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education, advocacy and support for people living with mental illness



NAMI - Yolo Outlook

a chapter of NAMI, the Nation's Voice on Mental Illness

NAMI-Yolo Fall Events

Date: Monday, October 6, 2008, 5:30 p.m.
Event: *Mental Illness Awareness Week Rally*
Speaker: To be announced
Location: Yolo County Administration Building
625 Court Street, Woodland (next to Courthouse)

Date: Monday, October 6, 2008, After the Rally
Event: *Potluck and Candlelight Vigil*
Location: Woodland Library, Leake Room
250 First Street, Woodland

Potluck: You needn't bring food to join in the potluck but if you can, please bring the following if your last name begins with:
A-H: Salad **I-P:** Dessert **Q-Z:** Main Dish

Date: Tuesday, October 7, 2008, 12:00 p.m.
Event: *National Day of Prayer for Mental Illness
Recovery and Understanding*

Pastor: Reverend Larry Love
Location: Christian Church Disciples of Christ in small chapel
near corner of College Street and Lincoln Avenue
in Woodland

Date: Wednesday, November 5, 2008, 6:30 p.m.
Speaker: To be announced
Location: Cesar Chavez Apartments Conference Room
1220 Olive Drive, Davis (North of Lexington
Apartments on EAST side of Olive Drive.
Room in office building at end of parking lot)

Potluck: You needn't bring food to join in the potluck but if you can, please bring the following if your last name begins with:
A-H: Salad **I-P:** Dessert **Q-Z:** Main Dish

Kim Suderman has been hired as the new Director of the Yolo County Department of Alcohol, Drug and Mental Health Services. She possesses extensive experience in children's system of care. She comes to us from San Joaquin County Mental Health. Earlier in her career she worked for Yolo County Mental Health. NAMI-Yolo welcomes Kim back to Yolo County.

6th Annual Walk for Mental Health By Donna Bousquet

The Walk for Mental Health is scheduled for Saturday, October 4, 2008 from 9 a.m. to 12 noon on the **South** steps of the Capitol in Sacramento. Please note that for the past 5 years it has been located on the West steps. As a board member of the Walk I work each year to increase awareness about mental illness, to encourage support for consumers and families and to raise funds for NAMI-Yolo.

These funds are used to help cover the costs of purchasing brochures, educational programs such as Peer-to-Peer and Family-to-Family and to help support consumers in our community in small ways. Please join me at the walk or make a donation. You can make a pledge via the website,

walk4mentalhealth.kintera.org

or by mailing a check to me.
Donna Bousquet
c/o Walk for Mental Health
830 Farrell Place
Woodland, CA 95695

Please make the checks out to **Walk for Mental Health.**
If you want more information call Donna at **(530) 669-7818.**

NAMI–Yolo

Address: P.O. Box 447
Davis, CA 95617

Phone: (530) 756-8181

Website: namiyolo.org

Email: friends@namiyolo.org

NAMI-Yolo is an affiliate of NAMI and NAMI California.

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President's Note

by Stuart Buchan, NAMI–Yolo President

Sufferers from mental disorders are having more difficulties than ever as treatment is curtailed through lack of available funds in the county budget. This is of great ongoing concern but realistically neither the Local Mental Health Board nor we are having any significant impact upon the county cost reduction initiatives.

What I want to bring to your attention are places where we are having or can have measurable positive impact.

Increasingly access to treatment for those suffering from severe mental illnesses is restricted, so the responsibility for initial attention and care is being transferred to the Criminal Justice System, often to the police. Unsurprisingly they are often not prepared for this unmandated role. Therefore it is very significant that in Yolo County there will be an intensive four-day crisis intervention training in September. City police forces and the county Sheriff's department are all sending officers to this training. NAMI – Yolo is a major sponsor of this initiative, more on page 4 of this newsletter.

Next, the Mental Health Services Act revenue is higher than forecast. Eventually this will mean extended and new programs in the county. There are significant bureaucratic roadblocks to the release and allocation of the funds. Pressures on the State Department of Mental Health have elicited a response that they will simplify the fund application process and ameliorate the "Two Tier" system. Steve Mayberg, Director of the State Department of Mental Health has made a verbal commitment to this at the NAMI California conference this year. We need to follow this assiduously, there is a full time NAMI California person who lobbies the State Department on our behalf. It is up to us to keep her briefed.

Next the Veteran's Administration is seeking and using NAMI's existing programs in their search to provide better support for returning Veterans and their families.

Finally NAMI – Yolo continues to run both Family-to-Family and Peer-to-Peer valued education classes, a terrific tribute in itself to those few who work so hard behind the scenes to make these programs happen.

We have to capitalize on all these bits of forward motion we need through our continued and intensified participation. That is a responsibility for each of us and a need of NAMI – Yolo. If you can help please call (530) 756-8181 to leave a message. Someone will return your call.

NAMI-Yolo Family Support

Woodland Family Support in English

Day: 2nd Tuesdays **Time:** Call for time

Location: Call for location

Phone: Diana at (530) 661-3208

Woodland Family Support in Spanish

Day: Call for day **Time:** Call for time

Location: 409 Lincoln Avenue, Woodland

Coordinators: MariaElena Vega
Amparo Hernandez at (530) 662-2274

Davis Family Support in English

Day: 4th Wednesdays **Time:** 7:00- 8:30 p.m.

Location: Cesar Chavez Housing Complex
Conference Room, 1220 Olive Drive, Davis
North of Lexington Apartments on east side of
Olive Drive. Conference room in office building
at end of the parking lot.

Leader: Jan Garrison

Phone: Leave message on NAMI-Yolo Helpline at
(530) 756-8181 and someone will return your call

Family Support and Prayer Group

Not Affiliated with NAMI-Yolo

Day: 4th Mondays **Time:** 7:00- 8:30 p.m.

Location: Call

Leader: Noma Wilken

Phone: (530) 753-6881

Support for Parents / Caregivers of Transition-Age Youth (Ages 16-25)

Sponsored by the Yolo County Alcohol, Drug and Mental Health Family Partnership Program

Day: 4th Tuesdays **Time:** 6:30- 8:00 p.m.

Location: Transition Age Youth Center
825 East Street, Suite 123; Woodland
Fairgrounds Plaza at East Street & E. Gum,
near DMV

Leader: Donna Bousquet

Phone: Call TAY Center Program Admin (530) 668-6765
or Donna directly on her cell # (530) 383-1060

Topics include education, job skills, treatment decisions, housing,
independent living, SSI benefits, healthy relationships, Medi-Cal
vs. private insurance, medication issues, "breaking away,"
advanced directives.

Client Support Resources

Recovery, Inc., Self-Help Meetings in Woodland

Phone: (916) 483-5616 for
meeting locations in Woodland.
Open to members or consumers
18 or older.
recovery-inc.com

Yolo County Wellness Centers

Pathways to Independence for Transition-Age Youth (People 16-25 Years Old)

The Transition-Age Youth Center
in Woodland (825 East Street,
Suite 123) has active programs
five days a week, including
groups such as career/education,
job readiness, life skills, healthy
relationships, relaxation ... as
well as time for arts and crafts,
sports, games, etc.
A youth council has started
up along with a regular
newsletter. The Center's phone
number is (530) 668-6765.

Wellness Alternatives for Adult Consumers (People 18 - 59 Years Old)

The Wellness Center in
Woodland (825 East Street, Suite
302) offer activities, support and
help developing individual
Wellness Recovery Action Plans
(WRAP). Additionally a variety
of activities and groups are
offered such as dual diagnosis,
physical wellness, social skills,
temper tamers, creative writing,
cooking, movies, etc. Often
services are shared by both
centers and some clients
participate in activities at both
TAY and the Wellness Center.
The Wellness Center phone
number is (530) 668-6777.

Fall Peer to Peer Class Begins in September

Please help get the word out about the Fall 2008 Peer to Peer Recovery Education Class which begins Wednesday, 2:00-4:00 p.m. September 24 through November 19. The class is holding an orientation Wednesday, September 17th at 2:00 p.m. at Destiny Hall, 124 Lincoln Avenue, Woodland.

Peer-to-Peer is a free recovery education program for people with any serious mental illness who are interested in establishing and maintaining their wellness and recovery. It consists of nine, two-hour units taught by a team of trained "mentors" who are personally experienced at living well with mental illness. Using a combination of lectures and interactive exercises, Peer to Peer provides opportunities to reflect on the impact of mental illness on individuals' lives and offers comprehensive information on the biological basis of mental illness, personal and interpersonal awareness, coping skills, addictions and basic self-care. Preventing and accommodating relapse by developing a personalized relapse prevention plan are integral parts of the course.

To enroll, please phone Chris at (530) 753-1629 or send email to friends@namiyolo.org.

Anyone with a serious mental illness who is interested in this 9 week recovery education program is welcome to attend the Orientation where there will

be a short overview of the course and a video. Light refreshments will be provided. This class is offered twice a year in the Spring and Fall. For more information see: yolopeers.com

Crisis Intervention Training Begins in Yolo County

Crisis Intervention Training (CIT) is a class designed to help police "first responders" to better deal with mental health-related issues. The first ever CIT training in Yolo County will run on September 8-11 in Woodland. Representatives are expected from Davis, Woodland, Winters and other nearby communities. Only a few officers from each jurisdiction will be able to attend. The county has committed to continue CIT training over the next few years in order to prepare a broader portion of each force.

The course is coordinated by Michael Summers, a former Sacramento police officer who has extensive training in dealing with disability-related issues. Mr. Summers estimates that 70-80% of all police responses have a mental illness aspect including welfare checks, drug and alcohol related issues and domestic violence. He estimates that new police recruits receive over 1000 hours of training. However, only about 6 of those hours deal with all disability related issues. CIT training is relatively new to California, but it is much more common on the East Coast.

CIT training is designed to provide police with a broader understanding of mental health issues, including segments:

- * Describing major types of severe mental illness,
- * Accessing services in Yolo for mental health, homelessness, older adults and co-occurring disorders,
- * A family panel discussing how mental illness impacts family dynamics,
- * Discussion of CIT effectiveness, by officers from the San Rafael PD and Marin County Sheriff's Office
- * De-escalation tactics and role playing, taught by Michael Summers

NAMI Yolo has been active for some time in helping to bring CIT to Yolo. Our current vice president, Nancy Temple, is on the organizing committee. NAMI-Yolo is providing some funding for the event. We are also providing hospitality services during breakfast and lunch.

Mental Health Board Report

by Marilyn Moyle, Mental Health Board Chair

The Yolo County Local Mental Health Board (LMHB) needs an enthusiastic consumer representative to provide a voice for Yolo County consumers. There is a vacancy in Mariko Yamada's district, and there may be a vacancy in Mike McGowan's West Sacramento district. It's possible for someone who does not live in that district to be appointed in order to fulfill the LMHB requirement for family and consumer members. Interested applicants should contact Mariko's office by phone, (530) 666-8623 or (530) 757-5555 or at mariko.yamada@yolocounty.org.

This is an important year to serve on the LMHB. One of our primary goals is to research crisis services in neighboring counties and to have conversations with current crisis providers in Yolo County to determine a better way to support individuals who are suffering from a mental health crisis. The participation of NAMI-Yolo members in this conversation will be extremely important.

Ed Smith, the interim director for ADMH, has produced a PowerPoint presentation that surveys crisis services in 5 counties: Placer, San Joaquin, Sutter/Yuba, Shasta, and Yolo. He presented the information at the August 25th LMHB meeting in Woodland. Ed comes to Yolo County with more than three decades of experience in Sutter/Yuba County mental health programs. He has observed that Yolo ADMH does not have true crisis services; only assessment services are available at ADMH during the day. After 5:00 p.m. until 8:00 a.m., Suicide Prevention of Yolo County assesses clients at hospital emergency rooms in Woodland and Davis and at the county jail.

True crisis services might include a fixed-base crisis center where clients could be held for 23 hours in a more comfortable location where they could receive counseling, have time to get alcohol or drugs out of their system, and get support without being hospitalized. A crisis center of this kind could be more effective, humane, and save money and human suffering in the long run.

Barriers to change include uncertain state and ADMH budget support, security issues at a site away from hospitals or jails, and the lack of a county-owned facility for a fixed-base crisis center. Such a center would have to have a nurse who could do TB tests, drug tests and other medical evaluations. There would still be a need for Safe Harbor short-term crisis residential care; whether both services could be provided at the Safe Harbor site is uncertain.

However, because hospital emergency rooms are now overwhelmed by methamphetamine users, mental health clients often do not receive the attention they need in a timely manner,

and the crisis becomes more severe as a result. ADMH is mandated to provide crisis services for anyone in crisis, so making these services as humane and effective as possible will be the focus of LMHB and ADMH staff discussions during the coming months. A new ADMH director will be hired soon. We have an opportunity to make a difference as members of the mental health board and members of NAMI-Yolo. I am looking forward to working with our dedicated LMHB members, ADMH staff, and NAMI-Yolo this year. We are grateful to Ed Smith for his hard work as interim director during this difficult budget crisis and look forward to supporting our new ADMH director in the future.

National Day of Prayer

Five years ago during Mental Illness Awareness Week, FaithNet NAMI National started the observance of the National Day of Prayer for Mental Illness Recovery and Understanding. In Yolo County it has been observed at the Christian Church Disciples of Christ in the small chapel near the corner of College Street and Lincoln Avenue in Woodland. Traditionally it is always the Tuesday following the Monday rally on the courthouse steps. We hope to see you praying for those affected by mental illness. Reverend Larry Love does a wonderful job of conducting this service. You can come during your working day as it will meet at 12:00 on October 7th. Late-comers are welcome and you may leave early if you must.

NAMI California Conference

The conference this year was held at the San Francisco Marriott August 22nd and 23rd. Five members of NAMI – Yolo attended. The program consisted of three plenary sessions, eighteen workshops, five ‘Ask the Doctor sessions’ and six forums, so we could only attend a small sample of these. We have picked out highlights from the plenary sessions.

Brian Wettzel, a stand-up comedian and long time sufferer from severe depression gave a characteristically amusing, but insightful personal history. In particular he focused on things not to treat those suffering from severe depression, including saying things like “Snap out of it ! “or “ I know how you are feeling “. His appeal was for simple support, being trusted and available to the sufferers. He emphasized that his own journey through recovery had been very hard work. This is an important thought for us all to reflect upon as we shape our support for sufferers.

Dr Po Wong of the Stanford University School of Medicine gave a very comprehensive breakdown of the elements used in the diagnosis of Bipolar I and II and clinical depressions . The diagnosis is critical in distinguishing between anti-depressants and mood stabilization treatments. He revealed the scope for misdiagnosis and the critical role of frequency and duration

of symptoms. Since these data are only available from the sufferer , close friends and family input is needed. This information has to be available to the doctor although confidentiality may make them unresponsive. Doctors need to and are required to listen to families.

Dr Rose of UCSF developed an interesting discussion concerning embedded myths in current use of the word psychosis.

The currently topical needs of returning veterans for community mental health services generated much open discussion. A new initiative, led by NAMI in Kern County called “Front Line “ demonstrated the ways in which the VA administration and NAMI can work together to develop support for both the veterans and their families as they transition into civilian life.

Finally Lori Ashcroft gave a very impressive view of the work of the Recovery Opportunity Center that deploys its staff, 75% of whom are consumers, in initial primary care in hospitals and other settings in Arizona. Lori herself played a key role in establishing and guiding this center. We were so impressed that we brought back her DVD on this organization’s work.. Consumers in peer relationship in provider settings are truly a way forward that we would all like to see.

Overall the conference overwhelmed us with information, there is also much repetition in the workshops themes from year to year, but there was much encouragement in the glimpses of new successes.

Family to Family Class Transition

By Deanne Buchan

NAMI-Yolo's Family to Family education class starts its fall session on Monday September 8th continuing on Monday evenings through November 17th.

It is gratifying to have managed to continue these classes for the past twelve years. I know that when we began we did not visualize we'd still be going this long. There is an ongoing need for folk to get information to help them help their ill relative and NAMI's program meets the need. We could not have continued without the willingness of graduates from the course to train as teachers and we are constantly on the look out for willing souls. The training is over a weekend, is free, the trainee only pays for transport, and most importantly it takes place only once a year in Northern California. NAMI California asks us to submit well in advance the names of those interested in the training and this is an appeal to NAMI-Yolo Family to Family graduates who have thought about training but never got around to it.

Our current teachers are Mary Blackard, Stuart Buchan, Millie Braunstein, Leona Jull, and Deanne Buchan.

Family to Family continued on page 7

Family to Family continued from page 6

Deanne has coordinated the program since the beginning and is pleased to welcome DeeDee Levine who has agreed to take on the job. Her email is levinedd@yahoo.com or phone (530) 635-3565.

We are also happy to have Joan Weiss coordinating the class material, which can be quite a job as NAMI keeps us up to date with research, new medications, and therapies. She also keeps the classroom in good order!

The class is limited to 16 a comfortable number for our size of classroom. Participants learn about the class from newspaper articles, our website, word of mouth, support groups and providers. The first point of contact is usually the Help-Line with a return call and subsequent mailing of informational materials. The coordinator maintains a future class list and contacts those on the list when the fall or spring schedule is set. Each 12-session class has two teachers and their work begins before the first class by meeting with participants individually to answer any last minute questions and to establish a friendly rapport.

We hope that that this article gives an idea of the work of our team so give DeeDee a call (530) 635-3565 or email levinedd@yahoo.com

NAMI-Yolo Needs You - so the program will survive the next twelve years!

Buy anything at Amazon and support NAMI-Yolo!

Visit the NAMI-Yolo website at namiyolo.org and click on the link to Amazon.com. NAMI-Yolo receives 5.0-7.5% of any online purchase accessed through the NAMI-Yolo website. Your purchases help support NAMI-Yolo community programs.



"Seeds of Hope" by Giselle Melendres
Valley Oak Elementary School, Davis

2008 Sunflower Art Competition

*Keep your face to the sunshine
and you cannot see the shadow.
It's what sunflowers do.*
Helen Keller

The 6th annual Sunflower Art Competition was once again, a very successful show at the Davis Art Center with 261 entries from individuals and groups ranging in age from pre-school to senior citizens. Professional and amateur artists entered paintings, drawings, photos, ceramics and textile pieces. The exhibition ran from June 2 – 20 with about 300 people attending the opening reception on June 13th. This year's show was bigger than ever and the walls of the Art Center were filled with colorful sunflower art!

One aspect that is particularly encouraging is the increasing number of teachers who involve their classrooms in the competition and use the contest to educate students about mental health issues. Next year, NAMI-Yolo will offer an educational grant for teachers who use art to educate students about mental health. Grant application details will be announced early 2009 and will be funded by proceeds from a raffle.


After 6 successful years, the Sunflower Art Show has become a tradition in Yolo County. Much of this success is directly due to the financial support of the City of Davis Arts Contract Program. We are exceedingly grateful for this support and hope to carry on the tradition for many years to come.

NAMI-Yolo
 PO Box 447
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 (530) 756-8181
friends@namiyolo.org

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6th Annual Walk for Mental Health
 Saturday, October 4, 2008, 9:00 a.m.
 South steps of State Capitol, Sacramento

 NAMI-Yolo Membership / Donations	
<p>Date: _____ <input type="checkbox"/> New Member <input type="checkbox"/> Renewal</p> <p>Name _____ Phone (home) _____</p> <p>Street _____</p> <p>City _____ State ____ Zip _____ Email _____</p> <p>We are always in need of volunteers. Please take a moment to mark the activities that interest you.</p> <p><input type="checkbox"/> Potluck Help <input type="checkbox"/> Fundraising <input type="checkbox"/> Religious Outreach <input type="checkbox"/> Special Events</p> <p><input type="checkbox"/> Legislation <input type="checkbox"/> Education & Support Group Facilitating</p> <p>Throughout the year, we will notify you of upcoming events and important issues unless you tell us otherwise. In some instances, we will use an automated phoning system. Please indicate the following:</p> <p><input type="checkbox"/> Notify me only of Special Events. <input type="checkbox"/> Send my newsletter electronically</p> <p><input type="checkbox"/> Please do not phone me. <input type="checkbox"/> Please do not send newsletters or other literature.</p> <p>Special Instructions _____</p> <p>Your membership and donations to NAMI-Yolo are tax deductible to the extent allowed by law. Thank you for your support.</p>	<p><input type="checkbox"/> I want to join NAMI-Yolo</p> <p>Annual Membership Dues</p> <p><input type="checkbox"/> Corporate \$150</p> <p><input type="checkbox"/> Benefactor \$100</p> <p><input type="checkbox"/> Patron \$ 50</p> <p><input type="checkbox"/> Family * \$ 40</p> <p><input type="checkbox"/> Individual \$ 35</p> <p><input type="checkbox"/> Professional \$ 35</p> <p><input type="checkbox"/> Low Income \$ 15</p> <p><input type="checkbox"/> Consumer \$ 3</p> <p><input type="checkbox"/> Donation \$ _____</p> <p>Total Amount \$ _____</p> <p>Make checks payable to & mail to: NAMI-Yolo PO Box 447 Davis, CA 95617 Phone (530) 756-8181</p> <p><small>* If you have family members residing at other addresses you want included on our mailing list, please list their names and address on a separate sheet.</small></p>