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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

## You're Invited to the Pat Williams Mental Health Dinner



As many of you know, NAMI-Yolo's founder, Pat Williams passed away in 2009. It is our honor to name NAMI's annual Mental Health dinner after Pat, who not only established the dinner in 1979, but who with her husband Bill, made an invaluable contribution to Yolo County's mental health community.

Join us for dinner on Thursday, February 25, 2010 at the Veterans Memorial Center, 203 East 14<sup>th</sup> Street in Davis for good food, awards and an educational evening. Doors open at 6:30 p.m.

Our guest speaker is Jeff Bell, nationally recognized speaker, radio news anchor and author of

*REWIND, REPLAY, REPEAT: A Memoir of Obsessive-Compulsive Disorder*. His talk will focus on the role anxiety plays in our lives: *When In Doubt, Make Belief: Finding Motivation in the Face of Anxiety*.

### Tickets Prices

General Public:..... \$30 (\$25 if purchased by mail or reserved by phone by February 18<sup>th</sup>)

Students/Low Income:.....\$5

Mental Health Consumers.. \$3

February 18<sup>th</sup> is the last date for reduced ticket pricing. If you plan on attending, please phone for reservations at: (530) 756-8181 or send a check and order form to NAMI-Yolo, P.O. 447 Davis, CA 95617. Advance reservations with payment strongly recommended. This event is expected to sell out!

## It's That Time of the Year Again

The membership year for NAMI-Yolo runs from January 1<sup>st</sup> to December 31<sup>st</sup>. NAMI-Yolo appreciates the generous financial support from our members. Over the past several years our membership has gradually increased to 2009's level of 152. People who became new members in the last 3 months of 2009 automatically remain members for 2010. You will find a membership form on page 8.

## Northern California NAMIWalk



NAMI-Yolo will participate in the first ever NAMIWalk Northern California on Saturday, April 24, 2010 in Sacramento at William Land Park. Check-in time is 8 a.m. The Walk will begin at 10 a.m. The walk distance will be 5 kilometers (3.1 miles).

This particular NAMIWalk is a joint effort of the NAMI affiliates in the counties of El Dorado, Sacramento, San Joaquin and Yolo.

*NAMIWalk continued on page 2*

# NAMI-Yolo

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

**Phone:** (530) 756-8181

**Website:** [www.namiyolo.org](http://www.namiyolo.org)

**Email:** [friends@namiyolo.org](mailto:friends@namiyolo.org)

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

From September-May the Board of Directors meets on 3<sup>rd</sup> Wed. at 7 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  
Treasurer..... Richard Bellows  
Meetings..... Roger Pehlke  
Jim Holverstott, Steve Thomas,  
Walter Shwe, Joan Weiss, Carol  
Shea, Al Weiss

## **2009-10 Coordinators**

### **Davis Meetings**

Roger Pehlke & Steve Thomas

### **Davis Family Support**

Jan Garrison

### **Family to Family**

Dee Dee Levine

### **Membership**

Lill Birdsall

### **NAMI Helpline**

Deanne Buchan & Joann Turner

### **Newsletter Editor**

Walter Shwe

### **Pat Williams Dinner**

Stuart Buchan & Roger Pehlke

### **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

## ***NAMIWalk continued from page 1***

You have 5 options to participate.

- ◆ Form your own walk team with friends, neighbors or work colleagues.
- ◆ Join one of NAMI-Yolo's teams.
- ◆ Walk as an individual.
- ◆ Sponsor a walker.
- ◆ Volunteer during the Walk.

There will be two NAMI-Yolo teams. Donna Bousquet, email [debousq@pacbell.net](mailto:debousq@pacbell.net), will head up a Woodland team. Nancy Temple will lead a Davis team. Nancy's email address is [ntemple@comcast.net](mailto:ntemple@comcast.net). If you don't have email please call NAMI-Yolo at (530) 756-8181 and leave a message. Someone will return your call.

If you want to form your own team or walk as an individual please call the Walk manager, Pat Pavone at (916) 397-7831 to request a registration form.

The goals of the NAMIWalk are two fold:

- ◆ To increase public awareness about mental illness and the devastating effect that it has on the lives of millions of Americans... one in four families every year; and
- ◆ To raise much needed dollars to help fund a wide array of NAMI support, education, advocacy and research programs.

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## **Yolo CANVAS Volunteer Program**

### **Connecting All Neighbors to Volunteers and Services**



In the midst of deep service cuts for people with mental illness, staff layoffs at the Yolo County Department of Alcohol, Drug and Mental Health, and massive State budget deficits, a new program has sprung to life in Yolo County that plans to find new ways to bring supports and services to people living with the challenges of

mental illness.

As the newest program of NAMI-Yolo, Yolo CANVAS's goal is to locate or develop activities that will help people with mental illness be more fully included in our community. Recognizing the rich talents of community members, Yolo CANVAS plans to tap into these talents to develop a volunteer network of neighbors helping neighbors.

***Yolo CANVAS continued on page 7***

## **Crisis Intervention Training (CIT)**

Despite the worsening budget problems of county mental health, there is one very bright spot on the horizon.

On December 18, 2009 Yolo County Alcohol, Drug and Mental Health announced that our own Michael Summers has been awarded the contract to restart the Crisis Intervention Team Training for Yolo County Law Enforcement and First Responders. This is a three year grant using monies from Prop 63, the Mental Health Service Act. Although still working out contract details, Mike believes the training will begin sometime in late March with classes held every three months through the end of the year. Summers says that they hope to put 30 officers, dispatchers, security and paramedic personnel through each class. The CIT training is a four day, 32-hour training class that will give Yolo County first responders additional training in dealing with persons in crisis.

## **Yolo County Local Mental Health Board**

**by Marilyn Moyle, Chairperson**

The current news about the state and county budgets has dire consequences for Yolo County mental health services. I read in the January 22 Davis Enterprise that Davis teen suicide attempts are on the rise. Yet the state budget has greatly reduced funding for children with serious emotional illness. Because of a \$2,300,000 deficit, the Yolo County Alcohol, Drug and Mental Health department has been forced to cut contracts to community providers who care for children. In addition, staff layoffs and other reductions in contracts are necessary because of lower than expected realignment and vehicle license fee revenues. These new budget cuts will only deal with the deficit for this fiscal year, which ends in June. Severe budget deficits are predicted for the coming fiscal year.

At the January 25 LMHB meeting in West Sacramento the mental health board had an opportunity to hear ADMH Director Kim Suderman and County Administrator Patrick Blacklock explain the budget situation. Contracts to Communicare, Yolo Family Service Agency, Families First, Pine Tree Gardens, and the Suicide Prevention hotline are on the cut list, in addition to the layoff of 15 ADMH staff and moving the MHSA Wellness and Transitional Age Youth Center to the Bauer Health Building in Woodland.

Many of the providers, NAMI-Yolo representatives, ADMH staff, and County Counsel Robin Drivon were present at the meeting. After much discussion, the mental health advisory board recommended that the BOS save the Suicide Prevention Hotline

and expressed grave concerns about the impact of cuts to effective community based programs such as Pine Tree Gardens.

At the January 26 Board of Supervisors meeting the supervisors heard eloquent testimony from providers and consumers about the impact of the proposed cuts. ADMH director Kim Suderman explained that she was working with the providers to extend the deadlines for the budget cuts, to enable staff to find ways to save their programs. The Board of Supervisors asked her to come back in February to update them on progress with the CBOs whose contracts are on the cut list. The supervisors also supported saving the Suicide Prevention hotline, since it serves the entire community and does save lives.

There are several vacancies on the mental health advisory board. Now, more than ever, we need dedicated volunteers to serve on the board. Contact your local supervisor if you are interested in applying to be a member of the board.

## **Peer to Peer Recovery Education Course Sign up for the Spring Session**

Enrollment is open for the Spring 2010 Peer-to-Peer course, a free 10-week Recovery Education course for people with a serious mental illness. Peer to Peer is based on the idea that living with mental illness is, among other things, an experience of trauma and that the recovery path occurs in predictable stages. The course is designed to offer an opportunity for growth, regardless of an individual's stage of recovery. The course is taught by a team of trained mentors who themselves have a mental illness and are now able to teach coping strategies to others.

Using a combination of lecture, interactive exercises and structured group processes, the class promotes awareness, provides information and offers opportunities to reflect on the impact of mental illness as it expresses itself uniquely through each participant's life. Relapse prevention plans are devised in the first six weeks of the program in order that participants gain knowledge, insight and coping strategies for living with their disorders. Practical wisdom is featured on topics as diverse as the care and feeding of your psychiatrist and how to get a good night's sleep. Each week builds upon the previous week's explorations, bringing participants through a progression of awareness that has its roots in the universals of

experience associated with the process of recovery with serious mental illness.

Classes meet Wednesdays, March 10-May 12 from 1:30 p.m. to 3:30 p.m. Registration is required as class size is limited. For information or to register, leave a voicemail at (530) 756-8181, send email to [friends@namiyolo.org](mailto:friends@namiyolo.org) or visit the course website at [www.yolopeers.com](http://www.yolopeers.com). The next session will be offered in September.

## **NAMI Connection**

### **Support Group for People with Mental Illness**

NAMI Connection is a free, 90-minute support group run by persons who live with mental illness for other persons who live with mental illness. The group is led by NAMI-trained peer facilitators who understand the daily challenges of living with a mental illness and can offer encouragement and support. The program employs principles of support designed to empower its members and focuses on allowing all participants to share their experiences and learn from each other in a safe and confidential environment.

**When:** Every Friday, 1:30 p.m. to 3:00 p.m.

**Where:** Destiny Hall, 124 Lincoln Ave., Woodland  
(Gray house that sits back from street behind chain link fence.)

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.

Too often, mental illness can be an isolating experience accompanied by profound anxiety. For those diagnosed with a mental illness, talking with someone to share coping strategies and insights, as well as problems and concerns, can be an important link in the path to recovery.

For more information, phone the NAMI Helpline at (530) 756-8181.

### **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](http://recovery-inc.com)

## **Mental Illness Awareness Week Recap**

The NAMI-Yolo Rally and Candlelight Vigil took place on October 5, 2009. Kim Suderman, Director of Yolo County, Alcohol, Drug and Mental Health was the featured speaker.

NAMI recognized 3 people for their outstanding contributions to mental health in Yolo County. The Provider award went to Dr. Jon Caldwell, a psychiatrist with Yolo County, Alcohol, Drug and Mental Health. Deanne Buchan received the Volunteer award for her contributions to NAMI-Yolo's Family to Family program. The Consumer award was given to Richard Gustafson for his work in providing support and encouragement to other consumers.

## 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

**Phone:** Phone for day and details - (530) 756-7001

### Davis Family Support in English

**Day:** 4<sup>th</sup> 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 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:** 4<sup>th</sup> Mondays **Time:** 7:00- 8:30 p.m.

**Location:** Call Noma Wilken (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:** 4<sup>th</sup> 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 or  
Donna Bousquet (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. *Note: In March 2010 the TAY Center will move to the Bauer Health Building in Woodland. After the move the (530) 668-6765 number will no longer work. Please use the general mental health number (530) 666-8630.*

## What is Mental Health First Aid?

### By Donna Bousquet

Have you heard about Mental Health First Aid? I am now a Mental Health First Aider! During the first week of December I attended a 5 day training class in Madera. I successfully completed the course and am now a certified mental health first aid instructor. This training was supported by Yolo County Alcohol, Drug and Mental Health with PROP. 63, MHSA, Prevention and Early Intervention funds. The course is similar to NAMI's Family to Family course but is designed for the general public. The county's plan, at least at the time of this writing, is to present the material to a minimum of 300 people during the next year. Mental Health First Aid is a 12 hour certification course to help communities better understand mental illness and respond to psychiatric emergencies. I am excited about sharing this knowledge with the community and know it will assist with reducing stigma. If you would like to know more about the program go to [www.thenationalcouncil.org/cs/about\\_the\\_program](http://www.thenationalcouncil.org/cs/about_the_program).

# Shop Til You Drop and Support NAMI-Yolo

## GoodShop

What if a percentage of every purchase you made online went to support NAMI-Yolo? Well, now it can!

GoodShop.com is a new online shopping mall which donates 1 to 7 percent of each purchase to NAMI-Yolo! Hundreds of great stores including Target, Gap, Best Buy, ebay, Macy's, Land's End, Borders, L.L. Bean, Lonely Planet, Sears and Barnes & Noble have teamed up with GoodShop so that every time you place an order, you'll be supporting NAMI-Yolo

Just go to [www.namiyolo.org](http://www.namiyolo.org) and click on GOODSHOP (upper right side). Select your store and enter our name NAMI-Yolo. You will be whisked to the store you selected where a percentage of anything you buy, goes to NAMI-Yolo.

And if you download the GoodSearch – NAMI - Yolo toolbar, our cause will earn money every time you shop and search online - even if you forget to go to GoodShop or GoodSearch first! Add the NAMI - Yolo toolbar at <http://www.goodsearch.com/toolbar/nami-yolo>

## Amazon

In addition to GoodShop, you can continue to help us by making all your Amazon purchases through the NAMI-Yolo website: [www.namiyolo.org](http://www.namiyolo.org).

NAMI-Yolo County receives 5%-7.5% of any Amazon purchase accessed through the NAMI-Yolo website. If you visit Amazon through a link on our website and purchase ANYTHING at Amazon during that visit, including books, music, videos/dvd's, electronics, furniture, clothing etc., NAMI-Yolo gets a percentage of the purchase.

It's simple to do. Anytime you want to buy something or even look something up at Amazon.com, all you need do is visit our website at [www.namiyolo.org](http://www.namiyolo.org). To access Amazon, just click on the Amazon logo located in the upper right corner of our homepage and a percentage of anything you buy at Amazon will be credited to the NAMI-Yolo account.

## President's Note

by Stuart Buchan, NAMI–Yolo President

Services and support for the severely mentally ill continue to be reduced and constrained by the State budget and its effect on the County budget crisis. We can do little directly to improve that and endless advocacy cannot at this time generate the needed money from nowhere. However, NAMI-Yolo is needed, your support is needed, and this is an appeal to do all you can with small amounts of money and most importantly, your participation.

Firstly, renew your membership and pay your dues now. Our 2010 membership year has started. Consider renewing at patron, even benefactor level. NAMI-Yolo is efficient in using your money.

Secondly, participate in the first ever NAMI-Yolo/Northern California/ NAMI Walk in April by obtaining \$100 in sponsorships and joining either the Woodland Team under Donna Bousquet (email [debousq@pachel.com](mailto:debousq@pachel.com)) or the Davis Team under Nancy Temple (email [ntemple@comcast.net](mailto:ntemple@comcast.net)). See the article on page 1.

Thirdly, come to our Pat Williams Mental Health Dinner on Thursday, February 25, 2010. Bring someone who would benefit from being involved.

Lastly, keep a close eye on our new CANVAS program providing non-clinical service to those suffering from mental illness.

A lot of people, each contributing a little, will make a big difference in the path to recovery. For more information, visit our website at [www.namiyolo.org](http://www.namiyolo.org) or phone the NAMI Helpline at (530) 756-8181.

## NAMI-Yolo Winter and Spring Events

**Date:** Thursday, February 25, 2010, 6:30 p.m.  
**Event:** *Pat Williams Mental Health Dinner*  
**Speaker:** Jeff Bell, author and radio news anchor  
**Topic:** *When In Doubt, Make Belief*  
**Location:** Veteran's Memorial Center  
203 East 14<sup>th</sup> Street, Davis  
**More Info:** See the front page article or go to [www.namiyolo.org](http://www.namiyolo.org)

**Date:** Wednesday, March 3, 2010, 6:30 p.m.  
**Speaker:** Kaiser Permanente  
**Topic:** *Multimedia Night - Media Views on Depression*  
**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, 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:** Wednesday, April 7, 2010, 6:30 p.m.  
**Speaker:** Barbara Brown - Director, Yolo STRIDES  
**Topic:** *Independent Living for People with  
Serious Mental Illness*  
**Location:** Destiny Hall, 124 Lincoln Ave. Woodland  
**Potluck:** **A-H:** Dessert     **I-P:** Main Dish     **Q-Z:** Salad

**Date:** Saturday, April 24, 2010  
**Time:** Check in at 8 a.m. Walk at 10 a.m.  
**Event:** *NAMIWalk Northern California*  
**Location:** William Land Park, Sacramento, CA  
**Distance:** 5 kilometers

**Date:** Wednesday, May 5, 2010, 6:30 p.m.  
**Speaker:** Dr. Manoj Waikar  
**Topic:** *Relapse Awareness and Prevention Strategies  
for People with Schizophrenia*  
**Location:** Cesar Chavez Apartments Conference Room  
1220 Olive Drive, Davis  
**Potluck:** **A-H:** Main Dish     **I-P:** Salad     **Q-Z:** Dessert

### NAMI-Yolo BBQ Fundraiser

**Date:** Saturday, June 26, 2010 at 5 p.m.  
**Location:** Destiny Hall, 124 Lincoln Ave. Woodland  
**Tickets:** Phone Al Weiss at (530) 662-3548 or leave a  
message on the NAMI-Yolo Helpline at (530)  
756-8181  
**Cost:** Donor- \$35 (Includes \$10 for client tickets.)  
General- \$25  
Client- \$5

### Yolo CANVAS cont'd from p. 2

As a first step, Yolo CANVAS hosted a dinner at the Homestead Coop Apartments in November to kick off a county-wide survey asking Yolo County mental health clients what sorts of support, additional help and activities they would like. When results showed many could use additional support during the two-week Yolo County holiday furlough, Yolo CANVAS organized a daily afternoon holiday drop-in from December 26 to January 2. Art activities, music, games and prizes were featured along with good food and hot beverages. A New Year's Eve pizza party was a great hit. Everyone who attended indicated they liked the drop-in and wished it could continue after the holiday season.

As a next step, Yolo CANVAS has formed committees to develop plans in five areas: an Events and Activities Program, a Mentoring/Buddy Program, connecting people to Volunteer/Community activities and Employment opportunities and functions of Grantwriting/Funding and Website Development. Stay tuned for developments.


Yolo CANVAS aspires to think outside the box, considering innovative, non-traditional ways to help people with mental illness with activities and experiences to help them on their journey to wellness. If you have ideas or want to participate, please leave voicemail on the NAMI Helpline at (530) 756-8181, send email to [friends@namiyolo.org](mailto:friends@namiyolo.org) or visit their website at

**NAMI-Yolo**  
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**Return Service Requested**

**Sign up or renew your NAMI-Yolo membership today!**  
 Your dues cover the cost of this newsletter mailing. A membership form is on this page.

 <h2 style="margin: 0;">NAMI-Yolo</h2> <p style="margin: 0;">Membership / Donations</p>	
<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><b>We are always in need of volunteers. Please take a moment to mark the activities that interest you.</b></p> <p><input type="checkbox"/> Potluck Help <input type="checkbox"/> Fundraising <input type="checkbox"/> CANVAS Volunteer <input type="checkbox"/> Special Events</p> <p><input type="checkbox"/> NAMIWalk <input type="checkbox"/> Education &amp; Support Group Facilitating</p> <p><b>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:</b></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 <b>not</b> phone me. <input type="checkbox"/> Please do <b>not</b> 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"/> <b>I want to join NAMI-Yolo</b></p> <p><b>Annual Membership Dues</b></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"/> <b>Donation</b> \$ _____</p> <p><b>Total Amount</b> \$ _____</p> <p>Make checks payable to &amp; mail to:  <b>NAMI-Yolo</b>        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>