

CORNUCOPIA

10th Anniversary

**A place to lead A place to learn
A place to believe in ourselves**



March 2006, Vol. 10, No. 3

Twins Find Common Cause After Illness Divides Them

Eve Bender

Twin sisters put a new spin on mental health advocacy as they tour the country to share a history affected by serious mental illness but also characterized by mutual love, respect, and unflinching support.

In 1981, Wagner ended up hospitalized because she had stopped taking her antipsychotic medications; she required multiple hospitalizations over the next two decades.

"All those drugs made me feel horrible—dull and dead—everything I didn't want to be if I was going to write poetry," Wagner told *Psychiatric News*. When she went off her medications, she'd be in "seventh heaven," she recalled, "until the paranoia and obsessions hit."

Over the years, Wagner wrote poetry and award-winning articles pertaining to mental health. In addition, she wrote a memoir about her experiences with mental illness and treatment, which would later be integrated into *Divided Minds*, a book she and her twin sister wrote together between 2000 and 2003.

St. Martin's Press published the book last year.

Twins' Lives Diverge

The book tells the story from the alternating perspectives of Wagner and her sister, psychiatrist Carolyn Spiro as they recount their lives and sometimes profoundly different experiences of certain events.

For instance, when the twins were in the sixth grade and President Kennedy was assassinated, Spiro felt shocked, as did many of her peers. Wagner, however,

became crippled by terror and felt that she was to blame for the tragedy. "I believed that I killed Kennedy," she said.

Though Wagner was plagued by increasingly threatening auditory hallucinations throughout high school, she excelled academically and managed to keep the psychosis a secret, even from her sister. When the twins began attending Brown University, Wagner became increasingly isolated and spent a great deal of energy trying to seek refuge from the voices and nonsensical thoughts that flooded her mind. She swallowed a bottle of sleeping pills in her freshman year and was hospitalized.

Though both Wagner and Spiro attended medical school, Wagner dropped out in her second year.

Spreading Message of Hope

Spiro embarked upon a career in psychiatry, which she believes is the "most fascinating area of medicine," but also admitted that her sister's illness gave her "an excuse to be a psychiatrist." She is now in private practice in Wilton, Conn.

Over the past several years, Wagner has found a successful combination of medications and has been "coping and doing well," she said.

Wagner remarked that writing the book has brought them closer together, and though they were "perfectly attuned to one another" toward the end of the writing process, the going was sometimes rough.

"Pam was in and out of the hospital more times than I can count," Spiro said. "I was carting notes and manuscripts back and forth to a number of different hospitals around the state."

During this time, Spiro was having her own difficulties. "I was going through a divorce, but Pam was still able to be emotionally supportive," she noted.

!Since the book's release, Spiro and Wagner have been traveling around the country to share their experiences at book signings and meetings of the National

(continued on p.6, see "twins")

Junk food linked to depression and ADD

By Felicity Lawrence

The Guardian

Jan 17

The Mental Health Foundation says scientific studies have clearly linked attention deficit disorder (ADD), depression, Alzheimer's disease and schizophrenia to junk food and the absence of essential fats, vitamins and minerals in industrialized diets.

A further report, "Changing Diets, Changing Minds," was published in January by Sustain, the organization that campaigns for better food, in the UK.

"Food can have an immediate and lasting effect on mental health and behavior because of the way it affects the structure and function of the brain," Sustain's report says. Its chairman, Tim Lang, said, "Mental health has been completely neglected by those working on food policy. If we don't address it and change the way we farm and fish, we may lose the means to prevent much diet-related ill health."

Both reports, which have been produced collaboratively, outline the growing scientific evidence linking poor diet to problems of behavior and mood. Rates of depression have been shown to be higher in countries with low intakes of fish, for example. Lack of folic acid, omega-3 fatty acids, selenium and the amino acid tryptophan are thought to play an important role in the illness. Deficiencies of essential fats and antioxidant vitamins are also thought to be a contributory factor in schizophrenia.

A pioneering nutrition and mental health program, thought to be the only one of its kind in Britain, was carried out at Rotherham in the north of England. According to Caroline Stokes, its research nutritionist, the mental health patients she saw generally had the poorest diets she had ever come across. "They are eating lots of convenience foods, snacks, takeaways, chocolate bars, crisps. It's very common for

(continued on p. 6, see "junkfood")

Major funding provided by:



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Phone 608-257-7489

E-mail copia@sbcglobal.net



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Newsletter

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MEMBERSHIP

Membership is open to past or present mental health consumers, family members, allies and supporters. Membership entitles you to participate in all activities for the current year (Jan 1- Dec 31) and entitles you to the newsletter. *Computer lessons are only open to consumers.* Participants in Cornucopia agree to help create a safe, friendly drug and alcohol free environment.

DATE: _____

Yes, I want to be a member of Cornucopia

- Enclosed please find my membership fee of \$20.00
- Enclosed please find my membership fee of \$10.00 to be paid over two months for a total of \$20.00

OR: I want to subscribe to your newsletter.

- Low income \$6.00 *Dues and subscriptions are not deductible as Charitable Contributions for Income Tax Purposes.*
- Regular \$10.00 *Dues and subscriptions are not deductible as Charitable Contributions for Income Tax Purposes.*

Yes, I/we support your mission and would like to make a donation to your organization. I/we wish you the best in achieving your goals of providing a place for people's creativity and self-realization.

Donations are tax-deductible.

- Friend \$25
- Donor \$50
- Sponsor \$100

Name(s) _____

Address _____

City, State, Zip _____

Phone _____

If you're new, how did you hear about us? _____

Please make checks payable to Cornucopia Inc
Detach and mail this form to **Cornucopia Inc**
306 N Brooks St, Madison WI 53715-1002
Cornucopia reserves the right to administrate membership.

Happiness is when what you think, what you say, and what you do are in harmony.

-- Mohandas Gandhi

What's Your Part D Experience?

Psychiatric News February 3
Volume 41, Number 3, page 1

APA's Office of Healthcare Systems and Financing (OHSF) is monitoring how Medicare's new prescription drug benefit, known as Medicare Part D, is working for you and your patients. OHSF wants to pinpoint problems as soon as possible so they can be brought quickly to the attention of the Centers for Medicare and Medicaid Services and remedies sought. Your experiences are vital to letting OHSF know how Part D is really working. Share your comments by calling APA's PartD Line at (866) 882-6227 or sending them by e-mail to partd@psych.org.

Mission

Cornucopia is an arts and wellness center run for and by people with mental health issues and their allies. Through fellowship, we celebrate creativity and diversity. We promote growth and dignity by helping members develop strengths and talents which build personal and community life skills.

Join us!

(In accordance with Title 17 U.S.C. Section 107, this material is distributed without profit to those who have expressed a prior interest in receiving the included information for research and educational purposes.)



This newsletter is published with generous support from



ACTIVITIES & NEWS BITS

Our art program is supported in part by grants from the Wisconsin Arts Board with funds from the State of Wisconsin.



Come to introductory water oil painting class. A comfortable atmosphere for all and a fun, relaxing Friday afternoon. Start at your own level. Have time to yourself or ask questions from an experienced painter. Peter is happy to help you learn how to paint



Heechang Suh and Peter Schwoerer paint with water oils

with water oils. Come have fun!

Kerry's class: on Thursday afternoons from 2:30 to 4:00 pm. come paint small watercolors that will eventually all be sewn together into a larger piece. Join us!

Computer Tutor: Phil on Mondays (10-11:30) & Fridays (1:00-3:00). CALL AHEAD!!!



Phil Vosters and Bob Parks

Phil can teach you almost anything you want or need to learn about computers! Email, Microsoft Office, Internet, Photo-shop, you name it! Just ask! Make an appointment! 257-7489...

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Sign up ahead of time in the office!

Art Exhibit: Deadline & Help Needed

Artists who want to show their work at the downtown library starting June 1st are responsible for matting and framing their art. The deadline for submissions is May 1st. As usual, there will be a sign up book to register for the show. We have three months to get it together.

If you have a painting to show why not frame it asap so that it is framed ahead of time? We have matts and frames and a matt cutter for you to use.

If you need HELP I will be at Cornucopia from 11am to 1pm on Thursdays or your can make an appointment with me of Kerry! Call 257-7489.

I will help organize the show but I am unable to do all the work I have previously done for it. I need people to help put the show up and take it down. If interested, please let me know!!! Thank you, Dawn Gifford

Watercolor with Calvin on Tuesdays... come join the fun of a leisurely afternoon with watercolors and conversation 1:00-2:30. Be there!

Join Us for Wednesday night Wellness Group!

Hope to see you there!

- Mar 1: "The Mind-Body Connection"**
 - Mar 8: Wellness Recovery Action Plan with Benita Walker**
 - Mar 15: Anxiety Disorders**
 - Mar 22: Mood Disorders**
 - Mar 29: Thought Disorders (The Schizophrenias)**
- Wednesdays 6:00 to about 7:30 or 8
 Karen Herro, BSN, RN

Fine art supplies donated by:



Our clay program is sponsored by:



Cornucopia March

Events near & far

If you want to attend an event but can't afford it, call the number listed and ask about scholarships.

Celebrate Recovery (Christian) small groups
Tues 7:30pm, Mt Horeb Risen Savior Cafe 608-575-2681
Depression & Bipolar Support Alliance support.

Laura 241-5788 / Mindy 233-0303 / dbsa@email.com

Eating disorders support group

Mon 7:15-8:30 Covenant Presb. 274-5115

Eating Disorder Recovery Group Support group for those in active recovery, facilitated by a registered nurse in recovery, 6:30-8 pm Thursdays, St. Marys Hospital (see sign near elevator for room) 831-7592.

Eating Disorders Friends & Family Support Group

For those who have a loved one with an eating disorder
6:30pm Thursdays, Rm. 1101, St. Marys Hosp. 276-7765

Interfaith Depression & Bipolar Support

Thursdays 7-9:00 pm

Christ Lutheran Church, Stoughton Gary 873-1938

Mad Town Secular Recovery

from alcohol or drugs Thur 8pm / Sun 9am
Wil-Mar Neighborhood Ctr 608-220-7045

Madison Hearing Voices Group Thursdays 2:00

Mental Health Center Rm. 14. SOAR 608-446-0104 or
progressiverecovery@hotmail.com.

Mental Health Support Group

Mondays 6pm MH Center Rm. 238, 249-5230

Mild Brain Injury network

Every 3rd Thurs 6:30-8pm at Meriter-Park, Madison
Community Health Education Ctr Atrium 238-3571

New Directions peer support for separation

or loss of relationship. Thur 7-9 St Dennis 245-0829

Rainbow Connection Social group for LGBTQ people who

have experienced some form of mental illness, 1-3 pm 1st &
3rd Fridays of the month. 255-8582.

Recovery Inc.

Tuesdays 7pm Wil-Mar Neighborhood Ctr 294-1106

Self-Management & Recovery Training

Abstain from addictive behavior

Wed 7-9:00pm Wil-Mar Center 608-238-5176 ext.365

Survivors of Suicide of Dane County Support Group

2nd and 4th Tuesday 7-9 pm 280-2700.

NAMI Dane County Support Groups

Peer led, open to all. 249-7188 www.namidanecounty.org
United Way building, 2059 Atwood, Madison

Significant Others Tue Mar 21 7:00-9:00

Parents Mon Mar 6 & 20 7:00-9:00

Parents of Young Adults Mon Mar 13 7:00-8:30

Meets at Amcore Bank, Mt Horeb

Schizophrenia Sat Mar 11 & 25 1:00

Depression/Bipolar 6:30-8:30 Sun Mar 5, 12, 19 & 26/
Weds Mar 1, 8, 15 & 22.

Four Agency Cooperative Effort (FACE) offers
support groups for Dane County residents:

Depression, fear, anger, aggression, ADD, women, men,
loss, abuse, survivors, trans-parenting, body image &
more. En Ingles y Espanol. 256-2358.

National Suicide Prevention Lifeline

1-800-273-TALK www.SuicidePreventionLifeline.org

*Callers receive suicide prevention counseling from trained
staff at the closest certified crisis center in the network.*

Wisc Pub Psych Net Mental Health Teleconference Thurs-
days 11:00 to noon Call 608-316-0022, code 1099

**March 9 Smoking Cessation Doug Jorenby UW-Center for
Tobacco Research and Intervention**

March 23 To Be Announced

Income Tax Assistance (VITA)

Through April 17

Mon/Wed 12-6:00, Sat 9-3:00

2300 S Park St, Madison 53713

No appointment, bring:

2004 returns, all 2005 federal income etc state-
ments, info on all income, credits, Wisc Works,
homestead, SS card.

Job Seekers' Network

Free job search information & support

9:00-11:00 Mondays

Dane County Job Center

1819 Aberg Av, Room 6, Madison

608-242-4886

UW Job Center Listings

www.jobcenter.wisc.edu

Database updated daily

608-262-5627 / 262-6313

432 N Murray St, Madison 53706-1496

Computer Training

Free basic sessions

10:00-noon Thursdays

Hawthorne Library, Madison

RSVP 608-246-4548

Overture Galleries: Gallery II The Asylum Project: A
collaboration between high school students and local
photographers examining the former Dane County Asylum.
Mon-Thu 10:30-5:30, Fri-Sat 10:30-9 and Sun 12-5.

*Tell them you saw the notice here. Let us know if you attend anything listed here.
This helps us know the efficacy of our events page and encourages groups to list events here.*

Member's works

The "Homeless Co-operative" Newspaper *by Kathleen Camilla King*

I first read about the "Homeless Co-operative" newspaper in the "Madison Observer" newspaper. The article encouraged people to volunteer by coming to the meetings at Steep-n-Brew on State Street Sunday nights at 6:30, so I started doing that.

The "Homeless Co-operative" is a monthly newspaper that doesn't pretend to solve the homeless problem, but it provides a voice for homeless people. The paper provides a little extra money for homeless people outside of the "system." The price is a dollar donation. Vending the newspaper is a more dignified alternative to panhandling.

"Untold Now Told Story" *Barbara Stangler*

Pair of Foxes in da gully (ie: approximately paradoxically)
One is named Void and one is named Nully.
When they touch noses they see a vision of Moses.
When they touch tails they see the prince of Wales.
But best of all when they touch paws they see
Santa Claus,
He brings them chocolate Easter bunnies wrapped in
the funnies and yellow marshmallow peeps in
miniature Jeeps.
"Oh thankyou Santa!" they cry with joy and instead
of a hanky they use his beard,
And Santa leaves in a hurry because he doesn't have a
waterproof beard which is Xfiles Xmas XL weird.

The Magic of Art *by Dylan Abraham*

The magic of art,
Makes one whole,
Deep inside,
Of your soul.
To be creative,
And do your thing,
Makes you laugh,
Makes you sing.
Whether it's pain,
Or writing a poem,
The magic of art,
Leads you home.
So enjoy the arts,
Day by day,
To find the truth,
To find the way.

Schizo's Appreciation Failure *by lynne morris*

Hey man, I'm more sorry than I can say:
Thirty years ago you were acting
& dressing in total handsomeness
and I, with no subtlety, eye-balled
you in conspicuous appreciation.

You immediately went into a schizo,
intense-fear mode; into an emotional cocoon.
Whenever I see you,
you appear to have never forgotten
I am a danger to you,
though I suspect you consider
most people a danger.

When in my 30s,
I couldn't take male
smiles of appreciation without
emotional withdrawal
& crossing my eyes.

I did to you what
I hated having done to me:
I was/am a hypocrite.

Since our disastrous first contact,
I have only casual, pure thoughts
when saying "hi" to you.

A few days ago, I waved an arm
and said "hey ho" to you.
I goofed again: you looked shocked.

You'll never be able to really accept
my awkward street apologies, so

"Watch your menu, man,
and quit smoking."

Meds Alone Couldn't Bring Robert Back By Jay Neugeboren Newsweek Feb. 6

Experts like to debate the effectiveness of new drugs, but they overlook a key element of recovery.

When my brother Robert arrived at Bronx Psychiatric Center in 1998, Dr. Alvin Pam, chief of psychology, told me it was the consensus of the staff that Robert would never be able to live without supervision, and if discharged, was destined to be repeatedly rehospitalized. By this point in time, my brother had been a patient in the New York state mental-health system for nearly 40 years, and had been given nearly every antipsychotic medication known to humankind.

But he had not yet been given any of the new medications—the so-called atypical antipsychotics a National Institute of Mental Health study recently found were not significantly better than the old ones, a discovery that has caused intense debate in the mental-health community. Robert's reaction to the drug was seemingly dramatic. Several months after Robert started taking it, Dr. Pam called to say his recovery was nothing short of miraculous—he was clear thinking, free of delusions, and

the hospital was planning his discharge.

A few weeks after that, Robert telephoned. "Alan's leaving—Alan's leaving!" he kept screaming. Alan was my brother's social worker—a man to whom he was very attached and whom he had known for many years, from his long-term stay at another hospital. I called and discovered that, without warning, Alan had been transferred to another state hospital.

Robert began having tantrums, hallucinations, bodily tremors, irrational fears, panic attacks, and he became both dangerously manic and depressed. It would be more than a year before the hospital would again prepare him for discharge. The question, then: why did the medication that worked so well—so miraculously—on Monday stop working on Tuesday? The answer: because Robert was deprived of a relationship that had been a crucial element in his recovery.

At about this time I was interviewing hundreds of former mental patients for a book I was writing. They were

people who had been institutionalized, often for periods of 10 or more years, and who had recovered into full lives: doctors, lawyers, teachers, custodians, social workers. What had made the difference?

Some pointed to new medications, some to old; some said they had found God; some attributed their transformation to a particular program, but no matter what else they named, they all—every last one—said that a key element was a relationship with a human being. Most of the time, this human being was a professional—a social worker, a nurse, a doctor. Sometimes it was a clergyman or family member. In every instance, though, it was the presence in their lives of an individual who said, in effect, "I believe in your ability to recover, and I am going to stay with you until you do" that brought them back. So it was with my brother, who, through his daily collaboration with Alan and the dedication of Dr. Pam (who refused to go along with the staff consensus that Robert would never live on his own) has not had a single recurrence for more than six years, the longest stretch in his adult life. 🐛

("junkfood", continued from p.1)

clients to be drinking a liter or two of cola a day. They get lots of sugar but a lot of them are eating only one portion of fruit or vegetable a day, if that."

The therapy includes omega-3 fatty acids and multi-vitamins, with advice on cutting out junk food and replacing it with oily fish, leafy vegetables for folic acid, Brazil nuts for selenium and food providing tryptophan.

Some patients who resist treatment with drugs accept nutritional therapy and most have reported an improvement in mood and energy. Stokes said, "Within the first month there's been a significant reduction in depression. We've had letters from [the patients'] psychiatrists saying they can see a huge difference."

One sufferer who benefited from a dietary change was James McLean, who was at university when first diagnosed with bipolar disorder [manic depression]. After he had been sectioned repeatedly, his father read about the role of nutrition in mental health. The pair went privately to the Brain Bio Centre, in London, where McLean's nutrient levels were checked; he was allergic to gluten and yeast and was given

supplements, including vitamin B and essential fatty acids.

"I'd been eating lots of intense carbohydrate foods. because they were cheap, and very little fruit or vegetables," McLean said. Now, he excludes wheat from his diet too. He added: "I have more energy and confidence, I sleep better, and I came off the anti-psychotic drugs, although I still take mood stabilizing ones."

Andrew McCulloch, chief executive of the Mental Health Foundation, acknowledged that mental illness results from a complex interplay of biological, social, psychological and environmental factors. "It costs £1,000 (US\$1,768) a week to keep someone in a psychiatric hospital. How much does good food cost? We need mentally healthy school meals, and mentally healthy hospital foods," he said. 🐛



("twins", continued from p.1)

Alliance on Mental Illness. "Our main message is that mental illness should not be pushed into the closet," said Spiro. "We encourage people to seek treatment and know that there is hope for recovery."

Spiro noted that their speaking engagements have opened up new worlds for Wagner.

Before the book tour, Wagner had never spent a night in a hotel and had seldom dined in restaurants. "Here is this incredibly bright woman who reads everything and knows a lot from books, but hasn't experienced a lot of things," remarked Spiro.

Though public speaking can be a daunting task for anyone, Wagner said that it is "absolutely worth it to stand in front of crowds and speak if I can help people like me hang onto hope for a better tomorrow—to put one foot ahead of the other and keep walking." 🐛

March 2006

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

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HOURS :	10-3:30	10-3	10-8	10-3	10-3	CLOSED
			1 Wellness/ Open Night Karen H. 6:00 "The Mind-Body Connection"	2 Matting & Framing w/Dawn 11-1 Songs with Jon 1:00 - 2:30 Art Workshop with Kerry 2:30-4:00	3 Water Oils 1:00-2:30 w/Peter S.	4
5	6 Games Rich 12:30 Arts & Crafts with Mary 1:30-3:00	7 Clay with Ali 10:00-12:00 Watercolor w/Calvin 1-2:30	8 Wellness/ Open Night Karen H. 6:00 Wellness <u>Recovery Action</u> <u>Plan w/ Benita</u> <u>Walker</u>	9 Matting & Framing w/Dawn 11-1 Songs with Jon 1:00 - 2:30 Art Workshop with Kerry 2:30-4:00	10 Water Oils 1:00-2:30 w/Peter S.	11
12	13 Games Rich 12:30 Arts & Crafts with Mary 1:30-3:00	14 Clay with Ali 10:00-12:00 Massage with Thomas 1:00-3:00 Watercolor w/Calvin 1-2:30  full moon	15 Wellness/ Open Night Karen H. 6:00 <u>Anxiety</u> <u>Disorders</u>	16 Matting & Framing w/Dawn 11-1 Songs with Jon 1:00 - 2:30 Art Workshop with Kerry 2:30-4:00	17 Water Oils 1:00-2:30 w/Peter S.	18
19	20 Games Rich 12:30 Arts & Crafts with Mary 1:30-3:00	21 Clay with Ali 10:00-12:00 Watercolor w/Calvin 1-2:30	22 Wellness/ Open Night Karen H. 6:00 <u>Mood Disorders</u>	23 Matting & Framing w/Dawn 11-1 Songs with Jon 1:00 - 2:30 Art Workshop with Kerry 2:30-4:00	24 Water Oils 1:00-2:30 w/Peter S.	25
26	27 Games 12:30 Arts & Crafts 1:30 - 3:00 	28 Clay with Ali 10:00-12:00 Massage with Thomas 1:00-3:00 Watercolor w/Calvin 1-2:30  new moon	29 Wellness/ Open Night Karen H. 6:00 <u>Thought</u> <u>Disorders (The</u> <u>Schizophrenias)</u>	30 Matting & Framing w/Dawn 11-1 Songs with Jon 1:00 - 2:30 Art Workshop with Kerry 2:30-4:00	31  Water Oils 1:00-2:30 w/Peter S.	

Cornucopia is located at 306 N Brooks Street in Madison.

Events on this calendar may change. If you haven't attended a particular group recently, call to confirm day & time.

Every week at Cornucopia

*Mondays 12:30 Games
1:30 Arts & Crafts*

*Tuesdays 10:00 Clay
1:00 Watercolor
2nd/4th Tues 1:30 Massage*

Wednesdays 6:00 Wellness Talk

*Thursdays 11:00-1:00 Matting and Framing
2:30-4:00 Art Workshop*

*Fridays 1:00 Oil Painting (water base)
1:00 Computer Help (by appointment)*

COME ONE COME ALL...

**Town Hall Meeting March 27
5:30-7:00 Porchlight Dining Hall
* Elect New Board Members
* Member forum to
strategize forward
direction of Cornucopia**

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