



NAMI Mendocino County

The County's Voice on Mental Illnesses

NAMI Mendocino County
P. O. Box 312, Ukiah, CA 95482
Website: www.namimendocino.org
Spring 2007

Facilitator's Message

As I sit down to write my facilitator's message for the winter NAMI newsletter, the snowflakes are falling outside my Ukiah home. My mind is wandering to what I have been doing as a member of NAMI, and as a person who deals with the effects of mental illness on my daughter and other folks I know and care about.

Presently there is a Family-to-Family course being taught every Tuesday evening at the Ukiah High School Library-it is in its 9th of a 12-week series. My husband and daughter's roommate are taking the class for the first time. I am also attending. Taking F-to-F for the second time, I realize how much I have learned in the 7 years between classes, and how much more there is to learn and do.

When we read and discuss the information each week I sometimes flash back to the first Family-to-Family class I attended in the fall of 2000. Two wonderful NAMI members, Anne and Bill Retallic, taught the class. I was at the very beginning of my recognition and acceptance of my loved one's mental illness. It was a lifesaver for me to be able to be a part of a warm group of people also trying to deal with the huge challenges that mental illness brings. This group, Ann and Bill, and the valuable information Family-to-Family presents were the beginning of my own personal growth.

Taking the course for a second time has been just as fruitful. I want to thank Gladys Telschow and

Wynd Novotny for their dedicated efforts as instructors, and Julie Price who serves as a resource guide. I have especially found the workshops on listening and communication skills to be important to me in helping to honestly and effectively communicate. My feeling of being part of a warm and open group of people is again tremendously uplifting. I know that I sometimes vacillate between the different stages of coping: denial, guilt, resentment, understanding, action and advocacy. I'm aware this is an ongoing, lifetime process.

Family-to-Family is part of the heart and soul of what NAMI does at the grassroots level. It is a free course designed for family members of people living with mental illness. The course is taught one evening a week for 12 consecutive weeks. The course is co-taught by specially trained family members and includes the following topics: information about the different illnesses; medications and their side effects; coping skills; handling crisis and relapse; listening and communication skills; problem solving and setting limits; recovery; self care; community resources; and much more.

I urge anyone interested to contact Charlene at 467-9116 for more information. Classes are given both on the coast and inland as needed. Take care. Spring is almost here.

Diane Zucker
Facilitator

Coast News by Sonya Nesch

We co-sponsored three Candidates Nights with the League of Women Voters, Alliance for Democracy, Center for Peace and Justice and the National Women's Political Caucus. All DA and Sheriff candidates addressed the issue of criminalizing people with mental illness and the need for solutions such as Mental Health Court. We also co-sponsored a Health and Human Services Agency (HHS) presentation with the Mendocino Coast Clinic and the new HHS. All of these events were well attended and received excellent media coverage before and after.

The Coastal NAMI Advocacy Group has been meeting monthly to work for a local no threshold Crisis Residential House, psychiatric and detox beds, reinstatement of the 24/7 On-Call Psychiatrist Program, Drop-In Medical Clinics, better crisis care, and more.

In January, Sonya Nesch and Janet Bienenstock lead free 2007 Personal Goals Workshops for the Coast Resource Center and Heart to Heart. People answered thoughtful questions, shared, and then came up with their goals for 2007. These goals were transformed into collages.

The Coast Red House is participating in "First Friday" and displaying the paintings, drawings, and photographs of clients with live music by a very talented singer/songwriter/poet.

Mental Health Services Act Updates:

I, Wynd Novotny, am committed to continuing my work with the Mental Health Services Act that I began while serving on the Mental Health Board. I was elected to represent NAMI on the newly seated Mental Health Services Act Committee at the January 2007 inland NAMI meeting. I attended the first of 4 scheduled joint MHSA/Mental Health Board meetings on February 21st at the Agricultural annex.

If you have any questions or want to express your thoughts and/or you can contact me at: wynd@pacific.net or through www.wishing-wellness.net

The second 14 week Client Peer Support training of the C.A.R.E. (Community Action for Recovery and Education) program will begin March 15th in Willits.

The applications are available from A Healing Cooperative in Ukiah (462-3360 ext. 103) or Heart to Heart (964-2218) in Fort Bragg. The application deadline is March 6th.

www.ukiahumc.org/ahc

The second 14 week Peer Support Training offered through the C. A.R.E. (Community Action for Recovery and Education) program is scheduled to meet one day a week, on Thursdays beginning March 15th, 2007. The training will include lunch, (provided free to those in need, passing the hat discretely for those who can pay).

Application forms are available on the web-site at www.ukiahumc.org/

The half-time Mental Health Clinician who will serve as a college coach at Mendocino College has been hired and has begun work. Contact student services at the college to set up an appointment.

We are awaiting the guidelines for the \$50,000.00 set aside in a mini-grant funds for seeding innovative programs through the utilization of local non profits.

Alzheimer-Zinc connection

Yesterday we were talking about things that could be interesting for the newsletter and I remembered an article I read/wrote about Alzheimer and zinc. Here is the link:
http://www.blogbuster.no/index.php/health/2006/12/20/high_level_of_sink_indicator_of_alzheim
e.

I believe that you should be able to find out more if you do a search for Karolinska Institutets Alzheimercentrum, Sweden.
Finn Roald Alden

NAMI Travel Website

NAMI National has added a new **Travel** Website for supporters use. If you use this web site to book travel they give money back to **NAMI**. You get access to all of the same airlines, hotels and rental car companies, cruises and vacation packages you find on all the other major travel websites and you get some of the lowest travel prices on the Internet. **NAMI National** receives 40% of the travel commissions. The travel website is www.namitravel.com Please check it out and book travel with them when you can

All NAMI members

and all who are interested,

Anyone who has the time to sit and discuss mental health issues is welcome to meet at the Coffee Critic every Friday at noon. We cover all sorts of issues. I've even brought my own lunch and no-one seems to care. If you have any questions call me, Diane Zucker, at 467-9798

STAR Center

I stumbled upon this site when I was browsing through nami.org. There is also information on cultural competency and much more:

"The STAR Center provides Support, Technical Assistance and Resources to assist consumer-operated and consumer-helper programs in meeting the needs of under-served populations.

In pursuit of this mission we offer a broad array of technical assistance to consumer operated and peer run programs, leadership trainings, national teleconferences, consumer scholarships-for attendance to the annual Alternatives Conference, national identification of culturally competent consumer operated programs-as part of our Consumer Operated Service Identifier or COSI Project, and an online Cultural Resource Directory."

Check it out at: <http://www.consumerstar.org/>
Julie Price

Letter from Executive Director of NAMI National

As we together look ahead to the election season and legislative sessions, we will have many opportunities to raise our collective voices to communicate the urgency that exists all over America for consumers and family members who cannot access the services that are essential to treat serious mental illnesses.

Our voices, our stories and experiences matter. They must be heard by candidates running for office and by our policymakers in the counties and states and in our nation's capitol. Our 2006 *Grading the States Report* gives us a roadmap and the needed momentum to push for systematic reforms.

The report gave America an average grade of D. Five states were awarded B's; eight received F's. There were no A's. From the date of the release of this report forward, we will hold states accountable to a standard of quality that demands results. We cannot settle for less. We must make it clear to policymakers that mental illness ignored simply does not disappear.

Visit your elected officials and candidates at public appearances and at their offices. Call them, and send e-mails demanding results. The time is now for action.

Our NAMI walks program continues to offer tremendous opportunities in communities all over America for attention to serious mental illness as an issue that all communities need to take seriously. We will hold seventy walks in diverse communities across the country. Businesses and individuals have responded with growing levels of sponsorship. Thousands of people are now walking in the spring in diverse communities. It is likely that a NAMIWalk will

be come soon to a city near you. Bring your friends, co-workers and neighbors.

Following a lengthy process involving representatives from virtually every area of the NAMI community, a new, three-year strategic plan will be approved by the NAMI board of directors soon. This new plan, which will build on the best of the existing strategic plan, is essential to NAMI's future. This new plan will drive the activities at NAMI and will embody the traditional values of NAMI with exciting new initiatives.

The plan will envision NAMI as a strong organization characterized by clarity, vitality, stability, and strength in our funding, advocacy, and education efforts. It will see a more visible NAMI, one that shakes things up on the advocacy front while expanding its membership and strengthening its infrastructure. Many of you will have the opportunity in the coming months, in forums and other settings, to participate in the development of this plan. Get involved. Your involvement is essential.

We have both challenges and opportunities ahead. We have a long history of meeting both fully. We must create a sense of urgency. Be vigilant. Make your collective voices heard.

Thank you for all that you do.

Michael J. Fitzgerald, M.S.W.
NAMI Executive Director



Diane Zucker, Facilitator



Ken Anderson, Co-Facilitator



Lolli Mannix, Treasurer



John Snider, Secretary

2006-2007 Officers:

Facilitator	Diane Zucker
Co-Facilitator	Ken Anderson
Treasurer	Lolli Manix
Secretary	John Snider
Family to Family Coordinator	Charlene Holbrook

Join us today!

Please complete and return the following form if you:

- Are interested in supporting us in our efforts to improve the lives of people living with mental illness and their families in Mendocino County through education, support and advocacy; and
- Would like to be informed about what is happening with regard to mental health issues at the local, state and national levels by receiving regularly published NAMI newsletters.

Your support is greatly appreciated. Thank you.

NAMI MEMBERSHIP

P.O. Box 312, Ukiah, CA 95482

Name _____

Address _____

Phone/e-mail _____

Check here if you would like to be on the NAMI Mendocino County email list.

Check here if you would like to be removed from our mailing list (hard copy).

Check here if you would like to be contacted about volunteer opportunities.

\$40/year or sliding scale. Membership includes the local, state and national newsletters. \$10 for local newsletter only. Make checks payable to NAMI. (Donations gladly accepted.)