



NAMI

Sacramento Newsletter

National Alliance on Mental Illness

Sacramento's Voice on Mental Illness

November 2008: Issue No 6.10

General Meeting

Monday, November 10, 2008

Lt. Cara Westin, the Sacramento Police Department's Night Watch Commander for the Downtown area, will speak about the training that officers receive to deal with the mentally ill. Lt. Westin's unit interacts frequently with homeless people who have a mental illness. Her talk will include information about 5150 calls and tips for families who need to contact the police. She will answer members' questions about dealing with law enforcement.

Please note: No General Meeting or Newsletter in December

Monday, January 12, 2009

We will have an encore showing of the excellent film **Out of the Shadow**. Filmed over five years, it chronicles the life of the filmmaker's mother who suffers from schizophrenia. With grace and compassion, the film illustrates the painful complexities of severe mental illness and the inadequate public health system set up to deal with it. **Out of the Shadow** illuminates a national plight through one family's struggle and helps to dispel the stigmas and misconceptions surrounding this harrowing illness.

Meeting Location

SMUD Headquarters Auditorium
6201 S Street, Sacramento 95817

Time

General Meetings start at 7:30 p.m.

Contact Us

NAMI Sacramento
3440 Viking Drive, suite 125
Sacramento CA 95827

(916) 364-1642

NAMI Sacramento e-mail address:
office@namisacramento.org

Website: www.namisacramento.org

Changes at Sierra Vista Hospital

by Ed Fishbein

Just months after the quality of its care was challenged in the press and the state Legislature, Sierra Vista Hospital has new management, and perhaps, a positive new direction. Both were sorely needed in the wake of the troubles that the second-largest of Sacramento County's three private psychiatric facilities faced this summer.

In the wake of the death of an El Dorado County man at Sierra Vista earlier in the year, Assemblyman Ted Gaines, R-Roseville, announced his "grave concerns" about its quality of care. Gaines said he'd oppose Sierra Vista's ongoing \$8 million, 48-bed expansion until its quality of care is affirmed in a state audit and it displays "true management accountability."

And the same Sacramento Bee article in which Gaines expressed his concerns spelled out Sierra Vista's troubled past - a history that included 111 citations by state inspectors since 2004, and three patient deaths linked to poor care since 2000.

But that may possibly have been the low point for Sierra Vista, which is owned by Psychiatric Solutions, a corporation that operates 90 psychiatric facilities in 31 states.

In September, an autopsy concluded that the El Dorado County patient's death was the result of natural causes. And while asserting that the press coverage of its problems was not entirely fair, Sierra Vista spokesman Mark Grip wrote in an e-mail interview with the NAMI Sacramento Newsletter that "the number of citations received has been higher than acceptable to us and we have been and are actively addressing them."

The hospital's response is being carried out on several different tracks. Sierra Vista's former CEO has resigned to pursue what Grip diplomatically called "other professional and personal opportunities." She has been replaced by interim CEO Bruce Waldo, a widely experienced psychiatric hospital administrator. Sierra Vista has also added a chief operating

➤ *continued on page 4*

Parity at Last! Landmark Legislation Signed into Law

by Gabby Hyman from NAMI California

Excerpts from this article are included below. For the entire text and to read the Bill, go to www.namicalifornia.org, "News and Views"

In a victory for consumers and families, The House of Representatives [on October 3] approved landmark mental health parity legislation that will outlaw discrimination by health insurance providers when paying for treatment for Americans suffering from mental illnesses or substance abuse. The 263-171 vote, approving the Paul Wellstone and Pete Domenici Mental Health Parity and Addiction Equity Act of 2008, was a part of the financial bailout package signed by President George Bush.

In its inclusion of the Wellstone Act, the House ended a 20-year struggle for parity for consumers and family members, and a 12-year battle by Senator Paul Wellstone and, following his death, his son David. Key leadership in the Senate over the course of the fight came from Sen. Pete Domenici (R-New Mexico), who became involved after joining a National Alliance on Mental Illness support group nearly 20 years ago.

"The first real understanding of how broad the problem was came from those meetings where I met with mothers and fathers who had children with a mental illness, and they were going bankrupt

➤ *continued on page 4*



Support Groups

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

Contact: Andrea Hillerman at andrea@mhasc.org or (916) 366-4601; or Marilyn Hillerman at 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.

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.

Emotions Anonymous

For people working toward recovery from emotional difficulties. Tuesdays from 6:00 p.m. - 7:30 p.m. Wellness Center, 3815 Marconi Ave., Sacramento, or Thursdays from 7:00 - 8:30 p.m. Lutheran Church of the Good Shepherd, 1615 Morse Ave., Sacramento. Meet in the choir room.

Contact (916) 366-0699 or see : allone.com/12/ea/

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.

OCD Kids Sacramento

For kids 18 and under and their families. Provides support through sharing of experiences. Meetings also attended by a therapist experienced in treating OCD. 1st Sunday of the month from 2:00 p.m. - 4:00 p.m. at Kaiser Permanente Point West Clinic, 1650 Response Road, Sacramento, 95815 .

See: www.ocdkids.com

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

Call (916) 483-5616 for meeting locations.

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

Social Skills Group

For teens and adults who feel socially awkward or shy. Sponsored by Fall Creek Counseling, 5900 Coyle Ave. suite D, Carmichael, CA 95608.

Contact: www.sacramentopsychology.com

Call Dr. Debra Moore at (916) 344-0900

Meetup.com Groups

You may find other informal groups that keep their own schedules at 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.

Go to NAMI Sacramento's web site at www.namisacramento.org for an extensive list of resources and crisis help available in the Sacramento area.

Upcoming Events

Fifth Annual Mental Health Association Variety Show

Thursday, December 4, 2008, 7:00 p.m. at the Crest Theatre. 1013 K Street, Sacramento 95814. Advance tickets are \$15, available through the Crest Box Office (800) 225-2277 or www.tickets.com or \$20 at the door the night of the show.

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.

Educational Meetings

Family to Family Education Classes

Offered twice a year, spring and fall.

☎ 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

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.

NAMI Sacramento Board of Director's Meeting

3rd Monday of each month at 6:30 p.m. conference Room A, 3331 Power Inn Road, suite 140, Sacramento, CA 95826.



NAMI Sacramento Mourns Passing of Joyce Peterson

On October 7, 2008, NAMI member Joyce Peterson lost her courageous battle with cancer and died at the age of 70. Joyce was also the mother of Heidi Sanborn, longtime NAMI member and former Board President. It was Joyce's lifelong struggle with schizophrenia that shaped both her life and her daughter's. After many years as an advocate for her mom, Heidi was able to rescue Joyce from a life of poverty and homelessness, get her the treatment that she needed and give her a life of independence, hope and dignity near her family here in Sacramento. Joyce died knowing she was loved and valued as a mom and as a member of our organization.

Here, in Heidi's own words, is what NAMI Sacramento meant to both of them.

"NAMI Sacramento meetings were the first place mom talked openly to others about her schizophrenia and helped others in her sharing. She felt OK to be herself there, unlike how she felt everywhere else which was to hide her condition. One night, at a NAMI General Meeting, I watched as mom voluntarily greeted the guests and started conversations with them. She shared her own story to help them with their hurting. I was so happy to see her liberated from her fear of being who she was - a lovely, kind, loving and very intelligent person who happened to have a brain disease. My gratitude to NAMI Sacramento is unending for helping me to help mom and for helping mom accept herself and love herself for who she was. I would not have had the tools necessary to help mom these last 10 years without NAMI Sacramento."

In celebration of Joyce's life and Heidi's love and devotion to her mother, NAMI Sacramento will present an encore showing of the wonderful film, **Out of the Shadow**, at our January General Meeting on January 12, 2009. This film is a very powerful portrayal of a woman's struggle with schizophrenia as seen through the eyes of her daughter, Susan Smiley. Ms Smiley also produced the film. It is a fitting tribute to the power of love in combating the stigma of mental illness.

Family to Family to Offer Two Classes in Spring

Have you taken the Family to Family Course offered by NAMI Sacramento? It is a free 12 week class offered for family members of those who have a mental illness. Registration for this program **begins** the first week of December. Register online at (www.namisacramento.org web-site (preferred) or call (916) 399-5762.

Family to Family Course Content

- Week 1:* Learning about feelings and learning about facts
- Week 2:* Schizophrenia, schizo-affective disorder, diagnosis, critical periods.
- Week 3:* Major depression, mania, panic/anxiety and obsessive compulsive disorder, diagnosis and causes
- Week 4:* Basics about the brain
- Week 5:* Problem solving skills workshop
- Week 6:* Medication review
- Week 7:* What it's like to have a mental illness - empathy workshop
- Week 8:* Communications skills workshop
- Week 9:* Support group and self-care
- Week 10:* Rehabilitation and potential for recovery
- Week 11:* Advocacy - fighting stigma
- Week 12:* Review, evaluation, certification, celebration.

Donate to NAMI Sacramento through CSECC/United Way

The State Employees' California State Employees Charitable Campaign and the private sector United Way campaigns are underway. This is NAMI Sacramento's first year as an official certified partnership agency. You can support us by choosing our name from the list of certified nonprofit organizations and agencies. Please help NAMI to help alleviate the suffering mental illness causes by including us in your United Way/CSECC giving. Select agency number 16962 to donate to NAMI Sacramento. **Please note that donations through CSECC/United Way cannot be applied to pay NAMI membership dues.**

Get to Know Your Board



NAMI Board member Jeanne Templeman

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

Jeanne Templeman has been a NAMI Board member for two years and will step down when her term expires in December. She is a registered nurse, a licensed clinical social worker and a national board-certified clinical nurse specialist in adult psychiatric nursing/mental health. Jeanne was introduced to NAMI by former Board member, Karen Owen, who was volunteering at the Sacramento County Main Jail where Jeanne worked as a psychiatric RN. Jeanne began her career in nursing in 1981 at UCD and worked in Jail Psychiatric Services not once, but twice! She left UCD for 10 years to work in administrative state regulatory oversight with the Department of Consumer Affairs as a Nursing Education Consultant. Jeanne has been active in continuing education for nurses, and is a charter member of the Academy of Forensic Nursing Science. She has always enjoyed her role as a nurse educator and has taught psychiatric clinical nursing to RN students at Heritage Oaks Hospital, the Sacramento County Jail and Crestwood Center, as well as serving on the voluntary faculty with the UCD School of Medicine teaching third year medical students doing their psychiatric rotations in the jail setting.

Since retiring from UCD in 2007, Jeanne has been developing a private clinical and consulting practice that includes working with parolees and probationers. She also contracts with a community health agency and is an adjunct professor of Nursing with CSUS.

Jeanne enjoys retirement, raising her German Shepherd and adopted cat. Her 20 year old daughter attends college and is Judo and photography enthusiast who will be teaching a "Photoshop" class at the Wellness & Recovery Center's computer lab soon.



➤ **Sierra Vista, from page one**

officer and a regulatory compliance officer. The latter, Grip wrote, “is 100% focused on ensuring the hospital is in compliance with all regulatory agencies.”

The allocation of the clinical staff is being reviewed, Grip wrote, along with the mix of types of nurses, in pursuit of “the highest level of patient care.”

Beyond that, Sierra Vista has established a “best practices advisory team” made of five health professionals from other facilities that will supplement its staff and ride herd on everything from clinical practices to nursing to the pharmacy.

For now, the jury is still out on whether these changes will lead to the end of Sierra Vista’s troubles. After a meeting between hospital officials and Assemblyman Gaines, the legislator said “I am pleased to hear that Sierra Vista recognized they have a problem, and I am glad to know they have developed a plan of action.” But he also added: “Without a radical transformation, however, their expansion should not be approved by the state.”

And that expansion is what elevates the importance of Sierra Vista’s situation beyond its patients and staff. Sacramento County, like the rest of California, has an acute shortage of beds for mentally ill patients - about half the number experts believe to be optimal. The 48 beds that Sierra Vista currently aspires to add to the 72 it already has won’t end that shortage, but it will ease it.

For that reason, Sierra Vista’s staff aren’t the only members of Sacramento’s mental health community who have a stake in whether the hospital solves its problems. Wrote Grip: “We take our role in patient care extremely seriously and we are doing everything we can to assure we are providing quality, direct patient care.”



➤ **Parity, from page one**

because they couldn’t pay the health bills, or their children were in jail instead of hospitals,” Domenici said.

It is estimated that roughly 67 percent of adults and 80 percent of children requiring mental health services do not receive help, in large part because of discriminatory insurance practices.

In sum, the bill represents a triumph for those who have struggled for decades to receive equal health insurance coverage from their employers or from self-paid health plans without artificial limits on inpatient/outpatient visits (in or out of network) or for emergency care to treat mental illness, dual diagnosis, or substance abuse. The legislation applies to group health plans of 51 or more employees.

As written (courtesy of the House bill text), the legislation:

- requires group health plans to apply the same beneficiary financial requirements to mental health or substance-related disorder benefits as they apply for medical and surgical benefits, including limits on deductibles, co-payments, and out-of-pocket expenses.
- Revises the definition of “mental health benefits” to include substance disorder benefits.
- Requires plan administrators to make the criteria for medical necessity determinations with respect to mental health and substance-related disorder benefits available to plan participants, beneficiaries, or providers upon request.
- Sets forth the minimum scope of mental health and substance related disorder benefits under a group health plan. Requires such plans offering out-of-network coverage to apply the same coverage offered for medical and surgical services to mental health and substance-related benefits.
- Makes the amendments made by this Act applicable to plan years beginning on or after January 1, 2009, and to group health plans under a collective bargaining agreement at the expiration of such agreement or by January 1, 2009.

Sacramento County Transition Age Youth Collaborative to Present Program at CSUS January 15-16, 2009

Sacramento County Transition Age Youth Collaborative is presenting “Serving Youth with Emotional Disturbance (ED) and Transition - Aged Youth (TAY) - being served in or at-risk for the Juvenile Justice System. The program will be on January 15-16, 2009 at the University Union of Sacramento State University and will cost \$99. Scheduled speakers include Michael Pritchard/ Nationally Acclaimed Speaker, Steve Johnson/ Character-based Literacy, Fr. Greg Boyle/ Homeboy Industries, Mindy Oppenheim/ the SEED, Jeff Sprague/ PBIS, Shep Siegel/ Career Ladders, and Mike Johnson/ WAGES.

Scheduled breakout sessions are expected to include:

- Cognitive-Behavioral Interventions
- Communities of Care
- Family to Family (NAMI)
- Multicultural issues
- Family supports and Advocacy
- Teaching Social Skills
- Character Based Literacy
- Positive Behavioral Supports in Juvenile Justice Settings
- Career Technical Education
- Community Life competency, and Employment
- Dropout Prevention

For more information, contact Michael Laharty, Sacramento County Office of Education at mlaharty@scoe.net.



Know Your Early Warning Signs



by Linda Ellis RN, MN
Director of Nursing,
Turning Point
Community Programs

Good contractors have a set of tools to make their construction projects run smoothly. Knowing the right tool to use for the right job will bring about the intended result much more easily. Similarly, in the recovery model, an individual with mental illness, according to Mary Ellen Copeland, Ph.D., has at his or her disposal, a *wellness* toolbox. In it are many ‘tools’ or skills that you can use to stay well. However, regardless of your best efforts, there may come a time when you or your loved one will begin to experience troubling symptoms. Recognizing your early warning signs and taking proper action may prevent your symptoms from developing into a full blown crisis. If your family members, friends, and caregivers also know your early warning signs they will be able to ‘pick up’ the right tools to intervene on your behalf to help you get better as quickly as possible.

Copeland suggests that some early warning signs that you may experience and that can indicate to those around you that you need help might include the following:

- neglecting personal hygiene
- not getting out of bed
- nervousness
- forgetfulness
- increased irritability
- excessive talking
- avoiding others or isolating
- feeling slowed down or speeded up
- obsessing over something unimportant
- displaying irrational thought patterns
- feeling unconnected to your body
- increased negativity
- not keeping appointments

- preoccupation with suicide
- increased use of alcohol
- changes in appetite

Using new medication or making adjustments to already-used ones is an option that you and your physician may want to discuss to prevent your symptoms from getting worse. As with all medication, a decision whether or not to *use* it, not merely *take* it, must follow a discussion about the risks and the benefits. Along this same line, you also might ask yourself, “How will the medicine help me achieve my goals?” It may be necessary to have someone with you to advocate for you and help you understand the information presented.

Because medication is only one tool in the recovery toolbox, you could consider using non-drug coping strategies first to manage your symptoms. Some of these include taking some time off, eating right, exercising, getting enough rest and sleep, enjoying nature and the arts, meditating or praying, listening to music, dancing, socializing with friends, and getting some exposure to light.

Attending workshops and support groups, reading self-help books, writing in a journal, talking to your healthcare provider and other individuals who experience similar symptoms can also provide some insight and information. Of course, do not try to take several of these suggestions on at the same time as that might cause unnecessary stress! The first step is often the hardest as is true for trying something different and unconventional. On the other hand, some things to avoid would be alcohol and illicit drugs; excessive use of sugar, salt, caffeine and smoking; chaos, and non-supportive people.

For those *supportive* people around you, allow them to gently and lovingly nudge you to make and keep that appointment with a mental health practitioner and to remind you of those goals you are working towards. Your recovery process is not stagnant, just like life isn’t. As my pastor recently said, “Let your setbacks become comebacks.” This is the sign of true empowerment and resiliency. So

when you begin to experience symptoms that might suggest that you might be entering a season of challenges, know that there is help, as long as you pick up the right *tools*.

Check www.mentalhealthrecovery.com/ for more from Dr. Copeland.

Shopping to Support NAMI Sacramento

NAMI Sacramento is participating in two new programs that allow you to give financial support to NAMI at no cost to you - while you shop!

Macy’s Community Shopping Day

As we announced in the September Newsletter, NAMI Sacramento will be one of the participating agencies in the annual Macy’s Community Shopping Day on November 22 (the Saturday before Thanksgiving) at the Downtown Plaza stores. By purchasing a ticket for \$10 you are entitled to 10-20 percent discounts on most Macy’s merchandise during the pre-sale period (November 12-21) and on the day of the event itself. And, if you buy something priced \$25.00 or more on November 22, you get \$10 off - making the ticket free! NAMI will get the full proceeds from all tickets sold. Tickets are for sale at the General Meetings or contact Dawn Correia at the NAMI office at (916) 364-1642.

Goodshop.com

This is a completely easy and painless way to help NAMI while shopping online. Go to www.goodshop.com. Type in NAMI Sacramento in the box asking for the name of the charity you wish to support. Choose the store from the dropdown box - there are over 600 of them including Amazon, Macy’s, Nordstrom, Sears, Eddie Bauer, Home Depot, and Flowers.com to name a few. You will be immediately connected with that store’s website - where you shop and order just as usual. That’s all there is to it. You don’t need to register or give any information. Goodshop will automatically donate a small percentage of what you spend to NAMI Sacramento.



Long Term Psychotherapy Is Superior, Study Finds

from the Los Angeles Times, September 30, 2008

Psychotherapy lasting for at least one year is more effective than shorter periods of therapy for people with complex mental disorders, such as personality and chronic disorders, according to a study published in the Journal of the American Medical Association [JAMA]. The success of dedicated psychotherapy may matter little, however, because fewer doctors are offering the service and fewer insurers are covering it.

In long-term psychodynamic psychotherapy, the therapist provides continued, close support for the patient while the pair work through problems and interventions. The JAMA study, from researchers in Germany, was an examination of 23 studies on the success of psychotherapy. It found that longer-term therapy (one year or longer) was superior to shorter-term methods in regard to overall outcome and personality functioning. On average, patients with complex mental conditions who were treated long-term were better off than 96% of the patients in the comparison groups.

Psychotherapy, however, is a dying art. In an editorial accompanying the study, JAMA Deputy Editor Richard M. Glass, of the University of Chicago, noted that fewer patients these days have access to this kind of supportive therapy.

“It is ironic and disturbing that this occurs at a time when provision of psychotherapy by psychiatrists in the United States is declining significantly,” he said. “The reasons for this merit careful evaluation. To some extent this may reflect the cost-efficacy of treatments for some mental disorders with medications and brief supportive visits. However, this trend appears to be strongly related to financial incentives and other pressures to minimize costs. Is this what is really wanted for patients with disabling disorders that could respond to more intensive treatment?”

In August, a study in the Archives of General Psychiatry found the number of psychotherapy visits nationwide declined from 44.4% in 1996-97 to 28.9% in 2004-

05. That study found the number of psychiatrists who provide psychotherapy to all of their patients declined from 19.1% in 1996-97 to 10.8% in 2004-05. The authors of that study concluded that more doctors now are specializing in psychopharmacology - medication for mental illnesses - even though studies show the best results can be achieved with a combination of psychotherapy and medication.

“Therapy provided by medically trained psychiatrists offers the maximum integration of mind and body to our patients,” said Dr. Eric Plakun, chairman of the American Psychiatric Association’s Committee on Psychotherapy by Psychiatrists.

Recognizing the biological basis, and the often helpful addition of medication for treating mental illness was a huge positive step in medicine in the last half of the 20th century. But if that progress comes at the expense of psychotherapy, we’ll be back where we started: treating just one aspect of the mind-body connection that is at the core of mental-health functioning.

Disappointing Turnout for 2008 Walk for Mental Health

A few hardy souls came out in spite of the threat of rain for the Sixth Annual Walk for Mental Health on Saturday, October 4th. The good news is that the clouds went away and the sun came out. The bad news is that the turnout did not improve.

The Walk for Mental Health has not drawn big crowds in the past, but this year’s turnout was at an all time low. It is really unfortunate because this is a key fundraiser for all of the participating agencies. We will not know how much money was donated to NAMI Sacramento through the Walk until December, but the odds are that we will not meet the amount we anticipated when we developed our 2008-09 budget.

We will be planning some additional fund raising activities for this fiscal year to offset the loss in revenue. Please watch for additional information about these efforts, and how you can help, in future newsletters. A very special thanks to those who came out to support NAMI and the Walk!

NAMI in the Community



Members of the mental health community, their families and friends walked on Saturday, October 4 to raise awareness and funds in the 2008 Walk for Mental Health.



Dee Gavaldon (above) and Vilma Rodregues from Crossroads Employment Services explained how Social Security impacts employment and work incentives at the October General Meeting.

Wanted: Volunteer Family to Family Coordinator for NAMI Sacramento

Would you like to be a part of a team that helps set up the Family to Family classes? Please contact Lynn Cathy for a job description at (916) 399-5762 or Lmcathy@sbcglobal.net. The time commitment is an estimated 15-20 hours total per year as we have two other co-coordinators who work in tandem for this volunteer program!



Principles of Support

We include the NAMI Principles of Support that guide NAMI support groups as food for thought and as a reminder that NAMI can help!

- We will see the individual first, not the illness
- We recognize mental illnesses are brain disorders
- We aim for better coping skills
- We find strength in sharing experiences
- We reject stigma in ourselves and others
- We won't judge anyone's pain as less than our own
- We forgive ourselves and reject guilt
- We embrace humor as healthy
- We accept we cannot resolve all problems

Become a NAMI Volunteer

NAMI is currently recruiting volunteers for the following positions:

- Consumer Program Co-Leader
- Family to Family class teachers, English and Spanish speakers wanted
- Family to Family Class Coordinator
- Event Photographer

If you can help, please contact Pat Pavone at pavone@surewest.net or (916) 359-2366.

January Newsletter Contributions

We welcome submissions to the newsletter. The next newsletter will be the January 2009 issue. The due date for that newsletter will be December 12. Submit to Belinda Beckett at nimabima@aol.com. Submissions may be edited.



Unprecedented Genetic Findings Give Hope

by Carey Goldberg, The Boston Globe, October 14, 2008

A portion of this article is included below. For the entire article go to www.namicalifornia.org, "News and Views."

For decades, scientists seeking genes involved in mental illness reaped mainly frustration. But in recent months, painstaking analysis of the DNA of thousands of patients has yielded important, and surprising insights into the roots of schizophrenia, bipolar disorder, and autism.

Though the findings do not translate into better ways to diagnose or treat patients, researchers say that for the first time they are making real progress.

Dr. Thomas Insel, director of the National Institute of Mental Health, compares psychiatric genetics to a 1,000 piece jigsaw puzzle, in which researchers have just started to fit together a few edge pieces.

"But this is unprecedented progress," he said. "This is a time of real excitement in a field that up until now hasn't given us much to cheer about."

The findings, including major work published by Boston-area scientists, suggest that although mental illness is known to run in families, it may sometimes stem not from inherited defects but from spontaneous mutations that occur during earliest development in the womb.

Wanted: Volunteers to Share Their Stories and Help Others

NAMI Sacramento is seeking volunteers to share their stories - their experiences and perspectives - about how mental illness has effected their lives. We are looking for individuals who are willing either to appear on camera or to be interviewed by a print journalist. By sharing actual stories, we can increase awareness of the many problems and shortcomings of the mental health system. The more aware the public is, the more likely resources will be utilized and solutions found.

Host An "In Our Own Voice" Presentation

In Our Own Voice is an anti-stigma presentation given by consumers to all types of community audiences, large and small. The focus is on living well with mental illness and the presentation centers on the themes of Dark Days, Acceptance, Treatment, Coping Skills, and Successes, Hopes and Dreams. If your group is interested in hosting a presentation, if you would like to become a presenter, or if you would just like more information on the program, please contact Kathleen Derby at the NAMI Sacramento office: (916) 364-1642; office@namisacramento.org

2008 BOARD OF DIRECTORS

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Andrea Hillerman, Adult Consumer Advocate,
(916) 875-4710

Dave Schroeder, Family and Youth Advocate,
(916) 875-4183

NAMI Sacramento Membership Form

Please join us! Join 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. 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:

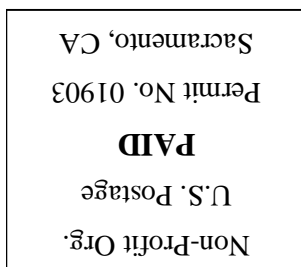
- Contact me about volunteer opportunities

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
3440 Viking Drive, suite 125
Sacramento, CA 95827-2844

