

LUTHERAN NETWORK ON MENTAL ILLNESS/ BRAIN DISORDERS



SERVING ALL LUTHERAN FAMILIES
ELCA AND LCMS
Spring 2008



NAMI VETERANS HELP SITES

Recent studies tell us that nearly a third of veterans who seek care through Veterans Administration (VA) health centers receive mental health diagnoses. With more and more soldiers returning from Iraq and Afghanistan with mental health concerns, NAMI recognizes the need for increased services for veterans and their families. With their Veterans Resources Center, they have attempted to consolidate the most useful online resources. Whether you are looking for information on Posttraumatic Stress Disorder, mental illness, or how to obtain Veterans Administration (VA) benefits, NAMI provides an extensive list of sites online where you can find that information.

These resources include information on: Posttraumatic Stress Disorder, Traumatic Brain Injury, Veterans Affairs and Benefits, Veterans and Mental Illness, Suicide Prevention, Homelessness, Online Discussion Groups, etc. Go to: NAMI.org and click on Veterans Resources.



Patient Prescription Drug Assistance Programs

Free or low-cost medications provided by pharmaceutical companies

Some pharmaceutical companies offer medication assistance programs to low-income individuals and families. These programs typically require a doctor's consent and proof of financial status. They may also require that you have either no health insurance, or no prescription drug benefit through your health insurance. Please contact the pharmaceutical company directly for specific eligibility requirements and application information.

Note: Some of these companies may prefer to speak directly with your doctor.

These drugs range from Abilify to Zyprexa. To access this information, go to NAMI.org and click on "About Medications" and go to "Prescription Drug Assistance Program."

FAMILY-TO-FAMILY EDUCATION PROGRAM

Free 12-week course for families and friends of individuals with mental illness. The course is taught by trained family members who have lived with this experience. Classes fill up quickly, so call 1-800-950-NAMI (6264) for classes available in your area.

WHAT IS SCHIZOPHRENIA?

Schizophrenia is a serious and challenging mental illness that affects more than 2 million American adults, and millions of children. It is a treatable medical condition.



Schizophrenia often interferes with a person's ability to think clearly, to distinguish reality from fantasy, to manage emotions, make decisions and relate to others.

The first signs of schizophrenia typically emerge in the teenage years or early twenties, often later for females. Schizophrenia is not caused by bad parenting or personal weakness. The World Health Organization has identified schizophrenia as one of the ten most debilitating diseases affecting human beings.

Positive symptoms include delusions and hallucinations. "**Positive**" refers to symptoms that should not be there. **Negative symptoms** include lack of expression, an inability to start and follow through with activities, lack of pleasure or interest in life. "**Negative**" refers to characteristics that should be there. **Cognition symptoms** pertain to thinking processes. A common problem is the lack of insight into the condition itself. This is not a willful denial, but rather a part of the mental illness itself.

While there is no cure for schizophrenia, it is a treatable and manageable illness. However, people sometimes stop taking medications because of medication side effects, lack of insight, and disorganized thinking. Those who stop taking medication are at risk of relapsing into an acute psychotic episode. It is important to realize that the needs of the person may change over time.

(info@nami.org)

WEBSITE INFORMATION

Information on all the serious mental illnesses is available on the following Websites:

National Institute of Mental Health
www.nimh.nih.gov
American Psychiatric Association
www.psych.org
American Psychological Association
www.apa.org
Depression and Bipolar Support Alliance
www.dbsalliance.org
Anxiety Disorders Assoc. of America
www.adaa.org
Schizophrenia.com
www.schizophrenia.com
The Obsessive Compulsive Foundation
www.ocfoundation.org

"I am persuaded that neither death, nor life, nor angels, nor principalities, nor powers, nor things present, nor things to come, nor height, nor depth, nor any other creature, shall be able to separate us from the love of God, which is in Christ Jesus our Lord."

Romans 8:38, 39



Editor's note: any concerns, suggestions, or mailing changes may be e-mailed to:
janecarlson@wowway.com
(Please use "LNMI" in subject line or it may not get through.)
For LNMI/BD brochure on Mental Illness,
call: Pastor Lisa Cleaver,
Director Disability Ministries:
1-800-638-3522, ext. 2692