



NAMI Sacramento Newsletter

Sacramento's Voice On Mental Illness

The National Alliance on Mental Illness

August 2006: Issue No 4.08

General Meetings

Monday, August 7th, 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.

Monday, Sept. 11th, 7:30 p.m.

Speaker: Dr. Cameron Carter, UC Davis Department of Psychiatry.

Dr. Carter will speak about the psychotic disorders research and education program, designed to better understand and care for people with serious mental disorders. He share information on early diagnosis, brain imaging, and ongoing research in which consumers can participate.

Meeting Location

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

August Meeting on 8/7!

Please note:

- The July newsletter incorrectly noted the date of the August General Meeting. The meeting will be held: Monday, August 7 at 7:30 p.m.

A Message from the President



by Heidi Sanborn

So much for taking the summer off to rest – how can we with so much to do?

Here are the highlights

from July:

- Attended the NAMI National Conference in Washington, DC
- June 21st Mental Health and Criminal Justice Forum
- NAMI Board Retreat

Board member Mei Yip and I attended the NAMI National convention in Washington, DC and what a great experi-



NAMI National Convention in Washington D.C. From L to R: Mei Yip, NAMI Sacramento Board; Jonee Shady, President NAMI LA County; Nancy Carter, newly elected NAMI National Board Member and previous President of NAMI LA; and Heidi Sanborn, President, NAMI Sacramento.

ence it was! We met leaders from all over the country, met NAMI National staff, and heard fantastic speakers talk about programs, legislation, and the mood in the congress on moving health care bills. Mei and I agreed that we are lucky to have the

➔ continued on page 3

Judge: Sacramento Needs Mental Health Court

by Ed Fishbein, NAMI Sacramento

18 percent of the 4,200 people who are jailed in the county on a typical day are believed to be mentally ill. Many are repeat customers, stuck in a revolving door that the current court system is unable to close.

Talmadge Jones, the supervising judge of the Sacramento County Superior Court, is convinced there's a better way. He wants to establish a mental health court designed to meet the special needs of mentally ill defendants, and get them treatment the jail can't provide.

Currently, such courts operate in a handful of jurisdictions around the country – including 16 California counties. Their number is growing because almost everyone involved in the current system recognizes that it's not working.

Clearly, it doesn't work for the mentally ill defendants. When you're in a county jail with a psychiatric problem,

➔ continued on page 5

What's Inside

- 2 Support Groups/Upcoming Events
- 3 The Mental Health Stigma
- 3 The Walk for Mental Health
- 4 UC Davis Schizophrenia Program
- 4 In Our Own Voice Program Grant
- 5 NAMI In The Community
- 7 Volunteer Corner
- 8 Membership Form



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

☎ 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 web site or call (916)399-5762

Upcoming Events

Consumer Speaks Conference

Thursday, August 10, 9:30 a.m. - 3:00 p.m. Oak Park Community Center, 3415 Stockton Blvd., Sacramento, CA 95817.

No registration is necessary. Lunch, workshops, and CEUs are free! If you need to arrange for an interpreter or a reasonable accommodation, call Edna Utter at (916) 875-4639

Juvenile-Onset Bipolar Disorder Symposium

September 15-16th

University of the Pacific, Stockton

☎ See: www.dbhnss.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!

NAMI California Conference

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

☎ 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.



➤ *“Message from the President,” from p. 1*

national conference come to California next year and we encourage all of you to attend June 20-24 in San Diego.

One issue we wanted to highlight from the conference was a research scientist from Harvard’s Brain Tissue Resource Center spoke about how they need brain donations for research that may ultimately cure brain disease. Mei and I both signed forms and donated our brains (after we are done with them of course) and encourage you to do the same. Just call 1-800-BRAINBANK and the donation forms will be mailed to you.

Another major event was the regional mental health and criminal justice forum in June and it was a success with over 42 Sacramento professionals (over 200 attended from the region) attending to hear speakers like Judge Stephen Manley talk about the mental health court in Santa Clara. The Sacramento attendees voted unanimously to help get the mental health court in Sacramento.

We are very lucky that our own Judge Talmadge Jones is fighting to get a mental health court operating in Sacramento and the vote by the county supervisors to determine if it will be funded is sometime in September. We will let you know when we need you to contact your county supervisors and let them know we want the mental health court funded! For more information on why it is so important on getting a mental health court, go to:

☞ www.bazelon.org/issues/criminalization/factsheets/criminal8.htm

We will let you know more details when we have them.

Lastly, the Board held its annual retreat Saturday and had a wonderful day discussing the goals for the organization. We did decide to focus on crisis intervention as an important issue and that includes getting the mental health court

and psychiatric emergency response teams (PERT), training our office volunteers on what to do when crisis calls come in, developing working relationships with community partners that have crisis resources.

We end this we report that long-time NAMI member and Board member Wilma Hash has decided it was time to leave the board. Wilma has spent years giving her time as office manager, volunteer coordinator, and performing many other duties, and we owe her our thanks for her selfless efforts to improve the care for those with mental illness. She promised to stay active and be available for outreach events so if you see her, please let her know how much you appreciated her years of service to NAMI.

With gratitude,

Heidi

Better Information May Be Cure for Mental Health Stigma

by Eve Bender

Stigma and misunderstanding surrounding mental illness continue to be alive and strong, according to data from an APA survey conducted this spring. The good news is that most of those surveyed want accurate information.

Almost half of people in a recent survey reported having little or no knowledge about mental illnesses, but the vast majority—84 percent—believed that they could benefit from this information, according to the results of a survey released by APA in May.

That most of the respondents were interested in learning more about mental

➤ *continued on page 6*

The Walk for Mental Health Is Just Around the Corner!

The Walk for Mental Health is just around the corner. Please remember to mark your calendars for Saturday, October 7, 2006, 9:00 am to noon. This is the largest NAMI Sacramento fund raiser for the year and we would like to see all of our members out in full force this year. The Walk is held in downtown Sacramento from the steps of the State Capitol to Sutter’s Fort and back. It is a lovely setting for an early autumn event.

This year we are really fortunate to have a new and exciting logo for the event that was designed by a student at Sacramento City College. The SCC Graphic Arts Department accepted our event as the theme for its annual graphics competition. This new logo will be featured on publicity posters and the event T-Shirt. All of the designs that were submitted for the competition will be featured in the Second Saturday Art Show in downtown Sacramento on Saturday, September 9th.

To sign up to participate in the Walk, please go to the Sacramento Walk for Mental Health website at www.walkformentalhealth.kintera.com Please note that the website will be available any time after August 1st. If you do not have Internet access, please contact Pat Pavone (397-7831) for a pledge form.

Anyone can walk in the event at no charge, but each walker who collects at least \$100 in pledges will receive a 2006 Walk for Mental Health T-Shirt. So gather up your friends and relatives and come walk with us for hope and recovery!

The Walk for Mental Health

Saturday, October 7, 2006 at 9 a.m.

State Capitol Grounds

www.walkformentalhealth.kintera.com



UC Davis Schizophrenia Research and Education Program

Background

Schizophrenia is a chronic, severely debilitating mental illness which affects 1% of the population worldwide. The personal and social costs of this illness are enormous. For example, schizophrenia accounts for ten percent of the permanently and totally disabled persons supported by the disability assistance programs (SSI and SSDI) of the United States Government.

Schizophrenia affects males and females equally and typically has its onset in late teens and young adult years. The intermittent episodes of psychosis respond to available treatments and alternate with periods of relative remission but persistent cognitive, social and occupational disability are devastating for patients and for their families.

Improving outcome in schizophrenia depends upon two new developments:

1) Early diagnosis and risk prediction to prevent or reduce the cognitive, social and occupational deterioration that characterizes established schizophrenia.

2) The development of targeted therapies, based on an understanding of the underlying brain disturbances that cause cognitive and social decline in patients with the illness.

The Department of Psychiatry at the University of California at Davis is a primary provider of care for patients with schizophrenia in Sacramento County, at the Mental Health Treatment Center and through contractual arrangements with nonprofit agencies who provide ambulatory services to this population in the County. Dr Hales, the Chairman of the Department of Psychiatry, is also the Medical Director of the County Department of Mental Health. The Department also has one of the foremost basic neuroscientists focusing on schizophrenia, Dr Ted Jones, who has pioneered the use of modern

molecular biology in the investigation of altered brain organization in postmortem tissues in the illness. There is a group of investigators at the MIND institute, led by Bob Hendren and Sufen Chiu, who are investigating neurodevelopmental aspects of schizophrenia, and most recently this group has been joined by Dr. Cameron Carter, a clinical neuroscientist who investigates schizophrenia using cognitive neuroscience and functional brain imaging.

The early schizophrenia program has both clinical and research components. The clinical component consists of the EDAPT program that provides comprehensive treatment for young adults who have developed schizophrenia or a related psychotic disorder, as well as diagnostic and treatment services for at risk patients

For More Information

Jane DuBe, LCSW 916-734-2964
Kathy Boyum, Ph.D. 916-734-5331

who are experiencing what might be prodromal symptoms of the illness.

The research component uses state of the art clinical and cognitive assessments, structural and functional brain imaging methods and genetic analyses to understand the causes of schizophrenia, especially the disabling and treatment refractory cognitive and social deficits associated with the illness.

Clinical infrastructure: EDAPT (Early Diagnosis and Preventive Treatment) Clinic

Patients are evaluated and treated in an ambulatory clinical center for excellence in treating early schizophrenia and prodromal subjects. The clinic is directed

by Dr Cameron Carter, who has directed a similar program at the University of Pittsburgh for the past 8 years, and will have child (Dr Bangoo) and adult (Dr's Carter, Yoon and Minzenberg) components. We provide targeted medication and psychosocial interventions and case management with the goals of early diagnosis and treatment and disability prevention.

In addition to Ms Jane DuBe, our Social Worker Coordinator, we have recently hired Kathy Boyum, a clinical psychologist with extensive experience in the care of people with psychotic disorders and their families, to undertake psychological and education assessments and focus on educational and rehabilitation efforts in the clinic.

Education and Outreach

We will also provide outreach and consultations for the community, training for psychiatry residents and social work and psychology interns, and Continuing Medical Education on best practices and treatment advances in early schizophrenia.

NAMI Sacramento Receives Grant Award for In Our Own Voice Program

Thanks to the hard work of Vivian Munsen, Susan Whaley, and our "Team", we have been awarded a grant for \$7,500 to start the In Our Own Voice program!

We soon will have the money to pay consumers to speak at public events. This is among the most effective means to reduce the mental health stigma and educate others about mental illness.

To everyone who worked on the grant application - THANK YOU!!!

More information to come soon!



➤ **“Mental Health Court,” from p. 1**

Judge Jones points out, you have two major problems. “No. 1, you’re in a maximum security setting. No. 2, you’re not going to get better.”

“The mentally ill are best treated in a confidential, safe environment,” Judge Jones said. “As soon as they hit the jail, they don’t feel safe. Not only that, they can’t talk about the intimate details of their lives with an open door, and deputy sheriffs walking all over the place.”

Dealing with those defendants in a traditional courtroom presents additional problems. Mentally ill defendants, Judge Jones said, are often “confused and paranoid. They don’t trust their lawyer.”

“Good judges don’t just rush them off,” he said. “You have to treat them with dignity. But it’s terribly time-consuming, and really not effective.”

Finally – and perhaps most important to the society outside the criminal justice system – the failure to treat these defendants results in a “population going in and out of the jail in a revolving door.”

The mental health court that is being proposed to address these problems would be a pilot program in which a prosecutor, public defender, probation officer, and

What’s amazing about Judge Manley’s court is that he manages to go through the entire calendar without ever mentioning the penal code. He doesn’t use the word jail.

– Judge Talmadge Jones

services coordinator would collaborate to resolve cases and create treatment plans for about 25 people. Defendants accused of violent crimes, or facing state prison terms, wouldn’t be eligible.

The court would follow procedures different from those currently in effect. The Santa Clara County mental health court, headed by Judge Stephen Manley, is the model for Sacramento’s project.

“The whole concept of a mental health court,” Judge Jones said, “is to staff cases well in advance of the hearing.”

“If you talk to Judge Manley, he’ll tell you what’s going to happen (in a case) has pretty much been preordained by the collaborative staff before it hits the bench.”

That’s hardly the only difference. “What’s amazing about Judge Manley’s court,” Judge Jones said, “is that he manages to go through the entire calendar without ever mentioning the penal code. He doesn’t use the word jail. He talks to his defendants in a different way than I have ever seen a judge talk to defendants – a compassionate, caring way that encourages them to comply. He always begins the proceeding by commending the defendant for something they’ve done.”

Given the shortcomings of the current system, it’s not surprising that Sacramento’s law enforcement and legal agencies appear to universally back creating something comparable. Judge Jones said that new Sheriff John McGinness will endorse the court before the Board of Supervisors. He said that it’s backed by the district attorney, the public defender, and the head of the Probation Department. Judge Jones said he doesn’t know of any Superior Court colleague who oppose the idea.

Unfortunately, the agencies’ support doesn’t extend to giving the court a portion of their budgets. Only one part of the mental health court is currently funded. The services piece will be financed by a Prop. 63-funded program called TCORE that was designed to help people transition back to society after they’d been in a mental health treatment center, or jail.

But paying for the balance of the program – mainly personnel – will cost an additional \$294,000. The funds are being sought in two places – the Board of Supervisors, and a federal grant.

Judge Jones said that while he’s

far from certain, he’s optimistic about the supervisors’ response. Santa Clara’s mental health court, he said, “has slowed down the revolving door of people going in and out of the jail to the point where (it) can point to savings to taxpayers.” Judge Jones is confident Sacramento can achieve similar savings.

And he thinks it should start soon. Having backed the court for several years, Judge Jones said “I’m frankly getting a little frustrated. My colleagues keep asking me ‘when are we going to have a mental health court?’ So I feel kind of on the spot. I feel the need to make this happen before we’re all in retirement.”

NAMI Sacramento In The Community



Sacramento attendees at the criminal justice/mental health collaborative conference June 21st.



Judge Stephen Manley at the NAMI sponsored criminal justice and mental health collaborative meeting passionately talking about his mental health court in Santa Clara County.



☞ “Stigma,” from p. 3

health topics is good news to APA’s secretary-treasurer and incoming president-elect, Carolyn Robinowitz, M.D.

“The more people learn, the more they can understand what mental illness means for themselves and their friends, family members, and others they know,” she told *Psychiatric News*. “This knowledge also enables them to seek care for themselves and their loved ones if necessary.”

APA conducted the survey in March among 1,005 participants aged 18 to 54 recruited through Web advertisements by Knowledge Networks, a consumer research firm. The 1,005 respondents were randomly selected from an Internet database of people who agreed to take part in a number of Web-based surveys. They completed the mental health survey online.

The results of the survey helped shape the messages behind APA’s 2006 “Healthy Minds, Healthy Lives” campaign.

According to the results, a third of those surveyed (33 percent) attributed mental illness to an “emotional or personal weakness,” and about the same proportion attributed mental illness to old age. In addition, a third of adults said they would not seek treatment for a mental disorder because they fear what others would think of them.

Those surveyed said they would rely on a variety of sources for information or advice about identifying the basic signs of mental illness. For instance, 82 percent reported being “very likely” or “somewhat likely” to rely on a family doctor or primary care physician for this information, and 73 percent said they would turn to a friend or family member. Slightly less popular sources of information included pamphlets in a doctor’s office (71 percent), books (68 percent), and the Internet (60 percent).

When presented with a scenario in which a friend displayed warning signs of

a common mental illness, the majority of respondents (85 percent) reported being “very likely” or “somewhat likely” to suggest that the friend seek help from a family doctor or primary care physician.

Though there were a number of misconceptions about mental health revealed in the survey answers, Robinowitz is encouraged by the results, for the most part. “I think that if this survey had been conducted a decade ago, the results would have been more discouraging,” she said. Continuing to publicize the results of treatment and its effectiveness will continue to enhance public awareness about mental health issues, she noted.

The survey results showed respondents need more information about psychiatric treatments: 63 percent of respondents would suggest to a friend that he or she seek help from another friend or family member, and 62 percent would suggest that the friend consult the help of a psychiatrist.

According to the [survey] results, a third of those surveyed (33 percent) attributed mental illness to an “emotional or personal weakness,” and about the same proportion attributed mental illness to old age. In addition, a third of adults said they would not seek treatment for a mental disorder because they fear what others would think of them..

– APA Healthy Minds campaign

“People with mental illness and their families are the best mental health spokespersons.”

Although the majority of Americans (87 percent) believe that it is important to have a medical degree to be able to diagnose and treat mental illnesses, there was a misconception among many members of the public about whether psychiatrists were medical doctors: 39 percent were

unsure or said psychiatrists were not medical doctors.

Though some respondents were negatively impacted by the stigma surrounding mental illness, many others believed that the media could help to erase stigma: about two-thirds of those surveyed said that positive portrayals of people with mental illness in the news or in television shows and movies would have “quite a lot” or “some” influence in overcoming the stigma associated with mental illness.

Psychiatrists can also do their part to educate the public, Robinowitz said.

“We have an obligation to speak about these issues in our communities—in synagogues, churches, schools, and other public settings where we can teach people about mental illness,” she said.

In addition, psychiatrists and psychiatric organizations such as APA should continue to partner with consumer-run organizations such as the National Alliance on Mental Illness, she said, “because people with mental illness and their families are the best mental health spokespersons” and are best able to demythologize mental illnesses and their treatments.

Psychiatrists should also partner with their medical colleagues, according to Robinowitz, because “more than 50 percent of mental health care is provided by primary care physicians, who still carry old stereotypes and misconceptions about mental illness.”

Robinowitz said that through its “Healthy Minds. Healthy Lives Web” site, APA is helping to inform the public with the most accurate and up-to-date information available on mental illnesses and their treatments.

More about APA’s 2006 “Healthy Minds. Healthy Lives” campaign is posted on the Web at:

☞ www.healthyminds.org



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 September 11th. All work can be done from home.

If you could help us please contact Lynn Cathy at (916) 399-5762.

Volunteer Appreciation

This month we would like to thank Evelyn Fallon, a long-time NAMI member and business consultant.

Evelyn has facilitated our Board retreats as a donation to NAMI for the last two years. She does a fantastic job and helps us stay focused on the organizational mission and operating in a professional manner. She is very well connected in the community and has great ideas for marketing and recruiting.

Her expertise has helped our Board to increase self-awareness which has resulted in our being pro-active in recruiting volunteers and board members for the skill sets that we need. She is a kind person with a

big heart and is a wonderful facilitator and guide to NAMI - we want to thank you Evelyn for all your support and guidance!

If you haven't already, please consider bringing your talents to NAMI Sacramento - volunteer today!

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

Consumer Programs

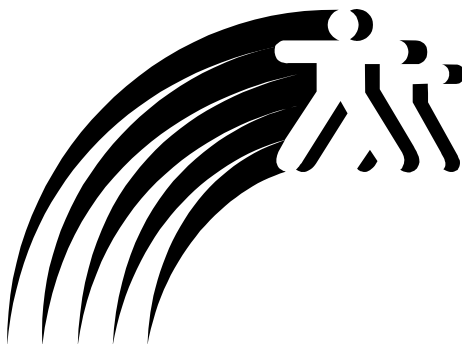
Become involved in one of the following programs:

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

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

September Newsletter Contributions

NOTE: Please submit information for the September issue by Monday, August 4th. We need to go to press a little early this month! As always, contributions and suggestions from all parts of the mental health community are welcome.



2006 BOARD OF DIRECTORS

PRESIDENT

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

VICE PRESIDENT

Vacant

TREASURER

John Gilbert, jgilb1@pacbell.net

SECRETARY

Caroline Prod, c.prod@att.net

BOARD MEMBERS

Al Lipson

Mei Yip

Karen Owen

Susan Whaley

Lloyd Lagerstrom

Valerie Lerman

Kim Johnson

Sherrie Sala-Moore

Rick Taylor

Pat Pavone

PROJECTS

MEMBERSHIP

Sherrie Sala-Moore, ssala@yahoo.com

CONSUMER PROGRAM

Susan Whaley
slwhaley@sbcglobal.net

NEWSLETTER/WEBSITE

Steve O'Donnell, odonnell@csus.edu

GENERAL MEETING, Speakers

Bruce Hancock
brhancock11@comcast.net

FAMILY TO FAMILY

Lynn Cathy, lmcathy@sbcglobal.net
916-399-5762

Norm Pobanz, nepobanz@aol.com

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

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