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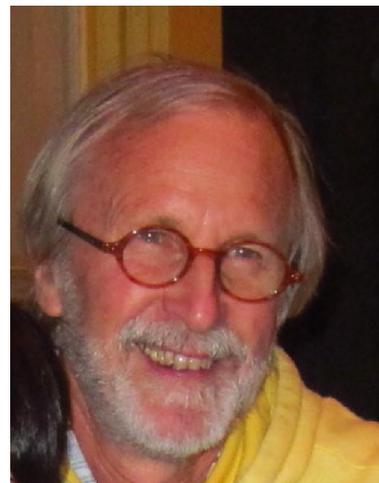
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Board of Directors 2014

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Raven Price, Peer to Peer

NAMI Mendocino County & Local News



JOHN WETZLER INTERVIEW

John Wetzler is the newly elected Chair of the Mendocino County Mental Health Board. The Mental Health Board advises the Supervisors about mental health issues. John and his wife Nan Motolinsky are NAMI members from Little River. They both took the free NAMI Family-to Family-class in Fort Bragg.

John was born in Bloomington Indiana in 1947. He had one sister when his parents divorced. His mother remarried and the family headed to Pomona in their brand new 1953 Mercury. Both parents worked for General Dynamics. John soon had three more sisters. He attended Covina High School in East Los Angeles and Mt. San Antonio College. In 1966 he was drafted and spent three years in the Navy on an active duty submarine that traveled all over the Pacific during the Vietnam War. He got out on the day Neil Armstrong stepped onto the moon.

John returned to college during a time of national turmoil over the Vietnam War. He met Nan in 1971 in Long Beach and they moved to Little River in 1974. They have three children. John started his plumbing contracting business Wetzler Water Works in 1974 in Mendocino. John had worked in a plumbing shop at age 16, became very proficient as a plumber aboard the submarine USS Sabalo, and continued working as a plumber after leaving the Navy.

John has been active on the Coast as Vice President of the Friendship Park creation and in creating the installation of the first recycled water system in Mendocino County. John retired five years ago and sold his business to one of his employees. Soon after that John became embroiled in helping a family member with severe mental illness. He read profusely about mental illness and began to deal with mental health services in Los Angeles County (psychiatrists, counselors and caregivers) as he sought help for his family member who was eventually diagnosed with paranoid schizophrenia. The Exodus Recovery Centers were helpful and very well managed.

More good help came from a Residential Treatment Program called Casa de Las Amigas. His family member became stable after two months of psychiatric medication titration, returned to the family home in Mendocino County, and got two jobs. Life went pretty well until she moved out on her own, stopped her medications, and pretty quickly began to decompensate hearing nonstop voices and suffering with paranoia.

Top mental health care priority – Implement Assisted Outpatient Treatment/Laura’s Law to get help for people who suffer from severe mental illness and do not know they are sick, a condition called anosognosia. AOT Programs throughout the country are successful in helping people to access treatment and support.

Biggest disappointments -- The dismantling of County mental health services and loss of experienced staff. Lack of Crisis Residential Centers, Residential Treatment Centers and housing. Difficulty in obtaining psychiatric hospitalization for people who are a danger to self or others and/or gravely disabled. Poorly trained Crisis Workers (CW) who don’t understand that people in psychiatric crisis can appear to pull it together briefly but they can’t sustain it. The CW leaps at this moment and says, “Well they’re fine now” and disappears. Law Enforcement Officers who won’t take someone in crisis to the ER and say things like “Our hands are tired” meaning Mental Health won’t 5150 them. Or, “They have to piss their pants in order to be 5150’d.” Or “They look fine to me now.” When they do take someone to the ER, Officers have refused to take written medical and symptom information from the family that would help the doctors treat their family member.

Mental Health Board Issues in 2014 –

Create Housing/Supported Housing (Permanent, Transitional, Board & Care, Residential Treatment)

Implement Laura’s Law

Vigorously oversee and question Mental Health Budgets and Contracts

Oversight of the private mental health contractors required to provide: State-Mandated Psychiatric Emergency Services, Medical Outpatient & Recovery Support

Maintain an active and autonomous full complement of MHB members

Recruit Board members to fill current vacancies. Applications are available on the County website and from the Clerk of the Board.

Mental Health Board (MHB) public meeting meets next Wednesday March 19th at the Fort Bragg Library 499 E. Laurel from 10 am to 2 pm. New officers are: John Wetzler Chair, Roger Schwartz Vice Chair, Denise Gorny Secretary, Vonna Kindred-Myers Treasurer. www.co.mendocino.ca.us/hhsa/mh_board.htm

MHB Special Laura's Law/AOT public meeting, 1 pm on Wednesday March 26th in Ukiah at 1120 So Dora, Conference Room 1. Guests include: Nevada County Mental Health Director Michael Heggerty and Carole Stanchfield, Program Director, Turning Point Providence Center for the successful Laura's Law Program. <http://www.tpcp.org/Providence-Center>

Providence Center staff works with both Laura's Law/Assisted Outpatient Treatment and Assertive Community Treatment clients. Every day, people remind us of what is possible when they are empowered to take the next step on a path to mental health; we are so grateful to be a part of their journey.

— Carol Stanchfield, Program Director

Laura's Law/AOT & Adult Assertive Community Treatment (AACT)

Since May 2008, Turning Point's Providence Center has provided Adult Assertive Community Treatment (AACT) offering alternatives for clients who have been caught in a cycle of hospitalizations or, in some cases, acts of violence that led to incarceration. They use AACT to support individuals with a history of severe psychiatric disabilities. The locally based services are provided through MHSA full-service-partnerships with individuals who are at risk for placement in a higher level of restrictive treatment. AACT uses a wellness and recovery-oriented partnership, empowering individuals and families in making decisions about their overall health and quality of life needs.

Services strengthen: Community Integration, Mental and Physical Well-Being, Vocational and Educational Opportunities, Healthy Relationships and Level of Independence

Services include: Community-Based Support, Individualized Service Plan, Multidisciplinary Teams, Specialty Groups, Collaboration and Linkage, Outreach and Engagement, 24/7 On-Call Support, Provisions for Housing, Employment Exploration, Forensic Support Services

NAMI California & State News

California Corrections Department is facing federal scrutiny of the way it uses force to subdue mentally ill prisoners, and is working on new rules to curb some of those practices. In testimony before a Federal Judge, the state official in charge of adult prisons said he sought the changes in part because of videotapes showing half a dozen inmates — some

naked and screaming for help — being repeatedly sprayed with large amounts of pepper spray. In episodes that last as long as half-an-hour, guards are seen repeatedly pepper spraying the prisoners, sometimes at close range. In some of those cases, it appears the screaming prisoners do not understand repeated orders.

Judge Karlton questioned how to balance the needs of a system accustomed to punishing prisoners who disobey orders, and "whether any penalty is appropriate when somebody is nuts." He said that any order might be too broad, because 1 in 3 prisoners in California is categorized as mentally ill, with conditions ranging from anxiety to schizophrenia. Lawyers representing California's 30,000 mentally ill prisoners said the new policy is an overdue step in the right direction. *L.A. Times* 10-28-13

Sonoma County Behavioral Health Mobile Support Team provides field-based support to law enforcement officers responding to a behavioral health crisis.

San Diego County V.A. Aspire Center -- More than four years in the making, including pushback from the surrounding neighborhood, the V.A. Aspire Center opened to serve Iraq and Afghanistan veterans suffering from invisible battle scars. This is the first of its kind, a 40-bed Center offering two to four months of residential care solely for young vets with post-traumatic stress disorder or mild brain injury.

Nevada County Laura's Law Providence Center saves lives -- From May 2012 to April 2013 comparing pre-treatment and post-treatment episodes, indicated a 64% decrease in the number of days of psychiatric hospitalization, a 21% decrease in the number of days in jail, a 94% decrease in homelessness and an 87% decrease in emergency interventions. This represents a net cost savings to the County, from reduced hospitalizations and incarcerations.

Santa Barbara County Crisis Triage Teams -- Department of Alcohol, Drug and Mental Health Services (ADMHS) has received an \$8.3 million state grant that will pay for 23 new full-time employees -- case workers, psychiatrists, consumer and family peers -- to work on Crisis Triage Teams in Santa Barbara, Santa Maria, and Lompoc.

Plumas County 4 new fully staffed Mental Health Clinics -- Mental Health Director Peter Livingston wants these clinics, complete with telepsychiatry services, in each of the four major communities in Plumas County including new offices in Greenville and Chester to replace current space that he describes as "substandard."

Santa Clara County and Homeless Veterans -- Two new contracts were awarded to InnVision Shelter Network by the U.S. Department of Veterans Affairs. The InnVision Julian Street Inn facility is receiving funding for 12 mental health beds specifically for veterans.

San Gabriel Valley NAMI -- Victor Cass, Veteran Pasadena Police Officer and occasional Pasadena Weekly columnist has been elected President of NAMI. Cass, a longtime mental health advocate, previously worked on the Department's Homeless Outreach Psychiatric Evaluation (HOPE) team and helped found the Pasadena Mental Health Advisory Committee, an organization he led from 2008 to 2011. Officer Cass was the recipient of NAMI California's 2010 Criminal Justice Professional Award.

Mendocino County Resources 2/2014

NAMI Mendocino County
P.O. Box 1945 Ukiah CA 95482
Fort Bragg Family Support 707-937-3339
Ukiah Family Support 707-485-0239
Family-to-Family 707-467-9116
Peer-to-Peer 707-972-9040
www.namimendocino.org

Adult Protective Services-24 hours
800-575-4357
Fort Bragg 707-962-1000; 877-327-1799
Ukiah 707-463-7900
Willits 707-456-3740

Child Protective Services-24 hours
707-463-7992; 866-236-0368
Fort Bragg 707-962-1100; 877-327-1677
Ukiah 707-463-7990; 866-739-4079
Willits 707-456-3700

Benefits/Social Security

Food Stamps & Medi-Cal
Fort Bragg 707-962-1000; 877-327-1677
Ukiah 707-463-7700; 877-327-1711

Medi-Cal Helpline (toll free) 877-597-4777
Social Security Application for SSI/SSDI
800-772-1213 www.ssa.gov
Ukiah SS 521 S. Orchard Ave.
888-590-2706; 707-462-0225

Medicare Fraud Services
Hotline 800-447-8477

Adult Services

Access Center 472-2304
1050 N. State St. Ukiah
Coast 707-964-4747

Manzanita Peer Wellness & Care
Management Support 707-463-0405
www.manzanitaservices.org

Crisis Care

Adults ~ 24 hours 800-555-5906
Fort Bragg 707-964-4747
Ukiah & Willits 707-472-2304

Children ~ 24 hours 800-555-5906;
855-838-0404
Ukiah Access & Crisis Center --
723 S. Dora St. Ukiah 707-467-9065
Fort Bragg Access & Crisis Center --
32670 Hwy 20, S. 6 Fort Bragg --
707-961-0308

Children's Services (under 21)

Mendocino County Youth Project
24 hours 800-575-4357; 707-463-4915
www.mcyp.org

Redwood Children Services --
707-472-2922; 800-219-5800
www.rcs4kids.org

Tapestry Family Services 707-463-3300

Mental Health Department

Alcohol & Other Drugs:
Fort Bragg 790 S. Franklin 707-961-2609
Ukiah 1120 S. Dora 707-472-2637

Mental Health Outpatient Services:
Fort Bragg 790 S. Franklin 707-964-4747
Ukiah 1120 S. Dora 707-472-2304
Willits 221B S. Lenore 707-456-3850

Psychiatric Emergency Services:
1120 S. Dora 707-472-0126

Patients Rights Advocate 707-463-4614

Health Clinics

Anderson Valley Health Center
13500 Airport Rd. Boonville 707-895-3477

Consolidated Tribal Health Project Inc.
6991 N. State St. Redwood Valley
707-485-5115

Long Valley Health Center
50 Branscomb Rd. Laytonville
707-984-6131

Mendocino Community Health Clinics Inc.
333 Laws Ave. Ukiah 707-468-1010
45 Hazel St. Willits 707-456-9600

Mendocino Coast Clinic
215 South St. Fort Bragg
707-961-3492; 707-964-1251

Redwood Coast Medical Services
46900 Ocean Dr. Gualala 884-4005
30 Mill St. Point Arena 707-882-1704

Round Valley Indian Health Center
Hwy. 162 & Bigger Lane Covelo
707-983-6404

Hospitals

Howard Hospital
One Madrone St. Willits 707-459-6801

Mendocino Coast District Hospital
700 River Dr. 707-961-1234

Ukiah Valley Medical Center
275 Hospital Dr. 707-462-3111;
800-540-3611

National Resources

American Foundation for Suicide
Prevention 888-333-2377 (not a crisis line)
www.afsp.org

Balanced Mind Foundation
Family resources for our kids with mood
disorders www.thebalancedmind.org

Bipolar Network News – latest news from
around the world www.bipolarnews.org

Borderline Personality Disorder
National Education Alliance for BPD
www.borderlinepersonalitydisorder.com

Child & Adolescent Bipolar Foundation
847-256-8525 www.bpkids.org

Depression & Bipolar Support Alliance
800-826-3632 www.dbsalliance.org

Mental Health One Stop Shop
Information on symptoms and how to get
help www.mentalhealth.gov

National Acupuncture Detoxification Assn.
(NADA) Acudetox for addictions and
mental illness 888-765-6232
www.acudetox.com

NAMI (National Alliance on Mental Illness)
703-524-7600; 800-950-6264
3803 N. Fairfax Dr. S100 Arlington VA
22203-1701 www.nami.org

NAMI California 916-587-0163
1010 Hurley Way #195 Sacramento CA
95825 www.namicalifornia.org

Obsessive Compulsive Disorder
Foundation 616-973-5801
www.ocdfoundation.org

Proxy Parent Foundation 888-574-1258
Personal support services for
beneficiaries of special needs trusts
www.proxyparentfoundation.org

Treatment Advocacy Center
Advocates for effective treatment
of severe mental illness
www.treatmentadvocacycenter.org

Wellness Recovery Action Plan (WRAP)
802-254-2092
www.mentalhealthrecovery.com

NAMI & National News

“Frankie & Alice” -- The Winter 2014 issue of ***NAMI Advocate*** features an interview with **Halle Berry** about her new film “Frankie & Alice”. This is based on a true story about Frankie Murdoch, an African American '70s-era go-go dancer living with Dissociative Identity Disorder (DID). She is challenged by two identities: a scared 7-year old girl named Genius and a bigoted, white southern belle named Alice. Berry says, “People who live with mental illness often struggle. Others look down on them or have negative opinions of them. Hopefully this film will do some good. It promotes the importance of compassion for others [and] helps educate the public. My main message is one of hope.”

Berry’s passion for the role of Frankie was influenced by her mother, who worked for 35 years as a psychiatric nurse for the Department of Veterans Affairs. “Stories of mental illness have been a part of my life and on my radar for a long time.” She also reflects in the interview about possible connections between creativity and mental illness: “Within my industry I have come across some of the most complicated individuals who are highly creative who have on some level suffered from mental illness.” DID is a condition in which two or more distinct personalities control an individual’s behavior at different times. Once called multiple personality disorder, it frequently is the result of severe stress or trauma, such as incest or rape, and serves as a coping mechanism. It includes a high rate of suicidality and affects women nine times more often than men.

NAMI Homefront is a new program to provide education and support to families of Military Service Members and Veterans affected by major mental health conditions. NAMI’s Family-to-Family Education Program (evidence-based), has been used in recent years at U.S Department of Veterans Affairs Health Facilities. NAMI Homefront adapts this curriculum to the unique needs of military and veterans’ communities, such as post-deployment and post-discharge transitions.

ACA -- The Affordable Care Act requires insurers to cover mental health care just as they do physical care, but a new study shows only half of psychiatrists accept insurance. That means access to care for the millions of people with depression, post-traumatic stress disorder and other mental health issues may be limited to those who can pay for treatment out of their own pockets, despite the law. The Affordable Care Act aims to extend health coverage to almost everyone regardless of pre-existing conditions or job status, providing an estimated 5.3 million eligible Californians with prevention and wellness coverage through Covered California and an expansion of Medi-Cal to those living below 138 percent of the federal poverty level. About 625,000 people have signed up for insurance on the state exchange since it opened Oct. 1.

Justice and Mental Health Collaboration Act Senate Bill 162 by Senator Al Franken, D-Minn. authorizes grants to "improve the treatment of mentally ill individuals in the criminal justice system" within state, local and tribal governments. The bill provides for \$40 million in grants per year for five years, making its annual cost \$10 million short of the amount set aside for new Transportation Security Administration uniforms a week before the sequester took effect.

An estimated 80,000 U.S. prisoners are held in solitary confinement, with each one costing taxpayer an average of \$60,000 a year. Many of these prisoners descend into severe mental illness and/or suicidal despair and most are later released back into society. *Reason.com* 3/14

More than half the prisoners in the U.S. have a mental health problem, including schizophrenia and bipolar disorder, according to the Justice Department. This country now houses three times the number of mentally ill people in jails as it does in mental hospitals. *The New York Times* 2/14

National Instant Criminal Background Check Systems (NICS) -- The federal government announced new rules to be used by most gun dealers as a condition of sale and aimed at keeping people who have been involuntarily committed to psychiatric treatment from buying guns. The Department of Health and Human Services said one proposed rule would "remove unnecessary legal barriers" to states reporting the names of patients involuntarily admitted to psychiatric care. Those names would enter the National Instant Criminal Background Check Systems -- NICS -- that would be used by most gun dealers as a condition of sale.

Other News

CALIFORNIA WELFARE & INSTITUTIONS CODE (WIC) 5600.3

To the extent resources are available, the primary goal of the use of funds [*state and federal*] deposited in the mental health account of the local health and welfare trust fund should be to serve the target populations identified in the following categories, which shall not be construed as establishing an order of priority:

- a. Seriously emotionally disturbed children or adolescents.
- b. Adults and older adults who have a serious mental disorder.
- c. Adults or older adults who require or are at risk of requiring acute psychiatric inpatient care, residential treatment, or outpatient crisis intervention because of a mental disorder with symptoms of psychosis, suicidality or violence.
- d. Persons who need brief treatment as a result of a natural disaster or severe local emergency.

A serious mental disorder is severe in degree and persistent in duration and needs treatment, support and rehabilitation for a long or indefinite period of time. This includes: schizophrenia, bipolar disorder, PTSD, affective disorders, and does not exclude people with: substance abuse, developmental disability, or other physical or mental disorder.

Special Needs Trusts

A Special Needs Trust (SNT) is a way to leave money or property to a loved one with a disability who is on SSI and Medicaid (maximum assets allowed is \$2000). You need a third party (not you) to administer the SNT.

Owning a house, a car, furnishings, and normal personal effects does not affect eligibility for SSI or Medicaid. But other assets, including cash in the bank, will disqualify your loved one from benefits. For example, if you leave your loved one \$10,000 in cash, that gift would disqualify your loved one from receiving SSI or Medicaid.

An SNT or supplemental needs trust is funded with a reasonable amount of money and administered by a trustee (private person, bank, or non-profit corporation) for special/supplemental

needs. The trustee cannot give money directly to your loved one -- that could interfere with eligibility for SSI and Medicaid. But the trustee can spend trust assets to buy a wide variety of goods and services such as: personal care attendants, vacations, home furnishings, out-of-pocket medical and dental expenses, education, recreation, vehicles, and physical rehabilitation.

Pooled Trusts -- If you can't come up with a good candidate to serve as a trustee or are leaving a relatively modest sum and don't want to set up a separate special needs trust, consider a "pooled trust." These are special needs trusts run by nonprofit organizations that pool and invest funds from many families. Each trust beneficiary has a separate account, and the trustee chosen by the nonprofit spends money on behalf of each beneficiary. Pooled trusts (also called community trusts) are available in many areas of the country.

Some lawyers will tell you that only an attorney can draft an SNT. But you may be able to create an SNT yourself, with the right guidance. Of course, there are times when you **should** seek an attorney's advice. For example, you must see a lawyer if you want to create a trust that will be funded with the beneficiary's own money (for example, a settlement from a personal injury lawsuit), rather than your money. Complicated and state-specific rules apply to these kinds of trusts.

If you determine that you don't need a lawyer, you can use the Nolo.com forms and plain-English instructions to set up your own SNT. This may also be helpful as preparation before seeing a lawyer. <http://www.nolo.com/legal-encyclopedia/special-needs-trusts-30315.html>

Social Security – Demystified

www.ssdrc.com provides an invaluable wealth of information that can shorten the Social Security (SS) processing time. There is important detail about how to prove a severe mental illness or cognitive impairment. This is very often a three-step process – **Claim, Appeal, Hearing**, so plan to do all three since the first two are likely to be rejected.

1. **Claim** filed with Social Security. The application is usually processed within 90 days. About 65-70% are denied.
2. Reconsideration **Appeal** (**DO NOT** file a new claim) – About 82-87% are denied. This can be approved within 6 months.
3. Request a Disability **Hearing** -- An experienced disability representative or lawyer can help present your case to the federal judge. Those represented by an attorney have a 60% chance of approval vs. 40% chance if unrepresented.

This is the documentation you will need to take for your initial SS Claim Interview: Birth, citizenship, or alien status; Work history; Marriages, divorces, children; Medical providers names, addresses, phone numbers and treatment dates for your illness; Bank accounts, life insurance policies, land, trust funds, stocks, bonds, IRAs, 401Ks, cash; Wages, disability and veterans benefits, and other income sources.

NAMI Mendocino County
National Alliance on Mental Illness
P.O. Box 1945
Ukiah, CA 95482
www.namimendocino.org

NAMI Family Support Groups:

Fort Bragg – First Thursday,
5:30 pm to 7 pm, 201 E. Fir St. 937-3339
Ukiah – Every other Tuesday 485-0239

Mental Health Board 3rd Wednesday

March 19th, 10 am to 2 pm
Fort Bragg Library 499 E. Laurel
www.co.mendocino.ca.us/hhsa/mh_board.htm

MCDH Health Forum – “What an Effective Mental
Health System Looks Like” Panel Discussion
Wed. March 26, 6 to 8 pm. Coast Hospital
Redwoods Room, 700 River Drive, Fort Bragg

Laura’s Law MHB Meeting – March 26, 1 pm
1120 So. Dora Ukiah, Conf. Room 1

NAMI Membership/Renewal Application

Name

Address

Phone

email

3-Way NAMI Membership (Local, State & National) \$35

Local Quarterly NAMI Newsletter only \$10

Open Door/Low Income Membership (\$3 or sliding scale) \$_____

Benefactor/Patron Membership and Donation \$_____

Mail to NAMI Mendocino County P.O. Box 1945, Ukiah, CA 95482