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NAMI-Yolo Summer Events

Date: Friday, June 12, 2009
6:30 - 8:30 p.m.
Event: **Sunflower Art Reception**
Location: Davis Art Center
1919 F Street
Davis, CA

Date: Saturday, June 27, 2009
5:00 p.m.

Event: **Barbeque**
Location: Destiny Hall
124 Lincoln Ave.
Davis, CA

Tickets: Regular \$25,
Regular plus 1 client
sponsorship \$35,
Client: \$5

To buy tickets call Al Weiss at
home (530) 662-3548 or
cell (530) 908-9019.

Cowboy BBQ

Get ready for a round up! We're gonna have a Cowboy BBQ with all the fixin's and fiddlers! Mark your calendar for Saturday, June 27, 2009 at 5:00 p.m. at Destiny Hall, 124 Lincoln Avenue Woodland. Eats at 5:30 p.m. or when you git thar. Mouth waterin' ribs, yummy baked beans, crisp cold slaw and ice cream for shor. Singin' are the band members "By The Way" pickin' and grinnin'. Ticket prices are \$5 clients alone, \$25 regular or \$35 to include sponsoring a client. Generosity welcome as this is our annual NAMI- Yolo fund-raiser. Be havin' raffle prizes too! Hold on to your ticket or make sure you're "BBQ" continued on page 2

education, advocacy and support for people living with mental illness



NAMI - Yolo Outlook

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

Sunflower Powers Art Exhibition

Medical conditions arising from abnormal brain chemistry such as bipolar disorder, schizophrenia and clinical depression are often hidden in dark corners and talked about in whispers. NAMI-Yolo hopes to change all that. It hopes to change it with a flower.

Using the sunflower as a symbol of light and hope, NAMI-Yolo invites community members of all ages to show off their artistic side at the 7th annual Sunflower Art Show and Competition.

One of NAMI's goals is to bring the wider community into positive and more frequent contact with the community of the mentally ill and their families to help reduce the myths and prejudices that often surround mental illness.

This year's judges, nationally known artists Tom and Sara Post, will choose art to be featured on the sunflower seed packets that NAMI members sell as a fund-raiser and are part of NAMI's Tallest Sunflower in Yolo County contest.

The judges will also award first, second, and third place prizes for four age groups (under 8; 8-12; 13-17; 18 and older), professional artists, schools, and groups. A new feature this year is the Mental Health Education Award for educators who use the NAMI-Yolo Sunflower Art Competition as an opportunity to educate students about mental health issues.

The exhibit will run from June 1 to June 24 2009 at the Davis Art Center, where a reception will be held Friday, June 12, 6:30 p.m. - 8:30 p.m. as part of the Davis Second Friday ArtAbout. Awards will be presented by Yolo County Supervisor Matt Rexroad.

Art Entries should be delivered to the Davis Art Center on

"Sunflower" continued on page 4

NAMI-Yolo Sunflower Art Show/Competition

When: June 1 – 24, 2009
Where: Davis Art Center
1919 F. St. in Davis
Reception: Friday, June 12, 2009
6:30 – 8:30 p.m.
Gallery Hours: Monday – Thursday:
10 a.m. – 7 p.m.
Friday: 10 a.m. – 5 p.m.
Entry Deadline: Friday, May 29, 2009
Info: (530) 756-8181
namisunflowers.org
friends@namiyolo.org



"Harvest Sunnies" by
Woodland artist Pat Lucero

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.

2008-09 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, Lill Birdsall, Al Weiss

2008-09 Coordinators

Davis Meetings

Roger Pehlke & Steve Thomas

Davis Family Support

Jan Garrison

Family to Family

Dee Dee Levine

Mental Illness Awareness Week

Stuart Buchan

NAMI Helpline

Deanne Buchan & Joann Turner

Newsletter Editor

Walter Shwe

Peer to Peer

Leslie Carroll & Joan Weiss

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Religious Outreach

Joan Weiss

Seeds of Hope

Leslie Carroll

Spanish Family Support

MariaElena Vega

Walk for Mental Health

Donna Bousquet

Woodland Meetings

Al & Joan Weiss

Grow Sunflowers! Buy Seeds!

Support NAMI-Yolo by purchasing NAMI-Yolo Giant Sunflower Seeds at the Davis Art Center 1919 F. St. in Davis and at All Things Right and Relevant, 1640 East 8th Street, Davis. Seeds cost \$3 each or 2 for \$5. NAMI-Yolo, is looking for the Tallest Sunflower in Yolo County. \$100 and bragging rights go to the winning entry. To enter, take a photograph of you, your family or friend beside your sunflower; Measure and record its height in feet and inches; Send the photo and measurement along with your name and phone number to: NAMI-Yolo, P.O. Box 447, Davis, CA 95617. Information / photos can also be submitted by email to: friends@namiyolo.org.

If you need assistance with measuring or with a photo, phone the NAMI-Yolo Helpline at (530) 756-8181 and leave a message. Entry deadline is September 30, 2009. For more information and tips on how to measure your sunflower, visit the NAMI-Yolo Sunflower website at www.namisunflowers.org.



President's Note

by Stuart Buchan, NAMI-Yolo President

We are reminding you that we are halfway through our membership year which corresponds to the calendar year, although our program and our financial year end on the June 30th. This is because our membership donations support more than NAMI – Yolo. Part of the membership donations are forwarded to NAMI – California and part to NAMI national to support their efforts on our behalf in state and nationwide education, advocacy and support programs. You are as much a State and National member of NAMI as you are a local member, do not hesitate to use their services and you should also be receiving their new newsletters as you are receiving this one.

We have completed our monthly meetings schedule until the new program calendar starts in September, but the program ends with two very popular events the Sunflower Art competition and show and the annual barbecue at Destiny Hall in Woodland. Details of these, now annual, events are elsewhere in this newsletter but they are a grand finale of new and renewed connections for you to enjoy. It is a time to discuss our successes and what else we should be doing, a time that your Board will use to plan our programs. Please let at least one Board member know about your ideas, what you have found useful and what your needs are, we will try to continue to build our programs in the future as we have in the past so this chapter meets your needs.

“BBQ” continued from page 1

listed paid at the gate. We'll be checkin' this year. Call Al Weiss at (530) 662-3548 (home) or (530) 908-9019 (cell) for more info. Tickets also available through any other NAMI-Yolo board member. So git on your boots and grab your hat. We'll see ya soon!

Mental Illness Realities and Faith

New this year through Religious Outreach of NAMI-Yolo was a program called Mental Illness Realities and Faith (MIRF) held at Destiny Hall in Woodland on Sunday mornings March 1-April 26, 2009. The idea was to permit expression of one's faith while still validating the need for medical intervention toward wellness. Each new topic opened with a professional describing the type of mental illness in detail. The participants covered depression, bipolar disorder and schizophrenia. NAMI booklets and pamphlets were made available. Additional materials came from websites such as faithnet.nami.org, mentalhealthministries.net, and pathways2promise.org. Special thanks to Dr. Arturo Villamor, psychiatrist and our new Yolo County Alcohol, Drug and Mental Health medical director who, on his own time, prepared an engaging presentation on schizophrenia for us. Other speakers, besides two other professionals, were either family members or clients themselves describing their experiences on their own or as members of a panel being interviewed. Attendance was as many as 26, but no less than 18 each session. The participants learned so much about each other on a deeper level but also connected with each other and the community by offering a program open to the public. The group was pleased to have MariaElena Vega interpret for our Spanish speaking folk. Thanks to all who participated. You gave invaluable insights for understanding mental illness, medically and spiritually.

Next Crisis Intervention Team Training

The next Crisis Intervention Team (CIT) training academy is scheduled for September 1-4, 2009 in Woodland.

The Yolo County CIT training committee comprised of team leader Michael Summers (retired Sacramento Police Sergeant), Angela Pflager (Yolo County Alcohol, Drug and Mental Health) and Nancy Temple (NAMI-Yolo) are committed to train as many Yolo County law enforcement as is financially possible. The two previous trainings that were held in September 2008 and March 2009 resulted in the successful graduation of over 60 law enforcement and support personnel.

This past March, Michael Summers and Nancy Temple attended a CIT instructor conference in Monterey, CA. to learn about recent CIT training updates, and to officially establish the new California CIT Trainer's Association.

The goal of the committee is to enable local law enforcement to be more effective in the mental health system in Yolo County.



March 2009 Crisis Intervention Team Training Class

Local Mental Health Board Update by Marilyn Moyle, Chair

The Yolo County Local Mental Health Board is pleased to welcome Caren Livingstone as its newest board member. We still have 5 vacancies on the board. Please contact your county supervisor if you are interested in serving on the board during this critical time. Application forms are available online at www.yolocounty.org.

The next regularly scheduled LMHB meeting is Monday, June 22, 2009 at 7:00 p.m. at the 500 Jefferson Blvd. Community Room in West Sacramento. The focus of this meeting will be the Yolo County Dept. of Alcohol, Drug and Mental Health budget.

Free Recovery Education Course for People with Mental Illness Coming This September

Get on the Fall waiting list for Peer-to-Peer, a free 9 week Recovery Education course for people with a serious mental illness. The course is led by a team of trained mentors, who themselves have a mental illness and are now able to teach coping strategies to others. Following the model of NAMI's popular Family to Family course, the program's philosophy embraces individual empowerment and family and peer support. Information taught during the course includes: the biological basis of mental illness, personal and interpersonal awareness, coping skills, information on addictions, relapse prevention, basic self-care, and enhancement of personal activity and functioning.

To get on the waiting list, leave a voicemail at (530) 756-8181, send email to friends@namiyolo.org or visit our website at www.yolopeers.com.

"Sunflower" continued from page 1

Thursday, May 28 or Friday, May 29, between 2 p.m. and 7 p.m. Entry forms are available at Yolo County libraries, mental health clinics, and the Davis Art Center. They are also available online at www.namisunflowers.org along with information about the new Mental Health Education Award, and the Tallest Sunflower Contest. Featured on the website are sunflower recipes, books, and crafts including ways to make a sunflower smile or build your own house out of sunflowers; slideshows of sunflower art from years past; tips on how to grow giant sunflowers, harvest and roast sunflower seeds, make sunflower seed birdfeeders and much more. The Sunflower Art Show and Competition is funded in part by the City of Davis Arts Contract Program.

Client Support Resources

IMPORTANT NOTICE: NAMI programs should not be used to replace the specialized 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 trained 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 National Convention in San Francisco

This year the NAMI National Convention will be held in San Francisco from July 6-9, 2009 at the San Francisco Hilton. Hotel rates at the Hilton will be \$155/single and \$165 double, plus tax. On the web you will find more at: <http://www.nami.org>

NAMI California Conference in Torrance

The 2009 conference theme is "Destination: Recovery!". The conference will be at the Marriott South Bay in Torrance, California on August 21 and 22. For further information see www.namicalifornia.org

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.

30th Annual Mental Health Dinner Recap

NAMI-Yolo held its 30th Annual Dinner on February 26, 2009 in Davis at the Veteran's Memorial Center. The guest speaker was Brian Wetzel, a well-known stand-up comedian, speaker and consumer of mental health services. His presentation was entitled "That Voice in the Wilderness is Laughing: A Funny Look at Surviving Depression".

Stuart Buchan, NAMI-Yolo President, presented Yolo County Supervisor Helen Thomson with the 2009 NAMI-Yolo Outstanding Mental Health Community Service Award. Yolo Community Care Continuum (YCCC) gave the Mark Parry Scholarship Award to Joseph Robertson.

NAMI-Yolo thanks Morrison's Restaurant of Woodland for catering the dinner. The mlpha Phi Omega service groupe to serve the dinner.

NAMI-Yolo Family to Family Class

In 1990, Joyce Burland assembled NAMI members from 25 states to become certified as family education specialists. Since that time Dr. Burland and NAMI have been working to bring family education to every affiliate in the United States and have now expanded to other countries.

NAMI – Yolo was out front in 1997 when Family to Family training came to California. Deanne Buchan, June Forbes, and Lisa Warner were trained and taught the first class in Yolo County in the fall of 1997. From one class a year taught in the fall of 1997 and 1998, the class has expanded to two classes each spring and fall since. Deanne (now a member of the NAMI Hall of Fame) has coordinated these classes in Yolo County and has taught over 15 of them herself! This spring she and Millie Braunstein became state trainers, completing the Train-the-Trainer workshop conducted by Joyce Burland. If you would like to become trained to teach the Family to Family course, contact Deanne Buchan.

Now in the 13th year, the Family to Family class is attracting more men. Half of the members of the 24th class, taught this spring, were men. Congratulations to the 14 new graduates of this class! We look forward to your continued involvement in NAMI.

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.

NAMI-Yolo
 PO Box 447
 Davis, CA 95617
 (530) 756-8181
 friends@namiyolo.org

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**Join us on June 12, 2009 from
 6:30-8:30 p.m. at the Davis Art
 Center at the corner of Covell
 Blvd. and F St. for the Sunflower
 Art Reception!**

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>_____</p> <p>_____</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</p> <p>____ Benefactor.... \$100</p> <p>____ Patron.....\$50</p> <p>____ Family* \$40</p> <p>____ Individual..... \$35</p> <p>____ Professional....\$35</p> <p>____ Low Income.... \$15</p> <p>____ Consumer.....\$3</p> <p>____ 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>