



# NAMI

# Sacramento Newsletter

National Alliance on Mental Illness

Sacramento's Voice on Mental Illness

September/October 2011 Issue No. 9.8

## General Meeting

Monday, November 14—

### Ask the Doctor

A panel of doctors will answer your questions about mental health treatment.

*New location and new time starting with the November meeting*

### November 14 Meeting

7:00 pm–8:30 pm

### Sacramento County Division of Mental Health Building

(in the building with the clock tower)  
3331 Power Inn Road, Sacramento  
Conference Room 1B



Refreshments will be served at the meeting.

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

## 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)

## Make a Difference — Help with NAMIWalk 2012

There are many ways you can help with the third annual NAMIWalk on April 28, 2012 in William Land Park. When you volunteer for NAMI Sacramento's major awareness and fundraising event, you will be supporting those affected by mental illness in our community and making a statement about all that must be done to meet their needs.

Please look at the list of volunteer jobs below and contact NAMIWalk 2012 Chair, Belinda Beckett, [belinda@namisacramento.org](mailto:belinda@namisacramento.org) or (916) 456-1478 if you or someone you know can help in any of these areas. We need many helpers, planning is starting now and help starts with you. Help with:

- organizing volunteers
- publicity (TV, radio, print media, Facebook)
- Walk Day logistics (renting equipment, organizing set-up)
- contacting faith communities (churches, temples, mosques)
- finding entertainment for Walk Day (bands, face painting – other ideas?)
- finding Walk sponsors
- finding raffle type prizes for team captain incentives
- taking photos at the Walk

Help us reach many people with our message of hope and compassion for those with mental illness and their families. Help with NAMIWalk 2012.





## Support Groups

### 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.

#### NAMI Connection Recovery Support Group

A 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.

#### 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@sacounty.net](mailto:hillerman-crooka@sacounty.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.

#### Women's PTSD and Anxiety Support Group

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

#### Emotions Anonymous

For people working toward recovery from emotional difficulties. Tuesdays 6:30 p.m.–7:30 p.m. 890 Morse Ave. (corner of Morse and Northrop.) Thursdays 7:00–8:30 p.m. Lutheran Church of the Good Shepherd, 1615 Morse Ave., Sacramento. Meet in the choir room. Newcomer Orientation: Saturdays 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/)

#### 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).

#### 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.

#### 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).

#### 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.

#### 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

### Educational Meetings

#### NAMI Family-to-Family Classes

A free 12-week course for family members and caregivers of individuals with mental illness. Offered twice a year, spring and fall.

#### NAMI Peer-to-Peer Classes

A free 10-week recovery oriented course for people with mental illness. Offered twice a year, spring and fall.

#### NAMI Basics Classes

A free six-week course for parents and caregivers of young children and teens with mental illness.

For the current course schedules and to sign up call (916) 364-1642.

### General Interest Meetings

#### Sacramento County Mental Health Board Meeting

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

#### NAMI Sacramento Board of Directors Meeting

Usually the fourth Thursday of the month at 6:30 p.m. conference Room 1A, 3331 Power Inn Road, Sacramento, 95826.

**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.

## Attention Parents and Caregivers ... Are you raising a child with mental illness, suspected mental illness or behavior concerns?

Has your child been diagnosed with attention deficit disorder (ADHD), depression, anxiety, conduct disorder, obsessive compulsive disorder, oppositional defiant disorder, bipolar disorder, disordered eating, schizophrenia, substance abuse or self-mutilation (cutting)?

Are you concerned about your child even if your child has not been formally diagnosed?

**NAMI Basics** is a FREE six-week course for parents and caregivers of children aged 17 or younger with behavioral, mental or emotional challenges. The course teaches the fundamentals of caring for you, your family, and your child with mental illness.

**Start Date:** Monday, October 10, 2011

**Location:** Sacramento

**Cost:** FREE

**Registration Required:** Call NAMI Sacramento at (916) 364-1642

**For more info go to**

[www.namisacramento.org/training/nami\\_basics.html](http://www.namisacramento.org/training/nami_basics.html)

or

send an email to [office@namisacramento.org](mailto:office@namisacramento.org)

or

call (916) 364-1642.

## Research Study Seeks Subjects

### Impact on African-American Children Growing up with a Caretaker with a Mental Disorder

Did you grow up with a caregiver with a mental disorder (bi-polar, depression, etc.)? If so, Cheryl Mims, LCSW, would like to interview you for a research study to complete her doctoral degree. The study, interview and research results are confidential.

Ms. Mims is researching the impact on African-American children who between the ages of seven and eighteen were raised by a caregiver with a mental disorder. Participants in her research (who must 18 years old or older) will be asked five interview questions, and the interviews will be recorded. Interviews will take no longer than 90 minutes, and all responses will be confidential. Interviews will begin in September 2011.

If you or someone you know is interested in participating in the ground-breaking research, please contact Ms. Mims at [nanacnm@aol.com](mailto:nanacnm@aol.com) or 707 557 8622.

## Newsletter Submissions Needed

We welcome submissions to the newsletter. Our newsletter is all the richer for member contributions. We are particularly interested in articles and photos involving local mental health issues. Poetry is also most welcome (as seen on page 7).

The November newsletter will be published in late October. The due date for the November newsletter will be October 6. Please send submissions to Jim Larsen at [jal7@comcast.net](mailto:jal7@comcast.net).

Note that submissions may be edited.



Belinda Beckett & Larry Liseno at the August 18 River cats game for the United Way 2011-2012 Campaign Kick-Off at Raley Field. NAMI Sacramento is a United Way Certified Partner Agency.



## On the Radio



NAMI Sacramento member Trudy Scott (right) and Executive Director Sontine Kalba (not pictured) were interviewed in August by Capital Public Radio's Jeffrey Callison (left) on the show Insight. Trudy Scott is a Food Mood Expert and Certified Nutritionist who spoke at the NAMI California Annual State Conference last month. Trudy is also author of the book "The Anti-anxiety Food Solution: How the Foods You Eat Can Help You Calm Your Anxious Mind, Improve Your Mood and End Cravings." On Insight Trudy and Sontine were interviewed for a segment about Food and Depression.

## Joe Teixeira addresses Consumer Empowerment Luncheon



NAMI Sacramento member and volunteer Joe Teixeira was a featured speaker at the Consumer Empowerment Luncheon during the NAMI California Annual State Conference last month. Joe talked about how NAMI helped him in his recovery by teaching him how to help himself through the Peer-to-Peer course. Joe also spoke about how healing can be accomplished through helping others, which is what he has done a lot of through his leadership roles in NAMI Sacramento's consumer programs. In his presentation at the conference Joe said, "If you dream and don't act, it is just a dream. But if you dream and act, you can change the lives of many."

## Board Member Elections by Email and Postal Mail

Since 2006 NAMI Sacramento has held a board member election each year at one of the fall General Meetings. This is an election where all members can vote to elect people to the NAMI Sacramento Board of Directors. At least 10 percent of the NAMI Sacramento membership must vote in order for the election to be valid. In the last couple of years we have not had enough members vote. So, we are going to hold our election a differently this year.

This fall we will send ballots to our members by email. For those for whom we don't have an email address on record we will send a ballot through postal mail. Please look for your ballot in late October or early November. If you would like to give us your updated email or mailing address, please send your correct contact info to [office@namisacramento.org](mailto:office@namisacramento.org) or call our office at (916) 364-1642.

Nominations for potential board members can be made by October 10, 2011. If you are interested in joining the NAMI Sacramento Board of Directors or would like to nominate someone else or if you have questions, please contact Sontine Kalba by email at [sontine@namisacramento.org](mailto:sontine@namisacramento.org) before October 10th.

## NAMI Fall Classes

We have educational classes starting up this fall.

**Peer-to-Peer:** A free 10-week course for people with mental illness who want to achieve and maintain wellness and prevent relapse. The course is taught by a team of trained mentors who are personally experienced at living well with mental illness.

**Family-to-Family:** A free 12-week course for family members and caregivers of individuals with mental illness who want to gain knowledge about mental illness and learn skills to cope more effectively with their loved one's situation.

**NAMI Basics:** A free six-week course for parents and caregivers of young children and teens with mental illness. NAMI Basics is being offered this fall for the first time in Sacramento County. For more information or to sign up for one of NAMI Sacramento's classes call (916) 364-1642.



## Changes in Mental Healthcare System Spur New Optimism

By Sigrid Bathen, Capitol Weekly

Massive changes in how mental health care is delivered to Californians—including abolishing or restructuring the two state departments responsible for mental health and substance-abuse programs – are being closely watched by care providers and advocacy groups.

They say they are “cautiously optimistic” that Gov. Brown’s plan will result in a coordinated, community-based system of care for the thousands of people who historically have faced a dizzying patchwork of care, or no care at all.

But advocates emphasize that mental-health care must have a prominent position in the state bureaucracy.

“We need somewhere to go to at a very high senior policy level,” said Mark Gale, chairman of the public policy committee for the California arm of the National Alliance on Mental Illness and the father of a mentally ill son. “We need someone at the highest level who understands core mental health policy, law and regulations, someone who has lived it. If we don’t get this right, the system will become extremely dysfunctional. If we get it right, there is great opportunity.”

Financed in part through a one-year appropriation of \$861 million in the 2011-12 budget from the so-called “millionaire’s tax” approved by voters in 2004 as Proposition 63 to fund new mental health programs, the reorganization aims for a coordinated approach to mental health - and a major shift from the state to the counties for funding and managing mental-health programs, with state oversight.

Some services are being moved to the huge state Department of Health Care Services. There is talk of two new departments—one under the rubric of “Behavioral Health” or “Mental Health and Substance Abuse,” and another for “Institutions” or “State Hospitals” to administer the remaining state hospitals, which primarily house the criminally insane. A recent spate of assaults, including the strangulation death of a psychiatric technician at Napa State Hospital last October, has prompted a series of state and federal crackdowns at those facilities, which currently house nearly 6,000 patients.

A major concern is abolishing the Department of Mental Health.

“There is tremendous fear in the mental health community about eliminating the

Department of Mental Health,” said Rusty Selix, longtime executive director of the Mental Health Association in California. Selix is the co-author, with state Senate President Pro Tempore Darrell Steinberg, D-Sacramento, of the landmark Mental Health Services Act passed by voters in 2004 as Prop. 63.

“Where are we left if the next administration doesn’t have the same level of interest?” Selix added.

Representatives of advocacy and professional groups are vocal participants in public hearings held throughout the state in August and September by the state Health and Human Services Agency and the soon-to-be defunct Department of Mental Health. The hearings solicit comments for the complex reorganization plan taking shape at the state and local level.

“There are a lot of pieces to this puzzle, and we need to look at it as a whole – courts, prisons, police, state hospitals, community programs – and re-engineer a system that works better,” said Randall Hagar, government affairs director for the California Psychiatric Association, who has followed mental health issues for decades and is the father of a schizophrenic son. He says the Brown administration’s reorganization proposals come at a critical juncture for both providers and families. “Some of the tools are there already, but we have a system that has evolved piecemeal for nearly five decades.”

Rose King, a legislative and state policy expert on mental-health issues (who is the widow, mother and grandmother of mentally ill family members), has regularly attended the ongoing “stakeholder” meetings and expresses increasing concern that the vague outlines of a new system still fail to address historic discrimination against the mentally ill, despite state and federal laws requiring parity in treatment for mental as well as “physical” health.

But she says the reorganization “has great potential” and “creates an opportunity for the integration of mental illness and substance abuse disorders” - and to close the disparities in treatment of mental and physical health care.

Pat Ryan, executive director of the California Mental Health Directors Association, which represents county mental health directors, said the goal of the reorganization “is to get people help

sooner rather than later, to avoid both incarceration and institutionalization. If you starve the system and don’t have money specifically intended for prevention and early intervention, you’re never going to get there, because you’re always going to be dealing with crises.” Like other advocates and providers, Ryan said “leadership is critical” in any new system – in which the counties will play an increasingly larger role under the Brown administration proposals and federal health care reform.

“The idea is to get the money flowing directly to counties with fewer strings and less bureaucracy,” said Farah McDauid Ting, senior legislative analyst for the California State Association of Counties. “It’s an opportunity for counties to take an integrated approach and offer a continuum of services. We haven’t had that opportunity before.”

Central to the reorganization are lessons learned from the tortuous implementation of Proposition 63, which levied a 1 percent tax on millionaires and provided \$900 million to \$1.5 billion annually in additional revenue for local mental health programs.

Hailed as the first significant infusion of state funding for mental health since the closures of decrepit, understaffed and overcrowded state mental hospitals nearly four decades earlier—dumping huge numbers of mentally ill people on communities ill-equipped to handle them—Prop. 63 became both an important harbinger of change and a bureaucratic nightmare.

Critics of its implementation – including some of those who helped write the law – say the process was plagued by red tape, glacially slow state Medi-Cal payments to counties, high consultant fees, accusations of cronyism, and only a trickle of funds for actual programs.

While success stories emerged from communities where homeless mentally ill for the first time found coordinated housing and treatment with Prop. 63 funding, thousands more received little or no treatment, continuing on a tragic downward spiral of homelessness, institutionalization and incarceration, worsened by the severe economic downturn and draconian budget cuts.

The state required counties to jump through an array of bureaucratic hoops and “pre-approvals,” infuriating local *continued on next page*



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officials. At the same time, there were broad state and local cuts to social programs, with some Prop. 63 funds used in recent years to help balance the precarious California budget.

“The planning process went on and on,” says former Yolo County Supervisor and state Assemblywoman Helen Thomson, D-Davis, who chaired the Joint Legislative Committee on Mental Health and the Assembly Health Committee and is a former psychiatric nurse married to a psychiatrist.

“Every county hired a different kind of consultant. A lot of money was going into the Prop. 63 fund, and it was bureaucratized.” While some new Prop.-63-funded programs provided services, she said, “clinics were closing, beds eliminated.” Intended to supplement existing services and create new programs, Prop. 63 funds were used by cash-strapped counties to finance dwindling mental-health services.

Hagar says the language of the law included “something for everybody, to get everybody on board,” in order to ensure its passage. “Unfortunately, it was so diffuse that we had a lot of exemplary projects developed, doing a wide range of things—suicide prevention, school-based services—while heavy-duty services, core services for those who were homeless or not ‘engaged’ in the system, did not receive the same level of support.”

Steinberg remains one of its most passionate proponents, and is clearly stung by what some say is the scapegoating of a landmark law.

“You can’t blame [Prop. 63] for the problems of a mental health system that has been decades in the making,” he said. Quick to criticize the cumbersome implementation process, he is hopeful the current reorganization will address flaws in the process. “The process has been faulty, and it has gone too slowly at times. It’s been way too slow off the mark in reporting data.” Still, he added that despite setbacks, the 2004 law “remains a monumental accomplishment,” and, when fully implemented, will help provide coordinated care and keep the mentally ill out of jails and prisons.

“The fact is that we’re living through the worst recession in 50 years, and we’ve cut budgets in ways I abhor,” he added. “Prop. 63 was never intended to be the solution for all of the system’s problems. It was intended to provide comprehensive

care for people with severe mental illness, with the main goal of keeping people out of the system.”

The law included specific requirements that funds be used only for “new” services (not existing programs), and not for jails or prisons. The complex approval process that evolved, administered by the state Department of Mental Health, will likely be scrapped by 2012-13, along with the department – “reorganized” or “redirected” in state budgetary parlance – as will the state Department of Alcohol and Drug Abuse.

While state administrators are deep in a widely publicized “Public Safety Realignment,” less has been said publicly about the administration’s lower-key efforts to coordinate mental-health and substance-abuse programs with the state’s vast and costly correctional system, which faces massive court-ordered population reductions and mandated improvements to all aspects of prison health care.

Since many prisoners are also mentally ill and vast numbers are serving time for drug-related crimes, advocates say coordination of mental-health and substance-abuse services at the local level is critical to any reorganization plan, and could help avert much more expensive, sometimes deadly, arrests and incarceration.

Local officials express relief that some of the bureaucratic hoops, especially the much-maligned “pre-approval” process for Prop. 63 funding, will be eliminated, and that Medi-Cal reimbursement backlogs – which often stacked up for months, leaving counties holding the bag – will be reined in.

Newly appointed Health and Human Services Agency Undersecretary David Maxwell-Jolly, the former state Health Care Services Department director who is overseeing the reorganization with Agency Secretary Diana Dooley, said technological improvements have dramatically reduced the paperwork blizzard and Medi-Cal backlogs. He noted that state officials were “less responsive and perhaps less efficient than we could be.”

But officials are adamant that state oversight and especially “evaluation of outcomes” will be a high priority under the reorganization, and that mental health will remain high on the administration agenda regardless of its placement in the state bureaucracy.

Among those assigned to this daunting and often thankless task is a career state administrator, Cliff Allenby, recently appointed by Gov. Brown as interim director of the Mental Health Department. A veteran state Finance Department administrator who has headed several state agencies, including the Department of Developmental Services, Allenby has no illusions about the challenges inherent in reshaping a flawed and broken mental health system.

“We don’t have all the answers,” Allenby said. “We really don’t. The stakeholder process is very important – what should remain, and how that should be [reorganized]. I’m not here to prejudge, and we really will listen carefully at the stakeholder meetings to what they have to say, then prepare a proposal for the 2012–13 budget.”

“I’ve been around a long time, and Sacramento is just not the place to establish policies that work in all 58 counties,” he added, borrowing an oft-repeated anecdote from the governor’s proposals. “What works in L.A. isn’t necessarily what works in Redding.”

Many aspects of the proposed reorganization are unknown, including the specifics of long-term funding sources and state oversight of local programs. “Somehow we must have a very high-level policy visibility that is not buried in some bureaucracy somewhere,” says the Psychiatric Association’s Hagar. “The track record hasn’t been great.” But despite sometimes heated disagreements among the various “stakeholders,” there is widespread consensus that the administration push toward coordination of mental-health services is long overdue.

Advocates and providers are hopeful that much-touted plans for “integration of services” will carry more weight than the hollow promises of decades past. They point to the badly fragmented system that resulted, in which the streets, jails, prisons and state mental hospitals for the criminally insane have become both the first and last resort for the severely mentally ill, who might have been helped with earlier intervention.

“The jails are full of people who are mentally ill, and hospitals are ringed with barbed wire and security guards,” says veteran mental-health advocate and former Assemblywoman Thomson. “It’s the ‘trans-institutionalization’ of mental illness, and it’s tragic.”



## Doctor's Corner

*Dr. Robin Zasio is a local Licensed Clinical Psychologist and owner of the Anxiety Treatment Center at: [www.AnxietyTreatmentExperts.com](http://www.AnxietyTreatmentExperts.com), [www.CognitiveBehaviorExperts.com](http://www.CognitiveBehaviorExperts.com) or [www.YourGreaterGood.com](http://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](mailto:drrobin@sierrabg.com)*

Dear Dr. Robin,

My husband's behavior has become increasingly erratic over the past few months. One day he is loving, but then the smallest thing can trigger him into anger. I've tried to talk to him but he dismisses me by saying that he has stress at work and that I don't need to worry about it. At other times, he will just get angry with me to get me to not talk about it, which works. Do you have any thoughts?

Signed,

Concerned wife

Dear Concerned Wife,

I can only imagine how difficult this must be for you and yes, I have a number of thoughts to consider. The first question that I have is whether he has any other mental health conditions that are going

untreated that could be related to these symptoms. And, if he does have other mental health issues, is he getting treatment, either through therapy and or medications. If he is, are you assured that he is being compliant? If none of the above are factors, do you suspect any substance use or abuse issues, whether it be alcohol, illegal drugs, or even over-the-counter medications?

If this too is not the case, what information do you have about his work and the stress he is reporting to you? Consider the following potential issues: conflict with co-worker; fear of job loss; or even dissatisfaction with his job in general. Perhaps there is a Personnel Department or Human Resources Department that he could consult for support and advice.

And finally, when he is having a "loving" day, see if that might be an opportunity to talk with him. Be sure not to accuse or point fingers, but to express your concern about how his stress is affecting him and your relationship, that you are there to help and want to be by his side during this very difficult time.

If all else fails, see if he would be willing to seek assistance from a therapist with you to have a neutral part who might be able to help the two of you work through this. If he is not willing to go, you might consider going yourself, so that you can have some support and perhaps get some strategies to address the situation.

I hope these tips have been helpful and wishing you the very best.

Dr. Robin

## Group Poem by Family-to-Family Participants

My whole world is turned upside down;  
My brain is spinning round and round.  
Will this confusion ever end?  
When will I call this illness...friend?  
The one I love is hurting so  
How can I make this illness go? Does anyone know?  
The faith I keep I hope I hold;  
Sharing Family-To-Family can turn straw to gold.

*Written by parents during a Spring 2001 Family-to-Family Class.*

## Welcome Home Housing Needs Adoptive Families

We don't know why, but stray and pregnant cats seem to know that the Welcome Home Housing homes are safe havens to leave their kittens or to give birth. A third family of kittens has found their way to one of their homes. This last family was born on Sept 2<sup>nd</sup> and will need homes by November.

There are six kittens. Please ask your friends, neighbors or even strangers if they could adopt one of the kittens. They really are cute. Call Lynn at 505-5232 or Joel at 363-1217. Welcome Home Housing will keep the mama after getting her spayed.

## Sacramento Volunteers at Last Month's NAMI California Conference



Susan Abrams did double duty at the NAMI California Conference, on the left with Belinda Beckett, and on the right with Larry Liseno

# 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](http://www.namisacramento.org/membership). Collecting this information helps us to serve our members better. Your information is treated confidentially and will never be shared outside of NAMI. Please print clearly.

Name: \_\_\_\_\_ Address/City/Zip: \_\_\_\_\_

(circle one)

Home/Work/Cell Phone: \_\_\_\_\_ Email: \_\_\_\_\_

(check one)

Your relation to the consumer:

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

Ethnicity:

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

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

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

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

Membership type:

- Consumer, \$17
- General, \$40

Newsletter preference:

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

You can help! Volunteer with NAMI Sacramento:

- Contact me about volunteer opportunities

Please consider an additional donation of:

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

RETURN SERVICE REQUESTED

NAMI Sacramento Chapter  
3440 Viking Drive, suite 125  
Sacramento, CA 95827-2844



Sacramento, CA

Permit No. 01903

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U.S. Postage

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