



# NAMI

# Sacramento Newsletter

National Alliance on Mental Illness

Sacramento's Voice on Mental Illness

May 2011 Issue No. 9.5

## 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 and recover. More information about Postpartum Support International can be found at [www.postpartum.net](http://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](mailto:office@namisacramento.org)

Website: [www.namisacramento.org](http://www.namisacramento.org)

## NAMIWalk Saturday April 30!

NAMIWalk is almost here!

Registration begins at 8:00, with the walk itself starting at 10:00. In between, we have a program beginning at 9:00 with guest speakers from the NAMI communities who are participating in the event, a brief warm-up session, and Team Roll Call.

The full 5K Walk is three laps around the Land Park Golf Course. Walkers may choose to walk the full course or any part.

In addition to the formal program, we will also have information booths from our community partners, as well as a magician and face painter for our

younger participants. It promises to be a fun and informative day for all.

So, if you have not already joined a team, then consider walking as an individual – or just come out to be with us and enjoy the activities. Individuals can register online at [www.nami.org/walks](http://www.nami.org/walks) or you can register the day of the Walk. It doesn't cost anything to walk, but any walker who raises \$100 or more will receive a commemorative NAMIWalks T-shirt.

Remember, this is your NAMIWalk. Be there Saturday morning for a good time for a good cause. And show your support for NAMI Sacramento.

See you Saturday!

## Sutter Center for Psychiatry NAMIWalk Team



The Sutter Center for Psychiatry NAMIWalk Team poses for a photo earlier this month.



# 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](http://www.dbsasacramento.org). Contact:  
Andrea Hillerman-Crook at [hillerman-crooka@saccounty.net](mailto:hillerman-crooka@saccounty.net) or (916) 875-4710; or Marilyn Hillerman at [marilynhillerman@yahoo.com](mailto: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/](http://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](http://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](http://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](http://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 1<sup>st</sup> 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

4<sup>th</sup> 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](http://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](http://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](http://www.sacramentopsychology.com) Call  
Dr. Debra Moore at (916) 344-0900

### Women's PTSD and Anxiety Support Group

contact: [highestgood2000@yahoo.com](mailto:highestgood2000@yahoo.com).

### Family to Family

This is a free 12-week class offering  
information about mental health issues  
for families with members who have  
mental illness.

The F2F Spring class begins Thursday  
February 3, near Power Inn Rd. and  
Folsom Blvd.

The hours are 6:30–9:00 p.m. For further  
information and to register please contact  
the NAMI Sacramento office at 916-364-  
1643, or visit [www.namisacramento.org](http://www.namisacramento.org).

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](http://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.



## NAMI Opposes Medicaid Block Grant

Medicaid (Medi-Cal in California) is the most important source of public mental health funding, paying for nearly half of all services. The draft budget resolution introduced on April 5th by House Budget Committee Chair Paul Ryan (R-WI) would result in major reductions in future federal spending on Medicaid and convert the program from a federal entitlement to a block grant to the states.

### Take Action

Advocates are strongly encouraged to contact their Senators and urge them to sign-on to Senator Rockefeller's Letter to the President opposing a Medicaid Block Grant. All Senate offices can be reached at 1 (888) 876-6242 or (202) 224-3121 or you may [send an e-mail message to your congressional member](#).

More information and analyses of the Medicaid block grant proposal in the draft House budget resolution is available at:

- [Ryan's Rx for Medicaid Means Millions More Uninsured or Underinsured Seniors](#), People with Disabilities and Children, Center on Budget and Policy Priorities;
- [Medicaid Block Grant Would Shift Financial Risks and Costs to States](#), Center on Budget and Policy Priorities;
- [Medicaid Block Grant or Funding Caps Would Shift Costs to States](#), Beneficiaries and Providers, Center on Budget and Policy Priorities; and
- [Cutting Medicaid for Seniors and People with Disabilities](#), State Fact Sheets from Families USA.

## Goodsearch Helps NAMI

Goodsearch.com is an easy and painless way to help NAMI while shopping online. Go to [www.goodsearch.com](http://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

PRESIDENT *Caroline Caton*  
[caroline@namisacramento.org](mailto:caroline@namisacramento.org)

VICE PRESIDENT *Marilyn Hillerman*  
[marilynhillerman@yahoo.com](mailto:marilynhillerman@yahoo.com)

TREASURER *Larry Liseno*  
[laliseno@comcast.net](mailto:laliseno@comcast.net)

SECRETARY *Patsy Pavan*  
[patsyp@surewest.net](mailto:patsyp@surewest.net)

### BOARD MEMBERS

*Susan Abrams, Belinda Beckett, Al Lipson, Valerie Ries-Lerman*

### EXECUTIVE DIRECTOR

*Sontine Kalba*  
[sontine@namisacramento.org](mailto:sontine@namisacramento.org)

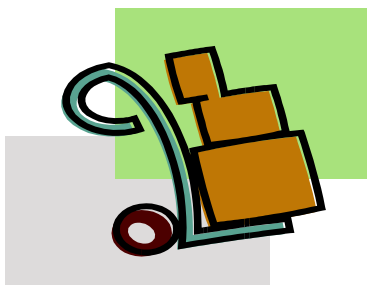
### COUNTY SUPPORT STAFF

*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*

## NAMI Sacramento Needs Storage Space



Any of you who have been to the NAMI Sacramento Office knows that we occupy a small and cozy office at Turning Point Community Programs Headquarters. We are exceedingly grateful for this space which has been given to us for a very low monthly rental rate. However, the office is barely large enough to house a desk, chair and those daily files and reference materials needed to manage the office. There is no room for storing the many boxes of brochures and other supplies that we need for our courses and other activities. As it is now, we have spilled over into the hallway at Turning Point to accommodate our educational materials and ongoing program resources.

In addition, the Northern California NAMIWalk requires lots of supplies. Some of these are used and replenished each year, such as sponsor packets and walker registration materials. Others have been purchased by NAMI for reuse each year, including signage, decorations, trash containers, traffic cones, etc. All of these supplies are currently stored in the Walk Manager's garage and her husband wants his garage back. So to keep peace in the family, we are looking for a storage area where we can keep boxed and labeled materials on an annual basis. None of the materials are perishable, combustible or hazardous.

If anyone knows of a storage facility that we could obtain for free, or for a very modest monthly rental, please let us know. We would be happy to recognize the storage company or facility owner as a NAMIWalk sponsor at a level appropriate to any rental subsidy provided. If you can help us with this request, please contact Pat Pavone at 916.397.7831 or [pat@namisacramento.org](mailto:pat@namisacramento.org)

## Get to Know Your Board



**Valerie Ries-Lerman**

In spite of daunting odds I have chosen to embrace life's challenges with a never failing sense of optimism and determination. You see, I am legally blind and was born three month premature.

Although not always easy, I wish to convey that success is possible for anyone given the right medical treatment, family, and community support.

NAMI Sacramento has given me that support.

It was some time ago that I thought I was the "disabled woman of the year" success story. But life threw me quite a curve ball. It was in the form of a serious nervous breakdown. The one resource offered me at the time was NAMI Sacramento. It was through this vital organization that I got connected to resources I needed to get reconnected with life. Information about such wonderful programs as Mental Health America and Emotions Anonymous has made my recovery possible.

Now, twenty years later, NAMI has so much more to offer. The family educational and support groups provided are now accompanied by

consumer programs that can really make a difference.

"Peer To Peer" offers to consumers what "Family To Family" offers to family members. It also addresses a key component to recovery in relapse prevention strategies. NAMI Sacramento now has "NAMI Connections"—a support group for consumers.

Recovery is possible. It is something that we can all do together. Let's all continue to strive to make NAMI a continued resource for our community. Thank you for giving me this opportunity to serve.

Together, I'm sure we can make a difference!

## New NAMI Program for Parents

NAMI Sacramento will be offering a NAMI program called Basics for the first time beginning in September. This is a free course for parents and caregivers of children from birth to 18 who have symptoms or a diagnosis of mental illness.

The course includes information on the types of major mental illnesses and also tips on getting educational help for your child. Parents of children with autism are welcome to attend and may find the course helpful, but the course does not cover autism specifically.

The six-week course will be held in Elk Grove. To enroll, contact the NAMI Sacramento office, 364-1642 and ask to be put on the list. We will begin contacting people the beginning of August. For more information on Basics, go to [www.NAMI.org](http://www.NAMI.org)



NAMI Sacramento volunteers Holly Davison and Herb Pope and NAMI Sacramento Executive Director Sontine Kalba hosted a NAMI information table at the recent Disability Awareness Day event at Sacramento City College. More volunteers are needed to host NAMI information tables at outreach events in the future. If you'd like to help NAMI in this way, please email Sontine at [sontine@namisacramento.org](mailto:sontine@namisacramento.org).



## One Woman's Story

Imagine that nothing is clear—everything seems to be in question. Reality has slipped, and what is *unreal* is *real*. What is *real* is questionable, and you're lost to virtual uncertainty.

Welcome to the world of someone who has an HMO and cannot get that critical appointment with a psychiatrist. Mental illness is looming but friends flee, family is far, and appropriate medical attention is nowhere to be found.

Welcome to my world, prior to hospitalization.

There was a window when I could have gotten help that required less intervention, but that window was shut before I could ever open it.

When I got help, I had become one of those with serious mental illness for whom the diagnosis could have been averted. A lost life, a life dependant on medical intervention, that it is my belief, could have earlier been turned around with simple dedicated talk therapy.

Mental illness is in fact a progression. On a continuum, there are degrees. I would give anything to have discovered that I could have been guided, to the other side, by a kind word, an insightful thought, a warm heart. But instead, I was delegated to the medical model that was effective, but cold and impersonal.

From the sterile halls of that hospital, I was referred to NAMI. Given that my life, as I knew it, had to be over, I was looking for hope. I found it in the referrals I was given. I cannot emphasize enough how important NAMI is. Generally, our world is so compartmentalized and when one gets the diagnosis, one has no idea where to turn. One needs to know that there are options.

NAMI offers those options for education and treatment. NAMI is critical to the family as well as to the consumer. If our lives are not over when we are diagnosed, we must go on. What is there in the community to help us?

Please consider helping NAMI with its critical programs geared towards recovery. There is something for everyone. Family-to-Family classes for relatives of those who have been affected by mental illness, as well as Peer-to-Peer, and NAMI Connections for those who are directly affected by this medical condition.

Recovery is possible, but it cannot be acquired by personal stamina alone. Please help our community by assisting NAMI Sacramento. Its varied programs help many people on a daily basis live and cope with their, or their family member's, mental illness.

With NAMI there is hope. With hope is the possibility of healing. With healing, we can all live in a better world. Please join me in supporting our community based organization that gives us a path, a path toward recovery.

Submitted by a grateful NAMI member who wishes to be anonymous.

## Vacancy for Family-to-Family Co-coordinator Volunteer Position

We have a vacancy for a Family to Family co-coordinator position in NAMI Sacramento.

Currently we have a team of three people, and the position available is for being involved with the registration process, contacting the F2F teachers we have

in NAMI Sacramento, securing the room reservations and just being the go-to person during the time that the class is in operation. We have two classes a year for 12 weeks each. Interested? Please contact Lynn Cathy at [Lynn.Cathy1@gmail.com](mailto:Lynn.Cathy1@gmail.com).

This position will be available May 1st and will be needed for the Fall 2011 class.

## NAMI Sacramento Speakers Bureau

The NAMI Sacramento Speakers Bureau provides free presentations regarding the programs that NAMI Sacramento provides to the community. With one in four adult Americans experiencing a mental health disorder in any given year, our free services are desperately needed, and we want to ensure the public knows we are here to help.

Our goal is to speak to various organizations in the greater Sacramento area, including:

- service clubs like Rotary and Kiwanis clubs
- faith communities
- business groups including Soroptimists and Le Tip
- mental health service providers
- law enforcement personnel
- mental health professionals
- any group that wants to learn about mental illness

If any of our readers have a personal contact with someone in these groups, we would like to know. Your personal connection could help us secure a speaking engagement. If you have a personal contact, please email Sontine Kalba at [sontine@namisacramento.org](mailto:sontine@namisacramento.org).

## 2011 NAMI California State Conference in Sacramento

The 2011 NAMI California State Conference is scheduled for Friday August 19 and Saturday August 20, 2011, at the DoubleTree Hotel in Sacramento, near Arden the Cap City Freeway.

The conference will include workshops and the election of NAMI California Board of Directors.

For more information, got to <http://www.namicalifornia.org>.



## Book Review: HENRY'S DEMONS

Reviewed by DARIN STRAUSS, of the New York Times

**HENRY'S DEMONS:**  
Living With Schizophrenia, a Father and Son's Story

By Patrick Cockburn and Henry Cockburn

Illustrated. 238 pp. Scribner. \$25.

Memoir has become in recent years a kind of hard-luck lit, and at first glance Henry Cockburn is just another young man dropped into trouble, as the sparks fly upward. Not that the particulars aren't his own, or -attention-grabbing. At 20, Cockburn hears a few trees request that he dance in some frostbiting February water. ("Oh that my words were now written!" even Job said. "Oh that they were printed in a book!" — so the confessional impulse, at least, isn't entirely new.) Fishermen save Henry's life; police officers reassign him from general to mental hospitals. He rides out the next seven years in more and more "secure" institutions, a prisoner guilty basically of skinny-dipping. The story is sad, but "Henry's Demons" is more than just that.

Henry's father is Patrick Cockburn, a fairly big-deal war reporter with The Independent of London. Patrick crunches through his first conversation about Henry's new breakdown on a satellite phone in Kabul. His son, who weeks earlier seemed "his usual intelligent, charming and humourous self," has jumped over a wall and into an estuary back in Newhaven; has almost died; has developed a "suspicion of mechanical objects such as clocks." From here on out, Patrick will have to square his wandering career with the needs of the psychotic Henry.

The advantage of "Henry's Demons" is that both men tell this story — the prized and expert news writer; the shaken-up, deranged son — and so their shared memoir is the most panoramic view of madness we're likely to get. Confident, detached reportage joins a private, moving, ragged account of schizophrenia.

In his sensitivity and delirium Henry resembles the young son in Nabokov's

"Signs and Symbols": "Man-made objects," Nabokov wrote, are to him "hives of evil, vibrant with a malignant activity that he alone could perceive. . . . His inmost thoughts are discussed at nightfall, in manual alphabet, by darkly gesticulating trees. . . . Everything is a cipher and of everything he is the theme." That solipsism — a conviction that the natural world bothers itself above all with directing your afternoon — may be the most poignant thing about the Henry chapters. "The root of the tree moved as it touched me, and it said I was like Basquiat," Henry writes. "It said I could rap, it said I was the best of rappers"; "I am tormented by forces that usher me hither and thither. 'Don't go in there,' they say, 'come nearer.' I hear the sea gulls call"; "I thought the leaves of ivy brushing against my skin were telling me to pull down my trousers." Read in isolation, this might seem inadvertent comedy. Yet there is nothing funny about the bent observations, the matter-of-fact insanity — "My mother and father and the dreaded psychiatrist definitely believe I am schizophrenic. They have grounds for their belief, such as my being found naked and talking to trees in woods" — no, this is not funny once you're handed the full text of the torn-up life.

The wisdom of the design here is that Henry's rough immediacy keeps getting firmed up by Patrick's objective intelligence. (Here's another question Job asks: "But where shall wisdom be found? And where is the place of understanding?" Mere confession usually isn't enough. A lot of memoirs forget that.)

In "Henry's Demons" the reporter-father examines the career schizophrenic's gloomy therapeutic future: "It is as if, on the battlefield of mental health, the psychiatrists and psychologists will treat only lightly wounded members of the officer class, and the majority of casualties are disregarded as untreatable." Such moments are of course tonally different from Henry's manic flights, a necessary counterbalance. Each register (the operatic, the recitative) brightens the other. If you're curious about schizophrenia, this would seem the book: intimate and authoritative, personal and

wide-ranging. Henry gives the exact flavor of the unbalanced mind; his father then puts across the general ramifications.

"Henry's Demons" is delicately constructed. It's a book of moments that, like shadows, would die if I were to shine much light on them here. I'll say only that Henry pulled off some two dozen hospital escapes (or more) between February 2002 and October 2009. It's when reading about these breakouts that the reader will be gladdest the book is a duet. To his family, Henry's getaways — imprudent, futile, ending often in near death — seem fits of selfishness, which they are. How can he put his parents through these constant trials (we ask) if he knows he won't make it outside for long without cash, medicine, warm clothes? But to Henry they seem necessary, which they probably are, too: "I have really felt the strain of being in the hospital. Being locked up for so long really damages your spirits. You feel forgotten"; "I felt a call from the natural world to run away from where I was incarcerated."

And here comes the requisite critical quibble. Patrick Cockburn is a war correspondent; he favors a war correspondent's artless writing. Artless doesn't always mean inartful. Even so, Cockburn's unrelenting anti-style turns out some auto-pilot phrasing (numerous "back of my minds," "vicious circles," prose misdemeanors of the "stood the test of time" variety). And there are more than a few stubbed verbal toes. ("Mark remarks," "the mentally ill are ill tended," "Henry had only to get through two locked but flimsy doors, which were not always locked," "I always found the other patients either friendly or shy or friendly and garrulous, but they were not always so.") This dim writing is often pretty harmless. And maybe only aesthetes (and reviewers) will notice. But now and again it denies us real pleasure.

I quoted Nabokov above (and not Cockburn) for a reason. Every few chapters, you'll recognize some narrational chance Patrick misses and crave a writer of real storytelling élan;  
*continued on next page*



## Two Key Reports Due on Sacramento County Mental Health Services

By Brad Branan

In coming months, Sacramento County will get two prescriptions on how to remedy its troubled mental health system.

Chances are, the county won't have any additional money to make changes – and could easily have less.

The system is reeling from three consecutive years of budget cuts, which have fueled an increase in psychiatric admissions at area hospitals and prompted lawsuits.

Last year, a federal judge blocked the county's attempt to make certain cuts to the system. The case led to the hiring of a consultant who is expected to release a report by the end of the month.

Next month, the state Department of Mental Health plans to complete another audit of the county system. The state has been withholding funds from the county while seeking answers about its mental health programs.

The reports will come as officials start negotiations over the county's overall budget for the fiscal year starting July 1. A \$65.5 million budget deficit is projected.

"I'm anticipating with the lawsuits we will have to fund the programs at the existing amounts," said Mary Ann Bennett, the county's mental health director.

Because of state budget cuts approved last month, counties can expect to lose 22 percent of one of their biggest funding sources for mental health, said Mike Geiss, a consultant for the California Mental Health Directors Association.

For Sacramento County, that will mean a loss of more than \$10 million next year.

But Sacramento County won't have to cut programs receiving those funds, in part because it has a \$14.8 million reserve, Bennett said.

A preliminary county budget proposed another \$3 million cut to mental health programs, but that figure is being reconsidered, Bennett said.

The county started making cuts to the system in 2007, she said. Some of the

biggest happened two years ago, when the county mental hospital closed its crisis unit and half of its 100 beds.

Facing a budget deficit last year, the county tried to cut outpatient mental health services. The action led to two lawsuits – one by contract service providers, the other by advocates and patients. In the latter case, a federal judge blocked the cuts, saying they were a violation of the Americans with Disabilities Act.

County and patient advocates reached an interim settlement that called for an independent review of the system. That led to the hiring of Davis consultant Nancy Callahan and the report expected later this month.

Following the federal court decision, the state Department of Mental Health also raised concerns about the county system, saying it would withhold more than \$30 million from the county while completing an audit of its system.

The department expects to give county officials a draft copy of the report early next month, and will give them 30 days to respond, said department spokeswoman Jennifer Turner.

In July, U.S. District Judge John Mendez said the county could have avoided some of these problems by working with the community, instead of implementing a "top-down decision."

Caroline Caton, president of the local chapter of the National Alliance on Mental Illness, said she thinks county officials have learned the lesson of the lawsuit. They won't impose future decisions without extensive debate, she said.

That's important, as the county struggles to address great needs with fewer dollars, she said.

"It's going to be an extreme challenge to be able to continue to meet the needs the community has," Caton said.

Read more:

<http://www.sacbee.com/2011/04/17/3558343/two-key-reports-due-on-sacramento.html#ixzz1KFjnLurX>

Article courtesy of the Sacramento Bee.

*continued from previous page*

you'll wish he'd worked harder to cultivate the stems and blooms of good drama. Here's a for instance. Having heard that his son has had a breakdown, Patrick compels his Afghan driver to take him east to Pakistan and a London-bound plane: bumping through the Kabul Gorge, risky and frozen, where a few Taliban had recently killed four journalists. This would've made a great scene, probably — the bandits, snow, end-of-days scenery, the resolve and panic — but we never find out. "Henry's Demons" wraps up the whole episode in a single dialogue- and description-free paragraph. And even when we do see actual conversation, it often reads like something reported. Here's an exchange between Cockburn and his wife: "It was not one single thing that Henry did which was so worrying in the days before he almost drowned at Newhaven," explained Jan on the night of my return" — doesn't this sound less like a real line from a real wife and more like a recap, the kind of half-remembered quote somebody tries to piece back together for a journalist?

Around now I should mention that the book works great anyway. That's the power of brave confession combined with crackerjack research. "Henry's Demons" doesn't burden itself to land on an epiphany. Real life offers no closure — not this kind of real life — and the Cockburns are loyal to real life. All the same, in the end there is fragile optimism, and love. (And so the book has an answer of sorts for another Job question: "Wherefore is light given to him that is in misery?") Henry has emerged from secured hospitals stronger of mind — and who can quantify the role his family's doggedness and his own gumption played in this? — and is just now beginning to live independently. "It has been a very long road for me," he writes in the last words of this outstanding double memoir, "but I think I'm entering the final straight. There is a tree I sit under in the garden . . . which speaks to me and gives me hope."

Darin Strauss is the author of three -novels and a memoir, "Half a Life."

# 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.namiasacramento.org/membership](http://www.namiasacramento.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:

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- General, \$40

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Please consider an additional donation of:

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