



NAMI Sacramento

The Region's Voice on Mental Illness

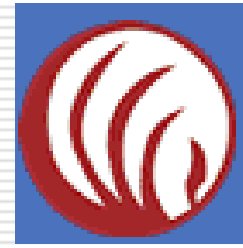


MENTAL HEALTH ADVOCACY

Calling All Doctors – We Need You!

Heidi Sanborn, President
NAMI Sacramento

PRESENTATION AGENDA



- Who is Heidi Sanborn
- Why Advocate
- What is NAMI
- Types of Advocacy
- Successful Advocacy Collaborations
- What You Can Do
- NAMI Resources
- Brainstorm



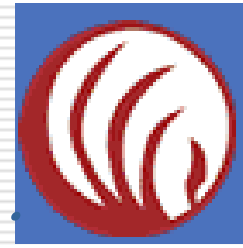
March 10, 2007

Central California Psychiatric
Society

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Who is Heidi Sanborn?

And why am I listening to this woman...



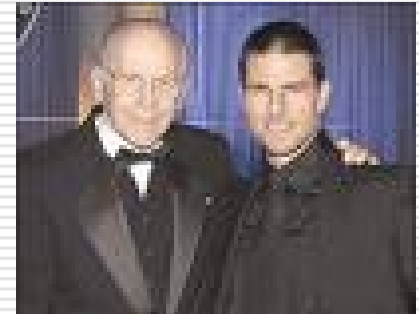
- Mother has Mental Illness
- Masters in Public Administration
- Environmental Advocate
- President NAMI Sacramento
- Advocate for NAMI
- Successfully advocated at local, state, and federal levels

Why Advocate?

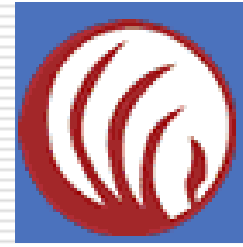


- ❑ In 2006, Timothy Souders died in a MI prison
- ❑ Four times more mentally ill people are in jail (300,000) than in psychiatric hospitals
- ❑ Lack of health insurance “parity”
- ❑ Lack of understanding about mental illness
- ❑ Children are labeled “emotionally disturbed”
- ❑ Community treatment is lacking
- ❑ Stigma continues, and much more...

How could you not advocate?

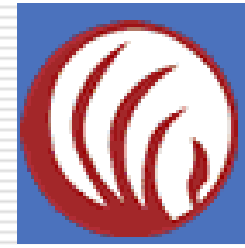


WHAT IS NAMI?

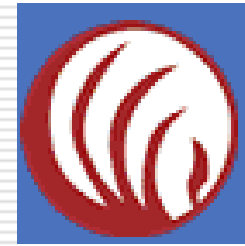


- ❑ National Alliance on Mental Illness
- ❑ Nation's largest **grassroots** mental health organization
- ❑ Founded in 1979
- ❑ NAMI organizations in every state
- ❑ 1,100 local "affiliates" across the country
- ❑ 74 Affiliates in CA www.namicalifornia.org
- ❑ Meet the NAMI mission through **advocacy**, research, support, and education

NAMI Goals



- ❑ Establish and **improve community support** programs for persons with mental illness.
- ❑ Establish and **improve treatment facilities and services** for persons with mental illness.
- ❑ Maintain a well informed membership, **particularly concerning the treatment and legislation and advocacy opportunities** around mental illness.

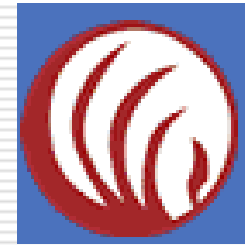


NAMI Programs

- Family
 - Family to Family Classes
 - Support Groups/General Meetings
- Consumer
 - Peer to Peer
 - In Our Own Voice
 - Support Groups/General Meetings
- Children
 - Parents and Teachers as Allies

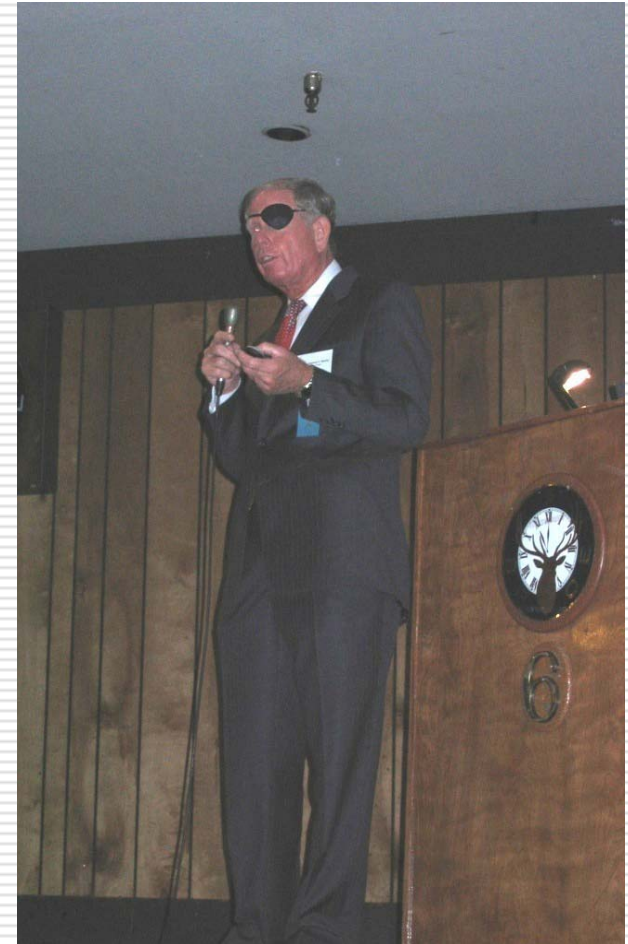


NAMI Sacramento Advocacy in 2006

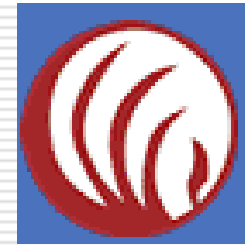


- MHSA Funding Allocations
- Law Enforcement Training
- In Our Own Voice
- Walk for Mental Health
- Mental Health Court
- Laura's Law - AOT

Picture: Judge Manley speaking about his Mental Health Court at the NAMI Sacramento Mental Health/Criminal Justice Collaborative



Types of Advocacy

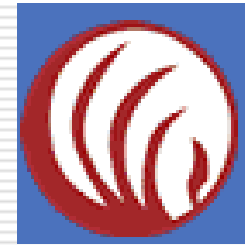


Professional
Monitoring
Informal
Issue
Legislative

Picture: Sister Libby CEO of Loaves and Fishes and Caroline Prod of NAMI at the Walk for Mental Health

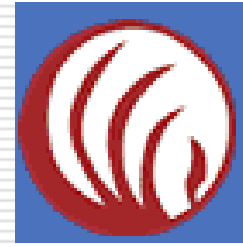


How/Where to Advocate



- Professional – CCPS, support your patients
- Monitoring – Locally, observe system and statistics – are they valid?
- Informal- Everywhere!
- Issue – Educate public, provide data
- Legislative – Propose legislation, lobby, testify at hearings, write letters

Advocacy “Dream Team”



Physicians - Patients – Families

- ❑ Sum is greater than parts
- ❑ Team needs to be fostered by contact, communication, and collaboration
- ❑ Find areas of agreement and work on joint projects

Successful Advocacy Collaborations



- ❑ "Out of the Shadow" Showings
- ❑ Walk for Mental Health
- ❑ Laura's Law for AOT
- ❑ Criminal Justice Collaboration Project
- ❑ Sacramento Mental Health Court
- ❑ Grant for UCD



Community Partnerships



Schools

Sacramento City Unified School District

*M.M.C. Mejia, PhD; Shelton Yip**

UCDavis Counseling & Psych Services

*Diana Davis; Sandra Zeh**

UCDavis MIND Institute

*John Brown**

Sacramento State Univ. Counseling

David Cordosi

Sacramento County Mental Health

Director: *Ann Edwards-Buckley**

Cultural Competence & Ethnic Services

*Jo Ann Johnson**

Child & Adolescent Services

*Charles Maas**

Mental Health Advocacy

NAMI Sacramento

*Heidi Sanborn**

Mental Health Assoc. of Sacramento

Andrea & Marilyn Hillerman*

CA Council of CMH Agencies

*Rusty Selix**

Staglin Family Foundation

Garen & Shari Staglin

Community Based Organizations

Crossroads Employment Services

Danny Marquez

Sacramento Children's Home

*Roy Alexander**

African American MH Providers

*Dee Bridges; Maurice Dunn**

El Hogar MH & Community Service

*Lisa Soto**

La Familia Counseling Center, Inc.

*Anita Barnes**

Southeast Asian Assistance Center

*Laura Leonelli**

Asian Pacific Community Counseling

*Judy Fong Heary**

Hmong Women's Heritage Association

*May Ying Ly**

Slavic Assistance Center

*Roman Romaso**

****Indicates Steering Committee Member***

White House FY 2008 Budget

- ❑ Cuts proposed for mental illness research and **housing**
- ❑ Freeze proposed for most mental illness services programs





Join StigmaBusters

- NAMI StigmaBusters is a **network of dedicated advocates across the country and around the world** who seek to fight inaccurate and hurtful representations of mental illness.

- Invite [In Our Own Voice](#) *consumer speakers to a meeting.*

- Resource Center to Address Discrimination and Stigma established SAMHSA at www.adscenter.org



Current Policy News & Alerts

Stay informed on critical policy issues affecting people with mental illness.

- NAMI's E-News** delivers the latest breaking policy developments direct to your inbox.

Understanding Family Reactions



1. Dealing with a catastrophic event

- Crisis/shock, denial, hoping against hope
- NEEDS: Support, comfort, empathy for confusion, connection to resources,

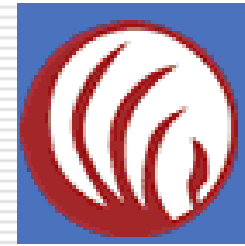
2. Learning to Cope

- Anger/guilt, recognition, grief
- NEEDS: Vent feelings, keep hope, education, self-care, networking, co-operation from system

3. Moving Into Advocacy: Charge!

- Understanding, Acceptance, Advocacy/Action
- NEEDS: Activism, restoring balance in life, responsiveness from the system

What Can Doctors Do To Help Families?



- ❑ Move families from denial, to coping, and then into advocacy
- ❑ Self-healing begins with advocacy
- ❑ Advocating is empowering!
- ❑ Families that can advocate help the consumer

Picture: Dr. Robin Zasio, Psychologist, speaking at NAMI General Meeting about treating anxiety disorders. She is an advisor to the NAMI Board.



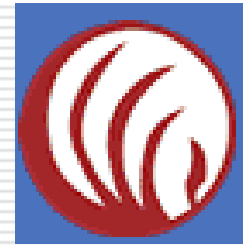
Collaborating to Improve Services



- ❑ Seek out your local NAMI, MHA, and other advocacy groups
- ❑ Make presentations, be advisors to boards, be on mental health boards, send e-mails, write op-eds, testify
- ❑ Future Collaborations ???????

Let's Brainstorm!

Advocating for Change Together!



Thank you!

Questions?



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