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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 5, 2009 at 5:30 p.m.
Event: **Mental Illness Awareness Week Rally**
Speaker: **Kim Suderman, Director**
Yolo County Dept. of Alcohol, Drug and Mental Health
Location: Yolo County Administration Building
625 Court Street, East Entrance Steps, Woodland

Date: Monday, October 5, 2009 After Rally
Event: **Potluck and Candlelight Vigil**
Location: Yolo County Administration Building
625 Court Street, First Floor Atrium, Woodland

*Please bring food according to the first letter of your last name:
A-H: Dessert, I-P: Main Dish, Q-Z: Salad*

Date: Tuesday, October 6, 2009 at Noon
Event: **National Day of Prayer for Mental Illness Recovery and Understanding**
Location: Woodland Christian Church, 509 College Street, Woodland
Corner of College Street and Lincoln Avenue

Date: Wednesday, November 4, 2009 at 6:30 p.m.
Event: **Potluck Meeting**
Topic: **Co-Occurring Substance Abuse & Mental Health**
Speaker: **Dr. David Mee-Lee**

Location: Cesar Chavez Apartment Complex
1220 Olive Drive, Conference Room, Davis, CA
North of Lexington Apartments on east side of Olive Drive.

Conference room in office building at end of parking lot
Please bring food if you can according to the first letter of your last name: A-H: Salad, I-P: Dessert, Q-Z: Main Dish

Date: Wednesday, December 2, 2009 at 6:30 p.m.
Event: **Holiday Party**
Location: Destiny Hall, 124 Lincoln Street, Woodland, CA
Light refreshments will be served. Please bring a gift card from a local business to be given to local mental health agencies and their clients.

Save the Date for the Winter Mental Health Dinner
Thursday, February 25, 2010 at the Davis Veterans' Memorial Center

Candlelight Vigil and National Day of Prayer

Connecting on a spiritual level goes far deeper than the surface of things. Many of us need and welcome an opportunity to open up in such a way because we've dealt with such agonizing issues in our lives. Whomever we look to for support and sustenance is individual, but meeting as a group recognizing we're all in this together brings strength and community. Such an opportunity is offered twice during Mental Illness Awareness Week. Following the potluck Monday October 5th, we have a Candlelight Vigil open to anyone, where whoever wants to share or pray briefly however they wish is encouraged to do so. The next day, October 6th at noon is the National Day of Prayer for Mental Illness Recovery and Understanding. It has been led by the Reverend Larry Love for the past 3 years and we plan on observing it again there at the little chapel at the corner of College Street and Lincoln Avenue in Woodland. We have it at the noon hour for 45 minutes so those that work can come on their break. Please come and receive a blessing.

Mental Illness Awareness Week

This is the first full week in October each year. NAMI-Yolo will mark the start of this week with a rally at 5:30 p.m. on the Yolo County Administration Building steps in Woodland. This will include awarding a few outstanding people for their contributions to helping people who suffer from mental illness. We will retire afterwards to a potluck dinner in the atrium of the same building followed by a candlelight vigil.

NAMI–Yolo

Address:.....P.O. Box 447
Davis, CA 95617
Phone:.....(530) 756-8181
Website:..... www.namiyolo.org
Email:..... friends@namiyolo.org

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

From September-May the Board of Directors meets on 3rd Wednesdays at 7:00 p.m. at Destiny Hall, 124 Lincoln Ave., Woodland. Call (530) 756-8181 and leave a message to confirm day and time.

2009-10 Board of Directors

President.....Stuart Buchan
Vice President..Nancy Temple
Secretary.....Joann Turner
TreasurerRichard Bellows
Meetings..... Roger Pehlke
Jim Holverstott, Steve Thomas,
Walter Shwe, Joan Weiss,
Carol Shea, Al Weiss

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Roger Pehlke & Steve Thomas

Davis Family Support

Jan Garrison

Family to Family

Dee Dee Levine

Membership Coordinator

Lill Birdsall

Mental Illness Awareness Week

Stuart Buchan

NAMI Helpline

Deanne Buchan & Joann Turner

Newsletter Editor

Walter Shwe

Peer to Peer

Leslie Carroll & Joan Weiss

Phone Tree

Donna Bousquet

Religious Outreach

Joan Weiss

Seeds of Hope

Leslie Carroll

Spanish Family Support

MariaElena Vega

Woodland Meetings

Al & Joan Weiss

Note from the President

by Stuart Buchan, NAMI-Yolo President

The recent deaths of Pat Williams and Shirley Kreissman, their obituaries and their memorials are vivid reminders of NAMI–Yolo’s debt to the inspired group of people who started the work of support, education and advocacy for the seriously mentally ill in Yolo County. These two dedicated people did such really great things they made a difference for us all. They, among others, decided that the injustice received by those who suffered from severe mental illnesses could be put right. They set us on our way. This is an appeal to follow in their steps and to keep their vision alive. A very significant proportion of our membership is involved. You do many things that, in different and often not immediately measurable ways contribute, to making life in the community possible for those who suffer. We flourish because you volunteer your time and skills. We ask a lot of you and we do not always remember to thank you, but we survive because of you. Greedy to a fault we need more help, more of your skills, more of your time and more ideas. Do not be shy, come forward and discuss the opportunities that exist to help thrust our community forward to a stigma free and recovery-oriented County.

Local Mental Health Board Update

by Marilyn Moyle, Board Chair

The Yolo County LMHB is pleased to welcome Tawny Yambrovich and Jason Burrone, new mental health board members. Tawny, formerly an administrative assistant for Yolo County Alcohol, Drug and Mental Health, was appointed by Supervisor Jim Provenza; Jason, a UC Davis graduate, was appointed by Supervisor Matt Rexroad. There are still two vacancies in Supervisor McGowan’s district, West Sacramento, and one vacancy in Supervisor Rexroad’s district. To apply, contact the supervisor who has a vacancy.

The LMHB meeting schedule for the rest of 2009 is as follows: The September 28 meeting will be at 7:00 p.m. in the Dept. of Employment and Social Services Building at 500 Jefferson Blvd., Community Room 1, in West Sacramento. The October 26 meeting will be at 7:00 p.m. at Families First, 2100 5th Ave., in Davis. Instead of the regular November and December meetings, one meeting will be held Monday, December 7, at 7:00 p.m. in the Thomson Room of the Bauer Building, 137 Cottonwood Street, in Woodland.

The LMHB, in collaboration with NAMI-Yolo, is working to develop a plan for volunteer support for mental health programs, to help reduce the impact of budget cuts. Anyone interested in helping should contact Marilyn Moyle at (530) 756-8475 or by e-mail (marilynamoyle@sbcglobal.net). Some of the needs that have been identified include yard work and fall cleaning at YCCC houses and support for YCCC housing



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.

2009-2010 EVENTS CALENDAR

Our monthly meetings are potluck dinners held on the first Wednesday of each month (except July and August). Dinner is at 6:30 p.m. Meeting and speaker program begin at 7:30 p.m. Everyone is welcome, NAMI members and nonmembers alike. You are invited to bring food to share but if this isn't possible, please join us anyway. Please bring food according to the first letter of your last name.

MENTAL ILLNESS AWARENESS WEEK

Monday, October 5 5:30 p.m.	Mental Illness Awareness Week Rally Speaker: Kim Suderman, Director Yolo County Alcohol, Drug & Mental Health Yolo County Administration Building 625 Court Street, East Entrance Steps, Woodland		
Potluck & Candlelight Vigil Monday, October 5 After Rally	A-H: Dessert I-P: Main Dish Q-Z: Salad	Yolo County Administration Building 625 Court Street, First Floor Atrium Woodland	
Tuesday, October 6 Noon	National Day of Prayer for Mental Illness Recovery & Understanding Woodland Christian Church 509 College Street, Woodland Corner of College Street & Lincoln Avenue		
Potluck Wed., November 4 6:30 p.m.	A-H: Salad I-P: Dessert Q-Z: Main Dish	Cesar Chavez Apartments 1220 Olive Drive Davis, CA	Co-Occurring Substance Abuse and Mental Health Dr. David Mee-Lee
Holiday Party Wed., December 2 6:30 p.m.	Light refreshments will be served.	Destiny Hall 124 Lincoln Street Woodland, CA	Please bring a gift card from a local business to be given local mental health agencies and their clients.
Potluck Wed., January 6 6:30 p.m.	A-H: Dessert I-P: Main Dish Q-Z: Salad	Cesar Chavez Apartments 1220 Olive Drive Davis, CA	The Road to Recovery In Our Own Voice NAMI Sacramento
Potluck Wed., February 3 6:30 p.m.	A-H: Main Dish I-P: Salad Q-Z: Dessert	Destiny Hall 124 Lincoln Street Woodland, CA	Social Security: Special Needs Trusts
Save the Date for the Winter Mental Health Dinner Thursday, February 25, 2010 at Davis Veterans' Memorial Center			
Potluck Wed., March 3 6:30 p.m.	A-H: Salad I-P: Dessert Q-Z: Main Dish	Cesar Chavez Apartments 1220 Olive Drive Davis, CA	To Be Announced
Potluck Wed., April 7 6:30 p.m.	A-H: Dessert I-P: Main Dish Q-Z: Salad	Destiny Hall 124 Lincoln Street Woodland, CA	Independent Living for People with Serious Mental Illness Yolo STRIDES

Religious Outreach Update

by Joan Weiss, Religious Outreach Coordinator

A consistent finding is that 40% of people with mental illness approach a pastor first before seeking out a psychiatrist. Such clergy outnumber psychiatrists 10 to one so the figure is not the least surprising. NAMI- Yolo Religious Outreach purposes are to get the information out to these clergy that our programs, material and support are available to everyone. Last March and April we had meetings Sunday mornings at Destiny Hall offering special speakers. A few professionals, some family members, but mostly consumers shared their stories of not just coping but transcending on a spiritual level their particular struggles with mental illness. Medications and therapy were elements necessary, but healing often has a dimension beyond this. Everyone was encouraged to take home or share with their places of worship materials NAMI provides so more people can be made aware of what we're about and how to think of mental illness and what it means. Ongoing is a meeting for sharing and prayer support for both consumers and family members that gathers at Noma Wilken's home in Davis on the last Monday of each month. Call (530) 753-6881 for details. MariaElana Vega also is opening a new one for Spanish speaking folks. For details contact her through NAMI- Yolo general information phone line.

Online information is available at www.FaithNet@nami.org, www.MentalHealthMinistries.net and www.pathways2promise.org. Newer on the scene is the Mental Health & Spirituality Initiative from the California Institute for Mental Health. So for those who are seeking such help, there's much available to explore for support and connection.

Seeds of Hope Website

Helping to showcase NAMI-Yolo's Seed of Hope programs is namisunflowers.org, with 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 birdfeeders and much more.

A New Seed

Last summer, NAMI member Stuart Buchan planted sunflowers to produce seeds to sell for the NAMI contest. He planted both American Giant and Russian Mammoth sunflower varieties which then to his and our surprise crossed with each other to produce an entirely different sunflower seed. We are calling these sunflowers, "Détente – Buchan's strain" and hope they will produce the tallest sunflowers ever.

Walk for Mental Health

Support and funding for the Walk for Mental Health is very limited this year. Instead a march to support awareness of mental illness and health is being considered on Saturday, October 3, 2009. NAMI-Yolo is also taking into consideration teaming with NAMI Sacramento to hold a NAMIWALK in the spring. Watch for more detailed information on our website.

Drs. Jon Caldwell (left) and Arturo Villamor from the Yolo County Dept. of Alcohol, Drug and Mental Health at the September 9, 2009 Potluck

Client Support Resources

NAMI programs should not be used to replace the training and professional judgment of mental health professionals. We cannot, and will not, assume the role of a physician or therapist. NAMI cannot be held responsible for the use of the information we provide. Please always consult a mental health professional before making any decision regarding treatment of yourself or others.

NAMI Connection Meetings in Woodland

Sponsored by NAMI-Yolo, the support group is free of charge. Any adult with a mental illness is welcome to attend the group anytime they feel they need someone to talk to – there is no need to register.

Day: Every Friday **Time:** 1:30 p.m. - 3:00 p.m.

Location: Destiny Hall, 124 Lincoln Ave, Woodland
Two blocks east of West St., 2nd house down from McKinley Ave., across street from shopping center where you can park your car. Gray house that sits back from street behind chain link fence.

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

Recovery, Inc., Self-Help Meetings in Woodland

Phone: (916) 483-5616 for meeting locations in Woodland. Open to members or consumers age 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 Transition-Age Youth and the Wellness Center. The Wellness Center phone number is (530) 668-6777.



NAMI-Yolo Family Support

Woodland Family Support in Spanish

Day: Call (530) 756-7001 **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
Phone: TAY Center Program Admin (530) 668-6765

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.

Family to Family Class

by Dee Dee Levin, Family to Family Coordinator

As you read this we are a few weeks into NAMI-Yolo's Fall Family to Family class (September 8-November 17), thanks to an amazing group of talented and dedicated volunteers. This course has helped hundreds of family members in our area over the past 14 years, including myself, to understand our loved ones with brain disorders and become advocates for them.

Our volunteers often wear many hats, such as teaching Family to Family for many seasons, coordinating the course, acquiring and assembling class materials and donating the use of the meeting hall and copier. In addition, many of our exceptional volunteers happen to also play key roles in the community outside of Family to Family, in their chosen careers as well as in their multiple roles helping with other NAMI-Yolo events, including support groups, the annual dinner fund raiser, the barbecue, the sunflower art festival, website maintenance, publicity, membership, and advocacy.

I have been lucky enough to try out a new role in the NAMI-Yolo community and for the past year and a half I have helped coordinate the Family to Family program here in Yolo County, and I look forward to learning more as a co-teacher this fall session.

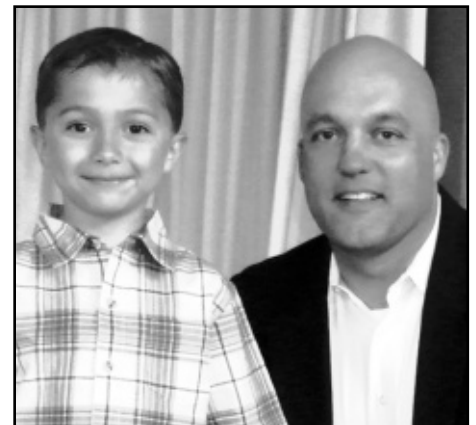
Sunflower Art Show

The 7th annual Sunflower Art Show was a true garden of earthly delights with art work from individuals and groups ranging in age from toddlers to seniors. Professional and amateur artists entered paintings, drawings, photos, ceramics, quilts and textile pieces. This year's seed card winner was 6 year old Jason Garcia's colorful drawing.

This year NAMI-Yolo presented its first Mental Health Educational award for teachers who use art as a means to educate students about mental health. The 2009 award, funded by last year's raffle, went to Sue Britz, a 6th grade teacher at Patwin School in Davis, who used her art project to help students learn about mental illness and how individuals can be different but are still an important part of their community.

Over 200 people attended the opening reception on June 12th at the Davis Art Center. Awards were presented by Yolo County Supervisor Matt Rexroad, with music provided by Doc Miller. The Art Show is funded in part by the City of Davis Arts Contract Program. Thank you City of Davis and thanks also to the many helping hands who made the Sunflower Art Show possible.

The NAMI Sunflower Art Show continues to thrive in Yolo County. Amateur and professional artists look forward to the event each spring. Each year brings new artists and new stories, always a surprise, always heartwarming. Mark your calendars for next year's reception, Friday, June 11, 2010.



*County Supervisor Matt Rexroad and
Sunflower Seed Card winner
Jason Garcia*

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 (530) 756-8181
 friends@namiyolo.org

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NAMI-Yolo Membership Dues	
<p>Date: _____ <input type="checkbox"/> New Member <input type="checkbox"/> Renewal</p> <p>Name: _____ Home Phone: _____</p> <p>Street: _____</p> <p>City: _____ State: _____ Zip: _____</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 <input type="checkbox"/> Legislation <input type="checkbox"/> Education & Support Group Facilitation</p> <p>Throughout the year, we will inform you of upcoming events and and important issues unless you tell us otherwise. In some instances, we will use an automated phone system. Please indicate the following:</p> <p><input type="checkbox"/> Notify me only of Special Events <input type="checkbox"/> Send my newsletter electronically <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>Annual Membership Dues</p> <p>____ Corporate..... \$150 ____ Benefactor.... \$100 ____ Patron.....\$50 ____ Family* \$40 ____ Individual..... \$35 ____ Professional....\$35 ____ Low Income.... \$15 ____ Consumer.....\$3 ____ Donation...\$ _____</p> <p>Total Amount \$ _____</p> <p>Make checks out to & mail to: NAMI-Yolo PO Box 447 Davis, CA 95617 Phone: (530) 756-8181</p> <p>* If you have a Family membership and have family members residing at other addresses you want included on our mailing list, please list their names and address on a separate sheet .</p>