



NAMI Sacramento Newsletter

Sacramento's Voice On Mental Illness

The National Alliance on Mental Illness

July 2006: Issue No 4.07

General Meetings

Monday, July 10th, 7:30 p.m.

Speakers: *Representatives from the Public Defenders Office and the Public Guardians Office*

The Public Defenders office and the Public Guardians office will present two different sides to the conservatorship process, a difficult decision making process for families.

Monday, Aug. 14th, 7:30 p.m.

Speakers: Consumer Panel; Harry Nicholas, Andrea Hillerman, and Karen Owen.

Three consumers will talk openly about their journey and recovery (from schizo-affective, bipolar, and anxiety/depression). Each will talk for 15 minutes, then take questions from the audience.

Meeting Location

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

July Meeting Schedule

Please note these changes to the July meeting schedule:

- The July General Meeting falls on the July 10th because of the July 4th holiday.
- There will be no NAMI Board meeting in July; we are having our annual retreat instead.

Law Enforcement Veteran Seeks to Change Crisis Response

by Ed Fishbein, NAMI Sacramento

Matthew Reali remembers the first time he realized that something had to change in the way that law enforcement deals with the mentally ill.

It was about a decade ago, when the Sacramento County Sheriff's Department sergeant was a deputy on patrol duty. He was repeatedly called to the home of an elderly mentally ill woman, who, because of her condition, was allowing some neighborhood low lifes to live at her residence. The woman was unable to take control of her life or home, despite frequent trips to the mental health treatment center. And the drug use and disorder her house guests left in their wake were upsetting the neighbors.

Seeking some way to get the woman help, Reali contacted another deputy, who'd formerly worked as a psychiatric technician. The deputy suggested that Reali check out the woman's prescription bottles to see if they listed her psychiatrist.

He did, and they did. When Reali called, the psychiatrist said he had no idea that the woman was in that situation. He urged Reali to bring her to a local hospital. She got the treatment she needed. And Reali began to wonder "Why don't we do this all the time?"

That question drove a decade-long effort by Reali to create a mental health crisis-response unit for Sacramento law enforcement. Last winter, the effort took a major step forward when the Sacramento County Board of Supervisors voted to create the Psychiatric Emergency Response Team, or PERT. Financed -- if the state gives its OK -- by \$1.2

➔ *continued on page 5*

Advocates Needed To Remove Sunset On Laura's Law

Laura's Law sunset extension bill (AB 2357) barely made it out of the Senate Health committee with the minimum of five votes. The link to watch the actual hearing is at the end of this article.

It looked like the bill would fail, chiefly because of strong opposition from Chair Deborah Ortiz. Senators Sam Aanstad (an AB 2357 cosponsor) and Dave Cox were heroes and offered a number of possible compromises in an effort to get the approval of the committee.

We ask you do these simple things:

1. Thank those who voted in Senate Health Committee for AB 2357.
2. Tell those who did not vote for AB 2357 in the Senate Health committee why you hope they reconsider and support the bill on future votes.
3. (MOST IMPORTANT) Send support letters to the Chair and Vice-Chair of the Senate Appropriations Committee

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Support Groups

Crisis Information Meeting

****JULY 10th**** 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

****This meeting is cancelled in July; the NAMI annual retreat occurs in July.****

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

☎ See: 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.

☎ See: 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

Audition for Sacramento Mental Health Association’s Third Annual Televised Variety Show

Auditions on Saturday, July 8; Saturday, August 12; Wednesday, August 23; Friday, September 1; Saturday, September 9.

All auditions take place during 4-7 p.m. at 9719 Lincoln Village Drive, Suite 503. For more information, call 916-712-2506 or 916-554-0948; you can also e-mail keysongs@msn.com.

NAMI California Conference

Friday and Saturday, August 25-26th
San Francisco Airport Marriott

☎ See: www.namicalifornia.org

Walk For Mental Health

Saturday, October 7th
State Capitol Grounds, Sacramento

Our annual walk is a vital recognition of both community and cause. Please hold the date. This is NAMI’s biggest fundraiser of the year.

Juvenile-Onset Bipolar Disorder Symposium

October 15-16th
University of the Pacific, Stockton

☎ See: www.dbhns.com

World-renowned researchers Demitri and Janice Papolos, authors of *The Bipolar Child*, and distinguished panelists will convene to explore the diagnosis, treatment, and educational challenges of bipolar children.

Topics include: accurate understanding of juvenile bipolar disorder; increased awareness of “co-morbid” conditions; increased awareness of genetic, neurobiological, and environmental factors; how state-of-the-art pharmacotherapy can enhance the treatment outcome; and much more!



A Message From the President

by Heidi Sanborn



I have little room to report all that we are working on, but will highlight three projects this month:

- Implementation of the Mental Health Services Act (MHSA)

- Expanding our consumer programs
- Removing Laura’s Law sunset

Regarding the MHSA programs, I am happy to report that the Department of Mental Health has granted partial approval for Sacramento County’s Community Services and Supports Plan! They have requested further information about the PERT proposal and the one-time \$4 million housing fund. However, plans for the Permanent Supportive Housing Program, Transcultural Wellness Center, Older Adult Intensive Services Program, Wellness and Recovery Center, and Transitional Community Opportunities for Recovery and Engagement have all been approved and the county is beginning to hire staff to work on these projects.

Our consumer programs are only awaiting the trainings at this point, which are expected very soon. We also wrote a grant to try and fund the *In Our Own Voice* program that trains consumers to speak publicly and pays them to do so. We also are hosting Tom Wootton’s 2-day workshop on bipolar – more information is in the article on this page.

Lastly, there is a long article about what is happening to the effort to remove the sunset on Laura’s Law. I encourage you to write letters or call your legislators to support that bill.

On another note, I am also pleased to announce that at the June meeting, the Board unanimously voted to approve Pat Pavone as our newest Board member. Pat has previous board experience and has worked tirelessly on the Walk for Mental Health, the MHSA, and other projects.

We are very lucky to have people like Pat on our Board!

With gratitude,
Heidi

New State Web Site Provides Information and Support

Resources, information and support for Californians affected by mental illness are available online through a program of the state Department of Mental Health.

The Network of Care for Mental/Behavioral Health (www.networkofcare.org) was unveiled Tuesday. The Web site provides a comprehensive service directory of providers, information about specific disorders and daily news stories related to mental health, mental retardation and substance abuse.

The site was developed through funding from Proposition 63, a tax initiative passed by California voters in 2004.

Out of the Shadow Video

The screening of *Out of the Shadow* was well attended. For those interested, NAMI Sacramento has purchased the video and the discussion packet to facilitate discussion if showing in a FTF class or other group. For more information about the film or to purchase a copy go to:

 www.outoftheshadow.com.



Brian Wetzel speaks at the May NAMI Sacramento meeting

Author Tom Wootton To Hold Bipolar In Order Seminar in Sacramento

Tom Wootton was so well received as the general speaker at the NAMI General Meeting in April that we encouraged him to return and hold a two-day workshop hosted by NAMI Sacramento. The *Bipolar In Order Seminar* is unlike anything you have ever seen. No dry boring lectures, falling asleep from the boredom, or lessons forgotten as soon as you get home. Instead there are guided discussions, games, and other activities to help the points make the best impact. Individual and group interaction is used to get the expertise from those who know it the most – each other. Physical and mental exercises, visualizations, meditations, and more are all woven into an experience that will change your life forever.

One technique that we will be teaching and using throughout the seminar is brainstorming, one of the biggest Bipolar Advantages. This technique harnesses the Bipolar natural ability to free associate and let the mind find ideas that are never found by those without the ability to let the mind rapidly wander. Learning to harness the power of the mind and turn it into your advantage is one of the keys to bringing Bipolar In Order.

This Workshop is for BOTH consumers and the people who love them. In fact, the class holds 20 people and we hope that it is a 50/50 split of consumers and family members. If you are interested, please contact Heidi Sanborn at bhsan@comcast.net or 485-7753.

Tom Wootton Bipolar Workshop
July 22-23; consumers and loved ones encouraged to attend.

If you are interested, contact:
Heidi Sanborn
916-874-9416
bhsan@comcast.net



Books

Detour: A My Bipolar Road Trip in 4-D

by Lizzie Simon

ISBN: 0743446607; softcover,
\$10.78; Washington Square Press

by Rob Capriccioso

She thought she was a cat.

She tackled a guy on the street whom she wanted to be her boyfriend.

She tried to commit suicide.

This all happened just after Lizzie Simon had graduated high school and was accepted at Columbia University. In the months before she started college, she was wrongly diagnosed with depression. When she was prescribed drugs that worsened her condition, doctors determined that she had bipolar disorder. When she needed further help once in college, she tried to go to a counselor at the campus health center. But the counselor, she says, spent an inordinate amount of time focusing in on why she had wanted to be a cat.

“This wasn’t some Freudian issue I was dealing with,” Simon told a group of keenly interested health professionals during a Thursday session at the annual meeting of the American College Health Association. “I was sick and needed help.” She ultimately stopped going to therapy and relied on private doctors to help get her through her ups and downs.

“It was a scary thing being in college with this on my back,” said Simon. “I had all kinds of self-esteem and identity issues.... All of these complex emotions I had were never addressed by the doctors.” Nor by campus health professionals, although she admits she was wary of opening up to them for fear of them sharing her information with people that she didn’t want to know about her illness, namely administrators.

Now 30, Simon has been on lithium for 13 years and has become an advocate

for high school and college students coping with mental health issues. She’s written a book called *Detour: My Bipolar Road Trip in 4-D*, and has worked with MTV to produce programs that help young people dealing with similar emotions understand that they are not alone.

Many health professionals think they’re doing things right, said Simon. But from a student’s perspective, that may not be the case.

Throughout the conference, several health professionals said that this kind of quandary has been crossing their paths with more frequency. And many were looking to help students feel less stigmatized, while concurrently battling administrators at some institutions who are taking steps that some feel do not have students’ well-being in mind.

In a session called “Mental Health 2006 Update,” Richard Kadison, the chief of mental health services at Harvard University, detailed the complex issues facing professionals who are coping with cases like Simon’s on a regular basis. He noted that more students are seeking treatment for mental illness while in college than ever before.

The hardest challenge, according to Kadison, is to get administrators and students to help in the effort to reduce stigma surrounding mental illness. He said that gathering institution-specific data on the numbers of students who need assistance is one route that can help get more attention focused on this topic. He also said that there has been no real legal precedent that would make administrators liable in cases where students hurt themselves on campus.

But what if a student is in such dire straits that he or she needs to leave college?

“You need to have some involuntary medical leave policy spelled out in your student handbook,” suggested Kadison. “If a student’s behavior is disruptive, the

dean would have the right to tell them that they have the right to take involuntary leave.”

But Kadison noted that handbook policies aren’t effective in the short-term when a student is dealing with his or her problem but is not disruptive. He said that Harvard is fortunate in that it has a dedicated infirmary for students who are sick but remain in college. “The most difficult question we’re left with is when should a student leave,” he said.

“One of the things I hope you’ll take away is having students involved is crucial in helping administrators understand these issues,” said Kadison. He said that student support and mental health awareness groups help reduce stigmatization and provide avenues for talking about problems in a possibly less stressful environment.

Simon understands all too well the difficulties involved with trying to serve mentally ill students. In an effort to help, she came armed with some recommendations from the Bazelon Center for Mental Health Law to share with health professionals regarding rights for students with mental illness. Lawyers with the organization are currently representing Jordan Nott, a former student at George Washington University, who is suing the institution because he claims he was forced to leave the institution and threatened with criminal prosecution after seeking help for depression at the university’s counseling center. The litigation was brought up several times throughout the conference.

The recommendations included nurturing the mental health of all students and working with administrators to create policies that are not punitive toward students. Sounds good, but even Simon said that she questions how far institutions should go in accommodating students who clearly need more assistance than a college or university health professional can offer. “Not every case is the same,” she said. “It’s hard.”



☞ **“Reali,” from p. 1**

million in Mental Health Services Act funds, the pilot project pairs sheriff’s deputies and police officers with mental health professionals. The unit would also have consumer and family advocates.

Reali is its prime architect. He began drawing the blueprint after his experiences with the elderly mentally ill woman. He and Dave Guthrie, the psychiatric-technician-turned-deputy who’d helped him on the case, explored the various collaborations between mental health and law enforcement around the state. They took the best ideas they found, came up with a plan for Sacramento, and endured several failed attempts at funding before the current rebirth.

PERT takes its name from a program in San Diego that pairs a patrol officer and a clinician in a patrol car to handle cases involving the mentally ill.

“The goal,” he said, “would be to find the least restrictive treatment option, so that, more often than not, we could leave them in their home, and motivate them to get services.”

– Matthew Reali

Sacramento’s version would be far more ambitious -- a unit, Reali said, that “can take the time, and actually do what’s necessary and what’s right for consumers.”

In Reali’s view, that’s not an option law enforcement currently has.

“When a police officer or deputy arrives where there’s somebody in crisis, you take him to a treatment center. It doesn’t matter than he may have a doctor who the family’s already called who may be saying ‘bring him here. I’ll talk to him.’ Deputies don’t drive people to their doctors. They take them to a treatment center, and drop them off, because institutionally, that’s the safest way to do it.”

Reali believes Sacramento’s PERT unit would have dramatically different institutional priorities. It would be part of the

mental health system, not law enforcement. It wouldn’t have any patrol functions. The cars it uses would be unmarked. Treatment would be the priority.

In crisis calls, Reali said, the unit “would actually take the time to work through the legal issues surrounding the crisis, or criminal justice issues that might serve as a barrier to treatment. And then the clinicians could work on a treatment plan. And because they have no patrol responsibilities, the team could also focus on follow-up, maybe visit the person the next day.”

“The goal,” he said, “would be to find the least restrictive treatment option, so that, more often than not, we could leave them in their home, and motivate them to get services.”

Reali has no illusions about the ways that law enforcement currently falls short of this vision. He knows that too often, the mentally ill end up in the county jail, not exactly the least-restrictive level of treatment. He knows that deputies need better and more comprehensive training in how to deal with the mentally ill in crisis.

Perhaps that recognition is the reason that Reali took no offense at the harsh opposition some consumers expressed to funding PERT with Mental Health Services Act money. During last January’s contentious debate over PERT, some advocates argued that law enforcement was taking money that should be going to treatment.

“Some things were said about law enforcement, about me personally,” Reali said. “But I understand. The consumers saw light at the end of the tunnel when this funding stream came along. And certainly, you want to protect it, treat the funding as if it’s your last, best hope.”

“But truly, the turning point of any system that is broken is a crisis response team. I’ve done the research. This proven program works. It benefits the consumer.”

☞ **“Laura’s Law” from p. 1**

▶▶ **FOR AB 2357:** Please thank the following members for voting for AB 2357.

- *George Runner*, Vice Chair
Room 4066 Fax - 445-4662
- *Samuel Aanestad*
Room 2054 Fax - 445-7750
- *Dave Cox*
Room 2068 Fax - 324-2680
- *Sheila Kuehl*
Room 5108 Fax - 324-4823
- *Abel Maldonado*
Room 4082 Fax - 445-8081

▶▶ **AGAINST AB 2357:** Please tell these members to reconsider their position and support AB 2357.

- *Deborah Ortiz*, Chair
Room 5114 Fax - 323-2263
- *Wesley Chesbro*
Room 5035 Fax - 323-6958
- *Liz Figueroa*
Room 4061 Fax - 327-2433

Ms. Ortiz’s (Sacramento) conduct in the committee was unsettling - she did not understand the issues, continuing to raise concerns about using Prop 63 money for involuntary treatment and asserting that there had been an expansion of the scope of the original bill (as did Mr. Chesbro [Humboldt]) – neither of these things are true. If you are in her district, and most of you are, PLEASE write and tell her that this bill ONLY extends the sunset 5 years, and you hope that she will change her position based on the facts.

▶▶ **NOT VOTING/ABSTAINING**

- *Elaine Alquist*
Room 4088 Fax - 324-0283
AB 2357 must pass one more committee, Senate Appropriations. That committee’s membership includes a number of Senators who voted against AB 1421, the legislation that created Laura’s Law in 2002.

☞ *continued on page 6*



☞ “Laura’s Law,” from p. 5

While a date for the hearing has not been set, indications are that it will be soon. So please, contact the members of the committee now using the information below.

Senate Appropriations Committee

Please write to the Chair, Senator Murray, and Vice Chair, Sam Aanestad. If your Senator is on the committee, it is vital that you reach him or her via letter or phone.

To determine who your Senator is:

🔗 www.senate.ca.gov/~newsen/senators/senators.htm

Sample Letter

- The Honorable Kevin Murray, Chair
Senate Appropriations Committee
State Capitol Building, Room 5050
Sacramento, CA 95814
Fax - 319-2116
- Samuel Aanestad, Vice Chair
Senate Appropriations Committee
State Capitol Building, Room 2054
Sacramento, CA 95814

Dear Senator (last name of Senator):
Please Support AB 2357.

AB 2357, which extends the sunset on AB 1421 (Laura’s Law), is to be considered by the Senate Appropriations Committee. I ask you to support this measure. This bill does not change the content of Laura’s Law, only ensures that counties can use the law for another five years.

I support AB 2357 because (give a brief reason you support this bill. Preferably use a story from your own life or that of a person you love. For example, “My brother has schizophrenia and is too ill to realize his own need for continuing treatment. Today he is homeless, except for brief stints in short term hospitalization and jail. If AB 2357 passes, he will have the opportunity of receiving continuous

treatment in the community until he sufficiently recovers to avoid the tragic effects of untreated mental illness.”)

Sincerely,

Your Name

Street address

Town/city, California Zip Code

About Laura’s Law

Fashioned after New York’s proven Kendra’s Law, AB 1421 (also know as “Laura’s Law) makes Assisted Outpatient Treatment (AOT) available in California. AOT’s sustained and intensive court-mandated treatment in the community can help those most overcome by the symptoms of a severe mental illness in the least restrictive environment.

The treatment mechanism is used until a person is well enough to again maintain his or her own treatment regimen. And eligibility for assisted outpatient treatment is not predicated solely on dangerousness. A progressive eligibility standard allows programs created under AB 1421 to help people who are vitally in need of care but who do not meet LPS’ restrictive dangerousness threshold for inpatient hospitalization.

As a bridge to recovery, assisted outpatient treatment can stop the “revolving door” of repeated hospitalizations, jailings, and homelessness.

Online guide to Laura’s Law:

🔗 <http://www.psychlaws.org/StateActivity/California/Guide-Lauras-Law-AB1421.htm>

We Know That Assisted Outpatient Treatment (AOT) Works

AB 1421 (Laura’s Law) was modeled after the assisted outpatient treatment law and program in New York, which is known as Kendra’s Law. The success of

that program has been dramatic and is well-documented by statewide outcome data.

The New York State Office of Mental Health reports that, of those in its AOT program:

- 74% fewer experienced homelessness
- 77% less psychiatric hospitalization
- 83% fewer arrest
- 87% percent less incarceration.

Moreover, 55% fewer recipients engaged in suicide attempts or physical harm to themselves. Three out of every four of the program participants reported that Kendra’s Law had helped them regain control of their lives; four out of five said that AOT helped them to get and stay well. These are remarkable results and should influence the Committee when they reconsider the sunset of Laura’s Law.

See What Happened In The Senate Health Committee

A video stream of the hearing is available on the web site of the California Channel.

🔗 www.calchannel.com/archive.php

Select “June 2006” from the pull down menu on the left side marked “choose month.” Scroll down to the Senate Health Committee for “061406” and hit “WATCH.” A screen will appear (it will show the committee’s name). The committee’s consideration of AB 2357 begins at 29:50 of the video feed.

The easiest way to fast forward is using the green and white horizontal slide bar at the bottom of the screen. The hearing lasts about one hour. And although the bill has been assigned to the Appropriations Committee, there is little or no fiscal impact from the legislation.

Please Write Or Call!

Your input does make a difference. Please take time to write or call today.



The Volunteer Corner

Become a NAMI Volunteer

NAMI is currently recruiting volunteers for the following positions:

- Treasurers Assistant
- Office Support Staff
- Children's Services Advocate
- Consumer Program Co-Lead

NAMI is looking for two people who have an interest in children's mental health issues to coordinate our efforts locally to improve services for children and their families. We would like to start a support group for parents with children under the age of 18 that have a diagnosis.

Please contact Heidi at 916-485-7753 if you are interested.

Help With Family to Family

The Sacramento Family to Family needs a volunteer to help us facilitate setting up the FtF classes for the Fall. Computer knowledge is a must and involves only a few hours of work between now and Sept. 11th. All work can be done from home.

If you could help us please contact Lynn Cathy at (916) 399-9397.

Outreach at the Crest Theater for *Out of the Shadow* Screening



NAMI Booth and volunteers at the showing of *Out of the Shadow* on May 18, 2006.

L to R: Susan Whaley, Board member and consumer programs chair; Caroline Prod, Board Secretary; Heidi Sanborn, Board President; Christine Somach, Outreach Coordinator; Sherrie Sala-Moore, Board Member and Membership Chair

Meet Craig Hays - Office Volunteer

Please welcome our newest office volunteer, Mr. Craig Hays. After years of self-medicating, he got clean and sober and was properly diagnosed and in treatment. Since that time, Craig has received



Craig Hays, NAMI Sacramento

a B.S. in Technology, has been happily married for nine years, and has owned his own computer repair business for six years. Craig enjoys riding his bike, going to group therapy, and keeping busy by volunteering with NAMI.

A Thank You to the Sacramento Region Community Foundation!

NAMI thanks the Sacramento Region Community Foundation for the \$121 gift on behalf of friends of people with chronic mental illness.

For more information:

☎ www.sacregcf.org

Consumer Programs

Become involved in one of the following programs:

- In Our Own Voice
- Social Group
- SacPort Living Skills Ed. Program

Contact our Consumer Program Coordinator, Susan Whaley, at (916) 996-2188.

✍ August Newsletter Contributions

Please submit information for the next NAMI Sacramento newsletter by Monday, July 10th for the August 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



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