



NAMI Sacramento Newsletter

Sacramento's Voice On Mental Illness

The National Alliance on Mental Illness

March 2006: Issue No 4.03

General Meetings

Monday, March 6th, 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 you are 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. Membership will also be voting to adopt new restated articles of incorporation.

Monday, April 1st, 2006, 7:30 p.m.

Speaker: *Consumer Panel*

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

Monday, May 1st, 2006, 7:30 p.m.

Speaker: *Maureen Focht, author of "Silent Heroes, Courageous Families Living with Depression and Mental Illness"*

Maureen's presentation is entitled *Society's Elephant in the Room—Mental Illness*. She has close-up and personal experience with mental illness. Her book has received rave reviews, including Darrell Steinberg's. Maureen is also a Family to Family teacher in Placerville whose personal experiences will grab your attention and provide a wealth of information.

Meeting Location:

"Old" SMUD Headquarters
Auditorium
6201 S Street
Sacramento, CA 95817

A Word From the President

February is a very busy month again and we made great strides forward.

At our February 6th general meeting, the membership debated and approved our new bylaws by a vote of a 23 approve, 3 disapprove, and 1 abstain vote. The final bylaws have some amendments from the version sent to the membership via e-mail but they were mostly word-smithing suggestions. The content changes included having our first Annual Membership Meeting October 2006 where the Directors who have been on the Board longer than 2 years will be up for re-election or will not run for another 2-year term. New Directors elected in October will begin their terms in January 2007.

At the membership meeting, two people, one who is the executive director of NAMI California and the other a previous NAMI Sacramento President, were in opposition to the bylaws and they asked that we put into the newsletter their reasons for opposing the bylaws:

1. No term limits for Board members (they do allow for only 2-year terms which requires a membership vote every two years to continue to serve), and;
2. Allows the number of Board members to drop as low as five.

The pros and cons of the term limits are as follows:

PROS: Forces people off the Board of Directors and thereby encourages "new blood"; is in alignment with NAMI California and NAMI National bylaws.

CONS: NAMI affiliates have no paid staff so it is a working board where each board member has significant workload making it more difficult to find people

with the time to commit to being a board member; historically, it has been very difficult to have and keep a full Board and at times the numbers dropped so low that votes could not be taken and business could not continue. If there are Directors willing to do the job and the membership votes to keep them every two years, why force them off? New people can be brought to the Board through membership votes – in a democracy and an organization run by membership, the vote of the membership is what will determine whether a person should stay or go. NAMI is an affiliate which is independent and can make its own decisions on its bylaws.

The pros and cons of the Board level ranging from 5-15 Directors are as follows:

PROS: We hope to have 12-15 at all times but if there are times when the Directors number drops (and they have in the past) business stops unless there is a quorum of 8 under the previous bylaws. Under the new bylaws, we can still conduct business with as few as five Directors.

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Support Groups and Events

Support Groups

Share and Care Support Meeting

1st Monday of each month at 7:00 p.m., just prior to the General Membership Meeting.

“Old” SMUD Headquarters Auditorium
6201 S Street, 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

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 1:00 – 2:00 p.m.

Clean and Sober Building, Loaves and Fishes, 1321 North C Street, Sacramento.

The Dual Recovery Anonymous group meets every Monday. This is a 12 Step self-help program for individuals who experience both chemical dependency/alcohol abuse and an emotional or psychiatric illness. For more information, please call Susan Young at 916-236-7679.

Upcoming Events

Multicultural Summit Scholarships

Deadline: May 5, 2006

There are a limited number of scholarships of up to \$600 now available to attend the Multicultural Strategic Summit at the 2006 National Convention. To apply, download the application form available at: www.nami.org/summit.

May is Mental Health Month

*Sundays April 30, 7, 14, 21
Westminster Presbyterian Church
1300 N Street, Sacramento
www.westminsac.org*

NAMI Sacramento is working closely with Westminster Presbyterian Church to hold workshops between Sunday services on four different mental health issues. More details to follow in our April issue.

Out of the Shadow Screening

*Thursday, May 18
Crest Theatre, 1013 K Street, Sacramento
www.thecrest.com*

Out of the Shadow is the story of a family’s secret struggle to deal with a mother’s schizophrenia within the confines of the public health system. More details to follow in our April issue.

NAMI California 2006 Conference

*August 25 – 26
Airport Marriot
San Francisco
www.namicalifornia.org*

Join NAMI California at state organization’s annual conference.

Walk For Mental Health

*October 7
State Capitol Grounds, Sacramento*

Our annual walk is a vital recognition of both community and cause. Please take time to come out and offer your support.



➤ *President's Message, from page 1*

CONS: At least one member is of the opinion that having only five Directors making the decisions for the organization is dangerous.

Although we got the bylaws adopted, I was remiss and forgot to put the Restated Articles of Incorporation before the membership for a vote as well – the attorney quickly reminded me of that! Therefore, we will have another vote at the March 6th General Membership meeting for the Revised Articles which are a simple one page document that will be sent via e-mail and handed-out at the general meeting. The attorney suggests we need to do this for the following reasons:

- 1) The existing articles are in a very out-dated format that is inconsistent with the Secretary of State's modern format;
- 2) The existing articles have provisions which are inconsistent and/or redundant of the new bylaws; and
- 3) It's much better form to have "Restated" articles than to have articles with multiple amendments like we have now.

Please come to the Membership meeting to vote for these articles and we will have a solid foundation for the organization.

For the rest of the news, here is a short-list of our activities since mid-January:

- NAMI Board unanimously voted to make Sherrie Sala-Moore a Board Director and she is taking over as membership chair;
- NAMI Board toured the American River Behavior Health Center.

Thank you all for your continued support of NAMI-Sacramento!

With gratitude,
Heidi

Emergency Medicare Modernization Act (MMA) Drug Supply Program Period Extended

Due to the ongoing problems with the implementation of Medicare Part D, the California Legislature has enacted and Governor Arnold Schwarzenegger has signed Senate Bill (SB) 1233, which allows Governor Schwarzenegger to further extend emergency coverage in increments of up to 30 days, beginning February 16, 2006, but not beyond May 16, 2006. The Governor has notified the Legislature that he will extend the emergency program for 30 days past February 15, 2006.

Therefore, the California Department of Health Services (CDHS) will continue to provide emergency payment for prescription drugs dispensed to beneficiaries who are dually eligible for Medi-Cal and Medicare if the pharmacy has attempted and been unable to obtain reimbursement from a Medicare Part D plan.

This program will provide payment for emergency supplies of drugs for these dual eligible beneficiaries that are unable to obtain their drugs under the Medicare program. This emergency program is available to full-benefit, dual eligible beneficiaries previously covered either by fee-for-service Medi-Cal or by a Medi-Cal managed care plan. For beneficiaries enrolled in a Medi-Cal managed care plan, providers are to bill the emergency claims to Medi-Cal fee-for-service and not the Medi-Cal managed care plan.

Providers are reminded that all Medi-Cal utilization controls apply to these emergency claims. Providers will have to seek Treatment Authorization Request approvals for claims that do not meet utilization control criteria.

Billing Criteria

These emergency drug benefits are available only when one of the following has occurred:

- The pharmacy has submitted a claim for the provision of drug benefits to

the full-benefit dual eligible beneficiary's Medicare Drug Plan and the claim has been denied payment for reasons other than processing errors or omissions made by the pharmacy, lack of medical necessity or health or safety reasons.

- The pharmacy is unable to submit a claim solely due to the unavailability of complete or accurate Medicare Drug Plan enrollment information from the full-benefit dual eligible beneficiary's Medicare Drug Plan, the Centers for Medicare and Medicaid Services (CMS) or entities under contract with the CMS to provide enrollment information, including having attempted to obtain eligibility



Program Extended

The MMA Program has been extended to March 17, 2006

information from the Medicare E1 eligibility system.

- The Medicare Drug Plan provides information that the full-benefit dual eligible beneficiary's deductible or co-payment amount is higher than the \$1 to \$5 co-payment amounts that are established by Medicare for full-benefit dual eligible beneficiaries.

SB 1233 authorizes the Governor, upon notice to the Legislature, to extend this emergency coverage in up to 30-day increments through May 16th, 2006. Providers should visit the Medi-Cal Web site (www.medi-cal.ca.gov) to learn of further extensions. Information on the Medicare Part D Facilitated Enrollment Program offered through Wellpoint/Anthem can be obtained via the Internet at www.anthem-prescription.com or by calling 1-800-662-0210.



Tell Us Your Story

This month's letter is from a person who wishes to remain anonymous. The story is not so much about what is right or wrong with the mental health system, but is a story that chronicles the experiences of his son and family as they struggled with the influence of mental illness on their lives. The story is also a tribute to the power that a single act of service can have in transforming one's life.

Any opinions expressed in this letter are not necessarily endorsed by NAMI or its affiliates. If this letter inspires you to submit your own story, please submit it to me at porter.steven@comcast.net or to the following address:

Steven Porter 3034 Estepa Dr. Cameron Park, CA 95682

May you have great joy and success throughout the year.

-Steve

Tony and Ann

My son, Tony, is a highly intelligent and creative person. By the time he was fourteen, he had earned his Eagle Scout award and had read the collected works of Shakespeare as well as volumes of science fiction novels. He was a "straight A" student, and according to his art teacher, had a natural gift for drawing.

In the summer of 1995, just before his seventeenth birthday, Tony attempted suicide in a moment of extreme, inexplicable despair. We placed him in a hospital where he was diagnosed with severe clinical depression. The likelihood of a second attempt was high and we stayed with him 24 hours a day for the next month until he appeared to be stable.

In August of that same year, he started his junior year in high school, but dropped out within two or three months. The next several years were very difficult. He rarely left his room during the day and refused to talk to anyone. Somehow we managed

to get him to see a therapist. After more than a year of weekly visits, she informed us that he would not recover from the depression without medication. She recommended a psychiatrist who could provide therapy and could prescribe the appropriate anti-depressant.

The psychiatrist worked with Tony for about two years trying different drugs and different dosages. Tony got worse. He became subject to wild episodes of anger, violence and paranoia.

Those days, I read a lot of what I called "awful books" that were written by doctors, therapists, and by individuals who had experienced depression first hand. I read about suicide. I read everything I could about the medications used to balance the serotonin, dopamine and epinephrine in the brain. I learned about side affects of the drugs. During this period, news agencies reported that two students taking anti-depressants opened fire on fellow students, killing 13 individuals and injuring 24 more at Columbine High School in Colorado. The more I read the more I lost hope. I imagined my son doing the same thing as those students. One day I even found the phone book opened to listings of gun shops in Sacramento. I found information about gun training in Tony's room. We talked, but I figured that it was just a matter of time before Tony either seriously injured one of us, a neighbor, or himself. The house no longer felt safe. I didn't sleep much anymore.

At 19 years of age, Tony no longer qualified for insurance under my health plan because he did not attend school. I questioned the decision but the insurance representative said that Tony was not disabled, just "merely depressed." We struggled to personally cover the high cost of treatment which amounted to about \$600.00 per month. After two years, and a bone dry bank account, I begrudgingly sought help from the state. I drove to the local employment office just to see if they knew where I should start. A lady named

Ann, agreed to see me even though she was unsure if she could help. She was a social worker who happened to be in the office visiting a friend who worked there. In a small conference room, I told her of our situation and some of the symptoms my son exhibited. I spoke of the increasing violence and how the medications seemed to make my son more unpredictable. For the first time since we had boarded this run-away train, I was out of ideas on how to stop it or slow it down.

Ann listened attentively and then, rather than refer an agency, asked, "Have you ever considered that the diagnosis might be wrong?"

I looked at her in complete disbelief. For all my studying and worrying, it had not occurred to me to question the diagnosis. I had always assumed the doctors, therapists, and psychiatrists knew what was wrong. I assumed they knew how to fix my son. Suddenly I burst into tears in front of this complete stranger. I apologized for crying and asked her what she thought the diagnosis might be, but she would not say. She said she thought I knew the answer but hadn't accepted it yet.

Ann encouraged me to talk with the psychiatrist about it. She also provided me with a couple of pamphlets about disability income and recommended I talk with someone from mental health services. She mentioned NAMI. Still shaken, I thanked her and walked out to my old '86 Corolla. I stared at the building for a minute and then left, lost in thought.

By the time I pulled into my driveway, I was certain Tony had schizophrenia. A while back, he had told me thought he might have schizo-affective disorder. I initially dismissed the idea. I just refused to believe it was possible. I had read casually about schizophrenia only because it was a topic included in many of my awful books. I was aware of the various negative and positive symptoms but I just didn't put it together. For a whole year I ignored or



denied his conclusions. I reasoned that the doctors would have told us if they thought he had schizophrenia, and would have treated him accordingly. After all, they were the experts, not me or Tony. Now I was beginning to realize my mistake in not listening to him. I talked with my wife and we decided to speak with his psychiatrist about the symptoms we observed and whether or not a possible change in the diagnosis might help.

The psychiatrist was quite upset that my wife and I would question his diagnosis. He asserted that Tony was extremely depressed. He told us that he did not need emotional parents getting in the way of the treatment. The discussion escalated to an argument. We asked him to decrease the dosage of the SSRI rather than increase it, and to re-assess Tony once he was completely off of the medication. The doctor refused, explaining that to do so would endanger Tony's life. We became more insistent as we realized he was not interested in our observations or our concerns. He asked Tony what he wanted to do. Tony said he didn't want to take drugs any longer. The psychiatrist then told Tony that he would no longer treat him and to immediately stop taking the medication since he was no longer under his psychiatric care. My wife and I were devastated. Tony was frustrated and refused to talk anymore. My wife and I left the office arguing over whether or not we had unwittingly made a lethal mistake.

We made an appointment with a different psychiatrist for the following week. At first Tony refused to see him, but finally agreed to do so. After visiting with Tony for about an hour, and reviewing a journal I had kept of the various behaviors we had witnessed over the last four years, the psychiatrist called my wife into his office and asked Tony to wait outside. After we sat down he explained that Tony was most likely schizophrenic since Tony exhibited several classic symptoms of the illness including paranoia and auditory

hallucinations during the interview. The doctor also felt the journal I had kept over the last couple of years helped make him more confident of his initial diagnosis. He recommended we take Tony off of the SSRI, and to do it over a period of six to twelve weeks. He wanted to spend more time with Tony to more carefully assess the extent of the illness and to determine what treatment might be most effective. He then gave us a prescription for an anti-psychotic drug to fill once Tony was no longer taking the anti-depressant. We set

"Hell" is not quite adequate to describe the next year. Tony destroyed his room over and over, making it look like a bombed-out building you see in old black and white World War II movies.

another appointment in which he asked all of us to return.

Unfortunately, Tony had had enough of doctors and drugs. He stopped taking the SSRI, cold turkey, refused the anti-psychotic and would no longer visit with any doctors.

"Hell" is not quite adequate to describe the next year. Tony destroyed his room over and over, making it look like a bombed-out building you see in old black and white World War II movies. He attacked my wife and children several times. Once he attacked with such ferocity that he almost killed his 13 year old sister. Suicide was an issue as well. He swore loudly and constantly when he wasn't laughing at jokes we could not hear. In retrospect I may have been wrong not to admit him to a hospital that year, but, in my defense, there were days he seemed to be "normal" and I couldn't bear to see him in the care of doctors unknown to me. Still, I admit my ignorance of the dangers and risks my family endured. Slowly the normal days lengthened into normal weeks and finally into moderately normal months. By the end of the year Tony had more or less regained control of his illness and enrolled

in his first class at a community college.

Tony, now 27 years of age, has improved tremendously in spite of his refusal to see doctors or take the prescribed medications. After several false starts, he graduated with honors three years ago from the community college, receiving an AA degree in math and biology, as well as receiving a generous scholarship to attend U.C. Berkeley. He hopes to finish a bachelor's degree in math with an emphasis in computer programming and biology by the end of this year. He plans to pursue his master's degree and hopes to use computers to create mathematical models of micro-biological systems.

Tony still hears voices, still struggles to maintain focus, and tends to avoid social situations, but he is no longer violent; his paranoia is barely perceptible. He lives independently and manages all his own affairs. He also tutors younger college students in math. I look forward to his short, one or two line emails he sends every once in a while saying he is fine and is eating well enough.

Tony's success at this time and his ongoing recovery have been possible because of his courage and tenacity as well as Ann's willingness to share an hour listening to me. With one question she caused me to assess several of my assumptions, and to continue trying to find the right questions and answers for Tony's sake. Looking back, the experience was similar to a religious conversion. Though the desire for my son's recovery remained the same, the path we followed changed dramatically, and we pursued it with a renewed spirit. If Tony loses his ability to control the symptoms of schizophrenia, I will do my best to do what is best for him with him, whether it be hospitals or other options. Regardless of what happens in the future, I am forever grateful for having met Ann. As a result of her genuine desire to serve us, Tony has accomplished more than I ever thought possible, and that is enough.



The Volunteer Corner

Become a NAMI Volunteer

NAMI is currently recruiting volunteers for the following positions:

- Treasurers Assistant
- Outreach Coordinator
- 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
- 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 month, we would like to give a special thanks to Kim Johnson who has done an outstanding job organizing and managing the NAMI Office! Kim joined the NAMI Board last September and

agreed to manage the office, organize the schedules of the office volunteers, organize the materials, order materials needed, and ensure the computer is working correctly. She has done all of that and more. We greatly appreciate her positive can-do spirit and endless energy. Thanks Kim!!! Also, KUDOS to David, Marcia, Paula, Harry, and Susan, the volunteers who make Kim so pleased to organize office.

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

April Newsletter Contributions

Please submit information for the next NAMI-Sacramento newsletter by Wednesday, March 15th for the April edition.

Mental Health Services Act (MHSA) Email Subscription

The MHSA web page now includes a new MHSA Subscription page at www.dmh.ca.gov/mhsa/subscribe

The link for this new page appears in the MHSA navigation column above "Contact." This new feature will allow subscribers to select their specific areas of interest. Subscribers will then only receive emails pertaining to those areas of interest. Current subscribers will continue to receive all email updates related to the MHSA. Those subscribers who wish to specify areas of interest should visit the page to unsubscribe, and then re-subscribe.

2006 BOARD OF DIRECTORS

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bhsan@comcast.net

VICE PRESIDENT

Vacant

TREASURER

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WALK FOR MENTAL HEALTH

Pat Pavone, pavone@surewest.net
916-397-7831

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



Peer to Peer Classes are Coming to Sacramento!

NAMI Sacramento is excited to have the funds to begin a Peer-to-Peer consumer education program! In order to begin this program, we need consumers from NAMI Sacramento to get trained as Mentors and Teachers of the course. Harry Nicholas heading-up this project for NAMI Sacramento. You can take training hosted by NAMI California in April.

Peer-to-Peer Recovery Education Course is similar to NAMI's Family-to-Family course in that it is based on the idea that living with serious mental illness is, among other things, an experience of trauma and the recovery path occurs in predictable stages.

Any consumer who teaches a class receives a \$500 honoraria. For more information on Peer-to-Peer training, go to the NAMI National site at www.nami.org.



Sign-up For April Training

Contact Marcia Larkey
916-877-9413

Join Our Workshop

To become a mentor or teacher of the PTP classes, a three day workshop will begin in April of 2006 by our NAMI California office. It is not a requirement to take the PTP nine-week course to become a Mentor or a Teacher.

There are 48 Nationwide NAMI Teachers who train Mentors to facilitate the PTP classroom education. Four of these teachers are in California, two in Southern California, and two in the San Mateo County.

To become a Mentor for the PTP program please contact our NAMI of California office at (916) 877-9416 and ask for Marcia Larkey. To become a Teacher of the Mentors of the PTP classes, please contact Ms. Kim Nobles of San Mateo

NAMI at (650) 638-0800.

Thanks to our NAMI members working to start PTP classes in Sacramento:

1. Harry Nicholas (Lead)
icxconquers@yahoo.com
2. Charlotte Debaere
swanifer25@yahoo.com
3. Steven Cathy
stevenwc@sbcglobal.net

Peer-to-Peer: NAMI's Recovery Curriculum

Peer-to-Peer is a unique, experiential learning program for people with any serious mental illness who are interested in establishing and maintaining their wellness and recovery. The course was written by Kathryn McNulty, a person with a psychiatric disability who is also a former provider and manager in the mental health field and a longtime mutual support group member and facilitator.

Peer-to-Peer consists of nine two-hour units and is taught by a team of three trained "mentors" who are personally experienced at living well with mental illness. Mentors are trained in weekend-long training sessions, supplied with teaching manuals, and are paid a stipend for each course they teach.

Participants come away from the course with a binder of hand-out materials, as well as many other tangible resources: an advance directive; a "relapse prevention plan" to help identify tell-tale feelings, thoughts, behavior or events that may warn of impending relapse and to organize for intervention; mindfulness exercises to help focus and calm thinking; and survival skills for working with providers and the general public.

Call for Public Reviewers

The National Institute of Mental Health (NIMH) is seeking individuals interested in serving as public participant reviewers of research grant applications. Public reviewers read and provide written critiques (usually 1-3 paragraphs) of grant applications. At review meetings, public reviewers join the discussion of applications with other reviewers and vote on the merit of each application discussed.

Individuals selected to serve as public reviewers typically have had some involvement with mental health care as consumers, family members, mental health professionals, members of advocacy groups, educators, etc. NIMH staff will select nominees to invite to the orientation, based on mental health interests and experience and consideration of demographic and geographic factors. The Institute seeks a demographically and geographically diverse pool of Public Participant Reviewers, and nominations of individuals from traditionally under-represented groups are welcome.

The Public Reviewer Workshop is scheduled for June 22, 2006 from 9-5 in the Washington, DC area. If you are selected to attend the workshop NIMH will pay for travel, lodging, per diem expenses and provide a \$200 honorarium – all in accordance with Federal regulations.

Interested individuals should respond by email to Annette Mayberry at amayberr@mail.nih.gov – please include a copy of your resume and a brief letter highlighting your area(s) of interest and history of involvement with mental health issues.

Expressions of interest can be accepted until May 1, 2006. Invitations to attend the orientation will be extended by May 24, 2006.

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