



The Schizophrenia Source

A newsletter of the National Schizophrenia Foundation

Fall 2005

Schizophrenics Anonymous (SA) celebrates 20 years of fellowship

Hundreds of SA members and others came from across the country to attend the Schizophrenics Anonymous 20th Anniversary Conference to learn more about schizophrenia and mental health systems transformation. Moreover, they came to celebrate 20 years of self-help support and to honor SA Founder Joanne Verbanic.

“Remembering the last 20 years was so heartwarming,” said Verbanic. “I’m looking forward to the next 20 years and to the future of SA.”

Numerous educational workshops

were held during the three-day conference. Plus, there was a special screening of “Out of the Shadow,” a powerful documentary showing a woman’s struggle with schizophrenia. A tribute video honoring Verbanic and SA was shown during the SA Awards Luncheon. And a Founder’s Day Dinner was held at a local Big Boy restaurant, the location of the first SA meeting on July 7, 1985. A Dinner Dance closed out the conference with food, fun and fellowship.

(See page 7 for more photos.)



Joanne Verbanic, SA Founder, and Wayne M., the first SA member, reminisce in front of a local Big Boy restaurant, the location of the first SA meeting 20 years ago.

Mentally ill more likely to be victims of violence

More than one-fourth of individuals with severe mental illness were victims of violent crime in the past year, almost 12 times general population rates, according to a study in the August issue of Archives of General Psychiatry.

Depending on the type of violent crime (rape/sexual assault, robbery and assault), prevalence was six to 23 times greater among persons

Individuals with mental disorders who live in the community are...at high risk for becoming victims of crime.

with severe mental illness than among the general population, said lead author Linda A. Teplin, Owen L. Coon Professor of Psychiatry and Behavioral Sciences at Northwestern University Feinberg School of Medi-

cine. The study was supported by the National Institute of Mental Health.

In addition, the annual incidence of violent crime in persons with severe mental illness who live in the community is more than four times higher than that in the general population, said Teplin, who is director of the Psycho-Legal Studies Program at Feinberg.

Teplin and her colleagues administered the National Crime Victimization Survey (NCVS) to 936 randomly selected patients in Chicago, and compared results with those of the 32,450 participants in the annual NCVS conducted by the Bureau of

the Census for the Bureau of Justice Statistics.

Research has shown that individuals with mental disorders who live in the community are a vulnerable population at high risk for becoming victims of crime. Symptoms associated with severe mental illness, such as disorganized thought processes, impulsivity and poor planning and problem solving may compromise one’s ability to perceive risks and protect oneself, Teplin and colleagues suggested.

See Victims page 2

Inside The Source

SAW 2005 Report	Page 3
SA Group Listing	Page 4
Volunteers Wanted	Page 5
SA 20th Anniversary	Page 7

Victims (continued) _____

Other factors correlated with victimization, including substance abuse, conflicted social relationships, poverty and homelessness, also are common among persons with severe mental illness, the authors said.

“People associate mental disorder with violence. We found that crime and mental disorder are linked, but not in the way people think. Persons with severe mental disorders are terribly vulnerable to victimization,” Teplin and co-investigators said.

“Since deinstitutionalization in the mid-1960s, people with severe mental illness have had no choice but to live in the community. But we have denied them basic needs, such as safe housing, supportive services and adequate mental health treatment,” Teplin said.

Teplin and colleagues propose that mental health treatment include systematic screening and monitoring persons for victimization, skill-based prevention programs to help these individuals learn to minimize risks and interventions to reduce revictimization.

At the policy level, they call for building collaborative relationships between the mental health and criminal justice systems and advocacy.

“People don’t think of crime victimization as a health disparity. But crime victimization disproportionately affects persons with severe mental disorder, especially racial and ethnic minorities. Moreover, many persons with severe mental illness are poor and homeless, adding to their risk,” the authors said.

Source: Northwestern University news release

NSF logo apparel now available for order

Show your support for the National Schizophrenia Foundation by wearing one of the many apparel items with the NSF logo. Clothing options include t-shirts, sweatshirts, denim shirts, hats, and more. Prices vary depending on the item ordered.

NSF staff member Belkis Guardado displays the NSF polo shirt, which is one of several apparel items with the NSF logo available for order.



Besides the NSF logo, another option is the “Schizophrenia: It’s Not What You Think!” logo (similar to that on page 3). An order form with apparel options and prices can be found at www.NSFfoundation.org.

Sell items on eBay to benefit the NSF

Calling all eBay enthusiasts. The National Schizophrenia Foundation is now registered with MissionFish, the giving arm of eBay, “the world’s online marketplace.” Now eBay sellers have the option of listing auction items to benefit the NSF.

Through the program, sellers may list items on eBay and donate 10 to 100 percent of their proceeds to the NSF.

According to MissionFish, eBay reports \$33 billion in gross merchandise sales annually. And over \$8 million was raised for nonprofits from November 2003 to July 2005. Next time you think about selling something on eBay, consider donating some or all of the proceeds to the NSF. Go to www.MissionFish.org for more information.

The Schizophrenia Source

is a publication of the National Schizophrenia Foundation (NSF), a not-for-profit 501 (c)(3) agency.

Mission Statement: It is the mission of the NSF to develop and maintain support groups for individuals, and their friends and family members, affected by schizophrenia and related disorders; and to be a broad resource for all persons regarding schizophrenia and related disorders through education, information, and public awareness services.

Vision Statement: Our vision is that schizophrenia will be understood and accepted like any other treatable illness, and that persons with schizophrenia will lead optimally independent and productive lives through active participation in decision making and complete access to appropriate treatment.

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All news and information should be directed to:

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National Schizophrenia Foundation
403 Seymour Street, Suite 202
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(517) 485-7168, ext. 105
(517) 485-7180 (fax)
www.NSFfoundation.org

The NSF is a participating United Way and Combined Federal Campaign (#9895) Agency.

Thanks to the many SAW 2005 supporters



Thanks to everyone who was involved in this year's Schizophrenia Awareness Week. Many activities were conducted across the country with financial support and/or participation from the following individuals and organizations.

Thank You!

Corporate

Bristol-Myers Squibb
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Regional Events

Lansing, MI

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Lansing SA group

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Linden Oaks Hospital at Edward
Chicago-area SA groups
Nancy & Courtney Hale
Mark Lerman, MD
Dr. David Baron
John Miller
Transitional Services Center
Numerous Volunteers



The Lansing, MI, Schizophrenia Awareness Week celebration was complete with cake and music.



The SAW event in Lansing, MI, ended by breaking a human chain.



Larry A. gives thumbs up to Schizophrenia Awareness Week.



Pat Doyle from NAMI-DuPage County speaks at the SAW conference in Wheaton, IL.



Joanne Verbanic talks about SAW at the USPRA national conference in Pittsburgh.



Courtney Hale and his mother Nancy share his experiences as a teenager with schizophrenia. The two spoke at a SAW conference in Wheaton, IL.



Diane K. gears up for the third annual Schizophrenia Awareness Week conference in Wheaton, IL.

SA Group Listings

Schizophrenics Anonymous[®] (SA) is a six-step, self-help support group for persons with schizophrenia and related disorders. Administered by the National Schizophrenia Foundation, SA promotes self-help as an adjunct to professional help and the use of medication.

SA groups are run by their collective membership, have no dues, governing bodies, or by-laws. The following is a current listing of active SA groups. For more information, call (800) 482-9534, ext. 109.

ALABAMA

Mobile

CALIFORNIA

Bakersfield
Chula Vista
Downey
Fairfield
Gardena
Hollister
Hollywood
Lancaster
Linwood
Long Beach (2)
Palmdale
Palo Alto
Sacramento (3)
San Diego
Santa Rosa
Tehachapi
Van Nuys (2)

COLORADO

Aurora
Boulder
Delta
Denver
Lakewood (2)
Littleton
Montrose
Pueblo

CONNECTICUT

Ansonia
Bridgeport (2)
Danbury
East Hartford
Enfield
Hartford

Middletown

New Haven

Newington

Norwalk

Norwich (2)

West Haven

FLORIDA

Fort Myers
Hollywood
Jacksonville (2)
Lauderhill
Oakland Park
Port Charlotte
St. Petersburg

GEORGIA

Columbus
Marietta

HAWAII

Honolulu

ILLINOIS

Blue Island
Wheaton

INDIANA

Bloomington
Lafayette

KANSAS

Wichita

MARYLAND

Gaithersburg
Wheaton

MASSACHUSETTS

Quincy

MICHIGAN

Adrian (3)
Bay City
Benton Harbor
Berkley
Big Rapids
Charlotte
Coldwater
Detroit (3)
Eastpointe
Flint
Fowlerville
Fremont
Grand Haven
Grand Rapids
Holland
Holly
Ionia
Kalamazoo
Lansing (2)
Lincoln Park (2)
Livonia
Midland
Muskegon
New Haven
Oak Park (2)
Petoskey
Plymouth (5)
Port Huron
Roseville
Royal Oak
Saginaw (2)
Westland
Wixom (3)
Yale
Ypsilanti (5)

MISSOURI

Kansas City
St. Louis

NEBRASKA

Lincoln

NEW JERSEY

Jersey City
Mountain Lakes
New Brunswick
Woodbury

NEW MEXICO

Albuquerque

NEW YORK

Bronx (2)
Hudson Falls

Rego Park
Rochester (2)

N. CAROLINA

Carrboro
Durham
Greensboro

N. DAKOTA

Grand Forks

OHIO

Cambridge
Columbus (4)
Dayton
Elyria
Lisbon
Mansfield
Marysville
Middleburg Hgts.
Newark
Port Clinton
Springfield
Toledo
Worthington
Zanesville

PENNSYLVANIA

Erie
Morrisville
Philadelphia (3)
Pittsburgh

RHODE ISLAND

Providence

S. CAROLINA

Camden
Columbia

TEXAS

Abilene (2)
Austin
El Paso
Lubbock

WASHINGTON

Medical Lake

WISCONSIN

Madison

ABROAD:

Australia
Brazil
Mexico
Venezuela

Informal gathering raises awareness/funds

National Schizophrenia Foundation Board members Linda Whitten and Ruth Hughes recently hosted the NSF's first-ever "Schizophrenia: It's Not What You Think" event at Whitten's home in the DC area. The informal gathering (also called a "House Party" in some circles) of about

15 people was designed to be both an educational and fundraising activity.

In addition to appetizers and desserts, attendees had an opportunity to take in a slide show presentation on schizophrenia and the role of the NSF and Schizophrenics Anonymous (SA). The evening concluded with a powerful video of consumers sharing their personal experiences with schizophrenia and SA.

Despite the varying ages in atten-

dance, Whitten said, "Everyone came to learn something about schizophrenia." She added, "Everyone found it enjoyable. They learned a lot."

Appetizers and desserts were served at this inaugural event, but Whitten noted that similar gatherings could involve a barbecue or even a potluck. Plus,

gatherings don't even need to take place at someone's home, she said. Churches and other community settings can work too.

Guests primarily included friends and colleagues of both Whitten and Hughes, but Whitten said she talked to just about everyone she came across (on planes and in stores) prior to the event and told them about what she was doing. "You'll be surprised at the interest," she said.

Whitten intends to hold another gathering before the end of the year, and encourages others to step up and host their own event as well. In fact, Whitten has designed a tool kit (complete with slides, tips and sample invitations) for others to use to plan their own event. But "people can make changes as they feel necessary, including the name and what they feel comfortable presenting."

"This is a beginning. It's planting a seed. We'll invite people again," she said.

Volunteers Wanted

Consider hosting your own fundraiser/awareness event on behalf of the NSF. A complete tool kit (with tips, presentation slides, and sample invitations) is available by calling (517) 485-7168, ext. 105. It's an easy and fun way to get involved, and for a good cause!

Did you know?

Individuals with schizophrenia die at a younger age than do healthy people. Males have a 5.1 greater than expected early mortality rate than the general population, and females have a 5.6 greater risk of early death. Suicide is the single largest contributor to this excess mortality rate, which is 10 to 13 percent higher in schizophrenia than the general population.

Source: Treatment Advocacy Center

Schizophrenics Anonymous Materials Order Form

Please note how many of which item(s) you are requesting. Make checks payable to **National Schizophrenia Foundation**.

- _____ SA Materials Order Form. A complete list of materials available for purchase (FREE).
- _____ Yes. I would like to receive a free brochure which briefly describes the Schizophrenics Anonymous program (FREE).
- _____ Yes. I would like to receive the SA Blue Book (\$2.25 each).
- _____ Yes. I would like to receive the SA 20th Anniversary Commemorative Booklet (\$2.50 each).
- _____ Yes. I would like to receive an NSF Apparel Order Form (FREE).
- _____ Yes. I would like to receive the video tape "Joanne Verbanic: On SA and Schizophrenia" (\$15.00 each).
- _____ Yes. I would like to support the National Schizophrenia Foundation with a financial contribution.
- _____ Enclosed is my check for (please circle): \$10.00 \$25.00 \$50.00 \$100.00 \$ _____ Other
- _____ Yes. I am interested in forming an SA group and would like to learn more about the "Start-Up Package."

Name _____ Phone () _____ E-mail _____

Address _____ City _____ State _____ Zip _____

Total Enclosed: \$ _____ Method of Payment: _____ Check _____ Credit _____ Debit

_____ Visa _____ Mastercard

Account Number _____ Expiration Date _____ Billing Address (if different than above) _____

City _____ State _____ Zip _____

Name (as it appears on the card) _____ Signature _____

Complete this order form and send it, along with a check, money order or credit card information to:
National Schizophrenia Foundation, 403 Seymour Street, Suite 202, Lansing, MI 48933. Phone: (517) 485-7168. Fax: (517) 485-7180.

Thanks to all our generous donors

The NSF has received the following contributions from **January 2005 to August 2005**. Thank you!

Corporate Contributions

Abraham & Gaffrey, PC
Blue Cross Blue Shield of Michigan
Bristol-Myers Squibb
Janssen Pharmaceutica
Memory Pharmaceuticals

Grants

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Carol Woyke

Honorariums

Mr. & Mrs. Bowden in honor of **William D. Bowden**
Kenneth & Shirley J. Carnahan in honor of **Perry Carnahan**
Marjorie Cogswell in honor of **Leslie Cogswell**
William H. Cronin, Jr., in honor of **James C. Cronin**
Gary & Sandra Drew in honor of **Tom Sovine**
Albert & Mary Endruschat in honor of **George Larko**
Edwin M. Gault in honor of **Ted & Liz**
Helen Goldkind in honor of **Linda Whitten**
Katherine C. Hutter in honor of **James C. Cronin**
Lubie Lee Hayden in honor of **Ruby P. Hayden**
Ronald L. Platt in honor of **his brother**

Honorariums (continued)

James A. Radway in honor of **Craig Hauserman**
MaryAnn Romolo in honor of **Joseph Romolo**

Memorials

In Memory of **Eleanor Berkowitz**
Susan Janiger
In Memory of **John Logan Carmean**
Michon Semon
In Memory of her husband **Clinton**
Marjorie Cogswell
In Memory of **Antony Alan Collen**
Deborah H. Joyce
In Memory of **his Father & Brother David**
James Wilson Gladden, IV
In Memory of **Celia Helman**
Ariel Helman
In Memory of **Tristan N. Johnson**
Helen E. Ford
In Memory of **Mary Locke**
Richard Locke
In Memory of **Thomas Mathers**
Angela Thomas
In Memory of **Kimberly Ann Ogden**
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Dave Mack & Sue Maus
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Richmond
Frances Ogden
Ethan & Breanne Reynolds
In Memory of **R.V. Radway**
Richard A. Radway
In Memory of **Lisa Swigert**
Kathleen M. Jackson
In Memory of **Gareth Tien**
Richard Locke
In Memory of **Gordy Tomalty**
Derek J. Tomalty
In Memory of **Jerry Wackrow**
Marie T. Wackrow

SA marks 20 years with facts, fun and fellowship...



2005 SA Awards recipients

Lifer Award: Diane & Stanlee K.

Above & Beyond Award: Tamara N.

Community Champion Award: NAMI-CT

Staff Supporter Award: Roger Goldblatt, MSW,
and Rev. Eric McGlade

Founder's Award: Ethel & James Flinn Foundation



Mark Fisher (left) kicks off the SA Awards Luncheon with Joanne Verbanic and Eric Hufnagel.

Gifts in honor of the SA 20th Anniversary

Diamond (\$25,000+)

Ethel & James Flinn Foundation

Gold (\$5,000+)

Detroit-Wayne County Community Mental Health Agency
Janssen Pharmaceutica Inc.
Oakland County Community Mental Health Authority

Silver (\$2,500+)

National Institute of Mental Health

Bronze (\$1,000+)

Blue Cross Blue Shield of Michigan
Easter Seals-Michigan
Franklin and Nancy Moore

Supporter (\$500+)

Memory Pharmaceuticals
Jeanne Porter

Friend (\$50+)

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Mr. & Mrs Bowden in honor of William D. Bowden, William H. Cronin, Jr., in honor of James C. Cronin, Gary and Sandra Drew in honor of Tom Sovine, Helen E. Ford in memory of Tristan N. Johnson, Arien Helman in memory of Celia Helman, Derek J. Tomalty in memory of Gordy Tomalty, Marie T. Wackrow in memory of Jerry Wackrow



Joanne V. accepts a portrait of herself that was specially created by David M.



Dinner at a Big Boy gave SA members a chance to reminisce about the first meeting there 20 years ago.



Petra C. leads a panel discussion during the conference.



Kevin W. attends the Founder's Day Dinner at a local Big Boy restaurant.



Moe Armstrong shares his experiences with schizophrenia at the SA conference.



Panelist Bob Lundin responds to a question.

Mark your calendar now for
Schizophrenia Awareness Week



May 21-27, 2006

If you are planning an event or would like to get on the mailing list, please contact the National Schizophrenia Foundation via phone at (800) 482-9534, ext. 105, or e-mail to harwin@NSFoundation.org.

Return Service Requested

We at the National Schizophrenia Foundation extend our deepest sympathy to those who have been affected by the recent hurricanes. Our thoughts are with you...

“ADVANCING SUPPORT, INFORMATION AND AWARENESS...”

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