



NAMI Sacramento Newsletter

National Alliance on Mental Illness

Sacramento's Voice on Mental Illness

May 2009: Issue No 7.5

General Meeting

Monday, May 11

Dr. David Mee-Lee, a leading expert on co-occurring substance abuse and mental health disorders, will speak on assessment and treatment issues for those with co-occurring psychiatric and addiction illness. Dr. Mee-Lee is a board-certified psychiatrist, and is certified by the American Society of Addiction Medicine (ASAM). He trains and consults both nationally and internationally. Dr. Mee-Lee is Chief Editor of the Revised Second Edition of the ASAM Criteria. He is a Senior Advisor to The Change Companies and is a Senior Fellow for the Co-Occurring Center for Excellence (COCE) for Substance Abuse and Mental Health Services Administration.

Monday, June 8

Dr. Robin Zasio, licensed clinical psychologist, will speak about anxiety disorders. An estimated 17 million Americans suffer from anxiety disorders, with these numbers on the rise. Further education and understanding is needed to offer proper treatment, less suffering and more relief. Dr. Zasio will outline the various forms in which anxiety disorders manifest, their symptoms, and treatment options. Dr. Zasio writes the "The Doctor's Corner" featured monthly in this newsletter.

Meeting Location

SMUD Headquarters Auditorium
6201 S Street, Sacramento 95817

Time

General Meetings start at 7:30 p.m.

Contact Us

NAMI Sacramento
3440 Viking Drive, suite 116
Sacramento CA 95827
(916) 364-1642

NAMI Sacramento e-mail address:
office@namisacramento.org

Website: www.namisacramento.org

The Impact of County Budget Cuts on Mental Health Services

by Ed Fishbein

Sacramento County's mental health system is about to feel the full impact of the economic meltdown. The cutbacks will be very harsh - but perhaps not quite as bad as many fear.

The new era of limits that the system faces is, of course, the result of the fiscal crisis created by the recession. As tax revenues have fallen, the county's red ink has grown. Early in April, budget officials put the shortfall for the fiscal year that begins July 1 at \$187 million, and recommended sharp cuts to every county department. Mental health faces a \$20.5 million cut - 10 percent of its \$210 million budget.

Under the current plan, those cuts will fall most heavily on the adult outpatient services delivered by the Regional Support Teams. The four RSTs currently provide medication and rehabilitation services to about 9,000 adults. Ann Edwards-Buckley, director of the county's Department of Behavioral Health Services, said

that under the proposed budget, about 4,500 individuals will lose their RST services.

Edwards-Buckley and pretty much everyone else connected with the mental health system acknowledge that these cuts will be devastating. The system wasn't exactly flush before the current wave of red ink hit. In the current fiscal year, which ends in July, the county cut Treatment Center staff and homeless outreach, stopped providing services to children without Medi-Cal, and on-site at board and care homes.

But the proposed cuts to the RSTs are in another league altogether.

It is, of course, not impossible that the economic situation could abruptly turn. Or that the board of supervisors could decide that the proposed cuts are too draconian. That was the case that a small group of mental health advocates tried to make when they

➔ *continued on page 6*

New Report Card: Nation's Mental Health Care System

Excerpted from NAMI Newsroom. For complete text go to NAMI Newsroom at www.nami.org.

The National Alliance on Mental Illness (NAMI) released a new report, Grading the States, assessing the nation's public mental health care system for adults and finding that the national average grade is a D.

Fourteen states improved their grades since NAMI's last report card three years ago. Twelve states fell backwards.

"Mental health care in America is in crisis," said NAMI executive director Michael J. Fitzpatrick. "Even states that have worked hard to build life-saving, recovery-oriented systems of care stand to see their progress wiped out."

"Ironically, state budget cuts occur

during a time of economic crisis when mental health services are needed even more urgently than before. It is a vicious cycle that can lead to ruin. States need to move forward, not retreat."

This is the second report NAMI has published to measure progress in transforming what a presidential commission on mental health called "a system in shambles."

NAMI's grades for 2009 include six Bs, 18 Cs, 21 Ds and six Fs, based on 65 specific criteria such as access to medicine, housing, family education, and support for National Guard members.

In 2006, the national average was D. Three years later, it has not budged. [California received a C - the same grade it received in 2006.]



Support Groups

Depression and Bipolar Support Alliance (DBSA)

2nd and 4th Wednesday each month from 7:30 - 9:00 p.m. Sutter Center for Psychiatry, 7700 Folsom Blvd., Sacramento

See: www.dbsasacramento.org

Contact: *Andrea Hillerman* at andrea@mhasc.org or (916) 366-4601; or *Marilyn Hillerman* at marilynhillerman@yahoo.com or (916) 648-1358.

Dual Recovery Anonymous Group

Every Monday from 1:00 - 2:00 p.m. Clean and Sober Building, Loaves and Fishes, 1321 North C Street, Sacramento.

Call *Susan Young* at (916) 236-7679 for more information.

Early Psychosis Family Support Group

For families with a member who has a newly diagnosed brain disease. Imaging and Research Center Conference Room, UCD Med, Center, 4701 X Street, Sacramento. Call for information.

Call *Jane Du Bet* at (916) 734-2964 for more information.

Emotions Anonymous

For people working toward recovery from emotional difficulties. Tuesdays from 6:30 p.m. - 7:30 p.m. Wellness Center, 3815 Marconi Ave., Sacramento, or Thursdays from 7:00 - 8:30 p.m. Lutheran Church of the Good Shepherd, 1615 Morse Ave., Sacramento. Meet in the choir room.

Contact (916) 366-0699 or see : allone.com/12/ea/

NAMI Connections Recovery Support Group

A recovery support group for adults with mental illness regardless of diagnosis. Held every Sunday from 7:00 p.m. - 8:30 pm at Sutter Center for Psychiatry, 7700 Folsom Blvd., Sacramento.

NAMI Family Support Groups:

Natomas

Held on the second Thursday of each month from 6:30 - 8:30 p.m. Natomas Service Center, 3291 Truxel Road #26 (corner of Truxel and San Juan), Sacra-

mento 95833.

Call facilitator *Pat Pavone* at (916) 397-7831 for more information.

Elk Grove

Held on the fourth Wednesday of each month from 7:00 - 8:30 p.m. Kaiser Permanente Clinic, 9201 Big Horn Blvd., Elk Grove 95758, conference room 3 (upstairs).

Contact (916) 364-1642 or office@namisacramento.org.

Obsessive-Compulsive Support Meeting (OCD)

Every Monday from 7:00 - 9:00 p.m. Sutter Center for Psychiatry, 7700 Folsom Blvd., Sacramento.

Call *Jim* (916) 223-6541 or *Steve* at (916) 456-8239 for more information.

OCD Kids Sacramento

For kids 18 and under and their families. Meetings also attended by a therapist experienced in treating OCD. 1st Sunday of the

month from 2:00 p.m. - 4:00 p.m. at Kaiser Permanente Point West Clinic, 1650 Response Road, Sacramento, 95815.

See: www.ocdkids.com

Recovery, Inc., Self-Help Mental Health Meetings

Promotes a cognitive-behavioral approach to managing symptoms and changing attitudes and behavior. Groups meet weekly.

Contact: www.recovery-inc.com

Call (916) 483-5616 for meeting locations.

Sacramento Borderline Personality Disorder Non-BP Support Group

For people who have a family member or friend who suffers from Borderline Personality Disorder. Held on the second Tuesday of each month from 7:00 - 9:00 p.m. Call *Lee Gassaway* at (916) 421-7354 f

Social Skills Group

For teens and adults who feel socially awkward or shy. Sponsored by Fall Creek Counseling, 5900 Coyle Ave. suite D, Carmichael, CA 95608.

Contact: www.sacramentopsychology.com
Call *Dr. Debra Moore* at (916) 344-0900

Educational Meetings

Family to Family Education Classes

Offered twice a year, spring and fall.

☎ www.namisacramento.org

For the current class schedule see the Sacramento NAMI web site or call (916) 364-1642.

Peer to Peer Education Classes

☎ www.namisacramento.org

The NAMI Peer-to Peer education course is a nine-week experiential recovery course for any person with serious mental illness.

General Interest Meetings

Sacramento Mental Health Board Meeting

Held the 1st Wednesday of each month at 7:00 p.m. Sacramento Mental Health Treatment Center (Media Room), 2150 Stockton Blvd., Sacramento.

NAMI Sacramento Board of Director's Meeting

3rd Monday of each month at 6:30 p.m. conference Room 1B, 3331 Power Inn Road, suite 140, Sacramento, CA 95826.

NAMI Sacramento does not necessarily endorse the organizations and groups listed above. This information is offered as a convenience to our newsletter readers.

Go to NAMI Sacramento's web site at www.namisacramento.org for an extensive list of resources and crisis help available in the Sacramento area.

Important Notice

NAMI programs should not be used to replace the specialized 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 trained mental health professional before making any decision regarding treatment of yourself or others.



Message From The President



NAMI Sacramento Board President, Pat Pavone

From time to time, members approach me and express an interest in becoming an advocate for NAMI and for mental health issues in general. However, they are intimidated by the overwhelming scope of the issues and a fear of “coming out” publicly to talk about their personal experiences. Yet, without a doubt, the extraordinary and moving personal experiences of our members are the most powerful voice we have in attracting the media, the lawmakers, and those in the community who still cling to the outdated and hurtful stereotypes that perpetuate the stigma of mental illness.

Recently, Joe Teixeira, Kathleen Derby and myself did an outreach event at the Trinity Episcopal Cathedral in midtown Sacramento. We each talked a bit about our personal experiences as consumers and family members and then went on to talk about the programs that NAMI Sacramento has to offer the community. After our presentation, many of the people in the meeting began to share their stories and expressed their gratitude to us for our openness and commitment to reducing ignorance and stigma. We generally get this same, warm reception wherever we go, even when we speak to police cadets and other groups that may not share our views on many issues. I know that it is not easy, and it has risks, but our stories are our strength and when we speak from the heart people listen.

Another excellent example of advocacy is Caroline Caton’s speech to the Sacramento Board of Supervisors regarding the budget cuts, which is reprinted in this issue on page 4. Caroline’s story was straight forward and factual, but it was so powerful that it brought people to tears and got the attention of key decision makers.

Will it be enough to turn around the current mental health funding crisis? Maybe not, but all of our stories combined certainly would do much more to address the situation than the silent statistics that lawmakers read but don’t “see.”

If you are interested in participating in outreach events or advocacy opportunities, please contact me or any member of the Board. We would be happy to invite you to observe or participate in one of the many opportunities we have to get the word out from health fairs to speaking engagements. Consumer advocates must be graduates of either the Peer-to-Peer Program or the In Our Own Voice Program before they can speak on behalf of NAMI Sacramento. Family advocates must have completed the Family-to-Family Program.

*With gratitude,
Pat Pavone*

Webmaster Sought by NAMI Sacramento

NAMI Sacramento is looking for a volunteer to phase in as webmaster of our web site, because our current webmaster is preparing to leave the area. Our web site is our link to the world - the primary source of information and connection for those seeking NAMI’s help and services. Expertise in maintaining a web site with Dreamweaver template libraries is required, the ability to prepare and place graphics is desired, and programming skills would be a wonderful plus. If you have these skills and are interested in doing a very important service for NAMI Sacramento while gaining some valuable experience, **please** contact Linda Beilharz at (916) 638-2221.

Upcoming Events

NAMI National Conference in San Francisco

July 5 - 9. Learn more at www.nami.org/convention/

Talk To Someone Who Understands Someone Like You

NAMI Sacramento is pleased to announce the first meeting of the Connection Recovery Support Group on May 3, 2009. **The group will meet every Sunday from 7:00 p.m. to 8:30 p.m. at Sutter Center for Psychiatry, 7700 Folsom Blvd., Sacramento.**

NAMI Connection Recovery Support Groups are for individuals 18 years and older who are living with mental illness regardless of their diagnosis. In the groups people learn from each other’s experiences, share coping strategies, and offer each other encouragement and understanding. These groups provide a place that offers respect, understanding, encouragement, and hope.

NAMI Connection groups offer a casual and relaxed approach to sharing the challenges and successes of coping with mental illness. Participants should feel welcome to drop by and share feelings, difficulties, or successes. Everyone is a valued participant.

The group will meet weekly for 90 minutes and is offered free of charge. It follows a flexible structure and does not recommend or endorse any medications or other medical therapies. All groups are confidential - participants can share as much or as little personal information as they wish. Meetings will be guided by NAMI Connection’s Principles of Support.

Directions: from Eastbound US-50, take the Howe Ave/Power Inn exit. At the end of the ramp turn right. At the first signal light turn right onto Folsom Blvd. Turn left into 7700 Folsom Blvd.

From Westbound US-50, take the Howe Ave./Power Inn exit. At the end of the ramp turn left. At the second signal light turn right onto Folsom Blvd. Turn left into 7700 Folsom Blvd. **Be sure to sign in at the front desk.**

For more information call NAMI Sacramento at (916) 364-1642 or visit NAMI Sacramento at http://namisacramento.org/meetings/support_groups.html or email at office@namisacramento.org.



Penny Wise/Pound Foolish: NAMI Advocate Tells County How Cuts Can Lead to Tragedy/Financial Disaster

Caroline Caton, current NAMI Sacramento Vice-President and 2008 NAMI Sacramento President, delivered this message to the Sacramento County Board of Supervisors on February 10, 2009.

Hello. My name is Caroline Caton, and I am Vice President of NAMI Sacramento. I am here to speak about what happens when mental illness goes untreated, which I fear will be the outcome of the cuts being discussed today. When I was about 11 years old, my mother began to show the first signs of mental illness. She was diagnosed with paranoid schizophrenia, and prescribed medication. Without any further services or support, she very quickly stopped taking her medication. In 1980, her bizarre and erratic behavior resulted in my brother, sister and I moving in with my father. The severity of her illness and the need for intervention was clear. Still, she received no services or support. In 1986, my mother was deemed unfit for duty and lost her job, ironically, with the County of Sacramento. Then, in 1988 she became homeless.

My mother remained homeless, living on the streets for more than 17 years. When she was finally housed in November 2004, my mother weighed 84 pounds, the whites of her eyes were no longer white but a yellowish gray, her fingernails were growing in black, and every single tooth in her head had either fallen out, was little more than a nub, or was broken.

A few months later, while placed at a facility in Stockton, she was admitted to St. Joseph's Medical Center and then quickly moved to the ICU. We were told she would die in a matter of days, if not hours. Thankfully she did not.

However, when she was discharged from the hospital two months later, the bill for her care totaled more than \$700,000. This is when the financial cost of untreated mental illness becomes clear.

A few months later, she was moved closer to her family and placed in a nursing home in West Sacramento. In March 2008, she was admitted to the UCD Med

Center, where she underwent emergency surgery and was subsequently diagnosed with bladder cancer. For the second time, she was in the hospital for two months. The cost totaled \$761,498. Two additional hospital admissions in July 2008 totaled \$126,520.50. Another hospital stay in September 2008 cost \$61,362. I do not have cost information for two other hospital admissions.

Based on some basic information I could locate, the cost of my mother's care between 2005 and 2008 can be conservatively estimated at not less than \$2.1 million dollars. This figure does NOT include costs associated with two other hospital admissions, services received while in the Mental Health Treatment Center and Crestwood Behavioral Health in Stockton, four months of nursing home costs in Stockton, numerous medical transportations, medical appointments with doctors and specialists, many trips to the emergency room, hospital lab work, physical therapy, occupational therapy, medical equipment, or any of the numerous medications she was prescribed for chronic conditions, acute conditions, and pain management. It is also worth noting that her complex and fragile medical condition meant that doctors were very often limited to only the most expensive medications as viable treatment options.

My mother died this past December on her 69th birthday. While I am extremely thankful for the care she received in the last years of her life, I am quite certain that a far better use of the county's funds and resources would have been to help my mother in 1978 or 1979 when for little more than the cost of medication and someone to ensure that she took it, my mother's life could have been truly saved.

June Newsletter

We welcome submissions to the newsletter. The due date for the June newsletter will be May 11. Submit to Belinda Beckett at nimabima@aol.com. Submissions may be edited.

2009 BOARD OF DIRECTORS

PRESIDENT

Pat Pavone
pavone@surewest.net

CO - VICE PRESIDENTS

Caroline Caton
caroline@namisacramento.org

Belinda Beckett
nimabima@aol.com

TREASURER

Larry Liseno
laliseno@comcast.net

SECRETARY

Linda Beilharz
linda@clarityweb.com

BOARD MEMBERS

John Gilbert

Al Lipson

Sherrie Sala-Moore

Heidi Sanborn

COUNTY SUPPORT STAFF

Marilyn Hillerman, Adult Family Advocate,
(916) 875-5644

Andrea Hillerman, Adult Consumer Advocate,
(916) 875-4710

Dave Schroeder, Family and Youth Advocate,
(916) 875-4183

Host An "In Our Own Voice" Presentation

In Our Own Voice is an anti-stigma presentation given by consumers to all types of community audiences, large and small. The focus is on living well with mental illness. If your group is interested in hosting a presentation, if you would like to become a presenter, or if you would just like more information on the program, please contact Kathleen Derby at the NAMI Sacramento office: (916) 364-1642; office@namisacramento.org



Medical Conditions That Mimic Psychiatric Conditions



by Linda Ellis RN, MN
Director of Nursing,
Turning Point
Community Programs

Did you know that an individual with a urinary tract infection or hyperthyroidism or a Vitamin B12 deficiency may present with symptoms of depression, mania, anxiety, cognitive impairment, and psychosis? (See Table 1.) The presence of psychiatric symptoms, in and of itself, does not always indicate a psychiatric diagnosis per se. On the other hand, when a consumer, already diagnosed with a psychiatric disability, exhibits additional cognitive impairments, for instance, the concern is that an underlying medical condition will go undiagnosed and, therefore, untreated.

Did you know that many drugs available today, prescribed or otherwise, are also capable of causing psychiatric symptoms or medical problems of their own? Decongestants, like pseudoephedrine, can cause anxiety; atypical antipsychotic medications can cause depression, mania, anxiety, cognitive impairment, and/or psychosis. Conversely, “psychotropic medications themselves can have repercussions for coexisting medical problems,” according to Dr. Howell, Associate Professor with the Psychiatry at the University of Wisconsin-Madison. The implication is that clinicians should be cautious about prescribing certain medications, i.e., clozapine (clozaril) and olanzapine (zyprexa) in clients with diabetes, dyslipidemia, or obesity.

Dr. Linda Chuang and Dr. Nancy Forman, both from the Department of Psychiatry at Bellevue Hospital and New York University, identify some of the features suggesting a medical origin to psychiatric symptoms as the following: late onset of initial presentation, absence of personal and family history of psychiatric illness, sudden onset of mental symptoms, treatment resistance or unusual response to treatment, waxing and waning mental status, and, of course, known underlying medical condition. They agree that, because medical

conditions can cause or “mimic” psychiatric symptoms, it is important to investigate appropriate medical causes of the symptoms to make a proper diagnosis of a psychiatric illness.

A recipient of NAMI’s “Exemplary Psychiatry Awards” one year ago this month, Dr. Juan R. Bustillo stated that “Laboratory tests are often done to rule out substance abuse or an underlying medical, neurologic, or hormonal disorder that can have features of psychosis. Examples of such disorders include brain tumors, temporal lobe epilepsy, thyroid disorders, autoimmune disorders, Huntington’s disease, liver disorders, and side effects of drugs.”

Dr. Howell states that age may determine presentation when, for example, hyperthyroidism (excess thyroid hormone) in a younger adult may generate symptoms of anxiety or hypomania, but can present in a geriatric client atypically as depression or dementia. It is interesting to note that, because hyperthyroidism is very common, it is routinely included in lab work for clients presenting with psychiatric symptoms for the first time. Fortunately, psychiatric symptoms usually disappear with the proper treatment of hyperthyroidism in most clients who present with depression or anxiety associated with the hyperthyroidism without other psychiatric history.

The challenge for mental health staff and clinicians continues to be accurately differentiating between any early warning signs of relapse vs. the psychiatric symptoms of an underlying medical condition or effects of drugs. When psychiatric symptoms are *already* present because of a diagnosed psychiatric disability, it is important to determine if the observed changes in behavior or change in level of awareness are *significant* so appropriate interventions and treatments can be initiated. Dr. Howell says, “A change in personality, which may sometimes be subtle, is also reason for concern. Personality changes such as uncharacteristic lability of affect, aggression, suspiciousness, disinhibited behavior, or apathy, may go unnoticed by the patient, but can be picked up from collateral sources of information such as family, friends, or others....”

Dr. Chuang and Dr. Forman assert that “understanding common psychiatric symptoms and the medical diseases that may cause or mimic them are of utmost importance. Failure to identify these underlying causal medical conditions can be potentially dangerous because serious and frequently reversible conditions can be overlooked.” Advocating for your family member or client to undergo appropriate and timely diagnosis and treatment becomes critical because “the patient with a medical illness who has a comorbid [occurring together] psychiatric problem may have a more guarded prognosis than one without the same mental illness,” according to Dr. Howell.

Table 1. Medical Conditions That Can Be Associated With Depression, Mania, Anxiety, Cognitive Impairment, and/or Psychosis

- Endocrine:** hypothyroidism (D,C,P); hyperthyroidism (D,M,A,C,P), Addison’s disease (A,D,C,P), hypoglycemia (A,C), diabetes (D,A,C)
 - Metabolic:** electrolyte abnormality, hepatic or renal failure, anemia (D,A,C,P)
 - Cardiac:** congestive heart failure (D,A,C), mitral valve prolapse, angina (A)
 - Nutritional Deficiencies:** B12, folate, niacin, thiamine (D,M,A,C,P)
 - CNS Trauma** (D,A,C,P)
 - Cancer** (D,M,A,C,P)
 - Infections:** CNS, sepsis, pneumonia, urinary tract (D,M,A,C,P)
 - Stroke (D,M,A,C,P)
 - Seizures (D,A,C,P)
 - Immunological:** lupus, sarcoidosis (D,A,C,P)
 - Sleep Apnea** (D,C)
 - Toxicity:** heavy metals (A,C,P); drugs, i.e., Stimulants, caffeine (A,P), Antihistamines (A,C,P), Diuretics (D), Sedatives (D,A,C,P)
 - Chronic Pain** (D,A)
- Note: D=depression, M=mania, A=anxiety, C=cognitive impairment, P=psychosis.



Budget Cuts, from page 1

rallied in downtown Sacramento in early April.

But few are holding out much hope of a major change of heart when the supervisors hold budget hearings in May. And that's why the primary effort to ease the impact of the RST cuts is focused on using Mental Health Services Act funds.

Early in April, just days before the county announced its latest upward deficit projection, the MHSA Steering Committee was presented with an Adult Services Redesign proposal to use \$8 million in unallocated Prop. 63 money to at least partially address the RST cuts.

Michelle Callejas, the county's MHSA program manager, said that several programs currently receiving MHSA funds, and some that are not, will be streamlined and expanded to partially fill the needs left behind in the RST carnage.

TCORE—Transitional Community Opportunities For Recovery & Engagement—will be changed from a transitional program to an ongoing one that can offer services beyond the three-to-six months currently provided.

Permanent Supportive Housing service capacity will be expanded.

A new Full Service Partnership will be aimed at the complete range of adult clients, instead of the individuals from underserved groups that the FSPs currently target.

Unfortunately, many of the program details remain uncertain. It's unclear how many of the 4,500 individuals who will be shut out of the RSTs will be served by the new programs. The funding hasn't yet been approved. And while Callejas said that "we will do everything possible" to have the programs operational for the new fiscal year in July, "many issues have to be resolved for that to happen."

Still, while it won't make up for the cuts that are coming, the proposal at least begins to alleviate them.

"We're doing everything we can to mitigate impacts to clients and families," Edwards-Buckley said. "That's our number one priority."

Thank You Denny's!



Mahmoud Setoudeh, Peer-to-Peer hero and manager of Denny's Restaurant downtown Sacramento.

The NAMI Sacramento Peer-to-Peer program would like to thank those that have contributed to the success of our program. The latest Peer-to-Peer Hero is Mahmoud Setoudeh and the kind folks at Denny's Restaurant in downtown Sacramento. Denny's Restaurant has been an important part of Peer-to-Peer for two years having hosted four of our nine-week sessions. Without Mahmoud and his team, mental health education would only be an idea in Sacramento. Denny's has made it a reality.

Mental Health Advocacy Day/Disability Action Day May 27, 2009

Mental Health Advocacy Day/Disability Action Day will take place on the West Steps of the Capitol from 10:00 a.m. to 3:00 p.m. on Wednesday, May 27. There will be an educational rally with speakers, a resource fair, a march around the Capitol, lunch, and visits with legislators. This is an opportunity to speak out for persons living with mental illness and with disabilities. Please let the organizers know that you will be planning to attend and be sure to bring others with you. For more information and to find out how you can help, visit the Disability Action Coalition's web site at www.disabilityactioncoalition.org.

NAMI in the Community



NAMI Sacramento Peer to Peer coordinator Joe Teixeira, above, and Kathleen Derby, In Our Own Voice Coordinator, below, spoke at Trinity Cathedral in March on NAMI's peer programs.



Volunteer Corner

NAMI Sacramento is currently recruiting volunteers for the following positions:

- Webmaster
- Family support group leader
- Family-to-Family class teachers, English and Spanish speakers wanted!
- NAMI Walk planning committee member
- Family-to-Family Class coordinator

Training and guidance will be provided for all of these volunteer positions. If you can help, please contact Pat Pavone at pavone@surewest.net or (916) 359-2366.



The Doctor's Corner

Dr. Robin Zasio is a local Licensed Clinical Psychologist and owner of the Anxiety Treatment Center at: www.AnxietyTreatmentExperts.com, www.CognitiveBehaviorExperts.com or www.YourGreaterGood.com.

She addresses mental health questions submitted by NAMI Sacramento members, consumers, and readers.

Submit your questions to: drrobin@sierrabg.com

Dear Dr. Robin,

I am in my late 20's, and have been happily married for 3 years. My husband and I are looking to have children, however I have been apprehensive due to my concern over a severe depressive episode that I experienced when I was in high school. It hit me out of the blue with no specific stressors that I could account for, and I saw a doctor for medications which helped tremendously. Once I graduated, I was able to stop taking the medications and have been doing fine ever since. My question to you is whether I should be worried that I will pass on a depressive condition to my child? It really scares me to think that my child could experience what I went through.

Kristy

Dear Kristy,

Your question is very important and one that is expressed by many of my clients who have experienced not only depression, but also episodes of anxiety. And, while I wish I could give you a definitive answer, unfortunately, I can't. The question that you are asking relates to genetics and whether your child will have a predisposition to depression. Knowing more about the circumstances of your own personal depression, and whether you have a history of depression in your family, is certainly something that I would want to know more about. This leads to the whole "nature versus nurture" controversy. Nature refers to your genetics, and nurture refers to your environment. So with this, it is important to consider whether there were any environmental aspects that may have contributed to your own personal depression.

Keeping these points in mind, this may help you to explore additional factors that contributed to your depressive episode during your teens. Ultimately though, the most important thing you can do is to continue to take care of yourself and be aware if symptoms should start to return. We call this "relapse prevention." And, you would simply want to apply the same principles to your child as well. If any signs and symptoms began to surface that concern you, the best thing would be to start talking with him/her about your observations and then determine the next course. Often, with early detection, it is possible to head things off at the pass. If you would like to read more on effective treatment strategies for depression, I would recommend "The Feeling Good Handbook," written by David Burns. You can also go to www.CognitiveBehaviorExperts.com which outlines information about depression and treatment options, or visit www.nami.org which frequently helps to promote further understanding of various mental health conditions along with helpful resources.

Sincerely,

Dr. Robin

Shop Online and Support NAMI Sacramento

NAMI Sacramento participates in a program that allows you to give financial support to NAMI while you shop online - at no cost to you!

Goodshop.com is a completely easy and painless way to help NAMI while shopping online. Go to www.goodshop.com. Type "NAMI Sacramento" in the box asking for the name of the charity you wish to support. Choose the store from the dropdown box - there are over 700 of them including Amazon, Macy's, Nordstrom, Sears, Eddie Bauer, Home Depot, and Flowers.com to name a few. You will be immediately connected with that store's website - where you shop and order just as usual. That's all there is to it. You don't need to register or give any information. Goodshop will automatically donate a small percentage of what you spend to NAMI Sacramento.

Atención a Los Graduados de Habla Hispana del Programa Familia-a-Familia

La Aliancia Nacional para Enfermedades Mentales, (NAMI) de Sacramento está buscando graduados del programa Familia-a-Familia que hablen español y que desean servir voluntariamente como instructores. Nuestro afiliado no ofrece este curso en español debido a la falta de instructores de habla hispana. Los voluntarios recibirán el entrenamiento - en español - para que puedan servir como instructores de este programa educativo de 12 semanas.

El NAMI de Sacramento tendrá entrenamiento del programa Familia-a-Familia para instructores de habla hispana aquí en Sacramento del 5 al 7 de junio del 2009. Solicitamos su ayuda como voluntario para introducir este recurso importante en nuestra comunidad. Si necesitas más información, favor de llamar a Lynn Cathy, directora del programa Familia-a-Familia, al (916) 647-6931. Gracias.

Consumer/Family Member Consultants Needed

APS Healthcare is seeking consumers and family members to conduct annual site visits to review each of the 56 County Mental Health Plans in California. Specifically, they are seeking: young adults who have received TBS (therapeutic behavioral sciences) services or another kind of mental health service, parents whose children receive or have received TBS services or parents whose children may have gained benefit from TBS services - such as wraparound services, intensive case management, or other outpatient services. Consultants will work as a part of a team which travels and talks with providers, consumers, family members and other stakeholders about their experience accessing and receiving services and will participate in two to five site reviews per year. This position pays \$14 per hour, and APS will cover all associated costs and travel arrangements. For more information see www.caegro.com or call Marilyn Hillerman, Senior Consumer/Family Consultant (916) 875-5644 (office), (916) 595-8005 (cell) or Sandra Sinz, LCSW, CAEQRO Site Review Director (916) 266-2591 (office) or (916) 207-4511 (cell).

NAMI Sacramento Membership Form

Please join us! Join others in your community dedicated to improving the lives of people with mental illness in the Sacramento area. Become part of our grassroots revolution and make a difference! Either detach and mail in the membership form below, or join online at www.namisacramento.org/membership. Collecting this information helps us to serve our members better. Your information is treated confidentially and will never be shared outside of NAMI. Please print clearly.

Name: _____ Address/City/Zip: _____

(circle one)

Home/Work/Cell Phone: _____ Email: _____

(check one)

Your relation to the consumer:

- I'm a consumer
- Family member
- Friend
- None, just interested

Ethnicity:

- Asian
- African/Black
- Hispanic/Latino
- Caucasian/White
- Other
- Decline to state

If you are a consumer, please enter your primary diagnosis:

- ADHD
- PTSD
- Bipolar disorder
- Schizophrenia
- Dual diagnosis
- Unknown
- Major depression
- Other
- OCD
- Decline to state
- Panic disorder

If you are the consumer's family member, please enter your family relation to the consumer:

Membership type:

- Consumer, \$15
- General, \$35

Newsletter preference:

- E-mail
- Postal mail
- Both
- Don't send

You can help! Volunteer with NAMI Sacramento:

- Contact me about volunteer opportunities

Please consider an additional donation of:

- \$100 or more
- \$50-\$99
- up to \$50

Make checks payable to NAMI Sacramento. Mail to NAMI Sacramento Membership Chair, 3440 Viking Drive, suite 116, Sacramento, CA 95827. NAMI Sacramento thanks you for your support. Your donations directly help those with mental illness.

RETURN SERVICE REQUESTED

NAMI Sacramento Chapter
3440 Viking Drive, suite 116
Sacramento, CA 95827-2844



Sacramento, CA

Permit No. 01903

PAID

U.S. Postage

Non-Profit Org.