

Spring 2008

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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 Events

6th Annual Seeds of Hope
Sunflower Art Show
and Competition
June 2-20, 2008
Entry Deadline
Friday, May 30

Reception
Friday, June 6, 2008
6:30 p.m. - 9:00

Davis Art Center
1919 F Street, Davis

*Live music, refreshments, prizes
and dazzling sunflower artwork
Funded in part by City of Davis*

For more information:
Phone: (530) 756-8181
Website: namisunflowers.org;
Email: friends@namiyolo.org

June Barbeque
Friday, June 27, 2008
7:00 p.m.

Destiny Hall
124 Lincoln Avenue
Woodland

Tickets: \$20 & \$5 clients

For more information:
Phone: (530) 756-8181
Email Al Weiss:
a.weiss@sbcglobal.net

NAMI-Yolo Seeks Sunflower Art for Its Popular Annual Competition

Do you love sunflowers? Show off your artistic side by entering the 6th Annual Sunflower Art Competition sponsored by NAMI-Yolo, the local chapter of the National Alliance on Mental Illness.

The competition is a community-wide contest to choose the design for the 2008 *Seeds of Hope* sunflower seed cards NAMI-Yolo sells as part of its outreach and fundraising efforts. Anyone can enter an original drawing, painting, photo or any other medium that incorporates a sunflower theme. Prizes will be awarded in the following categories: children (under 12), teens (12-18), amateur adults, professional artists, and group installations.. The grand prize winner will have his or her work reproduced on the 2008 *Seeds of Hope* Sunflower Seed Card.

The exhibit runs from June 2 to June 20 at the Davis Art Center, 1919 F Street in Davis where a reception will be held Friday, June 13 as part of the Davis Second Friday Art About. Deadline for entry is May 30th.

Sunflower Art continued on page 6

Annual June BBQ

It's that time again-the annual June BBQ at Destiny Hall, 124 Lincoln Avenue in Woodland.

We have some wonderful volunteers to help us pull it off and make it a fundraising success for NAMI-Yolo's projects and goals focused on helping the clients and families. Our famous cook, Russ Wisterman, husband of Diana, our new Woodland family support group hostess, is going to sizzle Tri-tip for us. Wow! With food provided like this, you'll want to get a ticket or two and come on Friday, June 27th at 7:00 PM and enjoy it. This year it's \$20 and \$5 for clients. Call NAMI-Yolo (530) 756-8181 or contact Al Weiss at a.weiss@sbcglobal.net to reserve your tickets.

NAMI-Yolo

Address PO 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.

2007-2008 Board of Directors

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..... Maria Elena Vega
Sunflower Art Show
..... Marilyn Moyle
..... Leslie Carroll
Walk for Mental Health
..... Donna Bousquet
Web Site..... Leslie Carroll
Woodland Potlucks Al & Joan Weiss

Board of Directors meets
3rd Wednesday each month
7 - 9 p.m. in Woodland except
June-August.

County Mental Health Budget Crisis by Millie Braunstein, Local Mental Health Board

At midyear, with the current spending and revenue pattern, the status of the Yolo County Alcohol, Drug, and Mental Health Department (ADMH) budget was projected to have a deficit of \$5.7 million by the end of the June 30th '07 - '08 fiscal year; a multi-million dollar deficit for the fourth year in a row.

Numerous complex factors that stem from state and federal level red tape as well as internal and county management issues spanning many years have contributed to this crisis. What ADMH is now facing is the reality that the State is in a serious deficit situation; Yolo County is facing a difficult budget year. Cuts in spending must be made.

To address the complexities, an outside consultant, Phil Bachelor (a longtime county administrator) was hired to work with a county team of fiscal and management experts to perform an initial assessment of the operations, organization and fiscal well being of ADMH. The purpose of this team is to facilitate getting the department back to strength.

At the BOS meeting on March 18, Sharon Jensen, the County Administrator, and Mr. Bachelor presented their report outlining 15 actions taken to date to infuse resources to the department, to improve communications, and to control expenditures. In addition to establishing resource task forces and hiring a healthcare financial consulting firm, Ed Smith has been hired as a deputy county administrator on special assignment to lead the county's team to begin implementation of the recommendations from this report. Mr. Smith served as the Mental Health Director of Sutter County for more than 20 years and Department Head of the Department of Human Services for 13 years. Additionally, Dr. Karl Adler has been hired as Medical Director for ADMH, having served as Medical Director of the Alameda County Behavioral Health Care Services. Meetings have been held with key county department heads, the Community Based Organizations, the LMHB, etc. to inform them of the challenges facing ADMH and to invite participation, input and support. A hiring freeze has been placed on filling vacancies in ADMH and on large purchases. All contracts must be reviewed by the County Administrator's office prior to being approved.

Additionally, 46 specific actions were recommended related to: budget and staffing; service to clients; reviews, internal controls and checks and balances; contracts and grants; office space and vehicles, billing and reimbursements; accountability; placements; relationships and communications; employee satisfaction survey;

County Mental Health continued on page 4

FAMILY SUPPORT MEETINGS

NAMI-Yolo Family Support Group
4th Wednesday of the month, 7:00 p.m.
Caesar Chavez Complex, 1220 Olive Drive, Davis
Community Room is one-story building at back of complex.
Participants allowed to park on-site in parking lot.
Facilitator: Jan Garrison

NAMI-Yolo Family Support - Woodland
2nd Tuesdays of the month, 7:00-8:30 p.m.
Phone Diana at (530) 661-3208 for time and location.

Family Support and Prayer Group - Davis
4th Mondays of the month: 7:00-8:30 p.m.
Phone: Noma Wilken at (530) 753-6881 for details

Family Partnership Support for Parents / Caregivers of
Transition-Age Youth (Ages 16-25) with Psychiatric Disabilities
4th Tuesday of the month, 6:30 - 8 p.m.
Transition Age Youth Center 825 East St., Suite 123, Woodland
Discussion Leader: Donna Bousquet
Phone: (530) 666-6769 or (530) 668-6765

UC Davis Family Support for Families of People
with Schizophrenia - Sacramento
First Wednesday of every month, 6 - 7 p.m.
The Imaging Research Center
UC Davis Medical Center 4701 X Street, Sacramento
Phone: Jane DuBe at (916) 734-2964

MENTAL HEALTH CLIENT SELF-HELP MEETINGS

Recovery Inc. Self-Help Mental Health Meetings
Call (916) 483-5616 for meeting locations in Woodland.

Obsessive-Compulsive Support Meeting (OCD) - Sacramento
Every Monday
Sutter Center for Psychiatry, 7700 Folsom Blvd., Sacramento
Phone: Jim (916) 223-6541 or Steve (916) 456-8239

Schizophrenics Anonymous Support Meeting - Sacramento
Every Saturday 10:00 a.m. - 12:00 p.m.
St. John's Lutheran Church 1701 L Street, Sacramento
(Please enter church through side door)
Phone: Glenn or Richard at (916) 441-0874

Bipolar Disorder Support Meeting - Sacramento
2nd and 4th Wednesdays at 7:00 p.m.
Sutter Center for Psychiatry 7700 Folsom Blvd., Sacramento
Information: Andrea Hillerman: andrea@mhasc.org or (916) 366-4601
or Marilyn Hillerman at marilynhillerman@yahoo.com or
(916) 684-1358

NAMI-Yolo depends on your membership dues to publish this newsletter among other things.

Beginning in 2007 NAMI-Yolo switched the membership year from March - March to January - December. This change was instituted to align with the NAMI National and NAMI California year. NAMI-Yolo ended 2007 with 128 members. This year so far we have 96 members. Of those members 23 are new members.

EDUCATION PROGRAMS

The Family to Family class is now in its twelfth successful year. The Spring class that started on February 11th has completed. The Fall class will start in September after Labor Day. For more information or to register call the Help-Line at (530) 756-8181 and leave a message with name and phone number for a call back.

The Peer to Peer program has proved to be beneficial to the consumers. Based on the Family to Family program it is a 9 week educational course specifically for consumers/clients who are ready to learn about their mental illness and how to live as fully as possible. The Spring class started with orientation on March 12th and it will continue until May 14th.

Farmhouse Garden

The Farmhouse is a Yolo County 20-acre property situated on Road 96 between Roads 31 and 29. It is an 18-month residential rehab facility for adults recovering from a serious psychiatric illness. The residents look after sheep, goats, geese, a rabbit, various cats and recently two chickens. Master Gardeners Sue Barbano and Deanne Buchan developed the 1,000 square foot vegetable garden in 2006 with the financial aid of NAMI-Yolo. An arid corner of a field close to the house was fenced and drip irrigation installed; planting beds and raised boxes were developed. The residents help with all of the projects and it makes for easier gardening when one can call on them for the heavier tasks. It has been a learning experience for the residents and also for Sue and Deanne as we have struggled with the various elements that go into a successful vegetable garden.

The Farmhouse Vegetable Garden, a joint program of NAMI-Yolo and the Yolo County Master Gardeners is thriving. It is now in its third year. We had a good crop of broccoli this winter and the fava beans are nearing harvest. Tomato plants are going in at time of writing followed by bell and chilli peppers, zucchini squash, melons (great crop last year) and corn. The clients help with digging, planting, and maintenance and of course eating. We try to garden as organically as possible and have an excellent supply of farmyard compost.

Adler Appointed New Medical Director

The Yolo County Department of Alcohol, Drug and Mental Health Services (ADMH) appointed Karl D. Adler, MD as their new Medical Director.

Dr. Adler comes to us from Alameda County where he served as Medical Director of Alameda County Behavioral Care Services, their counterpart agency to Yolo County ADMH. A few of his areas of responsibility there included representation of psychiatry concerns within department management, leadership of the Medical Staff and the initial development of some Mental Health Services Act psychiatric-primary care interface projects.

Previously, Dr. Adler worked in both administrative and clinical roles in both public and private organizations, including Contra Costa Regional Medical Center and Berkeley Mental Health. He received his MD from UC Davis School of Medicine, where he was in the Behavioral-Family Practice Pathway and also pursued some studies in public health.

County Mental Health continued from page 2

At midyear, with the current spending and revenue pattern, the status of the Yolo County Alcohol, Drug, and Mental Health Department (ADMH) budget was projected to have a deficit of \$5.7 million by the end of the June 30th '07-'08 fiscal year; a multi-million dollar deficit for the fourth year in a row. Numerous complex factors that stem from state and federal level red tape as well as internal and county management issues spanning many years have contributed to this crisis. What ADMH is now facing is the reality that the State is in a serious deficit situation; Yolo County is facing a difficult budget year. Cuts in spending must be made.

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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.

What Can You Do In Hard Times?

by Stuart Buchan, NAMI-Yolo Board President

This is normally the time of year when we are encouraging you to renew your membership, if you have not done so already, and to reach out to others to join our organization. We discuss the mutual benefits of a large and active membership and the benefits in joining our supportive network of concerned consumers, friends and family. We discuss the needs we have, as an organization, to gather support for our education and advocacy.

However, this year the whole State faces financial challenges, and Mental Illness programs, always under-funded, are facing critical funding choices. Here in Yolo County whatever priorities are set, it seems that many will have to be neglected and will lack private resources. The most vulnerable will suffer the most. Not only is this county having to reduce funding but it has an historically unsolved debt, the system spends more and recovers less than is needed to balance the mental health budget, by many million dollars.

What can NAMI - Yolo members do in response? Well we must fully engage in the discussion. Probe for documented facts and point to realistic changes in administrative efficiency. Why is Safe Harbor , although cheaper than alternatives, underutilized. Why do other counties recover more of their costs than us? Why, over the last five years, has the mental health budget increased by less than most other budget segments? Why is the department leadership so often changed and with what benefit?

W. Edwards Deming, the doyen of constant process improvement, maintained that when quality is falling short, the cause is not attributable to the workers but rather it is the system that needs improvement. The administrative system is up for improvement. Advocate for open, measurable change.

Venture Club Supports Peer Education

by Joann Turner, NAMI-Yolo Board Member

Venture Club of Davis recently awarded \$1500 to NAMI-Yolo in support of our successful Peer to Peer Recovery Education program. The Venture Club funds, raised in a joint effort with Soroptimist International of Davis, were designated this year to support Yolo County nonprofit organizations that provide education to individuals with special needs. Peer to Peer is a unique free program that is accessed by self-referral. The course is open to any person having a persistent mental illness who is interested in working toward their own recovery in a supportive group setting. The award was announced at Venture Club's annual Service Grants Awards Night, where I expressed appreciation and thanks on behalf of NAMI. For information about Venture Club community service projects, visit www.ventureclubofdavis.org. For more information on the Peer to Peer program, visit www.namiyolo.org.

Mental Health Services Act Prevention & Early Intervention

The Yolo County Department of Alcohol, Drug and Mental Health Services (ADMH) has embarked on the community planning process for the Prevention and Early Intervention (PEI) component of the Mental Health Services Act (Proposition 63). In 2005, ADMH undertook the stakeholder planning process for the Community Services and Supports (CSS) component of the Act. PEI is the second of several components of the Mental Health Services Act (MHSA) to be rolled out. ADMH hired the California Institute for Mental Health to facilitate the PEI stakeholder process. The Institute specializes in providing training and technical assistance for the public mental health system in California.

For Fiscal Year 2008-09, Yolo County's PEI allocation will be \$1.4 million. Yolo County was given \$100,000 for the PEI planning process. Ongoing annual PEI funding will be approximately \$950,000. In late February the Institute held informational sessions in

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Mental Illness Awareness Week

The Yolo County Board of Supervisors issued a proclamation in recognition of Mental Illness Awareness Week (MIAW) in October 2007. NAMI-Yolo board member Carol Shea accepted the proclamation on our behalf at the supervisor's meeting. Each year during MIAW week NAMI-Yolo holds a rally outside the County Administration Building in Woodland. The invited speaker was Dr. Jon Caldwell, psychiatrist at the Yolo County Department of Alcohol Drug and Mental Health. NAMI-Yolo annual awards were bestowed at the rally to three very deserving members of our mental health community. Kate Hutchinson received the Mental Health Care Provider Award in recognition of many years of service as executive director of Yolo Community Care Continuum (YCCC) during which she led the successful effort to build the new Safe Harbor crisis residential facility. Mary Weiss earned the Volunteer /Community Support Award for her long-standing and varied community service which included co-facilitating the NAMI-Yolo support group. Chris Roberts-Bakke was honored with the Consumer Award for his leadership as a Peer to Peer mentor and instructor. Dave Lundgren, lay minister, led a Candlelight Vigil during which individuals had an opportunity to speak from their hearts.

PEI continued from page 5

Woodland, Davis and West Sacramento. During subsequent meetings stakeholders:

- developed a needs assessment data brief.
- identified priority populations.
- chose PEI strategies and programs.
- summarized community input.
- strove to reach consensus among stakeholders.

The planning process for PEI is much shorter than that for the CSS component.

ADMH Administration will incorporate recommendations from the stakeholder process into a plan that meets State requirements. The draft plan will then be made available to the public for 30 days. After the 30-day public comment period, the Yolo County Local Mental Health Board will convene a public hearing to gather feedback. ADMH will list substantive comments from the hearing in the final draft. The final step prior to submission to the State Department of Mental Health will be review and approval by the Yolo County Board of Supervisors.

Questions and issues regarding the planning process can be directed to Joan Beesley, Mental Health Services Act Program Manager, at (530) 666-8536 or Joan.Beesley@yolocounty.org. Workforce Education & Training (WET) is the next component of the Mental Health Services Act (MHSA) to be rolled out following PEI. Using WET planning funds the County recently hired Gina Ehlert to coordinate ADMH staff training and oversee the WET stakeholder planning process. For the MHSA she will oversee the local WET stakeholder planning process. Yolo County's WET allocation will be less than \$500,000. Some MHSA funds will be separately devoted to statewide and regional Workforce Education & Training initiatives. Gina Ehlert can be reached by calling (530) 666-8517 or by email at gehlert@yolocounty.org.

Sunflower Art continued from page 1

Visit www.namisunflowers.org, for information about mental health, the Sunflower Art Competition and the Tallest Sunflower in Yolo County contest. Also featured are sunflower recipes, books, and crafts including directions on how to make a REAL sunflower smile or build your own sunflower house. Find tips on how to grow giant sunflowers, harvest and roast sunflower seeds, make sunflower seed bird feeders and much more.

Entry forms are available online at www.namisunflowers.org and at area public libraries, Yolo County Mental Health offices and the Davis Art Center. The Sunflower Art Show and Competition is funded in part by the City of Davis Arts Contract Program.

A Way to Find Meaning In This Tragedy

by Melissa Lyans

Recently, NAMI-Yolo members Melissa Lyans and Andy Albrecht lost their 18 year old son, Will to bipolar disorder. Below is a message from Will's mother on trying to find meaning in tragedy.

Suicide is so much more than the most serious symptom of a mental illness; it is a catastrophic event, a meteor that can destroy whole communities. As we survivors crawl out of the gaping crater that is left after the impact we can either stumble around dazed and frightened, feeling alone and vulnerable ourselves, or we can seek each other out to give and receive comfort and aid. I believe we have been able to do the latter; you called, emailed or came to our home, brought us food, sent cards and flowers, made donations in Will's memory and posted caring messages on the Facebook website. As parents we have held and comforted Will's friends, children of our friends. We have been comforted by fellow parents who have gone through this before and have been held by those who we hope will never know this particular pain. In the "Community of William", we are all survivors of suicide and if we continue to be there for each other and for others in our separate circles we will get through this.

So now we are left with the huge hole in our hearts and the huge crater in our world left by Will's passing and we ask what now? To this I answer, we go on. We breathe and walk, work and play and follow our passions even though William no longer can. We may not be able to bring an end to war, cure diseases or aspire to other global change, but we can pledge to treat ourselves and our loved ones with kindness and respect. We can promote physical, emotional and spiritual well being in ourselves and those around us. We can reach out to others and through random as well as determined acts of kindness create positive change in our communities.

Two weeks before he died Will met an exceptionally kind person, a young man named Alex, who saw that he was in distress and befriended him. They had a meal together and got together once or twice after. Will played his trumpet for Alex on his last day alive. Will's death was a terrible shock to Alex, but I can't help but wonder if there was some reason they met. Perhaps Alex's deep religious convictions reached William, the atheist, in a way we will never understand or perhaps their brief relationship will help Alex become a stronger person in some way. I have learned from Alex that we can all be more compassionate.

My heart is broken and I am devastated that my beautiful, spirited William is gone. Those of you who know his dad and me understand that we worked harder than most parents and did our best in the face of this devastating illness. I am so sorry we couldn't save him but maybe together we can help others. So please go on and live your lives to the fullest. Keep William in your hearts and find expression of his spirit in yourselves and in all your actions.

William Albrecht

August 27, 1989 - March 18, 2008

William was born in Chicago Illinois. He lived in London England from age three to nine, where many of his artistic passions first took root. Will moved to Davis in fourth grade, and was a student at North Davis Elementary, Emerson Junior High, Davis High School and the Davis School for Independent Study. He is survived by his parents, Andreas Albrecht and Melissa Lyans, his sister Sonia, his brother Geoffrey, his grandmothers, several aunts, uncles and cousins.

Will was a bright light, a unique young man with strong intellect, a powerful imagination, and quick, dry wit. He was a gifted artist who loved drawing, writing, and music. He was a talented trumpet player who played with the Emerson Jr High and Davis High School Jazz Bands and studied with Tom Peron. He was a member of the Blue Moon Writers Guild.

Will struggled for many years with bipolar disorder. Though the challenges were often overwhelming, his passion, humor and hard work brought him much love and accomplishment and allowed him to bring joy into his life and the lives of those around him. His life ended on March 18. He spent his last day with his friends, playing trumpet in the park.

Memorial donations may be made to:

The Davis High School Jazz Band:

DHS Band Boosters

P.O. Box 7352

Davis 95617 or

www.dhsbandboosters.org

or

NAMI-Yolo PO Box 447

Davis, CA 95617

www.namiyolo.org

Please visit www.willsgallery.net to view a sample of his artwork, writing and music.



NAMI-Yolo

Membership / Donations

Date: _____ New Member Renewal

Name _____ Phone (home) _____

Street _____

City _____ State _____ Zip _____ Email _____

We are always in need of volunteers. Please take a moment to mark the activities that interest you.

- Potluck Help Fundraising Religious Outreach Special Events
 Legislation Education & Support Group Facilitating

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:

- Notify me only of Special Events. Send my newsletter electronically
 Please do **not** phone me. Please do **not** send newsletters or other literature.

Special Instructions _____

Your membership and donations to NAMI-Yolo are tax deductible to the extent allowed by law. Thank you for your support.

I want to join NAMI-Yolo

Annual Membership Dues

- Corporate \$150
 Benefactor \$100
 Patron \$ 50
 Family * \$ 40
 Individual \$ 35
 Professional \$ 35
 Low Income \$ 15
 Consumer \$ 3

Donation \$ _____
Total Amount \$ _____

Make checks payable to & mail to:

NAMI-Yolo
 PO Box 447
 Davis, CA 95617
 Phone (530) 756-8181

* 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.



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