy. It was a festive atmosphere and NAMI FDL had over 18 walkers. Team Happy Feet raised over \$3000.00 for Mental Health Advocacy here in Georgia. Come out next year and join the fun.

NAMI FDL Walk 2013 Team Happy Feet taking a photo opportunity!

” Never doubt the ability for a small group of people to change the world. It’s the only thing that ever has.” – Margaret Mead

BOOK REVIEW by Linda Fitzwater

Bipolar - The Elements of Bipolar Disorder

by Dr. Jay Carter, Psy.D

This small, quick read book contains a vast amount of information about bipolar disorder. It is comprehensive and well organized. Dr. Carter understands the complexities of bipolar disorder and he presents a common sense approach to describing the condition. I feel that this is an outstanding book, and possibly one of the most straight forward and helpful books that I have read about bipolar disorder. Dr. Carter has extensive experience working with clients that struggle with bipolar disorder each day. Medication is presented in a clear and descriptive way. The book outlines specific goals that are helpful to maintain stability, as well as potential treatment methods that have proven to be successful. This is a must read book for individuals with a bipolar diagnosis and their family members. I strongly recommend this book and I will keep this book close by for future reference.

This book can be ordered online at www.jaycarter.net



Bipolar

**The Elements of
Bipolar Disorder**

**A Practical Guide
by Dr. Jay Carter**

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