



NAMI Sacramento Newsletter

Sacramento's Voice On Mental Illness

The National Alliance on Mental Illness

May 2006: Issue No 4.05

General Meetings

Monday, May 1st, 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 Darryl Steinberg's. Maureen is also a Family to Family teacher in Placerville.

Meeting Location

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

Welcome to New Members of the NAMI Family

The following individuals are new members of NAMI Sacramento:

Aileen Fong, Alexis Bernard, Barbara Peterson, Brenda Gallardo-Lopez, Brenda Helzer, Bruce Askanas, Charles McArthur, Christina Wooley, Christine & Stuart Somach, David & Alice Cornelius, David McKendree, Dr. Robin Zasio, Emily Brayton, Harry Nicholas, J. Yvonna Heriveaux, James Alan Dixon, James Freeman Tennison, Joe & Rona LaPilusa, Julia & Kevin Olsen, Linda Beilharz, Linda Riccardo Henderson, Lisa Woodward, Pamela Kannon, Rick Taylor, Rutheda Baumgartner, Sandra Marley, Sherrie Sala-Moore, Steven O'Donnell, Surjit Dhillon, Tom Alderman.

Distinguished Mental Health Worker Kathleen Henry to Retire

by Ed Fishbein

A sense of possibility is not something people routinely feel as they end their careers. But as Kathleen Henry retires after five years as director of Sacramento County's Division of Mental Health, she is departing with a passionate belief in her clients' potential for change.



Kathleen Henry is retiring from the Sacramento County Division of Mental Health

That's not a perspective that prevailed when Henry entered the field three decades ago. "What's different in this age is an emphasis on recovery," Henry said. "That is a big change from the old days."

Henry has seen that change take place in a range of professional positions.

And one of the ironies of a career that Henry looks back on as "wonderful" is that it began as something of an accident.

When she returned to Sac State as single mother of three to become a licensed clinical social worker, her goal was to work in schools. But a field placement with a psychologist working in physical

➔ *continued on page 5*

Author Maureen Focht to Speak May 1st

Silent Heroes is a tribute to Maureen Focht's father and to all those living with or have lived with mentally ill family members. At age 11, Focht went through the process of watching her mother become a paranoid schizophrenic. She witnessed her mother change from a beautiful, loving person to one she barely recognized. The author also describes her father's commitment to his wife, who remained ill for over 40 years.

The book's stories describe living with schizophrenia, depression, and bipolar disorder. Other families relate stories of their loved ones with different types of brain disorders, providing a full menu of heart-rending experiences that silent heroes must face every day.

Many families have stories about mental illness. Frequently, though, they are not told due to the stigma regarding mental illness. These family members remain "silent heroes." Focht's book explores the emotional journey and the healthy, although painful, emotional process that is

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Support Groups

Crisis Information Meeting

1st Monday of each month from 7:00 - 7:30 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.

Family to Family Education Classes

Offered twice a year.

For the current class schedule see the Sacramento Nami website or call (916)399-5762

Upcoming Events

May is Mental Health Month

*Sundays April 30; May 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.

Art Reception for Eric Roberts

*Friday, May 12, 6-8 p.m.
International House, 10 College Park,
Davis CA 95616; (530) 753-5007*

Mr. Roberts has been an active NAMI volunteer and assisted with police trainings and lobbying to pass Laura’s Law.

NAMI California Conference

*August 25-26
San Francisco Airport Marriott
See www.namicalifornia.org*

Mental Health, Criminal Justice, Community Collaboration Project

June 21st

NAMI California and regional affiliates will be cohosting an invitation only meeting to bring together community leaders from business, criminal justice, law enforcement, the judiciary, health, and mental health, as well as local policy makers and elected officials, to look at new ways to resolve some of the issues surrounding the criminalization of individuals with mental illness.

Walk For Mental Health

*October 7
State Capitol Grounds, Sacramento*

Our annual walk is a vital recognition of both community and cause. Please hold the date and take time to come out and offer your support. This is NAMI’s biggest fundraiser of the year.



A Message From the President

by Heidi Sanborn



Spring is here, but it is hard to tell with all the rain! When the clouds stay around we can all feel a bit blue but for those with Seasonal Affective Disorder

(SAD) or Depression, this can be a tough year. With that in mind, we decided to print the information available on the NAMI National website www.nami.org regarding Seasonal Affective Disorder. Please reach out to those who may need a mood lifter this week. A simple movie, long walk, meal out, or just being together can help.

In spite of the weather, your NAMI Board and volunteers have stayed busy. Here are a few of the things we accomplished:

- NAMI volunteers make a presentation to the operational managers at Turning Point Community Programs
- NAMI Board members toured the Transitional Living and Community Support Facility
- NAMI Board members Heidi Sanborn and Mei Yip made arrangements to attend the NAMI National Conference in Washington D.C. June 28-July 2. Mei received a \$350 grant from NAMI National to attend the multi-cultural summit and it will pay for part of her travel costs
- Made a presentation to the UCD Psychiatry residents about NAMI and hope for recovery
- New website design is almost finished
- Attended Kathleen Henry's retirement party and the NAMI Board presented her with a poem and a gift certificate to a spa

You might have noticed that happy-go-lucky woman on the front page? She is Kathleen Henry, a great friend and member of NAMI Sacramento and newly retired director of mental health. She spoke to one of our Family-to-Family classes this month

and encouraged participation to improve mental health services. We are thrilled to report that Kathleen has agreed to join our NAMI Board as an ex-officio member so we can absorb all of her wisdom and advice. Thank you Kathleen!

Since the last retreat in July 2005, the Board has discussed that without paid staff, we will be limited as to what we can accomplish. With that in mind, NAMI volunteer Vivian Munsen is actively looking for grants that could pay for NAMI to obtain paid staff. Staff could be part or full-time and be with a office manager type title or as high-level as an Executive Director. We are currently talking to other NAMI affiliates that have paid staff to determine what they do, titles, and how they are paid. This is a long-term project and we are currently assessing the situation so we make informed decisions in the future.

If you had to miss our NAMI General Meeting this month, you missed a good one! Tom Wootton was fantastic and spoke about his career in management training, life in the fast lane and then how it got really fast when he finally diagnosed with bi-polar. What I found most inspiring about Tom is his openness in sharing his diagnosis, life, and ups and downs with bi-polar but in a most humorous and truthful way.

Tom packed the auditorium – we probably had at least 160 people and many of them had never been to a NAMI meeting before. It was such a great presentation that we have asked Tom to come back to Sacramento for a 2-day workshop he does to help people with bi-polar and their families to work with the condition to manage it. We will let you know when that workshop is scheduled. I thank all of you for helping to get the word out about the event!

With Gratitude,
Heidi

Seasonal Affective Disorder

If you notice periods of depression that seem to accompany seasonal changes during the year, you may suffer from seasonal affective disorder (SAD). This condition is characterized by recurrent episodes of depression – usually in late fall and winter – alternating with periods of normal or high mood the rest of the year.

Many people with SAD report at least one close relative with a psychiatric condition, most frequently a severe depressive disorder (55 percent) or alcohol abuse (34 percent).

The usual characteristics of recurrent winter depression include oversleeping, daytime fatigue, carbohydrate craving and weight gain, although a patient does not necessarily show these symptoms. Additionally, there are the usual features of depression, especially decreased sexual interest, lethargy, hopelessness, suicidal thoughts, lack of interest in normal activities, and social withdrawal.

What should I do if I think I have SAD?

If your symptoms are mild – that is, if they don't interfere too much with your daily living, you may want to try light therapy as described above or experiment with adjusting the light in your surroundings with bright lamps and scheduling more time outdoors in winter.

If your depressive symptoms are severe enough to significantly affect your daily living, consult a mental health professional qualified to treat SAD. He or she can help you find the most appropriate treatment for you.

To help you decide whether a clinical consultation is necessary, you can use the feedback on the Personalized Inventory for Depression and SAD at www.cet.org.

Please also see a more detailed version of this article on the NAMI national website: www.nami.org.



Adapted from NAMI,
www.nami.org



Health Care Questions? Ask the Health Rights Hotline

The Health Rights Hotline is an independent program that provides free information and assistance to health care consumers in El Dorado, Placer, Sacramento and Yolo counties. The Health Rights Hotline assists consumers no matter what type of health plan they have and regardless of how they get coverage – whether through an employer, individual coverage, Medicare, Medi-Cal, Healthy Families, or other sources.

Funded primarily by private foundations, the Hotline employs experienced counselors who answer general questions about consumers' rights in health care and help consumers resolve specific health care problems. Since its inception in July 1997, the Hotline has helped more than 20,000 consumers. The Hotline provides the following services:

- **Counseling and Referrals:** Health Rights Hotline counselors advise consumers about their rights, answer questions consumers have about their health care coverage, and provide general education about navigating the health care system. Counselors educate consumers about how to communicate with health plans and medical groups, how to take charge of their health care, and what steps consumers can take to resolve particular problems.
- **Direct Assistance:** When callers have been unable to get their questions answered or their problems resolved after working with their health plan or medical group, a Health Rights Hotline counselor may intervene and advocate on behalf of the caller with the health plan, the provider, a regulatory agency, or other group to seek

resolution of the issue(s).

- **Consumer Education:** The Health Rights Hotline provides educational action guides and fact sheets to help consumers be their own best advocates, including Choosing a Health Plan or Medical Group, Understanding Your Health Plan Agreement, Referrals and Approvals for Medical Services, What To Do When You Have A Problem With Your Health Plan and How to Appeal a Health Plan or Medical Group Decision.
- **www.hrh.org:** The Hotline's web site contains all of the Hotline's educational materials as well as sample letters consumers can use to appeal a health plan or medical group decision, request a copy of their medical records, or file a complaint with a government agency.
- **Systemic Advocacy:** In addition to assisting individual consumers, the Health Rights Hotline works to improve the health care system in the four county Sacramento area. The Hotline collects and analyzes information on the types of issues consumers face, and provides feedback to health plans, health care providers, purchasers, regulators, and the public regarding consumers' experiences. All of the Hotline's reports are available on its web site.
- **Independent Evaluations:** Through client satisfaction surveys and interviews with health plans, provider groups, consumer organizations and regulatory agencies, two independent evaluations have found that the Health Rights Hotline is effective at helping consumers resolve problems and has had a positive impact on the health care system. The evaluations are available on the Hotline's web site. For more information, please contact call (916) 551 2100

Video Reviews

NAMI local chapters, as well as NAMI California, have many multimedia. The following reviews were provided to us by Vivian Munson, Esq. Both of these videos are available in the NAMI library, next to the NAMI Sacramento cubicle at the Sacramento Department of Health and Human Services on East Parkway, off Florin Road. Office hours are from 10-2 M-F. Call before visiting at 874-9416.

Dark Glasses and Kaleidoscopes

An upbeat half-hour video produced by the Depression and Bipolar Support Alliance in Chicago. The video presents people telling their stories of living with bipolar, or manic depression, before and after treatment. The video offers three ingredients of effective treatment: medication, therapy, and love.

This video may be helpful to persons with bipolar illness because it features people who know its effects from personal experience, and who look fine in spite of that experience. Recommended for home viewing and community education. Visit the Depression and Bipolar Support Alliance online: www.DBSAlliance.org

The Shattered Mind

An A&E Investigative Report is tougher to watch. It records the struggle of one man with schizophrenia, and asks questions about our nation's failure to treat this illness, and the social costs. Interviews with affected family members and doctors are good. The film pushes medication, especially one brand name, which is mentioned four times.

This video may be helpful to persons with schizophrenia. However, the video also features shots of killers such as Ted Kazinski. The final five minutes is footage of New York's experience with Kendra's Law. Guarded recommendation for home and community use.

Cat. No. A&E-17690



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medicine and rehabilitation at UC Davis introduced her to the profound emotional challenges of people recovering from physical trauma.

Henry had found her vocation.

Her first job in mental health was at Midtown Manor, a residential facility with an onsite treatment program -- then and now a rarity. She then became a case manager for the county, working with seriously mentally ill clients. After a stint at Fair Oaks Hospital, she returned to the county in 1991 as clinical director at the Mental Health Treatment Center. After a decade there, she took charge of mental health services.

The job has had obvious frustrations, beginning, of course, with inadequate resources. "We never had the opportunity to fund outpatient services," Henry said, "which reduces the need for inpatient services." But there have been several very positive changes, as well.

One, Henry said, is the growth of the recovery movement -- having consumers participate in shaping their own treatment, and helping them live and work in the community. It's a movement, Henry said, that emerged in the mid-1990s, about halfway through her tenure at the Mental Health Treatment Center. And it's not universally embraced. Some professionals still cling to the medical model, an example being a psychiatrist who recently told Henry that he was the only person who should direct a client's treatment. But the recovery movement has become a cornerstone of Henry's approach. And at the Mental Health Treatment Center, "we became far more open, so consumers who worked for our community-based organizations had far freer access to their peers while they were in the facility."

Henry is also upbeat about what she sees as the culture's growing willingness to confront stigma, a development she partly attributes to the passage of Prop.

63. That new openness manifested itself in the training sessions mandated by the Mental Health Services Act. Henry would be approached on mental health issues by people she didn't expect, like police officers, who would talk about their personal struggles with mental illness, or a relative's.

In Henry's view, an activism is emerging in mental health that's comparable to what happened with the developmentally disabled years ago.

Perhaps Prop. 63's passage is a reflection of that change. Henry helped gather signatures and raise money for the Mental Health Services Act (after county work hours, of course). And while the fruits of those efforts -- the \$9.3 million that Prop. 63 will add to the county's \$180 million mental health budget -- is obviously welcome, and has funded new programs like Multicultural and Consumer Wellness Centers, it still leaves gaping budget holes. "Many counties are having a great deal of difficulty financially," Henry said. "They're closing down programs as they're starting up Prop. 63 programs."

Henry will no longer have to wrestle with those tough choices. But she plans to remain very involved in mental health.

For one thing, she will keep participating in the public access TV programs dealing with mental health issues that consumers create under the auspices of the Mental Health Association. Henry sees those programs as one very positive reflection of the recovery movement.

Henry is also very committed to the Certified Psychiatric Rehabilitation Practitioner program, which certifies that an individual doing rehab work is experienced, competent, and committed to recovery principles. Certification requires an exam, which Henry took, not because she had to, but to encourage other people to follow suit.

It will be a busy retirement, in part because Henry recognizes that "the unmet

needs are frustrating." But she knows something else, as well -- that "times are better than they were when no one recognized the potential of people with mental illness." As she ends a distinguished career, Kathleen Henry can take pride in the fact that she is one of the reasons that recognition has taken place.

Meeting with Turning Point

Heidi Sanborn and Harry Nicholas spoke to the operational managers meet-



Heidi and Harry at Turning Point

ing at Turning Point to discuss NAMI Sacramento programs and new consumer program efforts. NAMI was invited back to speak about family experiences with mental illness.

A Special Thanks to Al Lipson

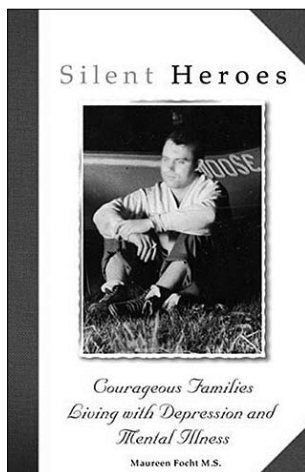
NAMI Sacramento board member Al Lipson has taken his proposal to get Sacramento consumers placed within the County to the Mental Health Board. Local placements allow families and friends to better support their loved ones. The Mental Health Board endorsed Al's recommendation that a task force be set up to develop an implementation strategy for getting Sacramento residents placed in the County.



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necessary for families to “come to terms” with the mental disorder of their loved one.

Ms. Focht is a healthy survivor of an upbringing shadowed by her mother’s



Focht’s book has been well received in the mental health community

schizophrenia, while also buoyed by her courageous father’s decision to take on the challenge of caring for his wife at home, while working and raising a family. Through her struggle to succeed, understand her past, and find healing, Ms.Focht has learned the skills and tools to help others with similar challenges. She has dedicated herself to improve the lives of those who live with mental illness in the family.

Focht is an educator for the Family-to-Family program with the National Alliance on Mental Illness, and a training specialist for the nationally known “Parent Project” program. She holds a Masters degree in Educational Counseling from National University in Sacramento, California. Through her work with foster children, distressed families, and her own experience she writes about in her new book, she knows the traumas families face, and hopes to help families find understanding and healing.

Outsider Press Writing Contest

Outsider Press is a non-profit publishing company with the mission of publishing and marketing fiction and non-fiction literary works written by people with mental illness. Each winner is awarded \$100 plus publication in an anthology of short stories and essays.

Contest Guidelines:

1. Submit up to 25 pages of autobiographical fiction or non-fiction prose (double-spaced). Work must be previously unpublished. Do not submit poetry.
2. Manuscripts must include a cover page listing the author’s name, address, e-mail address and/or telephone number, and the title of each work, but the author’s names should not appear on the manuscripts themselves.
3. Enclose a \$15.00 entry fee (checks or money orders made payable to Outsider Press). Submissions sent without a valid \$15.00 entry fee will not be reviewed.
4. Up to three entries may be offered in a single category by adding \$10 for a second submission and \$5 for a third.
5. Label your envelope as a contest entry, for example: “Contest: Fiction.”
6. Submissions accepted through June 30, 2006. Enclose a #10 SASE for final word on your work. Enclose a SAS postcard if you wish confirmation of our receipt of your entry. No electronic submissions.

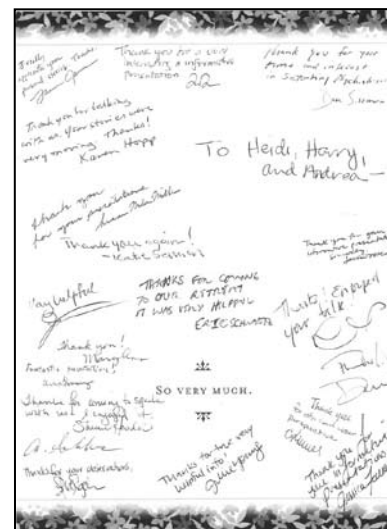
Send contest entries to:

Outsider Press
400 E. Division, Ste #6
PMB 202
Rockford, MI 49341

For more information, see the Mental Health Association of Northwestern Pennsylvania website: www.mhanp.org.

NAMI Sacramento Presents to UCD Psychiatry Residents

Heidi Sanborn, Harry Nicholas, and Andrea Hillerman spoke to approximately 30 UCD psychology residents about NAMI and their personal experiences. The residents were very appreciative to



Thank You Note Signed by UCD Residents

learn what interventions were helpful and what were not so helpful and said they most commonly see patients in crisis, not recovery, so it was helpful for them to remember that patients can get much better and family support can assist in that recovery.

A Get Well Notice For Sharon Dorsey, Our First President

NAMI Sacramento sends its best wishes to Sharon Dorsey, who is recovering from heart surgery. Sharon founded the Sacramento chapter of NAMI and tirelessly devoted years of service to the mental health community.

Notes would mean a lot to her and can be sent to:

PO Box 1341
Rancho Cordova, CA 95741



The Volunteer Corner

Become a NAMI Volunteer

NAMI is currently recruiting volunteers for the following positions:

- Treasurers Assistant
- Office Support Staff
- Consumer Programs Assistant

Office Support Staff

With increasing awareness of NAMI Sacramento, we are seeing a large increase in calls and e-mails coming to the NAMI Sacramento Office. Although we have volunteers in the office Monday through Friday, we would like to have 8 hours per day coverage and have 4 hours now. Currently, volunteers are having to return calls in the evening from home due to the volume. If you would like to work in our Office returning calls and e-mails and providing assistance to those who need it, please contact the Office Manager Kim Johnson 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 thank Steven Porter. Steven has been active with NAMI Sacramento for over year. He

has assisted on police trainings, served on the MHSA team and was lead for the adult stakeholder group, spoke to Crestwood staff on our behalf, and voluntarily started the very popular "Tell Us Your Story" articles in the newsletter. In addition, he has been teaching Family to Family classes in El Dorado County in his "spare" time and always trying to help the NAMI El Dorado Affiliate. There are few people in the world who are as kind and caring as Steve and we salute him for his outstanding service to others. Thanks Steve!

New Outreach Coordinator

We want to welcome Christine So-mach as the new Outreach Coordinator! Christine is actively promoting the Out of the Shadow movie showing May 18th and organizing the NAMI table before the show. She will be ensuring we have enough flyers and materials for our booths and reviewing requests for our attendance at events. Thanks for all you do Christine!

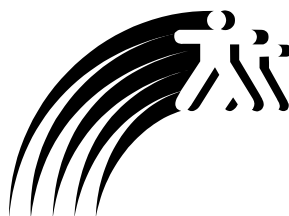
Contributing Through United Way

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

June Newsletter Contributions

Please submit information for the next NAMI Sacramento newsletter by Wednesday, May 12th for the June edition.



2006 BOARD OF DIRECTORS

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Andrea Hillerman, Adult Consumer Advocate, 916-875-4710
Dave Schroeder, Family and Youth Advocate, 916-875-4183

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



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