



NAMI Sacramento Newsletter

Sacramento's Voice On Mental Illness

The National Alliance on Mental Illness

January 2006: Issue No 4.01

General Meetings

Monday, Jan. 9th, 2006, 7:30 p.m.

Speaker: Ann Edwards-Buckley,
County Mental Health

Ann will discuss the county's proposed MHSA plan and take questions from the audience. Also in attendance is the County's new hire Dick Harig who will lead the MHSA process in Sacramento and Teresa Roberts and Anita Schumacher, co-chairs of the County Mental Health Board.

Monday, Feb. 6th, 2006, 7:30 p.m.

Speaker: Karen Brochopp, Program Director, *Transitional Living and Community Services (TLCS)*

Karen will talk about how TLCS can help consumers with housing, drug rehabilitation, and employment.

Sutter Center for Psychiatry
7700 Folsom Boulevard
Sacramento, CA 95826

County MHSA Meeting

**Tuesday, January 17th, 2006
11:00 a.m.**

The Mental Health Services Act recommendations will be heard at the County Supervisors Meeting on January 17th. The Supervisors will take public comments during this meeting and approve or amend the recommendations. The County Mental Health Board's final recommendations to the Supervisors have not been made public (as of press time).

KCRA Health & Fitness Expo

**January 7-8, 2006
Cal Expo Pavilion**

NAMI will have a booth at KCRA's 2006 health and Fitness Expo. The booth will include an interactive computer exercise to demonstrate what living with a brain disease is like.

A Word From the President

By Heidi Sanborn

I was hoping December would be a time when we could relax and slow-down, but that was not the case! The good news is we accomplished a lot as well. Here is a short-list of activities:

- Three NAMI members attended a marketing luncheon on how to market non-profits
- Steve Porter, Susan Whaley, Mei Yip, and I met with executives at PRIDE industries regarding employment for those with brain disease and future supportive housing concepts (see picture on page 5)
- I made a presentation to Lyon's Real Estate office in Elk Grove to thank them for a \$1,000 donation
- Presentation to the Psychological Association of Sacramento Valley for Non-profit of the Year Award and \$250 donation
- Four NAMI members conducted a police training of 50 city police and county sheriff recruits
- I and other NAMI members testified at the County Board of Mental Health Meeting to support the Psychiatric Emergency Response Team (PERT) program
- (Almost) Finalized moving our general meetings to the SMUD building at 65th street

To start off, our meeting with executives at PRIDE Industries was very interesting and hopeful. PRIDE Industries (www.prideindustries.com) is the 20th largest employer in the Sacramento Region and employs people with all kinds of disabilities, including mental illness. Our discussions with PRIDE executives

focused on developing jobs for people with mental illness ranging from lower level positions to those requiring higher levels of education.

We also discussed how we can support PRIDE to develop supportive housing for people with disabilities including mental illness. We encourage NAMI members who own or manage a business that may be able to give PRIDE employees some work, please contact Cynthia Sommer at 800-550-6005. If you would like to discuss employment for yourself or a loved one with mental illness, you can contact: PRIDE Industries Human Resources
10030 Foothills Boulevard
Department #1450, Roseville, CA
800-550-6005, 916-788-2100
Fax: 916-788-2592
24-Hour Job Hotline
(877) 562-2877

Pride's toll-free job hotline lists all of our current job openings and is available 24 hours a day, seven days a week.

Another exciting event was when Richard Landrey, who is a NAMI member,

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Support Groups and Events

Support Groups

NAMI-Sacramento General Membership Meeting

1st Monday of each month at 7:30 p.m.
Sutter Center for Psychiatry
7700 Folsom Blvd., Sacramento

Share and Care Support Meeting

1st Monday of each month at 6:30 p.m.,
just prior to the General Membership Meeting.
Sutter Center for Psychiatry
7700 Folsom Blvd., Sacramento
For family members who are newcomers or in great need of information or support.

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

Sacramento NAMI Board of Director's Meeting

Held the 2nd Monday of each month at 6:45 p.m.
Sacramento Mental Health Treatment Center, 2150 Stockton Blvd., Sacramento

Family Members and Consumers

Held the last Thursday of each month from 5:30 - 7:00 p.m.
Conference Room
Human Resources Consultants (HRC)
2220 Watt Ave., Suite B, Sacramento
Contact Deborah Short (916) 485-6500, ext. 260 for further information

NAMI Family Support Group

Held the third Wednesday of each month from 6:30 - 8:30 p.m.
3135 Woodmark Ct., Sacramento
Facilitator Heidi Sanborn (916) 485-7753

Obsessive-Compulsive Support Meeting (OCD)

2nd, 3rd and 4th Monday of each month from 7:00 - 9:00 p.m.
Sutter Center for Psychiatry
7700 Folsom Blvd., Sacramento
Call Jim (916) 223-6541 or Steve at (916) 456-1996

Schizophrenics Anonymous Support

Held each Friday from 10:00 a.m. - 12:00 p.m.
St. John's Lutheran Church
1701 L Street, Sacramento
Meeting Note: Facilitator is a social worker. Please enter the church through the office door at the front of the church.
Call Vickie Booth at (916) 451-0310 for further information.

Depression and Bipolar Support Alliance (DBSA)

Held 2nd and 4th Wednesday of each month from 7:30 - 9:00 p.m.
Sutter Center for Psychiatry
7700 Folsom Blvd., Sacramento
www.dbsasacramento.org/
Contact: Andrea Hillerman at andrea@mhasc.org or (916) 366-4601; or Marilyn Hillerman at marilynhillerman@yahoo.com or (916) 684-1358.

Recovery, Inc., Self-Help Mental Health Meetings

Call (916) 483-5616 for meeting locations.
Open to consumers 18 or older.
www.recovery-inc.com

Early Psychosis Family Support Group

Usually occurs on the 1st or 2nd Wednesday of the month from 6:00 - 7:00 p.m.
Call for information.
Imaging and Research Center Conference Room, UCD Medical Center
4701 X Street, Sacramento
This group is for families which have a

member with a newly diagnosed brain disease which causes psychosis. Contact Jane DuBet at 916-734-2964 for schedule and information.

Dual Recovery Anonymous Group

Every Monday from 2:00 - 3:00 p.m.
Clean and Sober Building, Loaves and Fishes, 1321 North C Street, Sacramento.

There is a New Dual Recovery Anonymous group in the downtown area being held every Monday. This is an open meeting for all interested to attend. This is a 12 Step self-help program for individuals who experience both chemical dependency/alcohol abuse and an emotional or psychiatric illness. Men and women who currently use psychiatric medications under a doctor's care or who have done so in the past, are welcome.

For more information, please call Susan Young at 916-236-7679.

Events

NAMI's 2006 National Convention

June 28th - July 2nd
Washington, D.C.

Join NAMI in Washington, D.C. for four days of top-notch educational opportunities, the ever popular ask-the-doctor sessions, exhibitor booths, and dozens of workshops to give you up-to-the-minute information on mental illness.

It's not too early to register. NAMI has first-on-board savings if you register online now. Visit the national NAMI web site at www.nami.org for more information.

NAMI's Annual Convention is a great opportunity to become more involved in issues affecting the mentally ill. It is also near July 4th, when our nation celebrates its 230th birthday. Stay for the celebration.



► *President's Message, from page 1*

called and said that his company started a charity pool and voted to give NAMI Sacramento \$1,000. Richard is not only a NAMI member, but is the Office Manager of Lyon Real Estate of Elk Grove. He invited me to speak to his staff about what we do and I gladly accepted. If you or anyone you know plans on doing any real estate transactions in Elk Grove, please remember the generosity of Richard Landry and his staff and call them at 916-683-6639 or check the website at www.GoLyon.com. Their office is located at 9591 Laguna Springs Drive. Again, thank you to Lyon Real Estate of Elk Grove.

To my great surprise, I received another call from an organization that not only wanted to donate to NAMI but wanted to give us an award! Dr. Debra Moore of the Sacramento Valley Psychological Association www.sacpsy.org called to say that they were honoring NAMI Sacramento with their Non-Profit of the Year Award and donating \$250! Pat Pavone attended the party and accepted the award and donation on our behalf (see picture on page 5). We are now trying to find ways to work closer with this association to improve outreach to those in need and will be linking our websites.

Our latest police training December 14th was wonderful! We had a great team: Pat Pavone, Kim Johnson, and our star, Harry Nicholas. Harry bravely explained to the recruits how he was once a police recruit and then became sick. The recruits asked Harry many questions and were fully engaged. We conducted an empathy exercise on what it was like to hear voices – the recruits were very moved. We are so proud of these young people who are ready to protect and to serve and are grateful that the City and County ask NAMI to perform these one-hour trainings of the recruits so they understand the role families

► *continued on page 5*

Schizophrenia and HOPE!

by Kim Johnson

Contrary to popular thoughts, prejudices, and opinions of most lay people and those in the psychiatric and medical communities, people with schizophrenia can improve their functioning and recover!

A recent (2003), detailed, comprehensive study, incorporating over 1,300 psychiatric patients, conducted by Charles Harding, PhD, Harvard Medical School of Mental Health, concluded that persons suffering from schizophrenia can realize significant improvement or recovery possibilities. This can occur if the patient is given similar training and vision as physicians and mental health professionals properly educated in treatment outcomes for schizophrenic persons.

Part of the problem in realizing recovery options is the vast majority of professionals who treat schizophrenic patients doubt they will recover or even significantly improve (Harding, 2003). The overall assumption is that patients suffering from schizophrenia are hopelessly ill. The medical, professional, and paraprofessional treatment providers hope only for stabilization and maintenance of chronic symptoms for their patients.

Of the five major schizophrenia studies conducted over the past two decades, every study indicates that over half of the patients recover or significantly improve over a 20-year period. The studies were conducted in the U.S. as well as overseas (Zurich, Switzerland, Germany, Iowa-USA, and Vermont-USA).

Schizophrenia is more common than is realized by the general public. It is a universal disorder affecting about 1% of the world population (about 20 million people – 1 out of every 100). It is important to understand that schizophrenia is a disorder of brain circuitry and is not parental mistreatment of children, unwillingness to cooperate with societal norms,

stupidity, neglect, psychopathic behavior or any other “caused” problem. It is a complicated disease with multiple symptoms but it IS TREATABLE and patients can recover with appropriate treatment, medication, and assistance.

The outcome of schizophrenia is hope. With the proper education, interventions, support, and caring and concern, our loved ones suffering from schizophrenia can lead productive, useful, and meaningful lives. They can bring untold blessings to their family and friends.

Happy and Hopeful Holidays,
Kim Johnson

Family to Family Classes

What are Family to Family Classes? As stated in our brochure it is “a free 12 week course for family and friends of individuals with serious mental illness. It is taught by trained NAMI family members.” Family to Family classes are wonderful for people who have just entered into the experience of relating to someone who has just been diagnosed with a mental illness, and it is also helpful to those people who have been living with this situation for years.

Classes are offered in the Fall and Spring. The next set of classes begins in early February. Jim Johnson, who has been doing an excellent job of being the Sacramento Family to Family Coordinator, has recently given up this volunteer position to Lynn Cathy and Norm Pobanz.

The new contact phone number is (916) 399-5762. You may also reach Lynn or Norm at their email addresses: Lm-cathy@sbcglobal.net or nepobanz@aol.com. Norm will be the primary contact person for Spring classes, and Lynn for the Fall classes. If you have any questions please feel free to call or email us!



Tell Us Your Story

I wonder what the future holds for my son. Will he be OK? Will he have enough money to take care of himself? Will he be out on the street? Will he be mugged for the little bit of cash he has in his pocket some late night on a dimly lit sidewalk downtown? Will he be in and out of jail for reasons I have yet to imagine? Who, besides me, will be there to help him?

I don't have the answers. As I age, I worry more and more about my son's welfare. I dare not depend on a mental health delivery system that, according to the President's New Freedom Commission on Mental Health, "...is fragmented and in disarray... leading to unnecessary and costly disability, homelessness, school failure and incarceration."

A transformation of the system must address the concerns of the family and the consumer alike. Real issues must be discussed and real solutions offered. We must be actively engaged in both identifying the problems and crafting the solutions. One way to begin is by telling our stories to anyone who will, or is chartered to listen and serve. Please help.

These thoughts were prompted by copies of the following two letters sent to the governor by Iris Mickelson, the mother of a 43-year-old son suffering from a brain disorder. The first letter was sent in February; the second in August of this year. She has allowed us to share them with the public. I have taken the liberty to edit her letters in order to meet the needs of publication while staying as true as possible to the story she offers.

You can, and do, make a difference. Please submit your stories to me at porter.steven@comcast.net or to the following street address:

Steven D. Porter
3034 Estepa Dr.
Cameron Park, CA 95682

Help My Son! Two Letters to the Governor

by Iris Mickelson

February 2005

To someone who may care!

Somebody help Kevin, my son! I don't know where to even begin. I've tried for years to get help. My name is Iris Mickelson. I live in Orangevale, CA. I am 77 years old, can no longer drive, and live on the small amount of income I receive from Social Security. My health is poor.

Kevin is 43 years old. He was diagnosed with paranoid schizophrenia when he was 17 or 18 years old. He's been on medication all his adult life. He's done well at times and has lived as independently as possible.

He is intelligent, but, he has moments of sudden violence he can't seem to control. When he is violent he punches holes in walls. He's damaged the walls of many of his residences. A lot of his Social Security money is used to pay for the repairs.

Kevin often takes the bus to visit me and to have something to eat. We have sought help with getting bus passes for him. So far we have only received temporary ones.

Last month Kevin thought that some of the light-rail passengers were making fun of him. He broke a window as he left the train. He was arrested and spent two days in jail. He is now on probation with a fine of \$500.00. He has been ordered to work on a work project and pay \$20.00 by March 11th. He asked his payee to send the \$20.00, but Kevin is too ill to work. I am worried he may be sent back to jail.

Kevin's payee takes out so much money each month to pay for past damages that Kevin only has \$30.00 a week to spend on food, clothing, and whatever else he may need or want. I've tried to talk with her on the phone about the problem, but she is quite rude. We've asked for copies of the bills, receipts and statements

for the things she is paying for because we want to see how much longer he must pay for the damages. She has not sent anything to us. When we talked to a representative of the Social Security Administration he agreed we have a right to know and advised us to get a different payee. I told Jack Sugler, Kevin's counselor, that we want a different payee but he says she doesn't need to be replaced.

I encourage Kevin to take his medication even though it doesn't seem to help him very much. Currently, Kevin does not take his medication, but he is willing to try taking something different. His doctor says there is nothing else that will help.

Kevin needs a complete physical and I've asked Lorin, his former counselor, if she'd help him get one. That was over a year ago. He has not been able to get the physical; however, he did receive a few tests. The clinic personnel said they would let me know the results (my son has agreed that I should have this information), but even after several inquiries, I have received nothing.

Kevin feels much worse than he did a year ago. I've tried to locate a doctor who takes Medi-Cal patients, but I've been unsuccessful in finding one.

Kevin also wants a different psychiatrist than the one Turning Point has assigned him. He wants one that will prescribe a different medication that might help. He is afraid, as am I that he will lose control again and be back in a mental hospital. Turning Point has been unwilling to assign a new psychiatrist.

Please help my son!

August 2005

I am writing to let you know what's been going on with Kevin in the last few months.

I got in touch with Protection and Advocacy, Inc. concerning the problems



we were having with Kevin's payee. They sent a letter telling her that she must provide us the information we requested. She sent us eight pages of the monies received and the payouts. I don't believe the information is accurate and I want Social Security to investigate the matter.

In spite of our requests, Turning Point refused to help Kevin get a different payee or different psychiatrist. Kevin took his meds regularly but he continued to have violent episodes. Turning Point said the violence occurred because he wasn't taking his medication consistently.

Kevin finally refused to take his medications for several weeks. During that time he had no violent incidences. Staff members at Turning Point convinced him to begin taking the medication again. Once again he became violent, knocked holes in the wall, and broke a window in his bedroom at his board and care. He was then placed in the Mental Health Treatment Center on Stockton Boulevard.

At the Center, Kevin did pretty well for a few weeks. He became convinced that if he'd go under conservatorship, he'd soon be placed in a different locked facility and would be able to smoke and have canteen. He was all for it; he wanted help. He was afraid that if he was placed in another board and care he'd only repeat the violence.

Now Kevin has gotten worse. I have never seen him this bad before. He says he's crazy now; he hollers and gets angry. The staff places him in seclusion often. It's a daily thing and he knows he will have less chance of getting placed elsewhere. He's acting so physically and mentally ill. Never has he been this bad before. Where is his help? Please help. Who will give me some answers?

Kevin is currently living at Crestwood on Stockton Blvd. He looks forward to visits from his mother. There is no one else.

► *President's Message, from page 3*
play in recovery and have empathy and caring for those who have mental illness.

Lastly, I testified at the county mental health board hearing about the importance of keeping the Psychiatric Response Team in the county plan to use Mental Health Services Act (MHSA) money. NAMI had probably 40 people in the audience who stood in support. The testimony was to hear public comments on the entire MHSA plan which is 7 programs so we also heard many moving personal accounts of the need for the trans-cultural support center which NAMI also supports.

Remember, if you wish to better understand the plan, attend the NAMI general meeting January 9th at 7:30 p.m. when county staff will explain the plan and the mental health board report and recommendations (which is still not final – I will forward it via e-mail as soon as its public) to the county supervisors for their vote January 17th.

Due to size and access limitations of having NAMI general meetings at the Sutter Center for Psychiatry, NAMI has applied to SMUD to have our meetings at the SMUD auditorium at 65 Street and Highway 50 starting January 9th. We have heard that we will likely have the room, but it has not been officially confirmed as of yet. Please look for notices of a change in location as soon as January 9th.

As I write this, I am torn from being happy for the future of mental health reform and the role NAMI will play in it when our friend and fellow Board Member, Mei Yip, is mourning the loss of her husband Paul who lost his struggle with cancer last Friday. It is a humble reminder that life is precious and sometimes short and it is up to us to make the best of the time we have together. Please keep Mei and her family in your thoughts during this most difficult time.

With gratitude,
Heidi

NAMI-Sacramento In The Community



Steve Porter and Susan Whaley at PRIDE Industries regarding employment for those with brain disease.



Patty and Don Herberger did a marvelous job organizing the festivities for the 2005 NAMI-Sacramento Holiday Party.



Pat Pavone, second from left, receives the "Non-profit of the Year Award" and \$250 donation from the Sacramento Valley Psychological Association. From left is Jill Howard, a promising student, Pat, Dr. Debra Moore, Elizabeth Hume from the Sacramento Bee, Jeff Barker from the Sacramento News and Review, and Dr. Robin Zasio, SVPA President.



The Volunteer Corner

Become a NAMI Volunteer

NAMI is currently recruiting volunteers for the following positions:

- Treasurers Assistant
- Consumer Programs Assistant
- Grant Writer
- Public Relations
- Volunteer Coordinator
- Office Support Staff
- Spanish speaking consumer interested in working on peer-to-peer program.

Please call Heidi at 919-485-7753 if you are interested in helping with any of these positions.

Office Support Staff

The NAMI Sacramento Office now has volunteers staffing the office five business days a week to assist with information, referral, and support. Our goal is to return calls by the next business day and mail out information within two business days.

Volunteers, as always, make these efforts possible. If you are interested in helping to staff the NAMI Sacramento offices and library or wish information on what services we offer, please call the NAMI office at 916-874-9416.

A Note of Appreciation to Our NAMI-Sacramento President

Always quick to lavish praise on other NAMI-Sacramento volunteers, Heidi Sanborn does not often receive accolades herself for her amazing dedication. In this respect, John Gilbert, our Treasurer, wanted to be sure we all take a moment to reflect on the amazing amount of work Heidi has done in the last year.

Heidi is a big reason for NAMI-Sacramento re-emerging as an active force in the mental health arena in Sacramento. Her untiring efforts with regard to the disposition of the county's share of Proposi-

tion 63 funds have been recognized widely as remarkable and effective advocacy for Sacramento's mentally ill. She has reinvigorated the board of directors and is close to publishing for membership approval a new set of bylaws. She is also actively pursuing membership expansion to include more consumers and greater ethnic diversity.

Leaders with this kind of talent and dedication are rare. The whole NAMI-Sacramento community is deeply grateful.

Welcome Home House Mentors

More volunteers are needed to assist residents in the house. Currently, the need is for someone to work two hours a month in two shifts from 4-5 p.m. The day could be the volunteers choice. The volunteer would be helping a resident learn to follow a recipe and prepare the house evening meal. No meal requires more than one hour to prepare.

We've graduated several men recently and another will be graduating in February or March. This is great progress. Volunteers help cultivate vital independence skills in our residents.

United Way

NAMI-Sacramento can accept donations through the United Way. NAMI-Sacramento's ID is 1777. The address of our Principal Combined Fund Drive Headquarters is:

United Way California Capital Region
8912 Volunteer Lane, Suite 200
Sacramento, CA 95826

February Newsletter Contributions

Information for the next NAMI-Sacramento newsletter needs to be submitted by Wednesday, January 4th for the January edition. As always, contributions and suggestions from all parts of the mental health community are welcome.

2005 BOARD OF DIRECTORS

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bhsan@comcast.net

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Vacant

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Marilyn Hillerman, Adult Family Advocate, 916-875-5644
Andrea Hillerman, Adult Consumer Advocate, 916-366-4669
Dave Schroeder, Family and Youth Advocate, 916-875-4183



When Someone You Know Struggles with Depression and Anxiety

By Stan Popovich

What do you do when someone you know has to deal with persistent fears, anxieties or even depression? Well the first thing you need to do is to get the person to seek the services of a professional and/or counselor who can lead them in the right direction and give them the help they need. In addition, here are some other things you can do to help the person cope.

Learn as much as you can in managing anxiety and depression. There are many books and information that will educate you on how to deal with fear and anxiety. Share this information with the person who is struggling. Education is the key in finding the answers your looking for in managing your fears.

Be understanding and patient with the person struggling with their fears. Dealing with depression and anxiety can be difficult for the person so do not add more problems than what is already there.

The person struggling with the anxiety must realize that managing anxiety and fear takes practice. So when experiencing an anxiety related situation, begin to learn what works, what doesn't work, and what you need to improve on in managing your fears and anxieties. As you do this, you will become better in dealing with your anxieties.

Don't forget to pray and ask God for help. A person can only do so much. Asking God for help can give us additional resources to help manage our fears and anxieties. It is not always easy, however God is in control and he will help you if you ask him.

Another thing to remember is that things change and events do not stay the same. For instance, you may feel overwhelmed today with your anxiety and feel that this is how you will feel the rest of

the week or month. This isn't correct. No one can predict the future with 100 percent accuracy. Even if the thing that you feared does happen there are circumstances and factors that you can't predict which can be used to your advantage. You never know when the help and answers you are looking for will come to you.

As a Layman, I realize it is not easy to deal with all of our fears. When your fears and anxieties have the best of you, seek help from a professional. The key is to be patient, take it slow, and not to give up. In time, you will be able to find those resources that will help you with your problems.

Stan Popovich is the author of "A Layman's Guide to Managing Fear Using Psychology, Christianity and Non Resistant Methods." For additional information go to <http://www.managingfear.com/>

New Year Rings in Prescription Drug Changes: What You Can Do Now

Beginning January I, 2006, Californians on Medicare who currently receive prescription drugs from Medi-Cal will receive them from the federal government through the new Medicare Part D program.

Before selecting a plan, beneficiaries should first make a list of the medications they are currently taking. Second, they should carefully read the *2006 Medicare & You Handbook* on the new Medicare prescription drug benefit when it arrives in the mail.

If Medicare beneficiaries currently have drug coverage through an employee/retiree insurance plan or a Medicare Advantage Plan (HMO), they will receive important information in the mail from their insurance provider about potential changes in their coverage and options. If individuals have questions, they should call the

customer service telephone number of their insurance company or Medicare plan.

Californians who are covered by both Medicare and Medi-Cal (often referred to as "dual eligibles") should carefully read the letters that CMS and the California Department of Health Services will send to them. Their Medi-Cal prescription drug benefit will end on December 31, 2005. They will automatically be enrolled in a new Medicare drug plan that will begin on January I, 2006. That randomly selected plan may not be the best choice for them. Dual eligibles can change plans at any time in order to meet their prescription drug needs by calling I -800-MEDICARE.

For persons on Medicare with no prescription drug coverage, the new Medicare benefit may provide significant help. While the new plan begins on January I, 2006, enrollment is open until May 15, 2006, for persons who have not been automatically enrolled or who do not have equivalent coverage through an employer plan or Medicare HMO. If persons on Medicare have not enrolled by May 16, 2006, they will be charged a higher monthly premium for their drug coverage when they do enroll.

Individuals can call I-800-Medicare, give some basic information about where they live and the medications they take and staff will look up which approved plans cover those medications, estimate monthly premiums and send that information to the individual in the mail. If you have access to the Internet, you can compare plans yourself at www.medicare.gov. Other good Web resources include www.chhs.ca.gov and www.calmedicare.org.



NAMI-Sacramento Membership Form

Please Join Us! Join thousands of Americans dedicated to improving the lives of people with mental illness. Become part of the revolution in your community. Detach and mail in this membership form today. You can make a difference!

Please print your information.

Name: _____

Address: _____

City: _____ ZIP code: _____

Telephone: _____ Email: _____

Membership Levels

- Consumer, \$15
- Individual/Family, \$35
- Additional Donation; consider giving an additional \$25 (or more) to NAMI-Sacramento. Your donations help support local efforts to assist the mentally ill.

Make checks payable to:
"NAMI-Sacramento"

Mail This Form To:

NAMI-Sacramento
Membership Chair
PO Box 2154
Fair Oaks, California 95628

- I would like to receive the NAMI-Sacramento newsletter via email.

Volunteer With NAMI-Sacramento

NAMI-Sacramento relies on the efforts of its volunteers to help the mentally ill in the Sacramento region.

You can help.

- Contact Me About Volunteering with NAMI-Sacramento

RETURN SERVICE REQUESTED

NAMI Sacramento Chapter
PO Box 2154
Fair Oaks, CA 95628



Non-Profit Org.
U.S. Postage
PAID
Permit No. 01903
Sacramento, CA