

Open your mind



Mental illnesses  
are brain disorders



# NAMI Mendocino County The County's Voice on Mental Illnesses

NAMI Mendocino County

P. O. Box 312, Ukiah, CA 95482

Website:

[www.namimendocino.org](http://www.namimendocino.org)

Fall 2006

## Important Updates

### Current vacancies on the Mental Health Board:

District 1 (Delbar) Consumer, Public Interest  
District 3 (Wagenet/Pinches) Consumer  
District 4 (Smith) Family, Public Interest  
District 5 (Colfax) Consumer, Public Interest  
Mendocino County Mental Health Board  
Policies & Procedures

Applications to become a member of the Mental Health Board are obtained from the Clerk of the Board of Supervisors. This application must be submitted to the MHB Chair or the Clerk of the Board of Supervisors.

For a complete version of the application process, please see our website.

### Inland Candidate nights:

Ukiah Civic Center, 6:30 p.m.

October 16: Sheriff and D.A.

October 24: City Counsel and measure W

**NAMI Banner project** did not happen this May (National Mental Health Month). Cost estimates are \$750 to \$1200. A possibility to split

costs between NAMI, the Department of Mental Health and MCHC Behavioral Health is possible. The banner can be used for many years by changing the date. A one-year \$1 million liability insurance policy is also required by the City of Ukiah. We are planning for 2007. Stay tuned.

### Integration of Physical and Mental Health Care

A new report by the Bazelon Center for Mental Health Law, titled "Get It Together: How to Integrate Physical and Mental Health Care for People With Serious Mental Disorders", outlines four models designed to facilitate integration: embedding primary care physicians in mental health clinics; unifying mental health and primary care programs; embedding psychiatric specialists in medical primary care and specialty group practices and specifically designing systems for collaboration, consultation, case management and training. . . .integration of services, have proven to be highly beneficial from both a financial and functional/treatment success perspective.

Excerpt from article by Joseph Mawhinney, M.D. in the "California Psychiatrist" Winter 2005

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# Mental Health Services Act News

The implementation of Prop. 63, the Mental Health Services Act (MHSA), is underway. Roanne Withers, a coastal NAMI member, was hired as the new MHSA coordinator and began work on September 25<sup>th</sup>. You can contact her through the mental health department at 707-483-4331.

The MHSA Steering Committee made a vital commitment to building a strong Peer Support network in its funding of the Community Action for Recovery and Education (CARE) program.

There will be two 14-week Peer Support Trainings offered through the CARE program.

The first 14-week Peer Support Training is scheduled to begin Thursday, October 19<sup>th</sup> from 9 a.m. to 3:45 p.m. and will continue meeting one day weekly on Thursdays in Willits. 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/](http://www.ukiahumc.org/)

There is a strong Transition Aged Youth (TAY) (commonly identified as 16-24 years of age) component to the Plan with a Peer Mentoring Program to hire 3 college-aged students at 10 hours/week, a 1/2-time Mental Health Clinician who will serve as a college coach and a new congregate living facility to be set up on the coast.

Crisis services will have peer counselors available; 3 new resource centers; and eventually a “warm” line staffed by consumers. Also a 3/4-time bi-

lingual clinician and a half-time position to be located at Consolidated Tribal health.

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

Our local NAMI affiliate is looking into achieving non-profit status. These are just a few of the exciting new programs that Prop. 63 will be implementing in Mendocino county.

We will be posting updated information concerning MHSA implementation on our website at [www.namimendocino.org](http://www.namimendocino.org).

## **Family to Family: A twelve-week series of free classes.**

The cornerstone of NAMI educational effort is the Family to Family class that offers twelve classes over twelve weeks on mental illness and how to cope with the problems and challenges it presents.

There is no class at any university or college that offers the range of material that is the backbone of this course. The course will cover:

- How to set goals for your family member.
- Diagnostic criteria for Schizophrenia, Shizoaffective Disorder, Bipolar Disorder, Major Depression, OCD, Borderline Personality Disorder and more.
- Basics about the brain.
- Problem solving workshops.
- Medications.
- Self-care.
- The vision and potential of recovery.
- Advocacy.

The course and the material are free. A commitment to attending all twelve classes is all that is required. When you have finished the course you will have some basic clinical skills that will enable you to be more effective in working with your loved one.

You will learn a great deal from the material, but equally important is what you learn from the other class members. Each one of them has a loved one that is mentally ill. You will hear in detail their experiences, their successes and their failures. It will give you an entirely different perspective.

For information regarding the next class, contact:

**Charlene Holbrook**  
NAMI Family-to-Family Coordinator  
467-9116

**Coastal News**

## **HOUSING**

On Thursday October 19, 2006, NAMI will meet with the Community Development Commission (CDC) Board of Directors at 1:30 in the Fort Bragg Police Department Conference Room. We will discuss:

1. Earmarking some of the Holly Ranch apartments and houses for people with mental illness because of the extraordinary difficulty people face in finding housing.
2. Supported Living for residents which is a partnership of NAMI members/friends, client support groups, Department of Mental Health, and IHSS. This support can include among many other things: personal support/case management, transportation, teaching independent living skills, organizing groups and classes that support residents.

## **CANDIDATE'S FORUMS**

NAMI, along with the League of Women Voters, National Women's Political Caucus, Alliance for Democracy, Peace & Justice Center, and KZYX will sponsor:

Sheriff & District Attorney – October 6th Fort Bragg Town Hall 7 to 9 PM

Fort Bragg City Council – October 13th Fort Bragg Town Hall 7 to 9 PM

## **HIGH SCHOOL EDUCATION ABOUT MENTAL ILLNESS**

Two NAMI videos to teach high school students about mental illness will be used this semester at Mendocino High School. One has general information about mental illness and another titled "Coming of Age: at high risk" is about eating disorders, depression and cutting which tends to start at puberty when some young women strive for an unattainable perfection, and in secrecy begin to self-destruct.

## **FORT BRAGG FAMILY SUPPORT GROUP**

Fort Bragg Family Support Group meets on the first Thursday of each month from 5:30 to 7 PM at the Episcopal Church at the corner of Fir and Franklin. Beginning in October, we will have a brief check-in followed by an educational program of the groups choice. Some of the choices are: Back from the Brink (5 people who attempted suicide talk about it), Exploring Depression, Exploring Schizophrenia, Exploring Manic Depression, Trapped Within (about OCD), Women and Mental Illness, How to deal with voices, and many others.

## Inland News

### An Open Letter to Anna Mahoney

August 19, 2006  
Anna Mahoney  
Interim Director  
Mendocino Mental Health  
860 N. Bush  
Ukiah, Ca 95482

Dear Anna Mahoney:

First, I would like to thank you and the Mental Health Department for your continuing support of NAMI Mendocino's Family-to-Family classes. Without such support, it would be difficult to finance the duplication of the Family-to-Family manuals needed to continue NAMI's pledge to provide the classes and materials at no cost for all interested participants.

As we discussed at our last meeting, I am sending you the following request for assistance.

Through our personal experiences, as well as through contacts with other family members in crisis via NAMI Mendocino's phone support system, Family-to-Family classes and NAMI Support groups, we have identified the following two needs:

1. To improve Emergency Room and Mental Health Crisis Workers interaction with

mentally ill consumer and families, especially those just entering the mental health system, by providing information to begin their education about mental health and guide them to needed resources. For instance, a packet of information, or a pamphlet in question and answer format with a subject index, could be explained and then given by Emergency Room personnel, Mental Health Crisis Workers and medical personnel

NAMI Mendocino continues to receive concerns from different family's experiences with Mental Health and Emergency Room crises. The family members trying to deal with and support their mentally ill family members often find it difficult to locate resources to help them understand the illness and know where to get assistance and support. It is especially important for those just entering the world of mental illness to learn quickly how to mitigate the damages and improve the opportunities for recovery.

2. To provide ongoing training for ER personnel, MH crisis workers, and other health professionals on how to help consumers and families, especially recognizing the difference between those just identified as mentally ill and those who have been struggling for some time. (I personally was stunned by statements by a local public health nurse regarding people with bipolar disorder showing a lack of awareness and continuing the stigma of mental illness. Equally disappointing was the lack of integration of dual diagnosis with students and parents at AODP.)

(Open Letter, continued)

We look forward to hearing from you and are positive that through the cooperation of NAMI Mendocino, Mental Health and other involved organizations these needs will be addressed. A

letter via e-mail has been sent to the other NAMI California affiliates requesting information on similar projects to ensure we do not “reinvent the wheel”. We will compile any helpful replies and share them with your department. Thank you for your time. We know of your time constraints and enormous responsibilities.

Signed,  
Charlene Holbrook

**Emergency Response to  
Mental Illness Crisis**

Since closure of California state hospitals which began in the early 1970s, the ranks of people with mental illness in our jails and prisons has become significantly overrepresented, rising to about 16% of the total jail and prison population, due to inadequate community resources that were promised and never provided for those who were released.

Jails are traumatic and damaging environments for mentally ill people who have primarily been incarcerated because of untreated mental illness. The mentally ill typically commit minor crimes, stay incarcerated longer than those with similar offenses, and are extremely expensive to house and treat.

California spends \$1.2 - \$1.6 billion a year to arrest, detain, adjudicate and incarcerate people with mental illness. Incarceration costs about \$50,000 per ill inmate per year. Programs that divert persons with mental illness from the criminal justice system to intensive community-based services have proven extremely cost-effective

There are a number of diversion strategies. . . . The first Crisis Intervention Training (CIT) was

established in 1987 in Memphis, Tennessee and is a widely emulated model of pre-booking diversion. This program provides for specially trained volunteer police officers with 40 hours of advanced training who respond to psychiatric emergencies in the community. The City of San Jose Police Department employs this model and is a source of CIT training for other law enforcement agencies throughout California.

The second pre-booking emergency response model is the Psychiatric Emergency Response Team which pairs specially trained police officers with mental health clinicians, and is found in San Diego, Long Beach, and throughout Los Angeles County.

Excerpt from article by Randall Hagar in the "California Psychiatrist" Winter 2005

**Inland Support groups:**

Ukiah area – Logistics crisis! Please call Wynd 485-8033 or Charlene 467-9116 if you have space available!

Willits area — Coming soon!

**Have information you would like to see in this newsletter?**  
Send your copy (250-300 words) to John Snider at [sniderjnm@sbcglobal.net](mailto:sniderjnm@sbcglobal.net).

**2006-2007 Officers:**  
Facilitator.....Diane Zucker  
Co-Facilitator.....Ken Anderson  
Treasurer.....Lolli Manix  
Secretary.....John Snider  
Family to Family Coordinator.....Charlene Holbrook

## Facilitators' Message

There have been some changes since our last newsletter. I am now serving as NAMI Mendocino facilitator. Thanks Julie Price for all your positive energy, ideas and dedication.

There is also a new newsletter committee-Lorelie Manix, John Snider, and Ken Anderson. Thank you Sonja Nesch for your years of work and persistence in producing quality, educational newsletters. The newsletter will hopefully be published quarterly with a focus on local events and issues. Members: please send your news, concerns, reports, etc.

During our July meeting we discussed all those important services our small membership continues to offer and the fact that many of us feel overwhelmed by the prospect of all there is left to do. So I feel that we should feel proud of ourselves and not attempt to take on more than feels comfortable. With that said, how about some suggestions on various events that we might sponsor for Mental Health Month next May.

Perhaps a movie at the local theatre, banner, community event...??

Several NAMI members and their family members attended the NAMI Conference in Burlingame in August. I went to a very helpful workshop on becoming an effective speaker when addressing local groups. I also enjoyed talking to various NAMI groups about what they are doing. The group in Santa Rosa is very active and willing to assist us in any way possible. Ken Anderson got good concrete advice about the newsletter process from Contra Costa's NAMI. The most important aspect of the conference for Charlene Holbrook was the great time she had with her daughter who attended with her.

In conclusion, I would like to extend an open invitation to all NAMI members to attend our monthly meetings that are held on the third Wednesday of every month(usually). The meetings are packed full of ongoing business, updates, and good energy. Please join us. If you will send me your e-mail address I will add you to my list of monthly reminders. Thanks, Diane Zucker e-mail address [atoz@pacific.net](mailto:atoz@pacific.net) phone # 467-9798

Plan tomorrow for spontaneity!

# PRINCIPLES OF SUPPORT

1. We will see the individual first, not the illness.
2. We recognize mental illnesses are brain disorders.
3. We aim for better coping skills.
4. We find strength in sharing experiences.
5. We reject stigma in ourselves and others.
6. We won't judge anyone's pain as less than our own.
7. We forgive ourselves and reject guilt.
8. We embrace humor as healthy.
9. We accept we cannot resolve all problems.
10. We expect a better future in a realistic way.
11. We will never give up hope.

## ***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.)**