

Inside this issue

Yolo CANVAS Making Difference...	2
Outreach Committee Start-Up.....	3
Teaching Family to Family	4
Family Support Resources.....	4
Spanish Family Support.....	4
Client Support Resources	5
Membership Form.....	6
Central Valley NAMIWalk.....	Insert

education, advocacy and support for people living with mental illness



NAMI = Yolo Outlook

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

2011 Membership Drive Kick-Off

At the beginning of every calendar year NAMI-Yolo conducts its annual membership drive. Your membership dues not only benefit NAMI-Yolo, but also NAMI California and NAMI National. For all membership categories except the consumer category NAMI-Yolo forwards \$10 of your dues to NAMI

California and \$10 to NAMI National. NAMI California and NAMI National use those funds to advocate on our behalf in Sacramento and Washington D.C., especially in these fiscally trying times. They provide essential support for NAMI-Yolo programs, including Family-to Family, Peer-to-Peer and NAMI Connection.

Upcoming Events

Date: Saturday, April 30, 2011, 9:00 a.m.

Event: Northern California NAMIWalk

Location: William Land Park in Sacramento, CA

Website: <http://www.namiyolo.org/namiwalks>

Phone: Call (530) 756-8181 and leave message.

Date: Wednesday, May 4, 2011, 6:30 p.m.

Speaker: Manoj Waikar, MD (Sponsored by Janssen Pharmaceuticals)

Topic: Sleep Disorders

Location: Cesar Chavez Apartments Conference Room
1220 Olive Drive, Davis

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: Friday, June 10, 2011, 6:30 p.m.

Event: Sunflower Art Reception

Location: Davis Art Center
1919 F Street, Davis

Date: Sunday, June 26, 2011

Event: BBQ Fundraiser

Sunflower Art Volunteers

**Together we can make
a difference**



Help us make the 2011 Sunflower Art Show the best ever. Lend a hand in one of the following projects and have fun at the same time. We

need your help!

ART INTAKE

Thursday, May 26

and Friday, May 27

2 p.m.—7 p.m.

Have fun helping with Art Intake and data input at the Davis Art Center, 1919 F Street. Get to see Sunflower art and artists up close and personal.

ART HANGUP

Saturday, May 28

10 a.m. until ?

Help our garden grow. We need an hour or two of your time to help cover the walls at the Davis Art Center with Sunflower Art.

ART PICKUP

Thursday, June 23

2 p.m.—5 p.m.

Help with artists picking up their artwork, do a little spackling and painting to patch nail holes. Help make Davis Art Center shine!

(Continued on page 2)

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

President.....Roger Pehlke

Vice President.Nancy Temple

Secretary.....Robin

.....Van Herrmann

Treasurer.....Richard Bellows

Jim Holverstott, Steve Thomas, Walter Shwe, Joan Weiss, Carol Shea, Holly Bishop, Charles Wang

2010-11 Coordinators

Davis Family Support

Jan Garrison

Family to Family

Dee Dee Levine

Membership

Lill Birdsall

NAMI Helpline

Joann Turner

Outreach

Richard Bellows

Peer to Peer

Leslie Carroll & Joan Weiss

Phone Tree

Joann Turner & Donna Bousquet

Potluck Meetings

Roger Pehlke

Religious Outreach

Joan Weiss

Seeds of Hope

Leslie Carroll

Spanish Family Support

MariaElena Vega & Marta Valenga

Website

Leslie Carroll

Woodland Meetings

Al & Joan Weiss

Yolo CANVAS Is Making a Difference

**By Bob Schelen and
Marilyn Moyle**

Yolo CANVAS (Connecting All Neighbors to Volunteers and Services), new program of NAMI-Yolo is a coalition of neighbors and local organizations, whose goal is to locate and/or develop activities that will help those struggling with mental illness to be more fully included in the community and to provide them with the confidence and skills they need to become full participants in our community

For more than a year we have been organizing drop-in events twice a month at Homestead Co-op, a residence in East Davis for many mental health clients. These include lunches, cooking classes, playing Bingo, and organizing trips to local events. These activities have enabled us to become more aware of the needs of individuals whose services have been cut because of the current economic situation. We are hoping to expand these efforts to other facilities throughout the County.

The Yolo CANVAS committee has applied for and received several grants in recent months. The Biberstein Social Action Fund donated \$500 for a new "Bikes for Wellness" program that will enable mental health clients to purchase used bicycles and learn how to maintain them. The Bill Graham Memorial Foundation granted us \$1000 for an art program. We also received a generous grant from the Afi Foundation and hope to include more weekend and evening opportunities with this money. We will be organizing these new activities in the coming months.

Until these recent grants were received, most of the money to fund this program came from donations from Yolo CANVAS members and from the NAMI-Yolo board. We need more volunteers and a more stable source of funding in order to expand

this program to serve more people in Yolo County.

Until we bring people together and see all of those in our community as full participants, we will not be able to understand each other in a full and human way. To that end, we want all in the community to help our efforts to reduce the stigma, prejudices and misinformation often associated with mental illness. If you are interested, please visit our website at www.yolocanvas.org.

(Continued from page 1)

FINGERFOOD FOR RECEPTION Friday, June 10

Can you help with finger-food, sweets etc. to add to our Reception table? You can bring the food the night of the Art Reception beginning at 4 p.m. or when you come to the Reception.

RAFFLE COORDINATOR

We are in great need of someone who can organize our annual raffle to raise funds for the William Albrecht Mental Health Education Award which goes to an educator who uses the sunflower art show to teach students about mental health issues.

MISCELLANEOUS HELP

- Donation Ideas / mailings
- Sunflower Seed Sales
- Flyer / Entry Form Distribution
- Farmer's Market Outreach (lots of fun)

If you can volunteer with any of the above, please phone the NAMI Helpline at (530) 756-8181 or send email to friends@namiyolo.org with your name and contact information.

2011 Pat Williams Dinner February 17, 2011

Top (from left):
Michele Kellogg (Executive Director of YCCC)
Gwynne Reid (recipient of Mark Parry Scholarship Award)

Middle (from left):
Featured Speaker Dr. Mark Ragins
Kathy Williams-Fossdahl

Bottom (from left):
Dr. Jon Caldwell (recipient of NAMI-Yolo
Outstanding Mental Health Community Service Award)
Roger Pehlke (NAMI-Yolo President)



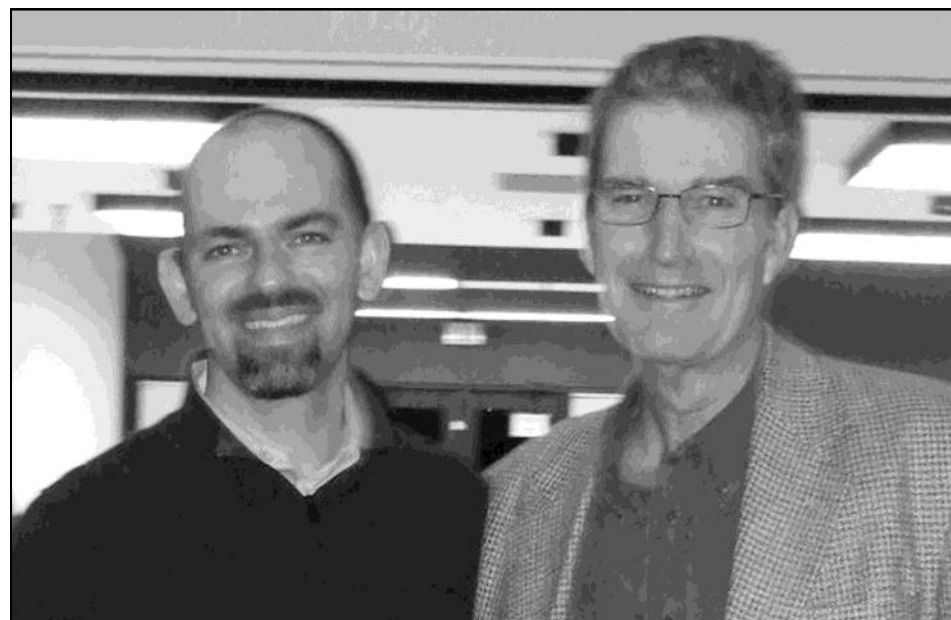
Outreach Committee Start-Up

By Richard Bellows

NAMI-Yolo formed a new Outreach Committee in 2010. Its objective is to promote mental health-friendly practices and to reduce stigma via ongoing dialogs with various local organizations that interface with the mental health community. Many thanks to those who volunteered after reading our article in the last newsletter.

Target areas for dialog include law enforcement, mental health courts, employment and housing. Law enforcement was the first target area. During November, Outreach Committee members began dialogs with Davis & Woodland Police and Yolo County Sheriff's Department. Additional meetings are planned with UC Davis Campus and W. Sacramento Police. Follow-up dialogs are planned every 6-9 months.

The second target area will be Mental Health Courts (MHC). Committee meetings in January and February will review the benefits of MHC, its history in California and in attempts to start MHC in Yolo County. If you are interested in more information, please call Richard Bellows at (530) 668-7981.



Teaching Family to Family

NAMI-Yolo is looking for Family to Family (F2F) graduates who are interested in teaching F2F in the future. The training is one weekend long, and the commitment is to co-teach 2 F2F classes with a partner teacher.

Please call the NAMI-Yolo Helpline at (530) 756-8181 for information, an application, and to be kept in the loop about future trainings.

We have some very devoted teachers who have taught many more than 2 classes who are graciously stepping up time after time, and I want to be sure we maintain a pool of new people who can learn and benefit from this fabulous experience too!!

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

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: Last Friday Each Month **Time:** 6:30—8:30 p.m.
Location: Yolo Family Resource Center, 828 Court St., Woodland
Coordinators: Marta at (530) 231-5808 or Veronica at (530) 406-7946
See the article below in English and Spanish for more information.

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

SUPPORT GROUP IN SPANISH RELATED TO PSYCHIATRIC DISORDERS

NAMI-Yolo, a chapter of National Alliance on Mental Illness sponsors an ongoing Support Group in Spanish for those who care for a family member or friend living with a mental disorder. The group provides Yolo County families with a secure and friendly environment for sharing experiences, problem-solving strategies and information about mental illness, including topics such as stress, anxiety, addiction, depression, schizophrenia, and others. All sessions are led by trained NAMI volunteers who themselves know what it is like to have a relative or friend with a psychiatric disorder. The support group meets the last Friday of the month at Yolo Family Resource Center, 828 Court St. Woodland from 6:30 to 8:30 PM. For more information regarding the Spanish-language support group, call the coordinators: Marta at (530) 231-5808 or Veronica at (530) 406-7946.

GRUPO HISPANO DE APOYO RELACIONADO A TRASTORNOS PSIQUIÁTRICOS

NAMI-Yolo, una organización de la Alianza Nacional de la Enfermedad Mental continúa auspiciando un Grupo de Apoyo en Español para aquellos que cuidan de un familiar o un amigo que padece trastornos mentales. El grupo del Condado de Yolo proporciona a las familias con un ambiente seguro y amigable para compartir sus experiencias, para ver estrategias al enfrentar los problemas, para darle información de las enfermedades mentales; tales como el estrés, la ansiedad, la adicción, la depresión, la esquizofrenia y otros. Todas las sesiones están dirigidas por voluntarios entrenados por NAMI; quienes saben lo que es tener un pariente o amigo con trastornos psiquiátricos. El grupo de apoyo se reúne el último Viernes de cada mes en el local de Yolo Family Resource Center, 828 Court St. Woodland de 6:30 a 8:30pm. Para mayor información del Grupo Hispano de Apoyo llame a las coordinadoras: Marta (530) 231-5808 o Veronica (530) 406-7946.

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 Support Group Moves to Davis

NAMI Connection, a free, 90-minute recovery support group for people living with mental illness has moved to Davis. It meets every Friday from 1:30 to 3:00 p.m. in the Commons Room at the Homestead Co-op, 2610 Grambling Court in Davis.

Led by NAMI-trained peer facilitators, Connection features a casual and relaxed approach to sharing the challenges and success of coping with mental illness. 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. For more information, phone the NAMI Helpline (530) 756-8181. Drop by and say hello.

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 tamers, 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 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.

EASY EATS

Easy Eats, a new program, has been launched by YoloCANVAS. Consumers along with a YoloCANVAS member prepare and cook simple meals. Our first meal was a hearty chicken vegetable soup enjoyed by about 15 people who attended the drop-in at Homestead Co-op during the Xmas holiday break. Dates and locations for EASY EATS will be announced soon on namiyolo.org and yolocanvas.org.

BIKES FOR WELLNESS

Are you a consumer in need of a bicycle for transportation? YoloCANVAS may be able to help. Canvas has recently received a grant to help provide Yolo County consumers with bicycles. Consumers are asked to contribute \$30 and a short amount of their time to learn about bike maintenance to receive a refurbished bike, a helmet and a bike lock. If interested, please call Marilyn S. at (530) 668-7981. If anyone has a bike to donate, please call same number.

 * **LOOKING FOR** *
 * **THE ARTIST IN YOU!** *
 * Do you know Photoshop, *
 * Illustrator or other graphics *
 * programs? Do you have a *
 * creative side, like to design *
 * flyers, posters, postcards? *
 * NAMI-Yolo needs a volunteer *
 * amateur or professional *
 * graphics artist to help with *
 * design and production of *
 * artwork for its programs and *
 * events. If you can help, please *
 * phone (530) 756-8181 for *
 * more information. If you know *
 * someone whose arm you can *
 * twist to help, let us know. We *
 * will be forever indebted! *




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

Non-Profit Org.
 U.S. Postage
 PAID
 DAVIS, CALIF.
 Permit No. 69

Return Service Requested

**Sacramento Central Valley
 NAMI Walk
 Saturday, April 30, 2011**

Signing up to participate is easy.
 See the newsletter flyer insert for
 directions.

 <h1 style="margin: 0;">NAMI-Yolo</h1> <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>