



NAMI

Sacramento Newsletter

National Alliance on Mental Illness

Sacramento's Voice on Mental Illness

January 2010: Issue No. 8.1

General Meeting

Major Change in General Meeting Schedule - see article page 3

Monday, January 11

We will show the PBS Seminar **Minds on the Edge - Facing Mental Illness**. This excellent program sheds light on barriers to treatment, ethical and legal dilemmas, and the fragmented policies that are creating a nightmare for families, filling America's jails and wasting scarce resources. Led by veteran broadcast journalist Frank Sesno, the program features hypothetical scenarios that challenge prominent mental health professionals, policy makers and legal luminaries to confront the situations and stigma facing Americans with mental illness. Panelists include U.S. Supreme Court Justice Stephen Bryer, Nobel winning neuroscientist Eric R. Kandel, Pennsylvania Secretary of Public Welfare, Estelle B. Richman and many others. Please join us for this thought provoking program.

Monday, March 8

Laurie Sheerer, Ph.D., Local Recovery Coordinator, Veterans Administration Northern California Health Care System and **Nancy White, LCSW**, Returning Veterans Outreach, Education and Care will speak about psychiatric services available to veterans in the Sacramento area.

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

Survey Reveals Big Gap in Understanding of Depression: Almost 50 Percent of Caregivers Have Also Been Diagnosed; More Than One Treatment Option Helpful

from NAMI National, Arlington, VA

Americans do not believe they know much about depression, but are highly aware of the risks of not receiving care, according to a survey released today by the National Alliance on Mental Illness (NAMI). See full survey results at <http://www.nami.org/depression>.

The survey provides a "three dimensional" measurement of responses from members of the general public who do not know anyone with depression, caregivers of adults diagnosed with depression, and adults actually living with the illness.

Seventy-one percent of the public sample said they are not familiar with depression, but 68 percent or more know specific consequences that can come from not receiving treatment—including suicide (84 percent).

Sixty-two percent believe they know some symptoms of depression, but 39 percent said they do not know many or any at all.

One major finding: almost 50 percent of caregivers who responded had been diagnosed with depression themselves, but only about 25 percent said they were engaged in treatment.

Almost 60 percent of people living with depression reported that they rely on their primary care physicians rather than mental health professionals for treatment. Medication and "talk therapy" are primary treatments - if a person can get them - but other options are helpful.

Fifteen percent of people living with depression use animal therapy with 54 percent finding it to be "extremely" or "quite a bit" helpful. Those using prayer and physical exercise also ranked them high in helpfulness (47 percent and 40 percent respectively).

When people living with depression discontinue medication or talk therapy, cost is a common reason, but other sig

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NORTHERN CALIFORNIA NAMIWalk

Our day is already taking shape! We have already lined up some key sponsors, including Sierra Vista, Sutter Center for Psychiatry, Janssen Pharmaceuticals, Orrick, Herrington and Sutcliffe LLP, and the Anxiety Treatment Center. Popular local band, The Hits, will perform, and Bay Area News Broadcaster Jeff Bell will be Master of Ceremonies. **Now we need TEAMS!** We have 8 teams and our goal is 40, so talk to your friends and family and sign up now! Go to the NAMIWalk website and follow the directions to register - and see page 6 of this newsletter for more information.

MARK YOUR CALENDARS

Saturday, April 24, 2010

Location: William Land Park,
1701 Sutterville Rd. Sacramento CA

www.nami.org/namiwalks/CA/northerncalifornia



National Alliance on Mental Illness



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-Crook at hillerman-crooka@saccounty.net or (916) 875-4710; 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 Connection 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.

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.

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

This is my last article as the NAMI Board President, as I am stepping down from the Board in order to focus my attention on the NAMIWalk Event. It is really critical to our survival as an affiliate that the WALK become a very successful fundraiser. I can't devote my full energy and concentration to this important project and still be an effective Board Officer, so I had to make a choice. Perhaps when our WALK is fully established in a few years, I can consider another term, but for now I leave you in the very capable hands of our other dedicated Board Members. The new officers should be in place soon and I think that you will be very impressed with their strong leadership.

I am pleased at the progress that we made in 2009, starting with barely enough money to make it through the end the year, and ending up with an improved financial situation due to our participation in the United Way campaign as a certified partner agency. Also, our other fund raising efforts were successful, including two direct mail solicitations and our amazing Yard Sale! We still have some tough times ahead, but I am confident that the WALK will help us to establish a more solid financial footing.

In spite of the financial challenges we faced this year, we were able to continue all of our programs. We even were able to start our new *Connection* Program which provides peer support weekly on Sunday evenings. There have been 200 attendees since the inception of the program last spring, which is a remarkable achievement. Thanks to Joe Teixeira and Sandra Marley for their work making the *Connection* program a reality. We also started a second Family Support Group in the

South Area on the fourth Wednesday of every month and that group has served about 60 participants to date. Thank you to Caroline Caton and Lynn Cathy for their ongoing efforts to make that group a success. Our advocacy efforts were maintained through the work of our volunteers who serve on the MHSA Steering Committee, as well as those who have spoken out in many forums about mental illness issues and strategies for improving the mental health system.

There have been infrastructure improvements too, with the expansion of our Donor Data Base thanks to the efforts of Belinda Beckett, Sontine Kalba and Dawn Correia. We also transitioned to a new webmaster and upgraded our web software and those changes were made possible by the team efforts of Linda Phillips-Blue and Bob Silva.

There are simply so many wonderful people that make this organization thrive, I could go on and on but still not list everyone here. However, I would like to close with special thanks to John Gilbert and Sherrie Sala-Moore who will also be stepping down from the Board after many years of service. John was our Treasurer for most of his term and Sherrie Sala-Moore was our Membership Chair (which included sending out all of the email communications to our members and stakeholders). Both of them logged hundreds of hours to support NAMI Sacramento and no words written in this article are thanks enough.

With gratitude,

Pat Pavone

NAMI Sacramento 2008-09 Financial Report Posted

The NAMI Sacramento 2008-09 Financial Report has been posted to the web site at www.namisacramento.org. It is linked to the "About NAMI" page where the Strategic Plan and the Annual Report are listed on the left side of the page. Please note that NAMI Sacramento's fiscal year runs from July 1 to June 30.

Major Change in NAMI General Meeting Schedule

Because attendance at General Meetings has been low, the NAMI Sacramento Board has decided to change the General Meeting schedule to **every other month** in 2010. We will hold General Meetings in January, March, May, July, September and November resulting in a total of six rather than ten General Meetings per year. We have excellent programs already lined up for several of the meetings, and we welcome your suggestions of speakers and topics that would be of interest to our members. If you have any suggestions for future General Meeting programs, please contact the NAMI office at (916) 364-1642 or www.namisacramento.org. Remember that we have two monthly family support groups and the weekly Connection consumer support group, if you wish to find information and support between General Meetings. Information about these meetings is on page 2 of this newsletter.

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.



Survey from page 1

nificant factors include a desire “to make it on my own,” whether they believe the treatment is actually working and in the case of medication, side effects.

“The survey reveals gaps and guideposts on roads to recovery,” said NAMI Executive Director Michael J. Fitzpatrick. “It tells what has been found helpful in treating depression. It can help caregivers better anticipate stress that will confront them. It reflects issues that need to be part of ongoing health care reform.”

“There are many treatment strategies” said NAMI Medical Director Ken Duckworth. “What often works is a combination of treatments that fit a person and their lifestyle.

“Research indicates that the combination of medication and psychotherapy are most effective. But physical exercise, prayer, music therapy, yoga, animal therapy and other practices all can play a role.

“The good news is that 80 percent or more of the public recognize that depression is a medical illness, affecting people of all ages, races and socioeconomic groups, which can be treated.”

Harris Interactive conducted the survey for NAMI on-line between September 29 and October 7, 2009. Participants included 1,015 persons who did not know anyone diagnosed with depression, 513 persons living with depression and 263 caregivers of a family member or significant other diagnosed with depression.

The survey was made possible with support from AstraZeneca, Bristol-Myers Squibb, Eli Lilly & Co. and Wyeth. NAMI does not endorse or promote any specific medication, treatment, product or service.



A&E Program Seeks Volunteers to Share Stories - Help for Compulsive Hoarders

Compulsive hoarding is a very serious problem affecting millions of Americans and their friends and families. But little is known about this disorder, and too often hoarders are misunderstood and can't find the help they need.

Hoarders on A&E is casting its second season of the groundbreaking documentary television series that sheds much needed light on this complicated and underreported condition.

Each hour long episode will follow two individuals who suffer from this disorder through a crisis situation that is directly caused by their hoarding. We [A&E] will provide free services for the hoarder, such as mental health support, professional organizers, and professional clean up and/or junk removal services. Each case will be considered on an individual basis, and services will be tailored to fit individual needs. Our professionals all have experience treating this population and are appropriately trained and credentialed.

We are looking for individuals willing to spend 3-5 days sharing their stories on camera. We understand that compulsive hoarding is an extremely emotional and difficult disorder, and it is our hope that by sharing the personal stories of our guests it will help others realize they are not alone. We will also share the right way for families and friends to approach a hoarder to, hopefully, avoid dangerous living environments.

What we are looking for:

1. Individuals willing to tell their story.
2. Individuals motivated to change by a ticking clock, or crisis caused by hoarding that needs to be addressed immediately.

We need to show how the hoarding has impacted friends and/or loved ones. These individuals will need to appear on camera and share their side of the story. Whatever your crisis, whatever your story, we are interested in listening.

If you or someone you know is a com-

pulsive hoarder, please go to our website to learn more information and to apply: <http://www.aetv.com/hoarders/>

Hoarders on A&E features NAMI Sacramento ex officio Board member and regular newsletter contributor, Dr. Robin Zaslo.

2010 BOARD OF DIRECTORS

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Caroline Caton
caroline@namisacramento.org

VICE PRESIDENT

Belinda Beckett
belinda@namisacramento.org

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laliseno@comcast.net

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

Andrea Hillerman-Crook, Consumer Advocate
Liaison, (916) 875-4710

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

February Newsletter

We welcome submissions to the newsletter. The due date for the February newsletter will be January 10. Please send submissions to Belinda Beckett at nimabima@aol.com. Submissions may be edited.



Mental Illness Stigma In The Family - *What do you say when a relative fails to understand?*

by a Staff Writer, *The Tucson Citizen*, November 28, 2009

Discrimination against people with mental illness is all too prevalent, but what does someone do when someone in your family is being stigmatized by their own family members?

A member of the family, we'll call him the Father, was diagnosed with schizophrenia approximately fifteen years ago, but it wasn't until this week that his sister was given that information. They live across the country from each other and don't see each other often, but the sister has always known that her brother was "quirky."

She knew he was brilliant and that he had scored very high on an IQ test while in high school and always considered him a genius. Over the last several years she often wondered if her brother had a mental illness diagnosis, but no one else in the family thought it possible. That is, no one besides her sister-in-law who finally shared the information after living with him for over twenty years and raising a family.

The sister, who believes that mental illness should not be kept in the closet and needs to be spoken about, feels frustrated and saddened by her brother's family's inability to share openly an illness that needs to be discussed. It is the first step in reducing stigma.

All that can be done is to encourage the family to be open. This is an issue that they must come to grips with on their own, but here are some suggestions to anyone interested in reducing mental illness stigma.

Use of Language is Most Important

* Protest usage of single words like "crazy" "psycho" "wacko" or "loony" unless they refer directly to individuals struggling with mental illnesses or to the illness itself.

* "Schizophrenic" to describe a split decision made by Congress or any organization has become part of our cul-

tural language. However, its misuse is being heard and corrected by many in the public arena.

* Protest calling a person a "schizophrenic": The National Alliance on Mental Illness (NAMI) policy calls for PEOPLE FIRST: people, persons, individuals with a mental illness, schizophrenia, bipolar, clinical depression, OCD, panic disorder.

Above all else, get educated and know that mental illness, like any other illness is a biological disorder; it can be successfully treated and recovery is more than possible, it's probable. Ignorance has caused people to abandon their family members and encouraged the person with the diagnosis to isolate themselves.

Just like a person living with cancer or diabetes, a person with mental illness needs support and acceptance from their family and friends.

There is a genetic predisposition, so everyone in the family needs to know what the symptoms and "red flags" are. Sometimes it takes years, even decades before a person is diagnosed. It is proven that the earlier a person receives treatment, the better the outcome.

Encourage our legislators to treat mental illnesses with parity so that insurance coverage is equal for mental illnesses with physical illnesses.

Bottom line is we need to accept people for who they are, with or without any illness and be there to support and encourage them as equal human beings.

Sensory Studies Show Promise - *Visual and auditory changes may play a role in schizophrenia*

by Shari Roan, *The LA Times*, December 9, 2009

Brain visual and auditory deficits are apparent in teenagers developing schizophrenia, and identifying and treating these deficits might restore sensory function and limit the impact of the disease, researchers reported today at the annual meeting of the American College of Neuropsychopharmacology.

Scientists from the Nathan Kline Institute at New York University found that impairment of basic sensory processes -- the way people see and hear -- may cause some of the problems linked to schizophrenia, a severe mental illness that usually develops in late adolescence or early adulthood.

Their studies, based on measuring electrical responses from the scalp surface (referred to as biomarkers for the disease), suggest that this low level of visual and auditory functioning erodes people's ability to pay attention, understand social cues and read. People with schizophrenia have to overcompensate to pay attention and may not clearly hear or understand words or voice pitch. They may only see isolated objects in their field of vision.

Researchers don't know why or how these sensory processes break down in people with schizophrenia.

"The big hope is that these biomarkers could be a method for early detection and intervention," said the lead author of the study, Dr. Daniel C. Javitt, in a news release. "Using these measures of cognition we can increase the predictability of who is at risk for schizophrenia, and that can be extremely important in guiding treatment for those who are affected."





How Do I Register My Team For The NAMIWalk?

Are you wondering how to register a team for the NAMIWalk? The best way to register your team is by doing it online at www.NAMI.org/walks and following these steps.

Step #1: Create a myNAMI Account

If you already have a myNAMI account, you can skip these instructions and go to Step 2.

- Go to www.nami.org
- Click on **Sign-In** (in the upper left-corner of the screen)
- Click on the blue text **“Create your free sign-in account now”**
- Fill out the required information to complete your profile.
- Write down your username and password somewhere you will remember.
- Click on **Submit**.
- At the next screen, go to the top of the page and click on **Logout**.

Step #2: Register for the NAMIWalk

- Go to www.nami.org/walks . Click on the location on the map that you would like to walk.
- See the **Walk With Us** box

To form your own team, click on **Form a Walk Team**.

- Click on the blue button **Register Online Now**
- Sign in to myNAMI. (Forgot your login information? Click on the phrase “I forgot my username or password” just below the login key.)
- Follow the simple on-screen instructions then click **Register and Proceed**.
- Create a team page by reading the instructions and completing the fields. Then click **Create Team Page and Continue**.
- Next, create your walker page in the same manner. Then click **Create My Walker Page and Finish**.

To join a team that already exists click on **Join an Existing Team** or to walk as an individual click on **Walk as an Individual**.

- Click on the blue button **Register Online Now**.
- Sign in to myNAMI. (Forgot your login information? Click on the phrase “I forgot my username or password” just below the login key.)
- Follow the simple on-screen instructions then click **Register and Proceed**.
- Create your walker page by reading the instructions. Then click **Create My Walker Page and Finish**.

Print the confirmation screen that lists the event details and the address to your walker page. *Be sure to read the “What To Do Now” portion near the bottom of the page.* If you need additional help, send an email to walkhelp@nami.org.

NEED MORE INFORMATION ?

If you have additional questions or need more information, please contact:

Joanne Mahaney, Family Team Chair –
joanne@namisacramento.org or 916.607.6404

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!

Troubling News For The Young

Nearly half of kids with mental disorders go without treatment, study finds

by Karen Kaplan, The LA Times, December 13, 2009

If your child broke an arm or had a nasty bout of pneumonia, you'd probably visit the doctor. But a new study from researchers at the National Institute of Mental Health finds that only 55% of kids with a mental disorder sought professional treatment.

What's more, that figure represents an increase in use of mental health services, according to a report being published online Monday by the journal *Pediatrics*.

The researchers wanted to establish a baseline on the prevalence of six mental health disorders affecting children and adolescents between the ages of 8 and 15. Using data from 3,042 kids who took part in the National Health and Nutrition Examination Survey, they found:

- 8.6% had attention deficit hyperactivity disorder
- 3.7% were depressed
- 2.1% had conduct disorder
- 0.7% suffered from generalized anxiety disorder or panic disorder
- 0.1% were anorexic or bulimic
- 13% of kids surveyed had at least one of these disorders, and 1.8% had two or more.

The researchers, led by Kathleen Merikangas of NIMH, found that mental disorders – especially ADHD – were more prevalent among kids with lower socioeconomic status. One exception was the category of anxiety disorders, which were more common among children of higher socioeconomic status. Still, only 32% of those kids visited a doctor for the condition.



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.*

Dr. Zasio is also in her second season of being featured on the A&E television documentary, "Hoarders".

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

Submit your questions to:

drrobin@sierrabg.com

Dear Dr. Robin,

It is my understanding that you specialize in treating anxiety disorders. I myself suffer from Obsessive Compulsive Disorder. When I try to explain how it interferes with my life, I'm invalidated by others who tend to say things like, "Everyone has a little OCD," or "Just get over it." It's very frustrating, and I feel that my family and friends do not take me seriously. Although I'm getting help for my condition, I would like to find ways to talk to them, so that they will better understand what I'm going through. Do you have any ideas?

Sarah

Dear Sarah,

First and foremost, not EVERYONE has a little OCD. When someone is diagnosed with a mental health condition or disorder, it must be made clear that this implies that symptoms have reached a level in which they are causing interference in one's life. This might include relationships, employment, education, and so forth. While it is possible that someone could have some obsessive compulsive symptoms, it does not mean that they have the disorder. This would be similar to a Major Depressive Disorder. While many people may express sadness and the experience of feeling depressed, it does not mean that they will be diagnosed or meet criteria for a clinical disorder.

Sharing this information might be a

place to start. Next, I would also appeal to your friends and loved ones that you are not feeling heard, and by dismissing your feelings and experience of how your symptoms are impacting your life feels invalidating. I would refer them to websites, such as the Obsessive Compulsive Foundation (www.ocfoundation.org), where they can educate themselves and read about OCD, how it is diagnosed, and even how family can be of support. I have found that in some situations when people do not understand certain mental health conditions, they will minimize what they hear, simply because they just don't understand or know how to respond.

Being a part of a nationwide effort to educate others about mental illness and treatment, I stress in my message how important it is for others to have compassion. We all need to have compassion for ourselves, in addition for those struggling with mental health issues. We need to communicate as a whole the importance of acceptance of these conditions, and not to minimize or deny.

I hope that all of these points will help you to increase your family and friend's understanding of your OCD, and you can always feel free to call me for further tips. Please also encourage them to go to the NAMI website as well (www.nami.org) for additional information and education.

Sincerely,

Dr. Robin

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!
- 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.

Now Book Travel and Shop Online and Support NAMI

NAMI Sacramento participates in a program that allows you to give financial support to NAMI while *you book your next trip* or 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 airline, travel company, rental car agency, hotel chain, cruise line or store** from the drop-down box - there are over 700 of them including Expedia, Orbitz, Travelocity, South West Airlines, Avis, Budget, Dollar, Best Western, Marriot, as well as Amazon, Macy's, Nordstrom, Sears, Target, Home Depot, Gap, and Flowers.com to name just a few. You will be immediately connected with that company's or store's website - where you shop and order or book travel plans just as usual. That's all there is to it. You do **not** need to register or give any information. Goodshop will automatically donate a percentage of what you spend to NAMI Sacramento.

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

In Memory of Bob Fereshetian, Jr.

We recently received word from Bob and Jane Fereshetian, long time members of NAMI Sacramento, that Bob Fereshetian Jr. passed away on November 2, 2009 due to lung cancer. He was 52 years old.

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

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Please consider an additional donation of:

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