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
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

March 10, 2007

Central California Psychiatric Society
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*
UC Davis Counseling & Psych Services
Diana Davis; Sandra Zeh*
UC Davis MIND Institute
John Brown*
Sacramento State Univ. Counseling
David Cordosi

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*

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

*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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