



# NAMI Sacramento Newsletter

*Sacramento's Voice On Mental Illness*

The National Alliance on Mental Illness

February 2006: Issue No 4.02

## General Meetings

*Monday, Feb. 6<sup>th</sup>, 2006, 7:30 p.m.*

**Speakers:** NAMI Leadership followed by Karen Brochopp, *Transitional Living and Community Support (TLCS)*

NAMI leadership will briefly explain the proposed new by-laws, provide copies, and ask those present to vote to adopt them. Then, Karen Brochopp, program coordinator for Transitional Living and Community Support (TLCS), will talk about the many important services this non-profit organization provides for persistently mentally ill adults. Those programs include housing, alcohol and drug rehabilitation, employment opportunities, living skills and more.

*Monday, March 6<sup>th</sup>, 2006, 7:30 p.m.*

**Speaker:** TBA, *Social Security Changes*

Social Security often affects Consumers and family members alike. If you are trying to get up to speed or your interested in what changes have and will be taking place this year, attending this meeting will help you learn about this important and often confusing program.

*Monday, April 3<sup>rd</sup>, 2006, 7:30 p.m.*

**Speaker:** *Consumer Panel*

At this meeting, you will meet a panel of consumers who are living successful and happy lives and will explain what support was most helpful in their recovery.

### **Meeting Location:**

“Old” SMUD Headquarters  
Auditorium  
6201 S Street  
Sacramento, CA 95817

## **A Word From the President**

*By Heidi Sanborn*

The general feeling among the Board and membership is that 2006 is going to be a big year for NAMI Sacramento. Thanks to Proposition 63 (also called Mental Health Services Act or MHSA) and our location in the state capital, we have the opportunity to improve mental health services not only in Sacramento, but to set a standard for the state and the country as well. I know that we can count on you, the membership, to participate in some way in 2006 in our outreach, education, and advocacy efforts.

Here is a short-list of our activities since mid-December:

- KCRA Health Fair January 7-8<sup>th</sup>
- Held our NAMI General Meeting at the SMUD Auditorium January 9<sup>th</sup>
- NAMI Board toured the Sacramento Mental Health Treatment Center on January 11<sup>th</sup>
- Testified at the County Board of Supervisors meeting January 17<sup>th</sup>
- NAMI Board approves 2006 budget and new bylaws for membership vote January 17<sup>th</sup>
- Made presentation to Older Women's League with Darryl Steinberg and others regarding Proposition 63 on January 21<sup>st</sup>

To start-off the New Year, over 20 NAMI volunteers worked the booth at the KCRA health fair. NAMI wishes to thank Emily Brayton with Janssen Pharmaceuticals for lending us a computer, which simulates hallucinations. Our volunteers talked to many people and obtained names for possible new members and volunteers. Thank you again to all the volunteers who worked so hard to bring the hope

of NAMI to the general public. We are already working on plans for new banners and brochures so we have an even better booth for next year.

Our first general meeting of 2006 was held at the SMUD Auditorium and it was wonderful! It was easy for everyone to hear the speakers because it has theater seating and very comfortable seats. More importantly, we kicked-off the 2006 meeting with representatives Ann Edwards-Buckley and Dick Harrig with the County Department of Mental Health and Teresa Roberts and Hank Lee from the County Mental Health Board on their positions on how best to use the Mental Health Services Act (MHSA). Uma Zykovsky with County Mental Health was also there to answer questions about the Medicare changes – you can call her at 875-3321 or e-mail at ZykofskyU@SacCounty.net.

Based on the debate and unanimous vote at the general membership meeting, I testified before the County Board of Supervisors about the importance of funding the Psychiatric Emergency Response Team

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## Support Groups and Events

### Support Groups

#### **NAMI-Sacramento General Membership Meeting**

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

#### **Share and Care Support Meeting**

*1<sup>st</sup> 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 1<sup>st</sup> 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 2<sup>nd</sup> 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)**

*2<sup>nd</sup>, 3<sup>rd</sup> and 4<sup>th</sup> 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

#### **Depression and Bipolar Support Alliance (DBSA)**

*Held 2<sup>nd</sup> and 4<sup>th</sup> 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 1<sup>st</sup> or 2<sup>nd</sup> 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 Anony-

mous 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.

### Hold the Date!

#### **NAMI's 2006 National Convention**

*June 28<sup>th</sup> - July 2<sup>nd</sup>  
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](http://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 4<sup>th</sup>, when our nation celebrates its 230<sup>th</sup> birthday. Stay for the celebration.





► *President's Message, from page 1*

(PERT) to be first responders to a mental health crisis using some of the \$21 million dollars taken from the Mental Health Trust Fund over the last 10-years. I was thrilled with the healthy discussion and debate at the general meeting and look forward to more opportunities for this in the future.

Also, the NAMI Board has voted to tour all the major mental health facilities in the county and meet with their leadership in 2006. The first tour was of the Sacramento County Mental Health Treatment Center (MHTC) at 2150 Stockton Boulevard. This is the only county operated psychiatric health facility and crisis stabilization unit and has 100 beds. We learned that they are required to accept everyone that comes in and are 25% short of nursing staff partly due to insufficient salary and the national nursing shortage.

County-wide, even though this region is growing rapidly in population, the number of psychiatric hospital beds has decreased from 407 beds in 1990 to 310 beds in 2001. This is simply not enough beds for the region, and although NAMI will always aggressively support voluntary services to prevent crisis situations, not providing enough crisis beds in the county or having enough staff support to give patients the best care is inexcusable. We also learned that the youngest patient to arrive at the MHTC crisis unit is 3-years-old and there is not a separate crisis unit in the county for children. In 2006, NAMI will be advocating to ensure that patients in crisis care obtain the best possible services in the least restrictive environment which includes getting a separate children's crisis facility.

We wish to thank Sandy Damiano and the executive staff of the MHTC for allowing us to see the crisis and in-patient units and for taking the time to

explain and answer our questions about the facility and their very important work. You have our gratitude for working so hard to improve services to those who need it!

As you know, I and many others testified at the County Board of Supervisors meeting to encourage the adoption of the county's proposal for new services using MHSA funds. Although the testimony by NAMI, consumers, and facility operators was to not use MHSA funds for law enforcement, Supervisors Collin, Notolli, and MacGlashen all voted to leave the plan with \$500,000 funding police salaries. Dickenson and Roberts were absent having left the room right before the hearing and did not vote on the plan.

Supervisor Collin noted that County Sheriffs are elected county-wide and do not answer to County Supervisors elected by districts so even if they voted to give the Sheriff the money, he could use it for other programs. By using MHSA money, it is earmarked for PERT and must be used for that purpose. Supervisor Collin noted that she hopes by getting a pilot PERT program in place, we can document the success and cost-savings of the program, encouraging the Sheriff to use law enforcement funds in the future. We certainly agree with that statement – now we just wait to see whether the State Department of Mental Health approves the county plan or not.

As you know, establishing a budget also establishes the priorities of an organization. With that in mind, the NAMI Board has approved the 2006 budget with the following new line-items:

- \$2,000 - Housing
- \$500 – Research
- \$500 – Consumer groups
- \$500 – Other donations
- \$300 – Mental Health Association

Variety Show

- \$500 – Adopt-A-Family for the Holidays
- \$1,000 – Peer-to-Peer Consumer Education
- \$2,500 – In Our Own Voice Consumers Speaking-Out

We are pleased to increase our support of consumer programs thanks to the increased volunteerism of NAMI membership and the increase in membership and donations.

The NAMI Board also voted to put the new by-laws out for a vote by the membership. The proposed by-laws will be coming to you via e-mail and will be presented briefly at the February 6<sup>th</sup> membership meeting. We have been working closely with our attorney on these bylaws for six months and believe that they will address all the changes in non-profit law that has happened over the last 6 years. This will improve the functioning of the Board.

Lastly, I was asked to speak to the Older Women's League (OWL) along with three other panelists and Darryl Steinberg on the Implementation of Proposition 63. I was the last panelist to speak and it was very well received. OWL and NAMI leadership have agreed to stay in close communications so that when issues that over-lap our organizational interests arise, such as the Medicare changes, we can work together to advocate for our populations. I wish to thank OWL for asking me to address their membership – I greatly enjoyed it.

With gratitude,  
Heidi



## Tell Us Your Story

This letter is in response to a letter submitted by a NAMI member last month. We are printing it to show that other people have had very positive experiences with the same facility mentioned in last month's article.

The goal of allowing members to submit "their stories" is because it can be therapeutic to write of experiences and to share them with others. It is also important for readers to know that they are not alone in their experience of the mental health system. The goal is never to demean or degrade any individual or organization.

If you submit an article, please be careful not to include the names of organizations or people if the comments can be taken as anything other than complimentary. Our editors in the future will remove references to specific people and organizations if we consider them to be negative. So let us all share stories and understand that everyone working in mental health does so with limited support and resources and we must work constructively together to improve the system.

Heidi

If this letter inspires you to submit your own story, please send it to:

- porter.steven@comcast.net
- Steven Porter  
3034 Estepa Drive  
Cameron Park, California 95682

May you have great joy and success throughout the year.

Steve

*Opinions expressed in this letter are not necessarily endorsed by NAMI or its affiliates.*

*By Lynn Overoye Smith*

Dear Iris,

I have been a long time NAMI member and former President of NAMI Sacramento. I am presently President of Welcome Home housing. I must present a different viewpoint than you presented in your letter about Turning Point. My son has been a Turning Point client for almost 20 years. He is with their ISA. He has had nothing but excellent service from the workers who have been assigned to him to over the years. He is treated with respect; he is encouraged to do what he can; he is supported in anything he wants to do. The doctors have allowed him complete input into the choice of medications.

Turning Point respects clients and gives them the dignity they deserve. Turning Point is client driven, so they make every effort to do, within financial, legal and fiduciary constraints, what the client wants. It was for this reason that I was thrilled to have Turning Point be our provider at Welcome Home Housing. It has turned out to be a perfect match.

Please remember, by law, Turning Point personnel are unable to share test results and other information with you without written consent from your son. This can be just as frustrating to them as it is to you. However, that is the HIPPA law passed by the federal government. Turning Point is required to abide by it.

Sometimes what our family members want is not what we want for them, but Turning Point staff must listen to the client, not to us. We can give input, but if our family member doesn't agree or want it, it may not happen. We must also respect the choices our family members make, even when we know it's not necessarily in their best interests. Is that frustrating? You bet!! But please remember that we won't always be here to pick up the pieces for them. It is by doing that they gain the experience

to navigate the system and to make good choices. If we do not like the system, then it is our duty to advocate for changes.

I don't know how disabled your son was, but I am happy to hear that he is doing well at Crestwood. We are fortunate in Sacramento to have so many options for housing from the Crestwood IMDs to the independent programs, the transitional programs, Board and Cares, even Welcome Home Housing. Admittedly there aren't enough available and the quality may be limited due to financial constraints, but the choices are there to serve the varying abilities and levels of our family members.

I felt sad that you are the only visitor your son receives. Perhaps you could energize other NAMI members to form a visiting group to visit NAMI member's family members who are in locked facilities.

Sincerely,  
Lynn Overoye Smith

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## Stigma Busters Alert

First the good news.

Critics gave the premiere of ABC-TV's new comedy show *Crumbs* poor reviews. The bad news is that the show is saturated with stereotypes, offensive language, and trivialization of serious mental health issues. In the premiere, Mother Crumb (Jane Curtin) comes home from a psychiatric hospital, following a "nervous breakdown" in which she tried to run her husband down with her car, followed by a suicide attempt, after a divorce that followed the death of one of their three sons.

What follows is a series of careless and damaging portrayals of serious mental illness. See [www.nami.org](http://www.nami.org) to join the Stigmabusters and let ABC-TV know that such portrayals are unacceptable.



## New General Meeting Location: Sacramento Municipal Utility (SMUD) Building

Starting with the January meeting, NAMI-Sacramento moved to a new meeting location. We are now having our general monthly meetings in the auditorium of the "old" Sacramento Municipal Utility District (SMUD) headquarters Building. The SMUD building is located at 6201 S Street, Sacramento (ZIP code 95817).

**Directions:** SMUD's headquarters campus is on S Street in East Sacramento, on the north side of Highway 50 between the 59th and 65th street off-ramps. Access to SMUD facilities can be easily gained by taking the 59th street off ramp from eastbound Highway 50, or the 65th street off ramp from either east- or westbound 50. A map and directions can also be accessed via the NAMI-Sacramento website.

**Parking:** We will meet in the "old" SMUD Headquarters Building at 6201 S Street. Short-term visitor parking is available in front of the Headquarters Building and to the side of the Customer Service Center (CSC). Additional parking across the street from the CSC will be reserved for special events, and street parking is also available.

The new location will allow us to grow into a bigger space. The Sutter Center for Psychiatry has long been a wonderful host for these meetings, but our needs are changing. The new location

in the SMUD building will also allow us to have a meeting location that does not require entering a locked facility. NAMI-Sacramento expresses a deep gratitude to the Sutter Center for Psychiatry for their years of generosity.

All general meetings are held on Mondays at 7:30 p.m. The Crisis Information Meeting will still be held prior to the general meeting at 7:00 p.m.

### 2006 General Meeting Dates:

- January 9<sup>th</sup>
- February 6<sup>th</sup>
- March 6<sup>th</sup>
- April 3<sup>rd</sup>
- May 1<sup>st</sup>
- June 5<sup>th</sup>
- July 10<sup>th</sup>
- August 14<sup>th</sup>
- September 11<sup>th</sup>
- October 2<sup>nd</sup>
- November 6<sup>th</sup>
- December 4<sup>th</sup> (if we have a meeting during December).

Please be sure to share with others the information about our new meeting location. The SMUD building is also conveniently located near the 65th Street light rail station (about a five minute walk).

## NAMI-Sacramento In The Community



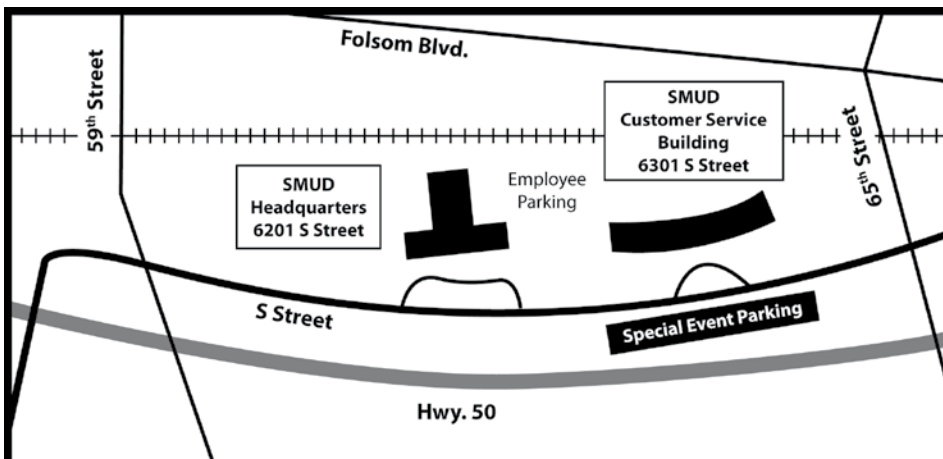
NAMI-Sacramento hosted a booth at the Fifth Annual KCRA 3 Health and Fitness Expo on the weekend of January 7-8th. NAMI-Sacramento Board member Mei Yip is pictured.

## 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 e-mail 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 e-mail us!





## The Volunteer Corner

### Become a NAMI Volunteer

NAMI is currently recruiting volunteers for the following positions:

- Treasurers Assistant
- Outreach Coordinator
- Consumer Programs Assistant
- Fund-raising Chair
- Board Members
- office Support Staff

### 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.

### Consumer Programs

Donate a little of your time each month to help NAMI Sacramento's proven consumer programs flourish. Volunteers give those with mental illness the courage and hope to help themselves. We need your help. Will you be a chair person or committee member for one of the following programs:

- In Our Own Voice
- Peer to Peer Education Program
- Social Group
- SacPort Living Skills Education Program

For more information about these consumer programs or to volunteer, please contact NAMI's Consumer Program Coordinator, Susan Whaley at (916) 996-2188.

### Volunteer Appreciation

This is a special thanks to the many people who helped organize and staff the NAMI Sacramento table at the KCRA Health Fair. This was a very large event with thousands of attendees and many volunteers agreed to spend several hours of their weekend talking to people about NAMI Sacramento. We would like to thank Emily Brayton with Janssen Pharmaceutical Inc. for lending us their "hallucination simulation" computer and to John Gilbert and David McKendredge for organizing volunteers. There are too many volunteers to thank by name, but you are what makes NAMI strong – thank you all!

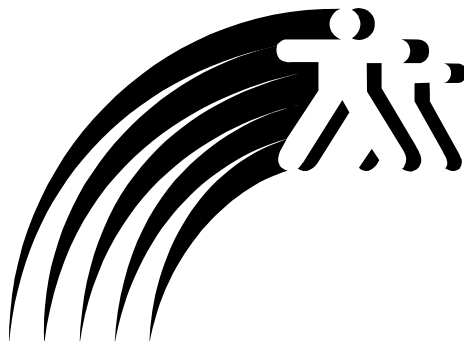
### United Way

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

### March Newsletter Contributions

Information for the next NAMI-Sacramento newsletter needs to be submitted by Wednesday, February 8<sup>th</sup> for the March edition. As always, contributions and suggestions from all parts of the mental health community are welcome.



### 2006 BOARD OF DIRECTORS

#### PRESIDENT

*Heidi Sanborn*  
(916) 485-7753  
bhsan@comcast.net

#### VICE PRESIDENT

*Vacant*

#### TREASURER

*John Gilbert, jgilb1@pacbell.net*

#### SECRETARY

*Caroline Prod, cprod@att.net*

### BOARD MEMBERS

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*Susan Whaley, slwhaley@sbcglobal.net*

*Wilma Hash, Hiwil4@hotmail.com*

*Lloyd Lagerstrom*

*lagerlloydandcon@aol.com*

*Valerie Lerman, vries@library.ca.gov*

*Kim Johnson, seahawk@tomatoweb.com*

### PROJECTS

#### MEMBERSHIP

*Caroline Prod, cprod@att.net*

#### CONSUMER PROGRAM

*Susan Whaley, slwhaley@sbcglobal.net*

#### E-MAIL TREE

*Susanne Gilbert*

*susieqsmith@pacbell.net*

#### COUNTY LIAISON

*Valerie Reis-Lerman*

*vries@library.ca.gov*

#### TELEPHONE TREE

*Virginia Parker, carsacca@aol.com*

#### NEWSLETTER/WEBSITE

*Steve O'Donnell, odonnell@csus.edu*

#### GENERAL MEETING, Speakers

*Bruce Hancock*

*brhancock11@comcast.net*

#### FAMILY TO FAMILY

*Lynn Cathy, imcathy@sbcglobal.net*

*Norm Pobanz, nepobanz@aol.com*

### COUNTY SUPPORT STAFF

*Marilyn Hillerman, Adult Family Advocate, 916-875-5644*

*Andrea Hillerman, Adult Consumer Advocate, 916-875-4710*

*Dave Schroeder, Family and Youth Advocate, 916-875-4183*



## Medicare Drug Benefit Begins with Some Problems

NAMI National ([www.nami.org](http://www.nami.org))

The new Medicare drug benefit went into effect on January 1. During the initial days of this benefit, NAMI is hearing both positive and negative stories from across the country about the initial transition period to the new benefit -- especially among low-income individuals with severe mental illness who are "dually eligible" for both Medicare and Medicaid. While some "dual eligibles are getting their prescriptions consistent with the new law - uninterrupted refills at only \$1 for a generic medication and \$3 for brand name medication, others have experienced severe problems at the pharmacy counter.

These problems include:

- No electronic record of enrollment in a Medicare drug plan;
- Pharmacies charging cost sharing above \$1 for a generic drug/\$3 for a brand name drug;
- Attempts to impose deductibles;
- Prescriptions being denied because of exclusion from a plan's formulary;
- Prescriptions being denied because of "prior authorization" and "step therapy" requirements.

In most cases, these problems are the result of Medicare prescription drug plans and pharmacies NOT abiding by the rules set forth by the Centers for Medicare and Medicaid Services (CMS), the federal agency that administers Medicare. NAMI is working aggressively to address these problems. As part of this effort, the NAMI National staff is compiling specific cases of problems being experienced by dual eligible beneficiaries with mental illness in order to press CMS to correct problems encountered during this initial transition period.

### Some Tips and Reminders for the Pharmacy Counter

- There should be no gap in coverage

for individuals who are dually eligible for both Medicare and Medicaid (see details below);

- Make sure to bring any enrollment information you have been sent by Medicare to your local pharmacy when filling a prescription after January 1 (if you have not been sent enrollment information, bring your Medicare enrollment number);
- Retail pharmacists are required to have computer software that can instantaneously verify eligibility and plan enrollment;
- A Medicare beneficiary can enroll in a drug plan up through December 31 and have their enrollment be effective on January 1;
- Even though the benefit begins on January 1, the "open enrollment" period runs through May 15, 2006 (allowing Medicare beneficiaries to enroll in a plan with no penalty);
- Help with enrollment and plan selection is available 24-7 through 1/800-MEDICARE and [www.medicare.gov](http://www.medicare.gov)

### The Transition for Dual Eligibles

Of particular concern to NAMI are the 6.3 million Medicare beneficiaries also eligible for Medicaid – the so-called dual eligibles. For these individuals (as many 1/3 of whom have a mental illness), participation in the new Medicare drug benefit is mandatory and coverage of prescriptions under their state Medicaid programs ended as of midnight December 31.

To ensure seamless coverage, dual eligibles have been automatically enrolled in a new Medicare drug plan and that plan must offer immediate coverage. Most dual eligibles received an auto-enrollment notice from Medicare in November. Dual eligibles are strongly encouraged to hold on to this letter and bring it with them to their pharmacist starting January 1. How-

ever, even without the letter from Medicare, all retail pharmacists are supposed to be able to instantly verify plan enrollment (typically, with a Social Security number or Medicare enrollment number). In other words, while the enrollment letter or enrollment card can be helpful, what really matters is electronic verification at the pharmacy counter. This verification is not just of the individual's enrollment, but also their status as a dual eligible beneficiary.

### Medicare Obligations to Dual Eligibles

- They must offer drug coverage to dual eligibles at no monthly premium, no annual deductible, and no gap in coverage;
- They can NOT impose cost sharing on dual eligibles that exceeds \$1 for a generic drug, or \$3 for a brand name drug;
- They must cover all the drugs prescribed for a dual eligible prior to January 1;
- They must cover "all or substantially all" of the medications commonly prescribed to treat mental illness, including "all or substantially all" anti-psychotics, antidepressants; and anticonvulsants;
- They can NOT cover medications known as benzodiazepines (e.g., klonopin, ativan, xanax), although nearly every state Medicaid program has elected to cover these medications for dual eligibles;
- They must allow a dual eligible to switch to a different drug plan at any time;
- They must respond quickly (usually within 72 hours) to a request from a beneficiary and their doctor for an exception to any restriction in their coverage

# 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: \_\_\_\_\_ E-mail: \_\_\_\_\_

## Membership

New     Renewal

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 e-mail only. By agreeing to receive newsletters via e-mail, it saves money that can be used for vital NAMI programs.

## 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