



# NAMI Sacramento Newsletter

*Sacramento's Voice On Mental Illness*

The National Alliance on Mental Illness

March 2007: Issue No 5.03

## General Meetings

### Monday, March 12

**Speakers:** Mental Health Court Panel Doctor Greg Sokolov and Judge Talmadge Jones will give a presentation on the milestone of having just started the Sacramento Mental Health Court. Mark Burchell who was a client of the Reno Mental Health Court and now is the consumer advocate for the court, will talk about his experiences as a consumer. In addition, Angie Mendoza will provide information on the Loaves and Fishes Homeless Court and Paul Hauptman with the Sacramento County Sheriff's Department will talk about how officers are being trained to be supportive of people with mental illness. This is a great panel – do not miss it!

### Meeting Location

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

### Time

General meetings start at 7:30 p.m.

## What's Inside

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## A Place to Call Home

State's Proposition 63 Funds Help Get Mentally Ill Off the Streets

by *Judy Lin*  
from *The Sacramento Bee*

State officials are rolling out an ambitious plan to create 10,000 new housing units for homeless people who suffer from mental illness.

The Department of Mental Health and the California Housing Finance Agency plan to spend up to \$75 million a year in Proposition 63 funding on the brick-and-mortar

stage of establishing permanent, supportive housing for the mentally ill.

An additional \$40 million will be used to subsidize rental units, bringing the investment to \$115 million a year for addressing one of the state's ongoing social challenges.

"It's our first major initiative under the Mental Health Services Act," said Sen. Darrell Steinberg, author of Proposition 63, which voters passed in 2004 to tax individuals who make more than \$1 million for expanding mental health services in California.

➔ *continued on page 4*

## Terry Bradshaw Tells of Overcoming Depression

from *Not Born Yesterday*,  
October 2006

Former Pittsburgh Steeler Quarterback, Terry Bradshaw, irrepressible, never afraid to poke fun at himself or play the clown, was the keynote speaker at the AARP Convention in Anaheim last fall.

Bradshaw's life seems to be a string of successes. He led the Pittsburgh Steelers to four Super Bowl championships in six years. He was the one who threw the "Immaculate Reception" an against-all-odds pass in 1972, probably the most famous play in football. He was elected to the Pro Football Hall of Fame in 1989 in his first year of eligibility.

Yet life has not been all completed passes for Terry. He became starting quarterback soon after he was drafted by the Steelers, while still on a learning spiral. And the fans were not forgiving when he threw



*Terry Bradshaw was diagnosed with clinical depression in 1999..*

interceptions early on.

The native of Shreveport, LA, recalls, "I always wanted everyone to like me. I wanted the city of Pittsburgh to be proud of me. But my first few seasons, I could count the number on my bandwagon on one finger. I had people call me a dummy and a hick. I had a lady stop me outside the stadium and tell me

➔ *continued on page 6*



## Support Groups

### Crisis Information Meeting

2<sup>nd</sup> 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.

### Depression and Bipolar Support Alliance (DBSA)

2<sup>nd</sup> and 4<sup>th</sup> Wednesday each month from 7:30 – 9:00 p.m. Sutter Center for Psychiatry, 7700 Folsom Blvd., Sacramento

☎ See: [www.dbsasacramento.org](http://www.dbsasacramento.org)

Contact: Andrea Hillerman at [andrea@mhasc.org](mailto:andrea@mhasc.org) or (916) 366-4601; or Marilyn Hillerman at [marilynhillerman@yahoo.com](mailto:marilynhillerman@yahoo.com) or (916) 684-1358.

### 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. Every Monday. For more information, please call Susan Young at 916-236-7679.

### Early Psychosis Family Support Group

Call for information. Imaging and Research Center Conference Room, UCD Med Center, 4701 X Street, Sacramento. For families with a member having a newly diagnosed brain disease. Contact Jane DuBet at 916-734-2964 for more.

### 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 Court, Sacramento 95821. Facilitator Heidi Sanborn (916) 485-7753.

### Obsessive-Compulsive Support Meeting (OCD)

Each Monday 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) 456-8239

### Recovery, Inc., Self-Help Mental Health Meetings

☎ See: [www.recovery-inc.com](http://www.recovery-inc.com)

Groups meet weekly.

Promotes a cognitive-behavioral approach to managing symptoms and changing attitudes and behavior. Call (916) 483-5616 for meeting locations.

## Educational Meetings

### Family to Family Education Classes

Offered twice a year, spring and fall.

☎ [www.namisacramento.org](http://www.namisacramento.org)

For the current class schedule see the Sacramento NAMI web site or call (916) 399-5762

### Peer to Peer Education Classes

☎ [www.namisacramento.org](http://www.namisacramento.org)

The NAMI Peer-to-Peer Education Course is for any person with serious mental illness. Call (916) 448-2145

## General Interest Meetings

### Sacramento Mental Health Board Meeting

Held the 1<sup>st</sup> Wednesday of each month at 7:00 p.m. Sacramento Mental Health Treatment Center (Media Room), 2150 Stockton Blvd., Sacramento.

### Sacramento NAMI Board of Director's Meeting

1<sup>st</sup> Wednesday of each month at 6:30 p.m. Conference Room A, 3331 Power Inn Road, Suite 140, Sacramento, CA 95826.

## Upcoming Events

### Mental Health Advocacy Day, presented by The California Coalition for Mental Health

Wednesday, May 23, 2007

10:00 a.m. - 6:00 p.m.

State Capitol Grounds, West Steps, Sacramento

Rally, speeches, picnic lunch, legislative and budget Briefings. CCMH is eager to join multiple other organizations to rally for protection of core funding for mental health services and supports including AB 2034 (Comprehensive Services For Homeless Adults Living with a Mental Illness).

### NAMI 2007 Convention Comes to San Diego

June 20-24, 2007

San Diego, California

☎ [www.nami.org](http://www.nami.org)

The 2007 NAMI Convention will be held at the Town and County Hotel in San Diego, California June 20 – 24, 2007. For more information and to register online, please visit the NAMI national web site in September. If you would prefer to register by mail, a registration form will be printed in the fall issue of *The Advocate*, which will be mailed out in November 2006.

### Walk For Mental Health

Saturday, October 6, 2007

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.

Please mark your calendar for Saturday, October 6 so that you can put on your walking shoes and help us take some important steps towards "hope and recovery." If you would like more information on the WMH or would like to volunteer to help, please contact Pat Pavone at [Pavone@surewest.net](mailto:Pavone@surewest.net).



## A Message From the President



by Heidi Sanborn

For those of you who missed our general meeting on Monday February 12, it was just wonderful! I want to thank the representatives from Turning Point, Visions, Human Resource Consultants, and El Hogar for the wonderful presentation on the services offered at their facilities and for taking the difficult questions from the audience. We applaud the work you do – thank you!

In January, the NAMI Board and volunteers were very busy:

- Made Three Presentations at the School to World Conference
- Attended Training on the Fundamentals of Board Leadership
- Submitted a Grant Application to NAMI National for Multi-Cultural Outreach
- Started the Second Peer to Peer Class
- Attended Meeting to Support UCD in Obtaining Grant Funding for Improved Services
- Attended the County Mental Health Board Meeting to Advocate for In-County Services

Many of the projects listed here were done working with our community partners, such as the County Office of Education, Mental Health Association, UC Davis School of Medicine, and other NAMI affiliates, to reduce stigma and increase awareness about mental illness. NAMI will be far more successful partnering with other like-minded organizations than working alone.

I look forward to another great year with a wonderful and committed board and volunteers so that we can change the world, one person at a time.

*With gratitude,  
Heidi*

## Mental Health Court Hears First Case

On Valentine’s Day, we heard our first mental health matter in Department 39.

The defendant, in his mid-twenties, has a history of seizure disorder and impulsiveness. He had been in the Homeless Intervention Program at Turning Point, wandered away from his board and care facility in January, and was charged with committing two break-in’s (commercial burglaries) in early February. He was apprehended inside one of the stores, with some items in his pocket.

At our court proceeding, the defendant admitted one count of petty theft with priors as a misdemeanor, was placed on formal probation, and was sentenced to 120 days in jail. Other probationary terms were also ordered (drug testing, restitution, etc.). The jail time has been stayed pending the defendant’s compliance with his treatment program.

We ordered a progress report on his return to Turning Point (and board and care) in two weeks. If the defendant successfully completes treatment, and abides by probationary terms, he will be allowed to withdraw his plea of guilty (to the misdemeanor) and have the charges dismissed in one year.

Over the next 5 months, we plan to hear a handful of other cases pending full implementation of the Mental Health Court in July. In July, we hope to begin processing a much larger number of defendants (60) and refer them to treatment in one of two programs -- TCORE and MIOCR.

At this time, we are very small scale, working out the procedures and forms necessary to make the Mental Health Court run smoothly. As yet, we are not ready for direct referrals by other members of the bench. Thank you again for your all hard work and commitment to this new and important function of the court.

*Judge Tal Jones*

## African American family members needed

My name is Adam Forni and I am a PhD. student at John F. Kennedy University (JFKU). I am conducting a dissertation research study on the experience of African American family members who have a relative with schizophrenia.

The main purpose of the study is to better understand the individual, familial and cultural factors that underlie the experience of African American family members of someone with schizophrenia. Participation in the study consists of a 1-2 hour, audio-taped interview with the researcher.

If you would like to take part in this study or have any questions please contact me either by phone at: (707) 738-5228 or email at: [aforni@yahoo.com](mailto:aforni@yahoo.com).

## Save the Date

October 6, 2007 is the Walk for Mental Health. The Walk for Mental Health (WMH) is the largest fund raiser that we have in support of NAMI Sacramento programs. Last year, NAMI Sacramento received over \$12,000 in donations, more than any of the other participating agencies. We hope to double that amount this year.

We are very excited to announce that this year the Walk will include a Health Fair component sponsored by Turning Point. In addition to our regular information booths, the Health Fair will provide a wide variety of educational and diagnostic services for all participants. Of course, we will also have entertainment, speakers and refreshments to round out the event.

Please mark your calendar for Saturday, October 6th so that you can put on your walking shoes and help us take some important steps towards “hope and recovery.”

If you would like more information on the WMH or would like to volunteer to help, please contact Pat Pavone at [Pavone@surewest.net](mailto:Pavone@surewest.net).



## ➤ A Place to Call Home, from p. 1

“We promised to voters that we would deliver big impacts, and this will be one of the big impacts to address homelessness.”

The \$115 million, Steinberg said, will be available every year for the next 20 years due to higher-than-expected revenue projections from Proposition 63. Combined with new housing bond money passed under Proposition 1C and existing federal funding, Steinberg said the state could generate up to \$6 billion in the fight against homelessness.

While mental health advocates hailed the housing initiative as a critical element for helping people get off the streets, it comes at the same time that Governor Arnold Schwarzenegger is proposing to cut the precursor program to Proposition 63, also written by Steinberg under Assembly Bill 2034.

Mental health advocates say AB 2034 has helped an estimated 4,500 people transition off the streets into permanent housing where they can regularly receive medical and psychiatric treatment, and even start working.

“If the money was to go away today, we’d have to stop all operations and support for the people we’re working with,” said John Buck, executive director of Turning Point in Sacramento, one of three nonprofit mental health service agencies currently receiving AB 2034 money to run a homeless intervention program. “That’s a big concern.”

Buck said the program has proven to be cost effective simply by reducing the number of days people suffering from mental illness spend in hospitals or in jail.

One of Turning Point’s success stories is 47-year-old Mildred Littlejohn, a formerly homeless mother who has been living independently in a one-bedroom apartment nestled in a sprawling, gated North High-

lands complex for the past three years.

After 12 years of drifting from Connecticut to California, Littlejohn, who suffers from schizophrenia, cherishes having her own bedroom, which she describes as her “sanctuary.”

“I never knew I didn’t have to be on the street,” said Littlejohn, whose son is now 26 and drops by for visits.

In her bedroom decorated only with a black dresser, matching nightstand and a bed she purchased on a layaway plan, Littlejohn deliberately keeps the white walls bare so she’s not distracted from sleep at night. A white shopping cart is collapsed leaning against

one wall. She takes it out when she rides the bus to Sam’s Club for groceries.

“I’m like a pit bull,” she said. “I found my niche, and I don’t want to share it with any-

body.”

Department of Finance spokesman H.D. Palmer said Proposition 63 revenues are coming in higher than anticipated, from \$1.6 billion this fiscal year to \$1.8 billion in 2007-08.

“The budget proposes to eliminate this program,” Palmer said. “You have similar services to what is being provided under Proposition 63.”

Steinberg said he wants the Legislature to reinstate \$55 million in annual funding for AB 2034.

“We’re going to fight that cut. Even though the projections for the Mental Health Services Act are very positive, when it comes to the years of neglect, no one can argue that there’s too much money going to mental health illness.”

“If the money was to go away today, we’d have to stop all operations and support for the people we’re working with. That’s a big concern”  
—Joe Buck, Turning Point

## Correction to Contact Information for the Anxiety Treatment Center

The February newsletter provided an incorrect phone number for Dr. Robin Zasio’s Anxiety Treatment Center of Northern California. The correct phone number for the Center is: (916) 366-0647.

### 2007 BOARD OF DIRECTORS

#### PRESIDENT

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

#### VICE PRESIDENT

*Caroline Prod*, c.prod@att.net

#### TREASURER

*John Gilbert*, jgilb1@pacbell.net

#### SECRETARY

*Pat Pavone*, pavone@surewest.net

### BOARD MEMBERS

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*Al Lipson*

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*Jeanne Templeman*

*Susan Whaley*

*Mei Yip*

### 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



## Governor's Proposal to Cut Funding for Homeless Mentally Ill Adults

Please actively oppose this agenda. Begin a letter writing campaign immediately. The Governor's budget proposes to cut \$55 million in funding for homeless mentally ill adults with serious mental illnesses – AB 34/2034 programs. WE CANNOT LET THIS HAPPEN!!

The Governor suggests that this funding can be replaced with Proposition 63/Mental Health Services Act (MHSA) dollars. IT CANNOT!!

Immediately write the Governor.

We must do everything we can to prevent this cut. Please forward this message to friends who might be willing to help.

### Where to Write

Governor Arnold Schwarzenegger  
1st Floor, State Capitol  
Sacramento, California 94814

Dr. Stephen Mayberg, Director, Department of Mental Health  
1600 Ninth Street, Room # 151  
Sacramento, Ca 95814  
Fax (916) 654-3198

Kim Belshe, Secretary of Health and Human Services  
1600 Ninth Street, Suite #460  
Sacramento, CA 95814  
Fax (916) 654-3343

Senator Don Perata  
Capitol Building, Room # 205  
Sacramento, CA 95814  
Fax (916) 327-1997

Senator Richard Ackerman  
Capitol Building, Room # 305  
Sacramento, CA 95814  
Fax (916) 445-9754

*A Letter to the Governor From NAMI California*

*Dear Governor Schwarzenegger:*

*NAMI California and its 16,500 members are in strong opposition to your budget proposal to eliminate the \$55 million homeless program for mentally ill adults - known as the AB 34/ 2034 program.*

*Your proposal to eliminate this exceptionally successful program with the suggestion that it can be funded with Proposition 63/Mental Health Services Act revenue is in violation of the Mental Health Services Act's "no supplantation" requirement. The language in the Act is clear that MHSA funds are to expand mental health services and cannot be used to replace existing state or county funding. The Act further requires that the state maintain funding for existing programs at the 2004-05 funding level. If this program were to be eliminated, many of our mentally ill family members currently receiving services from this funding source would be relegated to living in the streets, eating from dumpsters and most likely wind up in jail or prison.*

*When the voters passed Proposition 63 they were voting to improve services to unserved and underserved mentally ill individuals in an effort to reduce the growing number of homeless people as well as reduce the number of mentally ill individuals who end up being inappropriately incarcerated for lack of quality services.*

*The People of the State of California trusted us to do what was promised in the initiative. We must not violate their trust. Your proposal, if enacted, would set a dangerous precedence and our members are already asking - "What's next"? We respectfully request that you reconsider this proposal to eliminate state funding of the AB 34/2034 program.*

*Sincerely,  
Grace McAndrews  
Executive Director  
NAMI California*

Senator Darrell Steinberg  
Capitol Building, Room # 4035  
Sacramento, CA 95814  
Fax (916) 323-2263

Assembly Speaker, Fabien Nunez  
Capitol Building Room # 219  
Sacramento, CA 95814  
Fax (916) 319-2146

Assembly Minority Leader, Mike Villines  
Capitol Building, Room # 4153  
Sacramento, CA 95814  
Fax (916) 319-2129

Please take the time to write today. Proposition 63's success depends on maintaining this foundational mental health funding.



➔ *Terry Bradshaw, from p. 1*

I stunk. I heard the people cheer when I got hurt. Rub up enough briar patches and your hide will get tough. Mine did.”

Bradshaw also says, “You’ve got to stand up and do your own battle. My dad taught me that a long time ago, that you fight your own battle. The only way to shut everybody up is to win.” His eventual career record was 2025 completions out of 3901 passes.

Now, the 58-year-old talks about sacrifice, pain, competition and adversity, and inspires audiences to make their dreams come true by managing their most important asset – their attitude . He once explained how much football meant to him. “It was overpowering. It was overwhelming. I loved playing pro football ... It was my heart and soul and my mind. I lived it. I breathed it. I loved it with all my fiber.”

Yet, when his quarterback days were over, Terry successfully moved into new careers.

Besides his football broadcasting, he’s frequently appeared on other television programs and acted in movies. He has a major role in the movie *Failure to Launch*, and in the ABC family movie, *Relative Chaos*.

As a fun-loving co-host on Fox NFL Sunday, he’s always laughing and joking with his fellow football analysts. You’d never guess that he has battled depression. He admits, “I was diagnosed with clinical depression [about 1999 ]. When you’re depressed the serotonin in your brain is out of balance ... So I take medication to get that proper balance back. I’ll probably have to be on it the rest of my life.”

Describing his depression, he says, “I could not bounce back from my divorce-emotionally. With any bad situation I’d experienced before – a bad game or my two previous divorces – I got over them. This time I could not get out of the hole. The anxiety attacks were frequent and exten-

sive. I had weight loss which I had never had before. I couldn’t stop crying. And if I wasn’t crying, I was angry, bitter, hateful and mean-spirited. I couldn’t sleep, couldn’t concentrate.”

And like many people struggling with depression, Bradshaw looked for a way to numb the pain he was feeling by self-medicating.

“I was drinking a lot, and I didn’t like the path I was on,” Terry admits. “I was frightened by what might happen. I wasn’t sure if I was going to drink myself to death.”

Finally he confided to his preacher and began a process of counseling that first involved his preacher, then a psychologist and finally a psychiatrist. The latter finally prescribed antidepressants.

At 58, Terry Bradshaw has reached the heights of success, survived the depths of depression and bounced back again.

## A Special Thanks

As with all things, the only thing constant is change. This month, we received resignations from two NAMI Board members, Rick Taylor and Harry Nicholas.

Rick joined the Board last summer as our expert in housing. He brought a professionalism and thoughtfulness that will be greatly missed but promises to assist us with any future housing advocacy efforts.

Many of you know Harry from his incredible presentations as a panelist on the consumer panel last year at our general meeting or one of his many speaking engagements. Harry also is committed to continue his public speaking engagements but needed more time for other goals.

The entire NAMI Board wishes to thank Rick and Harry for donating their time and energy to moving our affiliate forward. Thank you!!

## NAMI In The Community



*Panelists from the February general meeting, the directors of the four Sacramento Regional Service Teams – El Hogar, Human Resource Consultants, Northgate Point, and Visions.*



*NAMI board members and guests discussing issues during the January meeting.*




*Dr. Robin Zasio speaks with Carol Meek following Dr. Zasio’s January presentation at the general meeting.*



## The Doctor's Corner

*Each month, Dr. Robin Zasio, a local Licensed Clinical Psychologist and owner of The Anxiety Treatment Center (www.anxietytreatmentexperts.com), will address mental health questions submitted by NAMI Sacramento members, consumers, and readers.*

Submit your questions to:

 [drrobin@sierrabg.com](mailto:drrobin@sierrabg.com)

>> *At what point should someone seek therapy services rather than try to handle problems on their own?*  
– Roberta

Dear Roberta,

From childhood through late adulthood, there are certain times when individuals may need help addressing problems and issues that cause emotional distress. If difficulties surface and begin to interfere with happiness, sleep and appetite, ability to focus or concentrate, and general health, it may be time to consider the benefits that could be received from the assistance of an experienced, trained professional.

A therapist can help to identify sources of problems and assist in finding the best ways to cope with the situation by changing behaviors that contribute to the problem. A therapist can also help to find constructive ways to deal with a situation that is beyond what feels like one's personal control.

Additionally, therapists can offer help in addressing many situations that cause emotional stress, including, but not limited to anxiety, depression, family and relationship issues, substance abuse and other addictions, sexual abuse and domestic violence, eating disorders, career change and

job stress, social and emotional difficulties related to disability and illness, life transitions, and the death of a loved one.

>> *I have been suffering from depression for several years now. I take medication which helps tremendously, but I find that I have a hard time relaxing. Do you have any ideas?*

– Mark

Dear Mark,

Yes. First, I believe it is important to look at your food consumption. Are you under-eating, or over-eating? Do you have a balanced diet, which includes plenty of fruits and vegetables? Are you eating large amounts of sugar which can interfere with feeling relaxed. Along these lines, limit caffeine consumption, especially into the late afternoon and evening times.

Second, exercising regularly can be helpful. It protects the heart, which is often the first to feel the effects of stress, and can help to release nervous energy. Don't stay up too late. Irregular sleep patterns can set you up for metabolic imbalances and increase the effects of stress on your body. It is also important not to oversleep.

Remember to breathe properly. This may sound silly but often times when our body feels tense and pressured, breathing patterns can intensify and become more rapid. Practice slow, deep breathing to help calm your body. You may also want to consider guided relaxation tapes may be useful, which can be purchased both online and at local bookstores.

Additionally, be sure to avoid isolation and schedule time for friends and activities. The joy that others can add to our lives can be a huge source of relief. Overall, the key to limiting the impact of stress on our lives includes creating balance both emotionally and physically.

## The Volunteer Corner

As always, there are so many outstanding volunteers it is hard to choose who to highlight, so thanks go to all of you who make NAMI a success.

However, this month special thanks goes to Steve Porter and Belinda Beckett. Both are very special volunteers who deserve our thanks.

Steve was the key volunteer that brought NAMI education to the School to World Conference hosted by the County Office of Education January 18-19. Steve helped advertise the conference, developed a PowerPoint presentation and co-presented with Lael Waltz, president of NAMI Nevada county affiliate. Steve even paid for 400 NAMI pamphlets for attendees. His hard work resulted in awareness that NAMI provides support for families and in a list of 23 new volunteers.

Belinda has only been volunteering since the fall but works in the office 2 days a week, developed the United Way fundraising application, and is taking over as newsletter editor. Belinda has been a wonderful addition to our team.

### 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
- Church outreach assistance
- Family to Family Teachers, Spanish speakers wanted!
- Volunteer Coordinator

Please contact Office Manager Christie Somach at 916-874-9416.

### March Newsletter Contributions

Due by March 12. Submit to Belinda Beckett at [nimabima@aol.com](mailto:nimabima@aol.com). Submissions welcome but may be edited.

# 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:

\_\_\_\_\_ \$100 or more

\_\_\_\_\_ \$50-99

\_\_\_\_\_ up to \$50

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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