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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

Upcoming Events

Date: Wednesday, September 8, 2010, 6:30 p.m.

Speaker: Yolo County Alcohol, Drug & Mental Health Psychiatrists

Topic: Meet the Doctors

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: Main Dish **I-P:** Salad **Q-Z:** Dessert

Date: Monday, October 4, 2010, 5:30 p.m.

Event: Mental Illness Awareness Week
Rally, Potluck and Candlelight Vigil

Location: Yolo County Administration Building
625 Court Street, Woodland

Potluck: Potluck following Rally. You needn't bring food, but if you can, please bring the following if your last name begins with:

A-H: Dessert **I-P:** Main Dish **Q-Z:** Salad

Candlelight Vigil following Potluck in building atrium.
Donna Waterman, Woodland Memorial Hospital Chaplain

Date: Tuesday, October 5, 2010, Noon

Speaker: Rev. Larry Love

Event: National Day of Prayer for Mental Illness Recovery
and Understanding

Location: Woodland Christian Church Chapel
509 College, Woodland (corner of Lincoln & College)

Date: Wednesday, November 3, 2010, 6:30 p.m.

Speaker: Sponsored by Kaiser Permanente

Topic: 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

Talent Night

Expressing ourselves through the venue of art, poetic verse, stories, songs and instruments of music is a longing of the human heart and even a spiritual thing to many. Thus we're opening an opportunity for those interested to gather at Destiny Hall at 124 Lincoln Avenue in Woodland once a month on the third Friday at 6:45 p.m. beginning September 17, 2010. Each person or group will get to share at least one selection. No need to be perfect or polished. It's for amateurs and it's for clients, family members, friends or whoever one wants to bring for support or accompaniment. A piano, on site, is available. One only needs to call Jennifer Hill (530-402-0405) or Joan Weiss (530-662-3548) to get on the program, but even if you forget, we'll have a half hour or so in which to put you on at a first come/first serve basis as time permits. Also, we're letting you know up front, it's for acoustical instruments only. But if we find a mike it would be welcome. Do plan to tune up and join in the fun. Light refreshments will conclude our evening to end at 9 p.m.

Upcoming events to note during Mental Illness Awareness Week include our two traditional observances where we take time to reflect spiritually, remembering those who have passed on, those who cared for us and those for whom we ourselves care about. Everyone and all faiths are welcome to both. Leading us for the Candlelight Vigil following the Monday potluck on

(Continued on page 6)

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 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.

2010-11 Board of Directors

PresidentRoger Pehlke

Vice President. Nancy Temple

SecretaryJoann Turner

TreasurerRichard Bellows

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Peer to Peer

Leslie Carroll & Joan Weiss

Phone Tree

Joann Turner & Donna Bousquet

Religious Outreach

Joan Weiss

Seeds of Hope

Leslie Carroll

Spanish Family Support

MariaElena Vega

Website

Leslie Carroll

Woodland Meetings

Al & Joan Weiss

In Gratitude to Stuart Buchan

NAMI is the "nation's voice on mental illness." It's been around a long time, over 30 years. It advocates for millions of Americans living with serious mental illness. It creates awareness, tearing down stigma and prejudice. It offers education and support vital to providing mentally ill people and their families with the promise of recovery. It insists that the nation's mental health is a front-burner issue. But in the end, NAMI is effective only when its local affiliates dig down and do the work in the community.

NAMI Yolo does. A vibrant northern California affiliate, NAMI Yolo has grown in size and influence under the stellar leadership of Stuart Buchan. For ten years, Stuart has served as Board President and been widely recognized as both our inspiration and the steady helmsman of our ship. It is a ship frequently tossed in a sea of financial whitecaps and sinking resources, battered frequently by stormy weather brought on by family crises. That's the nature of the issues we face. Yet, we have persisted.

Stuart's leadership was born out of understanding the needs of those who would be affected by it. He has never wavered from a willingness to confront unequivocally our greatest anxieties. He then, typically, artfully communicates NAMI Yolo goals and programs in response. Stuart Buchan personifies the very best of grass roots effort, the kind that NAMI so greatly values - a dedication, persistence and unyielding determination to better the lives of mentally ill people in our community.

As new Board President, I want to say two things...

First, we will continue to move forward and make a difference in Yolo County. In fact, as the Board maps out our future course, I anticipate new and meaningful ventures.

But, secondly, one cannot underestimate Stuart's impact. He

leaves a void. I ask your patience. In the days ahead, I'll seek his counsel as he continues on as President Emeritus. I'll turn also to Nancy Temple as Vice President and one who previously served two years as Board President (amidst Stuart's decade of leadership). And I will rely heavily on a very talented, hard-working Board.

We are a small, all-volunteer organization. We also depend on you, our NAMI Yolo friends and supporters. As Stuart has in the past, I ask you to help us in these ways.

- Join NAMI (www.namiyolo.org)
- Volunteer. As you hear about the work of NAMI Yolo, determine where you can help.
- Become a Board member. We currently have an opening and are constantly looking for new Board members.
- Communicate with me and other Board members. Let your voice be heard.

Thank you, Stuart, for all you have done. You have truly turned the NAMI vision into reality in Yolo County. We are all beneficiaries. As you face a challenging journey ahead, we all wish you Godspeed.

Respectfully,
Roger M. Pehlke
Board President, NAMI Yolo

Are You Reading this?

Are You a NAMI-Yolo Member?



Now is the time to renew your membership if you haven't paid this year. Please complete the form on the last page *and mail it in!*

We appreciate your support!

Yolo CANVAS Takes Flight

Yolo CANVAS has been busy the past several months. CANVAS, a program of NAMI-Yolo, stands for Connecting All Neighbors to Volunteers and Services. CANVAS was formed by a group of NAMI-Yolo members, Yolo County Local Mental Health Board members and concerned community members in response to the multiple budget cuts public mental health services in Yolo County has sustained over the past few years. CANVAS volunteers connect Yolo County residents living with mental illness to activities and experiences that help them on their journey to wellness as members of the larger community.

What we've done so far

Established a Drop-In program at the Homestead group residence in Davis where volunteer hosts provide refreshments, facilitate activities and encourage people to participate.

Our Plans

- Develop a network of community volunteers.
- Create a scholarship fund for participation in such activities as adult school classes, arts, crafts and sports, which are beyond the budgets of people who depend solely on SSI.
- Create a list of community activities in Davis and Woodland that are free or low-cost. This list will be based on consumer interests and surveys.
- Connections: Identify key contacts in community activities in which people who have mental illnesses may wish to participate, and work with contacts to facilitate participation.

Ways You Can Help

- Volunteer at the Drop-ins on first and third Thursdays.
- Help with planned excursions.
- Become trained to be a mentor-buddy
- Help us network.
- Donate to help our program grow.

For more information, phone the NAMI-Yolo helpline at (530) 756-8181 or visit our website at www.yolocanvas.org



Volunteer Larisa Archer baked a birthday cake to celebrate our nation's birthday during the July 8th drop-in at Homestead.

New NAMI-Yolo Outreach Committee Looks for Volunteers

By Richard Bellows

NAMI-Yolo is planning to form a new Outreach Committee. Its objective is to promote mental health-friendly practices and to reduce stigma by starting ongoing dialogs with various mental health-relevant community organizations.

Target organizations could include (but are not limited to) the Department of Rehabilitation, Yolo County Public Defender, Yolo County District Attorney, and the Yolo County Court System.

On even months, the Committee would hold a Contact Meeting with a different target organization to explore common issues. Contact Meetings would include about 3 members and last for 1-2 hours. On odd months, the Committee would hold an Internal Meeting to discuss the previous Contact Meeting and to prepare for the next month's Contact Meeting. One committee member would be responsible for any follow-up dialog after each Contact Meeting.

Some dialog is better than no dialog. Presently, there is no NAMI dialog with these organizations. The existing NAMI-Yolo Advocacy Committee interfaces with our major mental health provider, the Yolo Alcohol & Mental Health Department. The proposed Outreach Committee will supplement that committee's efforts by interfacing with other organizations.

Our expectations are realistic. Because of the number of possible target organizations, the Committee can only meet with each organization once every 1 to 2 years.

The Outreach Committee is looking for a few (3-5) interested volunteers. Three NAMI-Yolo Board members have already expressed an interest in joining this committee. We are looking for volunteers who want to make a contribution to the mental health community and who can commit about 1-2 hours/month. If you are interested in more information, please call Richard Bellows at (530) 668-7981.



Guille Libresco at the Seeds of Hope table

Sunflower Art Show - Best Ever

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

The 8th annual Sunflower Art Show was a true garden of earthly delights, with art work from more than 450 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 7 year old Issak Johnson-Underwood's "The Great Sunflower."

Erica Lara was awarded the William Albrecht Mental Health Education Award for teachers who use art as a means to educate students about mental health. The Spirit of Hope award for the artist who best captures the spirit of the Sunflower Art Show went to Jillian Wilkowski. Gwynne Reid's sunflower painting was voted "The People's Choice."

Over 200 people attended the opening reception on June 11th at the Davis Art Center. Awards were presented by Yolo County Public Guardian Cass Sylvia (thanks Cass!) The Art Show is funded in part by the City of Davis Arts Contract Program. A hearty thank you goes out to the City of Davis, the Davis Art Center, show judges, Tom and Sara Post and 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 10, 2011.



New NAMI-Yolo President Roger Pehlke and Cass Sylvia .



Cass Sylvia, Yolo County Public Guardian, served as master of ceremonies.

Family to Family

Open enrollment begins for NAMI-Yolo's Family to Family education program. These classes help family members of people living with mental illness understand the biology of these disorders while learning coping skills for unusual behaviors through effective communication.

There are twelve weekly sessions on Tuesday evenings in Woodland from September 7 to November 16, from 6:15 – 9:00 P.M. The class size is limited and pre-registration is required. To register call NAMI-Yolo at (530) 756-8181 and leave your name and contact number.

("Talent Night" continued from page 1)

October 4, 2010 will be Donna Waterman, chaplain of Woodland Memorial Hospital. The inpatient mental health unit located there affords her access to clients and family members who need guidance and support. She's well known to be sensitive to diverse situations and is kind to all. Please come to our brief but uplifting time together to brighten our circle of light.

The very next day is our National Day of Prayer for Mental Health Recovery and Understanding held at the little chapel on the corner of College Street and Lincoln Avenue in Woodland at the noon hour Tuesday, October 5th. It is led by Reverend Larry Love, pastor of the Christian Church Disciples of Christ. Every year he has graciously conducted a reverent service for this special event giving the mentally ill dignity, injecting hope for healing and wholeness to families so affected. All who come are sure to receive a blessing. Afterwards, those who are able, take extra time to walk to nearby Morrison's Deli to eat and fellowship. We all feel closer and bind friendships when we "break bread" together.

NAMI-Yolo Family Support

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.

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/Peer 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

Family Partnership Support

Family Partnership, a program of the Children's System of Care division of Yolo County Department of Alcohol, Drug and Mental Health Services offers special assistance to families including information, education, consultation, advocacy and support services. They serve parents and caregivers of:

- Minors with mental health treatment needs.
- Youth involved with Juvenile Justice.
- Children and youth involved with child welfare.
- Children and youth receiving services from Special Education due to Serious Emotional Difficulties (AB 3632/Chapter 26.5).
- Transition-age Youth (Ages 16-25).

For information or assistance, phone (530) 666-8714 (8AM to 5PM Monday-Friday) Alicia Ruiz, Family Partnership Program Coordinator

If you would you like to help influence program planning and policy, considering joining the Family Partnership Advisory Council. Contact Alicia Ruiz at (530) 666-8714 for details.

Client Support Resources

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NAMI Connection Support Group

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

Yolo County Wellness Centers

People with mental illness can often benefit from supplemental services besides medical treatment. In Yolo County, two centers in Woodland can be a gateway into those services. Any person with mental illness who has Medi-Cal insurance is welcome to drop in and participate in activities. These programs also can provide referral to a benefit specialist to help people without health insurance and little or no income get benefits to help them get needed treatment.

Pathways to Independence for Transition-Age Youth (aged 16-25)

The Transition-Age Youth Center in Woodland (Bauer Building, 137 North Cottonwood, Suite 1530) 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 Transition-Age Youth Center phone number is (530) 666-8630 .

Wellness Alternatives for Adult Consumers (aged 18 - 59)

The Wellness Center in Woodland (Bauer Building, 137 North Cottonwood, Suite 1530) 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 tammers, creative writing, cooking, movies, etc. Often services are shared by both centers and some clients participate in activities at both TAY and the Wellness Center. The Wellness Center phone number is (530) 666-8630 .

Patients' Rights Advocates

Patients' Rights Advocates are staff members who function within the Yolo County mental health system who are required by California law to represent a mental health client's rights and interests. Advocates do not determine what is in the client's "best interests." but will discuss available options with the client and will assist the client in making an informed choice. Advocates help with: Complaint Resolution, Information and Referral, Representation and assistance at Certification Hearings and Explanation and notification of Patients' Rights They can be contacted at (877) 965 6772.

Free Recovery Education for People with Psychiatric Disorders

**Fall Session in Woodland
September 8 - November 10
Wednesdays, 2 p.m. - 4 p.m.**

**Leave voicemail at (530) 756-8181
or send email to
friends@namiyolo.org**

Peer to Peer is a free, 10-week Recovery Education course to help people with psychiatric disorders learn how to better cope with serious mental illness. This is a unique opportunity for people who are interested in establishing and maintaining their own wellness and recovery. The program provides opportunities to reflect on the impact of mental illness on individual's lives and offers comprehensive information on the biological bases of mental illness, personal and interpersonal awareness, coping skills, addictions and basic self-care. Preventing and accommodating relapse is an integral part of the course. One of the most devastating effects of mental illness is the social isolation it tends to establish. Peer to Peer provides an opportunity to break out of that isolation and connect with others who understand the challenges of mental illness because they have walked a similar path. Taught by a team of trained mentors, who are living well with mental illness, Peer-to-Peer is taught in two hour units and follows the model of NAMI's popular Family to Family course.

The class will meet weekly in Woodland on Wednesdays, September 8 - November 10 from 2 - 4 p.m. Registration is required as the class size is limited. To register, leave voicemail at (530) 756-8181 or send email to friends@namiyolo.org. For more information, visit the NAMI-Yolo website at www.yolopeers.com



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

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Return Service Requested

NAMI-Yolo Talent Night
 Third Friday of every month
 (starting September 17, 2010)
 6:45 PM to 9:00 PM at Destiny Hall,
 124 Lincoln Ave. Woodland
 If you want to share your talent, or
 simply attend please RSVP by 9/10
 to get your name on the Guest or
 Performer list: call Joan
 (530) 662-3548

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