



# NAMI Sacramento Newsletter

*Sacramento's Voice on Mental Illness*

The National Alliance on Mental Illness

January 2008: Issue No 6.01

## General Meetings

### January 14, 2008

Our speaker will be Manoj V. Waikar, MD and Medical director of Gardner Family Care Corporation, a private non-profit Community Mental Health Center in San Jose. Gardner provides mental health services to children, adolescents, adults and seniors with serious and persistent mental illness including schizophrenia and other psychiatric conditions. Dr. Waikar will speak on relapse awareness and prevention strategies for people with schizophrenia.

### Meeting Location

SMUD Headquarters Auditorium  
6201 S Street, Sacramento 95817

### Time

General Meetings start at 7:30 p.m.



## What's Inside

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## Supervisor Nottoli - County Mental Health Services

by Ed Fishbein

He hardly intended it, but in 2007, Sacramento County Supervisor Don Nottoli became something of a mental health pioneer. For years, the law has required that one of the supervisors sit on the Mental Health Board, the group of consumers, family members, and service providers who oversee county services. But those supervisors had always chosen to send representatives in their place. Last year, the county counsel ruled that this had to stop, and Nottoli became the first supervisor to actually attend the meetings in person.

For Nottoli, the experience added to a long resume of involvement in mental health issues. He has been on the board of supervisors since 1994. And before that, he was the Chief of Staff to Supervisor Toby Johnson, the man he succeeded. While Nottoli doesn't claim to be an expert on the mental health system, he does see himself as a strong proponent of improving it. "It's incumbent on the board, and a goal of mine, to maintain a focus on the need for a good strong system of men-

tal health services," he said.

In Nottoli's view, much of the foundation of that system is already in place. But so are budgetary pressures that could widen existing cracks.

Certainly, both were apparent in 2007. Mental Health Services Act money began flowing, with Sacramento County receiving \$14 million. That created an opportunity, Nottoli said, "to reach out to some of the underserved populations—older adults, ethnic and cultural populations."

The funds bore programmatic fruit in the Sierra Elder Wellness Program, the Transcultural Wellness Center, the Wellness and Recovery Center, Pathways, and TCORE (Transitional Community Opportunities for Recovery and Engagement.)

The spirit of innovation even reached into the more traditional county system. Last winter, the supervisors approved a pilot program for a mental health court at the county jail designed to move nonviolent

➤ *continued on page 4*

## Putting Laura's Law Into Practice

by Dave Moller

from *The Union*

Almost seven years after her murder, the mental health law named after Nevada County's Laura Wilcox to provide involuntary treatment to people who are dangerous is set to begin.

The Board of Supervisors voted unanimously Tuesday to kick off Laura's Law in a contract with a Sacramento firm to provide services for the county's 50 most challenging mental health cases.

"It's very exciting that our little Nevada County is paving the way to implement Laura's Law," said her mother, Amanda Wilcox. "We're grateful (Nevada County) behavioral health has risen to the challenge."

The law allows for involuntary, outpatient mental health treatment with court orders for people who refuse it and are deemed a threat to themselves and others.

It was passed five years ago by the California Legislature but has only been used on a partial basis in a Los Angeles County courts experiment. Nevada County will now implement it in its intended fashion and other counties are already asking about it, according to County Behavioral Health Director Michael Heggarty.

Four to five people would be treated by Laura's Law at any given time to avert another disaster such as the Jan. 10, 2001 shootings, where Wilcox lost her life,

➤ *continued on page 4*



## Support Groups

### Consumers Support Group

“LETS GET TOGETHER!” is a social group that meets the first Wednesday of each month. Please join us at Denny’s at 3<sup>rd</sup> and J St. in downtown Sacramento, near the back room, at 6:30pm. Hope to see you there! Contact the NAMI office at (916) 874-9416, or Valerie at valerienamisac@yahoo.com

### Crisis Information

For family members or consumers needing information or support. Newcomers are welcome. Second Monday of each month from 7:00–7:30 p.m. prior to the General Membership Meeting. “Old” SMUD Headquarters Auditorium, 6201 S Street, Sacramento.

### Depression and Bipolar Support Alliance (DBSA)

2nd and 4th 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) 648-1358.

### 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.

Call Susan Young at (916) 236-7679 for more information.

### Early Psychosis Family Support Group

For families with a member who has a newly diagnosed brain disease. Imaging and Research Center Conference Room, UCD Med, Center, 4701 X Street, Sacramento. Call for information.

Call Jane Du Bet at (916) 734-2964 for more information.

### Family Members and Consumers

Held the last Wednesday of each month from 5:30 - 6:45 p.m. Conference Room, Human Resources Consultants (HRC), 2220 Watt Ave., Suite B, Sacramento.

Call Deborah Short (916) 485-6500, ext. 260 for more information.

### NAMI Family Support Group, Sacramento

Held on the third Wednesday of each month from 6:30 - 8:30 p.m. 3135 Woodmark Court, Sacramento 95821.

Call facilitator Heidi Sanborn at (916) 485-7753 for more information.

### NAMI Family Support Group, Natomas

Held on the second Thursday of each month from 6:30 - 8:30 p.m. Natomas Service Center, 3291 Truxel Road #26 (corner of Truxel and San Juan), Sacramento 95833.

Call facilitator Pat Pavone at (916) 397-7831 for more information.

### Obsessive-Compulsive Support Meeting (OCD)

Every Monday 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 for more information.

### 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 a nine-week experiential recovery course for any person with serious mental illness.

### General Interest Meetings

#### 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

1st Thursday of each month at 6:30 p.m. conference Room A, 3331 Power Inn Road, suite 140, Sacramento, CA 95826.

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

Promotes a cognitive-behavioral approach to managing symptoms and changing attitudes and behavior. Groups meet weekly.

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

Call (916) 483-5616 for meeting locations.

### Roseville Bipolar Disorder Meetup Group

For people suffering from bipolar disorder for discussion, information, support and friendship - in Roseville.

Contact: [www.meetup.com](http://www.meetup.com)

### Sacramento Area PTSD Support Group

For veterans who have experienced trauma while serving in the military - in Antelope.

Contact: [www.meetup.com](http://www.meetup.com)

### Sacramento Depression Meetup Group

For people who are coping with depression, for discussion and making friends - in Elk Grove.

Contact: [www.meetup.com](http://www.meetup.com)

### Sacramento Borderline Personality Disorder Non-BP Support Group

For people who have a family member or friend who suffers from Borderline Personality Disorder. Held on the second Tuesday of each month from 7:00 - 9:00 p.m. Location to be announced. Call Lee Gassaway at (916) 421-7354 or

Contact: [www.meetup.com](http://www.meetup.com)

### Sacramento/ Placer Borderline Personality Disorder Meetup Group

For people who suffer from Borderline Personality Disorder. Friends and family are also welcome. Confirm meeting time and location before attending - in Granite Bay.

Contact: [www.meetup.com](http://www.meetup.com)

**NAMI Sacramento does not necessarily endorse the organizations and groups listed above. This information is offered as a convenience to our newsletter readers.**



## Get To Know Your Board



by Linda Beilharz

NAMI Board member  
Linda Beilharz.

*From time to time we run articles on our NAMI Sacramento board members. We hope these article provide a way to better connect our board members with the membership.*

I first found NAMI while searching for information to help my family when my then 35-year-old daughter was in a downward spiral and dangerously out of control. I liked the tone of NAMI’s resources – factually solid, respectful toward people who are ill and sensitive to the needs of families. After attending a NAMI Sacramento Family-to-Family course, my fears about my daughter’s illness and my strategies for helping her started to change. The support of NAMI Sacramento helped bring us out of a powerless mind set.

I’m happy to be joining the NAMI Sacramento Board in January and looking forward to promoting our organization to others who can benefit as I did. There is so much to do to increase our visibility and bring in more people: build our web site, complete our online membership tracking system, improve our communications, and develop public relations opportunities. If you have ideas along these lines or would like to help, please let me know!



## Upcoming TV Programs of Interest to NAMI Members

***Finding Hope in Recovery: Families Living with Addiction*** on the Hallmark Channel, Sunday, December 30 at 7 a.m. Approximately 50 percent of individuals with severe mental illness are affected by alcohol and substance abuse. This documentary is part of the ***Faith and Values*** series that examines issues involving stigma in society.  
[www.findinghopeinrecovery.com](http://www.findinghopeinrecovery.com)

***Keeping Kids Healthy - Childhood-Onset Schizophrenia: A Life Interrupted***, local PBS affiliate KVIE cable 2 (channel 7 if you have Comcast in Sacramento), Saturday, January 26 at 6 a.m. In this program, audiences will see what happened when one family’s nine-year-old son began hearing voices and having hallucinations - the classic signs of childhood-onset schizophrenia. Also on KVIE cable 2 will be ***Keeping Kids Healthy - Adolescent-Onset Schizophrenia***, Saturday, February 2 at 6 a.m. These documentaries are part of the four-time Emmy award-winning series ***Keeping Kids Healthy***.  
[www.keepingkidshealthy.com](http://www.keepingkidshealthy.com)

## NAMI’s “Hearts and Minds” Available Online

NAMI is making its “Hearts and Minds” program available for the first time, free of charge, through a video and workbook at [www.nami.org/heartsandminds](http://www.nami.org/heartsandminds).

Research has demonstrated that people living with severe psychiatric conditions run an increased risk of heart disease and related conditions. For this reason NAMI has designed the “Hearts and Minds” program:

- A 13-minute, inspirational video and a 26-page booklet. The purpose of the program is to raise awareness and provide information on diabetes, diet, exercise, and smoking.
- The program also includes basic information on addictions, recovery, stigma, and treatment, and on sleep apnea, a shopping list template, recipes and a food diary.

## Registration for Family to Family Class

The next Sacramento area Family to Family class will start in February. Family to Family is a free, 12 week course for family caregivers of individuals with severe mental illness. The course is taught by trained family members. The class will start on February 2nd and will be held on Saturday mornings in the Arden area. To view the course description and to register, please go online to [NAMISacramento.org](http://NAMISacramento.org) and follow the family education link. You may also call 916-399-5762.

## In Memory of Fred Schuller

Longtime NAMI Sacramento board member Fred Schuller died on November 19 following a massive stroke. He had been a civilian employee at the Sacramento Army Depot and at McClellan Air Force Base for 35 years. Fred retired from the NAMI Board a few years ago because of illness. He is survived by his wife, Nancy Schuller, and his son and daughter, Fred and Cheri Schuller. The members of NAMI Sacramento would like extend their sympathy to Fred’s family and to express their gratitude for his service to NAMI.

## Important Notice

NAMI programs should not be used to replace the specialized training and professional judgment of mental health professionals. We cannot, and will not, assume the role of a physician or therapist.

NAMI cannot be held responsible for the use of the information we provide. Please always consult a trained mental health professional before making any decision regarding treatment of yourself or others.





## ➤ Supervisor Nottoli from page 4

mentally ill inmates out of the corrections system and into treatment. While any expansion awaits an analysis of program results and budget data, Nottoli said that the board recognized “that if you didn’t take a shot at this, you’re just in all likelihood going to bear the cost anyway,” as mentally ill inmates cycled back into the system.

But while 2007 brought innovation to county services, it also generated uncertainty.

The fiscal pressure growing out of the economic slowdown was felt in the budget that was passed last September. And things are expected to get worse in 2008. It will be a year, Nottoli said, where “we’re going to have some shortfalls.”

The extent of those shortfalls, of course, will depend on how much the economy struggles. Nottoli recognizes that law enforcement, as always, will have first claim on the money that’s available. But he doesn’t see the situation as a total negative for mental health. For one thing, he said, law enforcement recognizes that what happens to mental health services affects its situation. Law enforcement knows, Nottoli said, that “folks who have (mental health) problems will come into contact with other elements of county services, maybe at a much higher cost, both personally for them, and also for taxpayers.”

“Even in a fiscally related analysis, if you pare back too much in areas beyond immediate crisis response,” he said, “you can be penny wise and pound foolish.”

Surprisingly, Nottoli sees any downturn as a source of opportunity, as well as peril. In earlier economic slumps, he said, the board has done a good job of maintaining core services, and restoring what had to be cut after things improve. If that pattern repeats in 2008, he feels that programs can ultimately be restored. “with every downturn comes an upswing, he said. “(The programs) will build back.”

“We’ve shown we can be creative,” he said. “I find a lot to be proud of in this sense. This is a very caring community. And for all the challenges we face, we do some pretty innovative and good work.”

## ➤ Laura’s Law, from page 1

Heggarty told the board.

On that day, Scott Thorpe shot and killed her, Pearlie Mae Feldman and Michael Markle in a Grass Valley rampage. Thorpe was a mental health patient with the county who was refusing to take his medications and was not well at the time of the shootings.

Amanda Wilcox and husband Nick Wilcox, of Penn Valley, contended that if a law had been in place to force Thorpe to get treatment, their daughter would not have been killed.

With long hours walking the halls of the state capital building, the Wilcoxes were able to get the law passed through the Legislature, but it has not been truly utilized, until now.

Amanda Wilcox was quick to add, however, that the law is temporary and will sunset Jan. 1, 2013. she remains concerned that Nevada County’s efforts alone will not be enough to convince the Legislature to re-enact the law.

“It needs to be implemented in other counties so we can get data,” Wilcox said. The data will be necessary to prove to the Legislature that the law has merit and needs to be enacted again.

The program and other expanded mental health programs in the county are being funded by the Mental Health Services Act, proposition 63, which was passed by voters in 2004.

Although Governor Arnold Schwarzenegger said there could be a 10 percent across-the board cut in state government in the next budget, Heggarty did not seem overly concerned. The proposition was a law passed independently by voters and is not part of state general fund spending by itself.

Heggarty said more money was collected from the act than first projected, and other grants could easily fill any financial shortfall, at least in the near future.

The law will be enforced by a team of mental health professionals who work for Turning Point Community Programs of Sacramento, Heggarty said.

“The team manager lives in Grass Valley, and the staff is being recruited locally” for the team, Heggarty said.

*At the NAMI Sacramento General Meeting in November, Randall Hagar, Director of Government Affairs for the California Psychiatric Association, spoke about Laura’s Law, the successes of Assisted Outpatient Treatment programs in other jurisdictions, and the importance of having the board of supervisors adopt Laura’s Law in Sacramento County.*

## The Volunteer Corner

### Become a NAMI Volunteer

NAMI is currently recruiting volunteers for the following positions:

- Children’s services advocate
- Consumer Program Co-Lead
- Family-to-Family class teachers, English and Spanish speakers wanted!
- Volunteer Coordinator to manage volunteers for outreach events, coordinate volunteer training and more!
- Event Photographer

Please contact Caroline Prod at c.prod@att.net or (916) 204-4512.

### February Newsletter Contributions

We welcome submissions to the newsletter. The due date for the next newsletter is January 13. Submit to Belinda Beckett at nimabima@aol.com. Submissions may be edited.

### NAMI Sacramento Office Contact Information

Phone: (916) 874-9416

E-mail: [office@namisacramento.org](mailto:office@namisacramento.org)



## Mental Illness a Familiar Topic to Young Speaker

by Tom Hennessy

from the Long Beach Press Telegram

At 17, Ross Szabo seemed a high-schooler others could look up to: president of the junior class, varsity basketball for two years, a 3.6 G.P.A., and 5-year volunteer for the Special Olympics. Today, at 29, he still recalls how his life crashed on Jan. 5 of his senior year.

"I woke up and went to school. After school, I had a basketball game. After we won the game, I went to a restaurant with my friends, just like we always did. And on the way home from the restaurant, I decided I no longer wanted to live."

His parents managed to get him into a hospital that night.

When he came to about 24 hours and a tranquilizer later, he found the drawstring removed from his sweat shirt, laces missing from his shoes, sheets gone from his bed. And he was being watched over by a stranger.

A couple of days later, the hospital had group therapy. Each participant was asked to tell his or her story. Szabo recalls, "I should have said, 'Hi. My name is Ross, and I hate myself.'"

Released after a brief hospital stay, he went back to high school. About two months later, his classroom was visited by a psychologist who told stories he evidently had used in other classroom visits, stories guaranteed to get him some laughs. He talked about a patient who thought he was Winnie the Pooh. He talked about a patient who told fellow airport passengers that he was waiting for a flight to Venus.

Everyone laughed except Szabo. "I was angry. I pulled my teacher aside and we went into the hallway. I told him I had bipolar disorder, and didn't think this was funny. He asked me what I wanted to do about my classmate's laughter, and I asked if he would let me speak."

It was bravado. In reality, he was terrified to speak before an audience. Knees shaking, he nevertheless plunged ahead and told his story; how hospitalization had transformed him from a school hero to a

"loony," a "wacko," "that crazy kid."

He stood gripping the podium, hoping to make it through.

"But interestingly, when I finished my speech, nobody laughed. More importantly, some people even came up to me afterward and started sharing similar stories within their own families. They told me stories of loved ones who committed suicide or other family members being diagnosed with mental illness.

"Some asked if I knew where they could go for help because they were experiencing some of the same symptoms. So I learned at a young age that speaking about these issues wasn't only good for me, but helpful for many others as well."

Thirteen years after that shaky inaugural speech, Szabo has become a virtual orator on the subject of mental health. He gives talks at approximately 100 colleges a year and is director of youth outreach for the National Mental Health Awareness Campaign.

The group's honorary chair, Tipper Gore, says of him, "As he speaks out across the country to young people about mental illness, Ross will play a significant and important role in the ongoing effort to overcome stigma and encourage more young people to seek help."

Szabo's journey from drug and alcohol abuser to an accomplished mental health speaker has not been easy, as evidenced by a suicide attempt at age 17, and by the experience of an older brother, Thad, who was diagnosed as bi-polar when Ross was 11. Thad is now studying for a doctorate in physics at USC.

After enrolling in American University in Washington, D.C., Szabo had a second setback requiring him to take another medical leave. There was more hospitalization. Eventually, however, he returned to American University and ultimately acquired a degree in psychology.

Early this year, Campus Activities Magazine named him the best male speaker for 2007. He is believed to be the youngest person in America who regularly lectures on mental health.

The need for him on the lecture circuit is evident. For example:

40 percent of college men and 50 percent of college women surveyed said they have suffered depression so severe that at some point they could barely function.

Suicide is the third leading cause of death in high school students, the second leading cause of death among college students.

50 percent of mental illness begins by adolescence and often gets worse later in life.

Over 65 percent of young people with a substance use disorder also have another mental health issue.

In August, Szabo co-authored a book, "Behind Happy Faces: Taking Charge of Your Mental Health," with Melanie Hall. Published by Volt Press, a division of Bonus Books, it explores mental health issues of younger people and how to deal with those issues.

The book deals considerably with Szabo's life as a person who has weathered mental health issues and is not afraid to say he still benefits from treatment.

In the book's epilogue, he writes:

"I know that without my disorder, I would not have had the opportunity to have so many of the incredible experiences I've had over the years. I also know that my disorder will be with me, for better or worse, for the rest of my life."

"I can only hope that the voice I gained at age 17 and all that I have learned since the first days of this disorder will continue to help me in my own life, as well as provide a voice, a positive example and hope to all the people I continue to reach."



## NAMI Launches Veterans Resource Center

NAMI has established an online Veterans Resource Center ([www.nami.org/veterans](http://www.nami.org/veterans)) to help support active duty military personnel, veterans and their families facing serious mental illnesses such as depression, posttraumatic stress disorder (PTSD) and schizophrenia.

“We are a nation at war,” said NAMI executive director Michael J. Fitzpatrick. “The war includes mental illness. Many veterans who return from active duty face a second war at home, confronting profound mental health problems. Their families are also affected.”

The Center’s resources include a growing compilation of fact sheets, self-help information, online discussion groups, research and policy updates, and links to government agencies and other private organizations. NAMI has made the Center a priority to meet a growing need.

- Almost a third of veterans returning from Afghanistan and Iraq confront mental health problems. In 2006, the suicide rate in the Army reached its highest level in 26 years.
- Approximately 30% of veterans treated in the Veterans Health System suffer from depressive symptoms, two to three times the rate of the general population.
- Earlier this year, the chairman of the Veterans Affairs Committee of the U.S. House of Representatives told NAMI’s annual convention that more Vietnam veterans have now died from suicide than the 55,000 who were killed directly during the war in the 1960s and 70s.
- Approximately 40% of homeless veterans have mental illness. Approximately 57% of this group are African American or Hispanic veterans.
- Families of soldiers deployed in Afghanistan or Iraq face increasing pressures from repeated and longer tours of duty. Unlike civilian suicide rates, greater numbers of young soldiers are taking their own lives, with broken relationships or marriage considered to be factors.

“The human toll of any war is felt for years to come,” Fitzpatrick said. “NAMI hopes to expand the Center’s resources over time and provide whatever support we can through our other programs.”

The Center’s resources are organized into 12 on-line categories:

- Post - traumatic Stress Disorders
- Traumatic Brain Injury
- Suicide Prevention, Veterans and Mental Illnesses
- Public Policy and Legislation
- Veterans Affairs and Veterans Integrated Service Network (VISN)
- Families, Children and Spouses
- Women's Veterans Resources
- Multicultural Resources
- Homelessness and NAMI’s Missing Person’s Network
- NAMI Veterans Council
- Online Discussion Groups



## NAMI in the Community



John Buck, Chief Executive Officer of Turning Point Community Programs, spoke at the October General Meeting about the advantages of a family establishing a special needs trust for protection of a their mentally ill family member’s public benefits (SSI and Medi-Cal) while enhancing the family member’s quality of life.



Randall Hagar, director of Government Affairs for the California Psychiatric Association, spoke at the November General Meeting about the successes of Assisted Outpatient Treatment programs and the urgent need for NAMI members to contact the Sacramento County Board of Supervisors to support putting this program to work in our county.



NAMI board members meet at the Wellness and Recovery Center for the November board meeting and tour the recently completed facility.



## The Doctor's Corner

*Dr. Robin Zasio is a local Licensed Clinical Psychologist and owner of the Anxiety Treatment Center at: [www.anxietytreatmentexperts.com](http://www.anxietytreatmentexperts.com).*

*She addresses mental health questions submitted by NAMI Sacramento members, consumers, and readers.*

*Submit your questions to:*

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

*Dear Dr. Robin,*

*I am new to accessing the mental health profession, but continually find myself confused in understanding the differences in therapists' licenses and what they mean. I am also confused about the difference between a psychiatrist and a psychologist, what services they provide, and how they are different. For instance, why would I seek a psychiatrist versus a psychologist? - Jeff*

Dear Jeff,

Thanks for your question. I must admit that a fair number of people who call my office ask this very same question. Let me help to break it down. There are three common licenses and credentials you may see. By definition, a *Marriage Family Therapist (MFT)* tends to focus on families and couples and their relationships in order to nurture change and development. MFTs generally view these in terms of the systems of interaction between family members. They emphasize family relationships as important factors in psychological health. These therapists have a two-year Master's degree. A *Licensed Clinical Social Worker (LCSW)* is trained in psychotherapy and helps individuals deal with a variety of mental health and daily living problems in order to improve overall functioning. LCSWs, too, hold a two-year Master's degree. A *Licensed Clinical Psychologist* can be described as an expert in psychology and the systematic investigation of the human mind, including behavior, cognition, and affect. Psychologists are usually categorized into a number of different fields (forensic, research, consulting, school, for example), the most well-recognized being clinical psychologists.

Now I realize that these definitions may have only muddied the waters, but that's because—other than the differences in licenses, degrees, and experience—it's difficult to differentiate these mental health professionals. When it comes right down to it, they all have one common goal: helping to improve the lives of others. Overall, the most important consideration when looking for a therapist is to talk with that therapist directly, ask about his or her specialty, and be sure it's consistent with what you're looking for. This is far more important than the therapist's license, itself. Let me give you an example: in my clinic, I work with a therapist who holds an MFT license. Her specialty, however, is in Cognitive Behavior Therapy and Exposure therapy. If one merely looked at her license (and definition), one might not seek her out.

With regard to the difference between a psychiatrist and a psychologist, a psychiatrist is a medical doctor who focuses on prescribing medications for individuals with mental health issues, whereas a psychologist cannot prescribe at this time. Additionally, psychiatrists do not typically provide therapy services, whereas psychologists do. If you are interested in finding out more about how to find a psychiatrist and what questions to ask, please visit [www.AnxietyTreatmentExperts.com](http://www.AnxietyTreatmentExperts.com) for further information.

Sincerely,

Robin Zasio

### 2008 BOARD OF DIRECTORS

#### ACTING PRESIDENT

*Caroline Prod, [c.prod@att.net](mailto:c.prod@att.net)*

#### VICE PRESIDENT

*Vacant*

#### TREASURER

*John Gilbert, [jgilb1@pacbell.net](mailto:jgilb1@pacbell.net)*

#### SECRETARY

*Pat Pavone, [pavone@surewest.net](mailto:pavone@surewest.net)*

### BOARD MEMBERS

*Belinda Beckett*

*Linda Beilharz*

*Lloyd Lagerstrom*

*Al Lipson*

*Valentin Lopez (on leave)*

*Sherrie Sala-Moore*

*Heidi Sanborn*

*Jeanne Templeman*

### 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 others in your community dedicated to improving the lives of people with mental illness in the Sacramento area. Become part of our grassroots revolution and make a difference! Either detach and mail in the membership form below, or join online at [www.namisacramento.org/membership](http://www.namisacramento.org/membership). Collecting this information helps us to serve our members better. Your information is treated confidentially and will never be shared outside of NAMI. Please print clearly.

Name: \_\_\_\_\_ Address/City/Zip: \_\_\_\_\_

(circle one)

Home/Work/Cell Phone: \_\_\_\_\_ Email: \_\_\_\_\_

(check one)

Your relation to the consumer:

- I'm a consumer
- Family member
- Friend
- None, just interested

Ethnicity:

- Asian
- African/Black
- Hispanic/Latino
- Caucasian/White
- Other
- Decline to state

If you are a consumer, please enter your primary diagnosis:

- ADHD
- PTSD
- Bipolar disorder
- Schizophrenia
- Dual diagnosis
- Unknown
- Major depression
- Other
- OCD
- Decline to state
- Panic disorder

If you are the consumer's family member, please enter your family relation to the consumer:

Membership type:

- Consumer, \$15
- General, \$35

Newsletter preference:

- E-mail
- Postal mail
- Both
- Don't send

You can help! Volunteer with NAMI Sacramento:

- Contact me about volunteer opportunities

Please consider an additional donation of:

- \$100 or more
- \$50-\$99
- up to \$50

Make checks payable to NAMI Sacramento. Mail to NAMI Sacramento Membership Chair, PO Box 2154, Fair Oaks, CA 95628. NAMI Sacramento thanks you for your support. Your donations directly help those with mental illness.

RETURN SERVICE REQUESTED

NAMI Sacramento Chapter  
3331 Power Inn Road, Suite 140  
Sacramento, CA 95826



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