



NAMI

Sacramento Newsletter

National Alliance on Mental Illness

Sacramento's Voice on Mental Illness

April 2011 Issue No. 9.4

General Meeting

**Monday, May 9 -
Postpartum Depression**

Two speakers from Postpartum Support International will talk about their personal experiences and about their involvement with their organization, Postpartum Support International.

Jeane Templeman, RN, LCSW, will discuss the forensic side of postpartum depression.

Postpartum Support International is dedicated to helping women suffering from perinatal mood and anxiety disorders, including postpartum depression, the most common complication of childbirth.

Postpartum Support International also educates family, friends and healthcare providers so that moms and moms-to-be can get the support they need to recover. More information about Postpartum Support International can be found at www.postpartum.net.

NAMI Sacramento General Meetings are free and open to the public.

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

Remember the Fun and Pray for Sun!

Everyone who attended our First Annual NAMIWalk last year remembers what a great day it was. It was a lot of work, but everyone pitched in and we had a wonderful time.



The Buehler Bunch and UCDPsych – Two 2010 NAMI Sacramento Teams.



NAMI President, Caroline Caton warms up the crowd of over 750 participants.

Please join us again this year on Saturday, August 30th from 9 to noon. We are very excited this year to welcome The BluSoul Band, a local blues band that will be entertaining us from 10:30 until noon. You don't want to miss them. For a preview, please check out the band's website at www.theblusoulband.com.



NAMI Walks

National Alliance on Mental Illness



Support Groups

Balanced – A Bipolar Support Group

Every Wednesday from 7:00–8:30 p.m.
Trinity Lutheran Church, 1500 27th
Street, Sacramento, CA 95816

Call Joe Long at (916) 834-0004.

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.

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. 890 Morse
Ave. (corner of Morse and Northrop.)
Thursdays from 7:00–8:30 p.m. Lutheran
Church of the Good Shepherd, 1615
Morse Ave., Sacramento. Meet in the
choir room. Newcomer Orientation:
Saturdays from 1:00–1:30 p.m., followed
by a Topic/ Discussion Meeting from
1:30–2:30 p.m. Wellness and Recovery
Center, 3815 Marconi Ave, Sacramento.

Contact (916) 366-0699 or
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 7:00–8:30 p.m.
at Sutter Center for Psychiatry, 7700
Folsom Blvd., Sacramento. No pre-
registration.

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

See: www.ocdkids.com.

NAMI Family Support Groups:

North Area

Held on the second Thursday of each
month from 6:30–8:00 p.m. Heritage
Oaks, 4300 Auburn Boulevard,
Sacramento CA 95841. The group meets
in the building to the left of the hospital,
not in the hospital itself. The meeting
room is the first door to the right in the
main hallway.

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

Elk Grove

Fourth Wednesday of each month from
6:45–8:15 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.

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

4th Thursday of the month at 6:30 p.m.
conference Room 1A, 3331 Power Inn
Road, suite 140, Sacramento, 95826.

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

Contact: highestgood2000@yahoo.com.

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

NAMIWalk 2011 Says Thank You To Our Sponsors!

There would be no NAMIWalk without the support of our corporate and individual sponsors. These donations pay for the cost of the event itself, including park fees, food, walker incentive prizes, and all the other good stuff that makes NAMIWalk Sacramento a success. This year, we are very pleased to have the following community partners.

Silver Sponsors (\$2500)

- Heritage Oaks Hospital
- Sutter Center for Psychiatry
- Turning Point Community Programs

Start/Finish Line Sponsors (\$1500)

- AstraZeneca
- Bristol-Myers Squibb
- Merrill-Lynch (Lela Bayley)

Kilometer Sponsors (\$250)

- Bank of Stockton
- CCT Telecomm
- D.J. & Judi Peterson
- John Pavone Memorial (Pavone Family)
- Nixon Photography
- Safeway Stores
- Sound by Bill Limpus
- UCD Medical Center

Bronze Sponsors (\$1000)

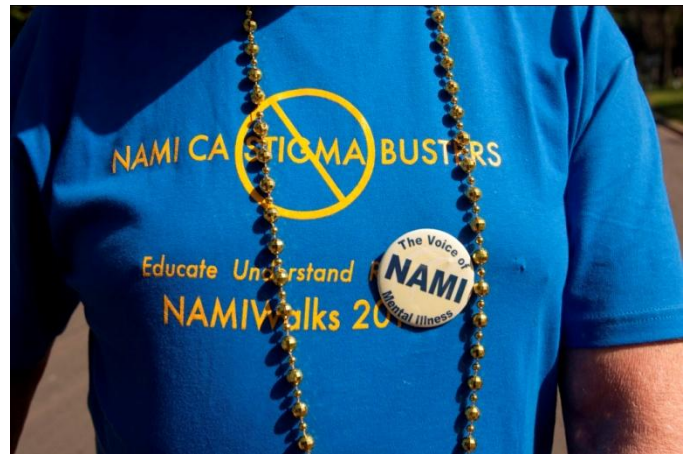
- E & J Gallo Winery
- Janssen Pharmaceuticals
- Sierra Vista Hospital
- Telecare
- The BluSoul Band

Supporter Sponsors (\$500)

- Dian Calkin Beckett Memorial (Belinda & Brenda Beckett)
- Hanson McClain Advisors
- Law Offices of Juan J. Vera
- Orrick, Herrington & Sutcliffe, LLP
- Mennemeier, Glassman & Stroud, LLP
- St. Joseph's Behavioral Health Center



The Bearers of Hope, the largest NAMI Sacramento Team, starts the 2010 Walk.



Walkers send a strong message with their words and their support.



March Meeting: Breaking Down the Walls for the Mentally III

Marianne Delatorre, pictured below, and her husband Nick shared humorous stories and performed her original songs about living with mental illness at the March NAMI Sacramento meeting.



Marianne has had her own experience of the challenges people with mental illness go through, as she discovered in 2006 when an episode resulted in her early retirement from teaching. Even though she had the best of care, the doctors and counselors diagnosed it as just a case of anxiety and sleeplessness. A NAMI Peer-to-Peer class showed her that other people are living with similar challenges.

Newsletter Submissions Needed

We welcome submissions to the newsletter. The due date for the May newsletter will be April 12. Please send submissions to Jim Larsen at jal7@comcast.net.

Note that submissions may be edited.

NAMI Support Group Facilitator Training

March 8, 2011

Fairfield, CA: Update from a new NAMI support group facilitator:

Fifteen NAMI family members from San Luis Obispo, Santa Cruz, and Napa-Sonoma-Mendocino met in Fairfield this past weekend, along with members from Ukiah, Quincy, Arcata, and Sacramento to train to become support group facilitators. Lynn Cathy, Family-to-Family Program Director, brought us together with training facilitators Nancy Smith and James Ramirez. Now that you know how far we travelled to be part of this training and who our leaders were, I would like to tell you about some of the experiences we had. My intent is to make it so appealing that you will want to be in the next training class. Recruiting you is one of my goals, but not the only one.

For personal reasons I wanted to be in this training. My daughter, Julie, is an intellectually challenged 38-year-old with a brain disorder. I joined NAMI because I wanted to educate myself about resources and to meet others who understand the rhythms of life of a person with a brain disorder. I was looking for empathy and support. After attending several monthly general meetings, I began to get a sense of the caring and compassion of NAMI members. I wanted to be more involved, so I applied to be on the board of directors. I jumped in and signed up for

the Family-to-Family program last fall. This experience reinforced much of what I had observed at the general meetings: people reaching out to help, support, and comfort. I was in the right place.

Back to the facilitator training, meeting new people has always been part of my life. Instantly, our group found common ground. Friday afternoon we were brought together to get the schedule, ground rules, basics and introductions. It was here that we learned how much we had in common. Even though our stories were different, we felt the pain of our family member's illness, the frustration of finding resources and getting proper psychiatric help. The sense of isolation and need for respite was another theme that we all shared. And as with any well run training, we were well fed throughout the weekend. Sharing meals really helped build the class unity.

Without giving away the whole dynamic of the training, let me just say that by the last session, we all had come a long way and learned a set of skills that will be useful not only in facilitating a support group, but in other areas of our daily lives. Even more rewarding for me are the new friends. Check it out, you won't be disappointed.

(This testimonial has been brought to you by a new support group facilitator, Susan Abrams in Sacramento.)

NAMI Family Support Group Moves to New Location

The NAMI Sacramento Family Support Group that used to meet in Natomas on the second Thursday of every month from 6:30-8:00 p.m. now meets at a new location. Starting on Thursday, March 10, 2011, the group will meet at:

Heritage Oaks
4300 Auburn Boulevard
Sacramento, CA 95841

Heritage Oaks is just off Interstate 80 at Exit 94b, between Watt Avenue and College Oak Drive on Auburn Boulevard. The group will meet in the building to the left of the hospital, not in the hospital itself. The meeting room is the first door to the right in the main hallway. Call facilitator Pat Pavone at (916) 397-7831 for more information.



We Need More Teams!

As we go to press with this edition of the newsletter, we have a total of 54 teams, but our goal is to have 80. Only 24 of these teams are pledged to NAMI Sacramento and we had over 30 teams last year. It should be noted that some of the current Team Captains are not even members of our affiliate and yet they are working hard to develop their teams and reach out to their families, friends and coworkers for donations.

We really need more of our members to step forward and become team captains. It is not hard to be a Team Captain and we will give you all of the materials that you need to be successful. Jamie Johnson, who was Team Captain for the largest team last year, is our Team Chair this year and there are other experienced Captains who would be happy to mentor new folks.

If you can't be a Team Captain, then please sign-up to be on one of the existing teams so that you can help raise the money to keep our local NAMI programs going. The following is a list of the NAMI Sacramento Captains and their Team Names. The starred names were Captains last year, as well as this year.

<u>Team Captain</u>	<u>Team Name</u>
Belinda Beckett*	Beckett Brigade
Caroline Caton*	Caroline's Crew
Jamie Johnson*	Carriers of Hope
Sandra Reynoso	Communicare Walkers
Isabella Blackman*	Emily's Team
Lanette Reeves*	F2F Stars
Justin Fleury	Fresh Start Network
Michelle Vantassel*	Happy1
Larry Liseno*	La Bella Piedi
Kathleen Derby*	NAMI CA Stigma Busters
Karen Bocast	National Charity League of South Placer County
Barry & Patsy Pavan*	Peace Within The Storm
Tom Dahlberg	Sunovion1
Mitzi Caguiat*	Sutter Center for Psychiatry
Al Lipson	Team B'nai Israel
Sarah Roberts	Team Faith
Eileen Alderette	Team Hope
Jennifer Carras	Team Mello
Sarah Wersan*	Team of Two
Susan Abrams	Team JulieH
Stacy Judkins*	TeamUCDPsych
Jane Nelson*	Traveler's 2011
Marilyn Hillerman*	Wellness Walkers
Pat Pavone*	You'll Never Walk Alone

To register as a Team Captain (or as an individual walker), please go to www.nami.org/walks or go to the NAMI Sacramento website at www.namisacramento.org and click on the link to the NAMIWalk.

If you have any questions about becoming a Team Captain, please contact Jamie Johnson - Jamie@namisacramento.org or calling 707.364.1833. If you have any other questions about the Walk, contact Pat Pavone – pat@namisacramento.org or 916.397.7831.

Get to Know Your Board

Susan H. Abrams

My journey to advocacy began at home in New Jersey. Both my parents were committed to helping others; and I grew up in an environment of giving back to my community. This “giving back” has given me much more than I have given. But the real test or challenge came with the birth of my daughter, Julie. At nine months of age she was diagnosed with the rare syndrome Rubinstein-Taybi Syndrome (RTS). Even though my father had been a pediatrician for over 25 years at the time of her birth, he had never met a child with RTS.

Shortly after my daughter's birth, I was encouraged by a friend to volunteer at the American Cancer Society to help me cope with having a child whose future was unknown and health was fragile. Since that time I have committed time and resources to organizations that focused on inclusion, acceptance and access. As a member of the San Juan School District's Community Advisory Committee for Special Education, Sacramento County Adult and Aging Commission and, most recently, Paratransit, Inc.'s board of directors, I have observed the need for mental health services and coordination of resources in our region. As an adult education teacher of older adults in San Juan USD, I have had first hand knowledge of individuals experiencing a broad range of mental health challenges as they age.

My daughter is a person with a developmental disability and mental health needs. In searching for resources for her, I have become acutely aware of the need for appropriate and timely mental health care for many people in our community. This search has brought me to NAMI. I have completed the Family-to-Family class and the Support Group Facilitator training. I have been an advocate for my daughter since her birth and I believe that what benefits her, can benefit many others with similar challenges. I want to contribute to changing the way we treat people with brain disorders and provide the resources needed for inclusion, access and acceptance.



Brown Signs Budget Measures Involving Major Health Cuts

Last week, Gov. Jerry Brown (D) signed 13 measures to reduce California's deficit by \$11.2 billion through deep cuts to health services and other program changes, the [Contra Costa Times](#) reports.

Spending cuts account for about \$8.2 billion of the deficit reduction and the remainder is considered funding shifts and internal loans (Harmon, [Contra Costa Times](#), 3/24).

Budget Background

Brown signed the budget measures to help close California's \$26.6 billion budget deficit over 18 months.

The governor is continuing to push for another major budget proposal that would place a tax extension measure before voters on a June ballot. However, Brown has faced difficulty obtaining GOP support for the tax plan (Goldmacher, [Los Angeles Times](#), 3/25).

On Thursday, the governor said he would consider an all-cuts budget if Republicans do not support the tax measure. He also has discussed holding a ballot initiative campaign on the tax issue this fall ([Contra Costa Times](#), 3/24).

The main budget bill, which includes an estimated \$2.8 billion in additional spending cuts, still is awaiting approval from the governor. Brown said he would sign the bill after voters take up the tax measure (Yamamura, [Sacramento Bee](#), 3/25).

Details of the Cuts

Of the spending reductions signed on Thursday, about \$5.8 billion came from trimming social services. For example, the measures cut:

- \$1.7 billion from Medi-Cal, California's Medicaid program
- \$1 billion from CalWORKs, California's welfare-to-work program ([Contra Costa Times](#), 3/24)
- \$1 billion from First 5 by shifting reserve funds from the early childhood

health and education program to Medi-Cal children's services

- \$862 million from mental health services ([Sacramento Bee](#), 3/25).

Health Program Changes

One of the bills (AB 97) signed Thursday outlines changes to health programs. For example, the bill:

- Eliminates Medi-Cal coverage for adult day health care services
- Ends Medi-Cal coverage for nonprescription cold and cough medicine
- Limits Medi-Cal beneficiaries to seven physician visits annually in most cases
- Imposes a 10% reduction in reimbursement rates for doctors and hospitals that serve Medi-Cal beneficiaries
- Raises premiums for Healthy Families, California's Children's Health Insurance Program
- Requires Medi-Cal beneficiaries to pay \$5 copayments for doctor visits, \$50 copays for emergency department visits and \$100 daily copays for hospital stays up to a maximum of \$200 ([Weintraub, Healthy Cal](#), 3/24).

The Medi-Cal changes will require approval from the federal government

Read more:

http://www.californiahealthline.org/articles/2011/3/25/brown-signs-budget-measures-involving-major-health-cuts.aspx?utm_source=feedburner&utm_medium=feed&utm_campaign=Feed%3A+CaliforniaHealthline+%28CHL%29#ixzz1Huv6XKjm

Article courtesy of the Californiahealthline.org

Goodsearch Helps NAMI

Goodsearch.com is an easy and painless way to help NAMI while shopping online. Go to www.goodsearch.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 dropdown box – there are over 700 of them including Expedia, Orbitz, Travelocity, South West Airlines, Avis, Best Western, Marriot, as well as Amazon, Macy's, Nordstrom, Sears, Target, Home Depot, Gap, and Flowers.com. 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. You do not need to register or give any information. Goodsearch will automatically donate a percentage of what you spend to NAMI Sacramento.

2011 BOARD OF DIRECTORS

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caroline@namisacramento.org

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

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



For Law Students, Dog Therapy for Stress

Yale Law School, renowned for competitiveness and its Supreme Court justices, is embarking on a pilot program next week in which students can check out a “therapy dog” named Monty along with the library’s collection of more than one million books.



While the law school is saying little so far about its dog-lending program, it has distributed a memo to students with the basics: that Monty will be available at the circulation desk to stressed-out students for 30 minutes at a time beginning Monday, for a three-day trial run.

“It is well documented that visits from therapy dogs have resulted in increased happiness, calmness and overall emotional well-being,” Blair Kauffman, the law librarian, wrote in an e-mail to students.

The school is not saying what sort of dog Monty is; what happens to him when school is out of session; or how Monty himself may be kept from becoming overstressed with all his play dates.

Sebastian Swett, 26, a second-year student at the law school, said he had signed up for a session with the dog, but does not necessarily think that it will relieve all the pressures that come with being a student at Yale. “I don’t think its going to solve anybody’s anxiety problems, but it’s certainly nice to play with a dog for half an hour.”

Monty, according to the memo to students, is hypoallergenic and will be kept in a nonpublic space inside the library, presumably away from those who don’t much like dogs.

Doctor’s Corner

Dear Marissa,

First, thank you for sharing your story, and I’m very sorry to hear about the event that occurred in your 20s. It has clearly affected you deeply and had a dramatic impact on your life. Fortunately, there is effective treatment for this type of fear, which is called Exposure and Response Prevention. In essence, the anxiety center in your brain is telling you that because of what happened in the past, you are at risk on an ongoing basis to be confronted with a snake. It is signaling your nervous system that there is danger and that it needs to react when it feels the threat is eminent. The problem is that there is no threat, but it is treating it as if there is, which is why you feel so anxious.

As you know, it can feel absolutely paralyzing. With exposure therapy, gradually one begins to confront the fear in order to show the anxiety center in the brain that there is nothing to fear. Starting with what might typically be lower level triggers, looking at words such as “reptile,” “lizard,” “slither,” “snake,” and “hiss,” might be some starting points. You would rate your anxiety level on a scale of 0 to 10 and start with the lowest level first. Then you would look at that word until your reported anxiety level went to a “0” before moving to the next word.

The next exposures might be pictures of snakes, starting with cartoon type moving up the ladder to more realistic looking snakes, followed by “stuffed animal” type snakes, then rubber snakes, then watching snakes on video, and so forth. Ultimately the goal would be to go to a pet shop, look at one in its cage, and eventually hold it.

The process I am outlining is a systematic desensitization to confronting one’s fears, which changes the brain chemistry to essentially teach it that it no longer needs to be afraid of the feared trigger. While the exposure is difficult, as I’m sure you can imagine, it is very effective and life changing.

Hope that helps and good luck to you!

Sincerely,

Dr. Robin

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 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,

I have a fear of snakes, so much so that I’m afraid to walk outside my door. I’m now 46 and I’ve had this fear since I was 28 when a “friend” thought it would be humorous to surprise me with a snake in my bed. I have been terrified since, and it has seriously impacted my life. I check my bed several times before I get into it and don’t sleep well, feel very uncomfortable in public, and cannot travel like I would like due to this fear. Do you have any ideas?

Signed,

Marissa

“We will need your feedback and comments to help us decide if this will be a permanent ongoing program available during stressful periods of the semester, for example, during examinations,” the note to students reads.

A handful of other universities offer similar services, including the University of Wisconsin at Oshkosh.

Yale Law School has kept its dog-lending plan so quiet that some faculty members were not even aware of it.

“I’m surprised to hear of it,” said John Witt, a professor who was awarded a Guggenheim Memorial Foundation Fellowship last year for a project on the laws of war through American history. “I’ve always found library books to be therapeutic. But maybe that’s just me.”

Article courtesy of the NY Times.

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

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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