



NAMI

Sacramento Newsletter

National Alliance on Mental Illness

Sacramento's Voice on Mental Illness

October 2009: Issue No. 7.9

General Meeting

Monday, October 19

NOTICE: Annual Membership Meeting

New Board members will be elected at the October General Meeting for a two-year term starting January 1, 2010. Ten percent of the membership must be present to have a quorum and complete the election.

Also at the October meeting **Attorney and Estate Planning Specialist Robin Bevier** will speak about estate planning issues for special needs beneficiaries. She will cover a range of topics including SSI, estate planning considerations, types of special needs trusts and conservatorship issues. Come and learn valuable information and tools for planning for your loved one. **(Please note that this is one week later than our usual General Meeting date because of the Columbus Day holiday.)**

Monday, November 9

Mary Susan Hansen, M.D., from U.C. San Francisco will speak on Relapse Awareness and Recovery Strategies. This program is sponsored by Janssen Pharmaceuticals.

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 125
Sacramento CA 95827
(916) 364-1642

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

Website: www.namisacramento.org

The First Annual Northern California NAMIWalk Needs YOU!

We are in the planning process for the first NAMIWalk in our community to benefit NAMI affiliates in Sacramento, El Dorado, San Joaquin, and Yolo Counties. The Walk will be part of a nationwide program sponsored by NAMI that has two primary goals:

1. To increase awareness about mental illness and the devastating effects it has on the lives of millions of Americans; and
2. To raise much needed dollars to help fund the wide array of NAMI support, education, advocacy and research programs.

The Walk will be held on Saturday, April 24, 2010 in Land Park from 9:00 a.m. until noon. In order for this to be a success, we need **all** NAMI members to help!

Volunteers

We need volunteers to help with the activities leading up to the WALK, including mailing, phone calls, and publicity. We will also need help with the Kick-Off Luncheon in February and on the day of the event (set-up, registration, food

service, route monitoring, clean-up, etc.). If you would like to volunteer, please contact Erin at (530) 521-2810 or emvolk514@gmail.com.

The more sponsors we can get to underwrite the cost of the event, the greater the income that each affiliate will get from the WALK. We are shooting for \$20,000 in sponsorships. If you know of anyone who would be willing to sponsor the event, at sponsorship levels anywhere between \$100 and \$10,000, please contact Pat at (916) 397-7831 or pavone@surewest.net

Team Chairs

We hope that every NAMI Sacramento member will become a Team Chair and put together a team of walkers willing to raise money through pledges. If you are interested in being a Family Chairperson, please contact Joanne at (916) 989-4487 or jmahaney@hotmail.com. If you can put a team together at your office, and would like to be a Business Chairperson, please contact Tracy at capciti@att.net.



NAMI Walks



National Alliance on Mental Illness

Brain Scans Clarify Borderline Personality Disorder

by Rick Nauert PHD, psychcentral.com
September 4, 2009

Using real-time brain imaging, a team of researchers has discovered that patients with Borderline Personality Disorder (BPD) are physically unable to regulate emotion.

The findings, by Harold W. Koenigsberg, MD, professor of psychiatry at Mount Sinai School of Medicine, suggest individuals with BPD are unable to activate neurological networks that would

help to control feelings. The research will be published in the journal *Biological Psychiatry*.

Using functional magnetic resonance imaging (fMRI), researchers viewed how the brains of people with BPD reacted to social and emotional stimuli.

Koenigsberg found that when people with BPD attempted to control and reduce their reactions to disturbing emotional

➤ *continued on page 4*



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

Every Monday from 7:00 - 8:00 p.m. "The Effort" 1820 J Street Sacramento, CA 95814. A 12-step self-help program to help those with a dual diagnosis to recover from chemical dependency and psychiatric illness in a community of respect and support.

Call "The Effort" at (916) 325-5556 or Doug Smith at (916) 534-2609.

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 Jane Du Bet at (916) 734-2964.

Emotions Anonymous

For people working toward recovery from emotional difficulties. Tuesdays from 6:30 p.m. - 7:30 p.m. Call number below for location. 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. No pre-registration.

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), Sacramento 95833.

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

Elk Grove

Fourth Wednesday of each month from 6:45 p.m. to 8:15 p.m. Sierra Vista Hospital, 8001 Bruceville Road, Sacramento 95823. Call facilitator Caroline Caton at (916) 204-4512 for more information.

Obsessive-Compulsive Support Meeting

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.

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 or 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. Second Tuesday of each month from 7:00 - 9:00 p.m. Call Lee Gassaway at (916) 421-7354 or contact www.meetup.com.

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

Women's PTSD and Anxiety Support Group

Call Nancy Kilgore at (916) 256-9963 or email: highestgood2000@yahoo.com.

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.

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.



Message From The President



NAMI Sacramento Board President, Pat Pavone

The last few weeks have been filled with activities related to NAMI Sacramento's role as a United Way Certified Partner Agency. Our partnership status gives us a unique opportunity to go out into the various business and government agencies in the Sacramento Region and tell them about NAMI Sacramento and the services that we provide to the community. This year, we were able to train several folks to serve as our agency spokespersons including myself, Belinda Beckett, Al Lipson, Larry Liseno, Tracy Williams and Sontine Kalba. This will give us more flexibility to accept the various speaking engagements that are offered, some of which are at odd hours of the day and night or on weekends.

I am always amazed when I get a chance to represent NAMI Sacramento at these United Way events how many people come up to me to tell me their stories about trying to cope with the hardships endured by people who suffer from serious and persistent mental illness. Even folks who are doing well in recovery tell me about their frustrations getting continuing care and moving forward with their lives in spite of the ongoing stigma related to their illness. Many of these consumers are also family members who struggle trying to get care for their children who have early onset mental illness. The need seems overwhelming at times. In fact, it seems overwhelming most of the time – especially now with the significant budget cutbacks in the mental health care system of delivery. Nevertheless, organizations like NAMI offer hope when no one else does and lives are changed for the better because of it. So, if your business, government agency, or nonprofit organization is participating in this year's United Way (or California

State Employees Charitable Campaign), please ask if NAMI Sacramento can be included as one of the presenting agencies. The more we can get the word out, the more our message of hope will be heard.

*With gratitude,
Pat Pavone*

Donate to NAMI Sacramento Through CSECC/ United Way

The California State Employees Charitable Campaign (CSECC) and the private sector United Way Campaign are underway. This is NAMI Sacramento's second year as an official certified partnership agency. You may even see one of our volunteers at your workplace spreading the word about the work of NAMI Sacramento. You can support us by choosing our name from the list of certified nonprofit organizations and agencies. Please help NAMI alleviate the suffering caused by mental illness by including us in your United Way/CSECC giving. Select agency number 16962 to donate to NAMI Sacramento.



Spanish Family to Family (A Familia de Familia) Coming in Spring 2010

We would like to start A Familia de Familia class in Spring 2010. We have two bilingual teachers ready to teach the class. If you would like to attend a Spanish version of Family to Family please contact Lynn Cathy at Lmcathy@surewest.net or the NAMI Sacramento office at (916) 364-1642. Unfortunately, neither Lynn nor the NAMI office staff is bilingual, but the class will be, so please sign up if you are interested!

In Memory of Phyllis Hagar

Longtime NAMI Sacramento supporter Phyllis Hager passed away on August 28 after an extended illness at the age of 84. Phyllis was one of the original founders of NAMI Sacramento and was a tireless and vocal advocate for the mental health community. Her letters to the editor and ability to communicate made a difference for vulnerable people throughout the community. The Hagar family has requested that remembrances be made to NAMI Sacramento, 3440 Viking Drive, suite 125, Sacramento CA 95827 to support families and consumers of mental health services. The members of NAMI Sacramento would like to extend their deepest sympathy to Phyllis' family, Randall and Darby, brother Steve and husband Kenneth Hagar, and to express their gratitude for her work on behalf of the mental health community.

2009 BOARD OF DIRECTORS

PRESIDENT

Pat Pavone
pavone@surewest.net

CO - VICE PRESIDENTS

Caroline Caton
caroline@namisacramento.org

Belinda Beckett
nimabima@aol.com

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Larry Liseno
laliseno@comcast.net

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Al Lipson

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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



BPD, from page one

scenes, the anterior cingulate cortex and intraparietal sulci areas of the brain that are active in healthy people under the same conditions remained inactive in the BPD patients.

“This research shows that BPD patients are not able to use those parts of the brain that healthy people use to help regulate their emotions,” said Dr. Koenigsberg.

“This may explain why their emotional reactions are so extreme. The biological underpinnings of the disordered emotional control systems are central to borderline pathology. Studying which areas of the brain function differently in patients with borderline personality disorder can lead to more targeted uses of psychotherapy and medications, and also provide a link to connect the genetic basis of the disorder.”

According to background information in the article, borderline personality disorder is a common condition, affecting up to two percent of all adults in the United States, mostly women.

Characteristics of BPD include being so emotionally over-reactive that they suffer alternating bouts of depression, anxiety and anger, are interpersonally hypersensitive, and are impelled to self-destructive and even suicidal behavior.

Patients with BPD often exhibit other types of impulsive behaviors, including excessive spending, binge eating and risky sex. BPD often occurs together with other psychiatric problems, particularly bipolar disorder, depression, anxiety, substance abuse, and other personality disorders.

The disorder is found in 10 to 20 percent of people in psychiatric care, and about 10 percent of people with this condition ultimately die of suicide. Only recently have researchers begun to identify underlying biological factors associated with the condition.

“Change That Works” Seeks Advocates for Health Care Reform

Right now, we have an unprecedented opportunity to voice our concerns and change our failing health care system. The stakes are particularly high for mental health advocacy groups. “Change That Works” is a national campaign that supports comprehensive health care reform and is working to hold our elected officials accountable to their promise to reform our broken health care system. With California’s current budget crisis and over 6 million uninsured Californians, now is the time for change - a change that will save the state of California billions of dollars and ensure every Californian has access to quality, affordable health care, including quality mental health services.

Americans have spoken powerfully for change - change that both revives our failing economy and builds it stronger and fairer for the future. Our goal is to involve millions of Americans in an intensive state-by-state campaign to help President Obama enact change that works - change that gets our economy back on track now and for generations to come. “Change That Works” is uniting working families, small business owners, health care workers, community leaders, and policy makers to win common sense solutions on our failing economy by passing national health care reform.

“Change That Works” supports a better healthcare system that:

- Allows people who like their current doctor and insurance coverage to keep them;
- Guarantees that people who currently can’t get insurance have the opportunity to choose a quality, affordable public health insurance plan; and
- Reduces soaring costs that are hurting families, businesses and individuals.

For mental health advocacy groups, health care reform is an historic opportunity to end discrimination in health benefits and to create parity in benefits for mental health and substance abuse disorders. Health reform proposals making their way through Congress would make

these benefits part of a package of comprehensive primary health services.

Please contact Wanda Mikuni at wanda@changethatworks1000.org or (916) 554-1373 to find out how you can volunteer for health insurance reform.

Wanted: Volunteers for New NAMI Program

There is a new NAMI program called NAMI Basics, which addresses family members of children and adolescents living with mental illnesses. It is a six week education course taught by trained teachers who are the parent or other caregivers of individuals who developed the symptoms of mental illness prior to the age of 13 years. It is not currently being offered in this area. However, we are hoping to have a training somewhere in the Central Valley or Bay Area sometime in the next few months.

We need volunteers to train as teachers for this program. The training takes 2 1/2 days.

If you are interested, please call Lynn Cathy at (916) 647-6931 or email Lmcathy@surewest.net. Once we have teachers in place, we will announce the course in a future newsletter.

Volunteer Corner

NAMI Sacramento is currently recruiting volunteers for the following positions:

- 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.



H1N1: Cover That Cough and Wash Those Hands!



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

The influenza (flu) season is just around the corner, but this year we have an additional enemy to fight: the H1N1 virus, also known as the swine flu. This virus is expected to cause more illness or more severe illness than usual. The following information obtained from the Centers for Disease Control (CDC) is intended to equip you so you can make the right choices for you and your loved ones.

How does H1N1 spread?

You are more likely to get the virus when infected people cough or sneeze around you, when you touch their unwashed hands or contaminated surfaces then touch your mouth or nose. The virus can live on hard surfaces for up to 24 hours, but only about 20 minutes on soft surfaces.

Incubation Period (time between exposure and development of symptoms)

You may be contagious from 1 day before you develop symptoms to up to 7 days after you get sick. Children, especially younger children, might potentially be contagious for longer periods.

What are the Symptoms of H1N1?

If you get **one or more** of the following: severe cough (not associated with smoking cigarettes), severe sore throat, runny nose/nasal congestion **PLUS** a fever of at least 100.0° do the following: isolate yourself from others as much as possible, see your primary care provider (wear a mask when you go out – N95 masks are recommended but are pricier than others you might find in the store) especially if you are in a **high risk group** (65 years and older, children younger than 5 years old, pregnant women, people of any age with chronic medical conditions - such as asthma, diabetes, or heart disease, and people who are immunosup-

pressed (e.g., taking immunosuppressive medications, infected with HIV).

Treatment for Those Who Are Seriously Ill

If you get sick, you may be ill for a week or longer. It is expected that most people will recover without needing medical care. If you have a severe illness, are in a high risk group, or are at high risk for flu complications, contact your health care provider or seek medical care. Antiviral drugs, available by prescription only, work best if started within the first 2 days of symptoms. Antiviral drugs can make your illness milder and make you feel better faster. They may also prevent serious flu complications.

Avoid Contact With Others

Stay home and keep away from others as much as possible, including avoiding travel and not going to work or school, for at least 24 hours after your fever is gone except to get medical care or for other necessities. Cover your coughs and sneezes with a tissue and immediately throw them away.

What You Can Do to Stay Healthy

Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand (60% or above) cleaners are also effective.

Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.

Avoid touching your eyes, nose or mouth. Germs spread that way.

Wash your hands before eating (as always) since flu viruses live on surfaces.

Use antibacterial wipes (not sprays!) on your phones, keyboards, door handles at work and at home. Disinfect all hard surfaces regularly, including floors, wood or metal furniture.

Eat a balanced diet and drink an adequate amount of water daily.

Get an adequate amount of exercise and rest.

The seasonal flu vaccine is unlikely to provide protection against 2009 H1N1

influenza. The CDC is working hard to develop hundreds of millions of doses of the 2009 H1N1 vaccine to be available soon. The groups recommended to receive the H1N1 flu vaccine include: (1) pregnant women, (2) household contacts and caregivers for children younger than 6 months of age, (3) healthcare and emergency medical services personnel, (4) all people from 6 months through 24 years of age, and (5) persons aged 25 through 64 years who have health conditions associated with higher risk of medical complications from influenza. For some people, this virus will be like just another seasonal flu virus to contend with; for others, it might be deadly. Once the H1N1 immunization becomes available, a visit to your primary care provider or stores within the community is in order. And above all, stay healthy!

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.





NAMI Board Member's Statement Before Board of Supervisors

NAMI Sacramento Board member, Al Lipson, made this statement to the Sacramento Board of Supervisors on September 10, 2009 in opposition to the proposed funding and bed reductions for the Sacramento County Mental Health Clinic.

Ladies and Gentlemen, my name is Albert Lipson, and I am a Board Member of the Sacramento Chapter of the National Alliance on Mental Illness (NAMI). NAMI represents family members and consumers of Mental Health Services. I am also a member of the Mental Health Services Act Steering Committee. I am here today to strenuously oppose the precipitous elimination of the Crisis Stabilization Unit at the County Mental Health Treatment Center.

I understand the dilemma the County faces. When King Solomon had to decide who would get the baby claimed by two competing mothers, he threatened to cut the baby in half so that the real mother truly concerned with its safety would be revealed. The choices you make in cutting this budget have similar implications. Those sent to the Crisis Unit are gravely disabled and a threat to themselves or others. Make no mistake about it if the Crisis Stabilization Unit is precipitously cut people in crisis will be hurt and innocent citizens will be injured.

Let me make this personal. I have a son who suffers from Schizophrenia. Several times in his life he went off his meds, decompensated and was, for his own safety, taken by law enforcement to the County Mental Health Treatment Center. I am horrified at the thought that the Crisis Unit could be closed with no alternative place for him to be taken, other than to an already stressed hospital emergency room with no experience handling people in his situation. I fear for his safety if this happens. What's more, if he got hurt or injured, or God Forbid hurt somebody else, the County would face enormous liability.

What would King Solomon do if he were in your shoes? He would find a creative solution to the problem. He would not precipitously put the lives of

NAMI in the Community



NAMIWalk committee members enjoy a picnic and review the Walk site at William Land Park.



NAMIWalk Regional Walk Manager Darlene Cronin, center, discusses strategies with Walk Committee members.

gravely disabled people in jeopardy until he could put in place a creative alternative to take care of them.

It is possible to treat people in crisis in small private Psychiatric Health Facilities. These units can be set up quickly. So, rather than cutting \$10 million from this budget, we recommend that \$3 million be preserved to transition to a new mode of private operation ASAP. Perhaps some of these funds could come from hospitals in the community that truly represent the interests of the seriously mentally ill who will be placed on their doorstep if this drastic budget cut is approved. I wish we could use Mental Health Services Act funds for this purpose, but the State's interpretation of this statute precludes using their funds in locked facilities.

It is possible that a better system might be born from this crisis. But it can only happen if we avoid the chaos that will result if the Crisis Stabilization Unit is precipitously cut with no workable alternative in place to care for those in the mental health system most in need of our help.



There was a "standing room only" audience at the September General Meeting featuring Tom Wootton.



Noted author and speaker Tom Wootton addresses the September General Meeting introducing his new book, *Bipolar in Order*.



NAMI Sacramento president Pat Pavone and Board member Belinda Beckett at the CSECC Kickoff at the Capitol's West Steps on Sept. 10.



NAMI Board members Belinda Beckett and Larry Liseno at the United Way Kickoff at the Sacramento Convention Center on Sept. 11.



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 suffer from depression and anxiety. I have been in therapy for several years and I'm not getting the results I would like. More specifically, I like my therapist, and she talks to me about changing my patterns, such as not sleeping during the day, exercising, eating healthy and so forth, but my depression is so strong that I find it hard to follow through. Do you have any ideas to help get the strength to fight the symptoms?

Anne

Dear Anne,

In my experience, it is common that people who are suffering from depression and anxiety have a hard time fighting the powerful nature of the symptoms. Both of these conditions create feelings that cause individuals to feel sad and depressed, and tearful. Other common symptoms include fatigue, loss of interest in pleasurable activities, tendency to sleep to avoid, and over-eating or under-eating. Depending on the severity of the symptoms, life can begin to pass by at a rapid rate.

In my experience as a therapist, I have found that a key aspect to help my clients move forward is to talk about their goals. What do they want to achieve from our work together? Once these are identified, we can talk about specific behavioral changes that they can make to fight their symptoms. So the translation here is that we can talk, talk, and talk more about it, but, I will ask my clients what are they willing to do? If patterns are not altered, then change in how one feels will not be made. So, heading toward your question

more directly, you may say, "Changing patterns is a lot easier said than done! Finding the strength to make those changes is exactly what the problem is." Ok then, we now move to the concept of the "Greater Good." This idea was inspired by Jeff Bell, Author of *Rewind, Replay, Repeat*, who struggled for years with Obsessive Compulsive Disorder. In his fight to get well and face his fears through exposure to them, he needed to find the strength to do this. His Greater Good concept essentially encourages a person to recognize that they have options. One option is to give into the symptoms which is self-defeating; the other is to fight them for the "greater good." The greater good might be that through exercising you will feel better about yourself and get out of bed; the greater good might be that by getting out of bed you will shower and feel clean; the greater good might be that if you call a friend you will not feel isolated or alone, and so forth. It helps you to think about what you are trying to accomplish rather than do what might feel "easier" in the moment. In the long run, pushing through your symptoms in the moment, which is not what you might "want" to do, but rather what you "need" to do, will ultimately produce more ease in life. For more information on the Greater Good perspective, please visit www.YourGreaterGood.com.

Sincerely,

Dr. Robin

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 (916) 425-6261 or the NAMI Sacramento office: (916) 364-1642; or office@namisacramento.org

NAMI Consumer Support Group Meets Weekly

The new NAMI consumer recovery support group, Connection, is meeting every Sunday from 7:00 - 8:30 p.m. at Sutter Center for Psychiatry, 7700 Folsom Blvd, Sacramento, 95826. Connection is for individuals 18 years and older, regardless of their diagnosis, who are living with mental illness. In the group people learn from each other's experiences, share coping strategies, and offer each other encouragement and understanding. Everyone is a valued participant.

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.

New Women's PTSD & Anxiety Support Group

On October 12, facilitator Nancy Kilgore, MS will present: **Five Things Every Happy Woman Does**. Ms. Kilgore is a stress consultant, life coach and a national trainer and author on women's stress issues. She teaches at UCD and consults for the US Department of Justice. She was the featured speaker at the April 2009 NAMI Sacramento General Meeting. Her presentation will cover topics: increasing relaxation and coping tactics, dismantling depression and anxiety, gaining beneficial information on PTSD and anxiety, and improving communication strategies and boundary setting. A sign up for the support group will follow the presentation. The presentation will be at Sierra 2 Center for the Arts & Community, Room 11, 2791 24th Street, Sacramento 95818. Cost is \$10. Space is limited. Call (916) 256-9963 or email: highest-good2000@yahoo.com. See also Ms. Kilgore's website: www.brightday4all.com.

November Newsletter

We welcome submissions to the newsletter. The due date for the November newsletter will be October 12. Please send submissions to Belinda Beckett at nimabima@aol.com. Submissions may be edited.

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, \$17
- General, \$40

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

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