



1300 North Dutton Ave. Suite A
Santa Rosa, CA 95401
707.527.6665

Info@NamiSoco.org
NamiSoco.org

December 2012 Issue

UPCOMING EVENTS



NAMI Holiday Party

You're invited!

Please join us for food, live music and Santa Claus at our annual Holiday Party! We welcome everyone - friends, family, NAMI members, first-time visitors, or fellow community agencies.

Featuring live music by Two-Ton Shoes (acoustic rock)!

December 21st, 1:00-4:00pm

NAMI Sonoma County

1300 North Dutton Avenue Suite A

(Back of the 1300 Building)

Santa Rosa, CA 95401

Kwanzaa – Solstice – Christmas – Hanukkah – Party!

Monthly NAMI Educational Meeting

In lieu of attending our monthly Education & Advocacy Meeting or the Board Meeting in December, please join us at our Holiday Party. We will have our next Education & Advocacy and Board Meetings in January of the new year!

LETTERS



Dear Friend,

Recovery is real, but it doesn't happen without support, and a plan! [Support NAMI now!](#)

NAMI Sonoma County is about recovery, both for people with mental health challenges, and for the family and friends who love them. Through trainings, collaborative relationships, and our ongoing presence in Sonoma County, we fight for lives of dignity and respect for our constituents and for lives without stigma, and without discrimination. Stand up against stigma and stand for support, education, advocacy and recovery!

Through trainings, collaborative relationships, and our ongoing presence in Sonoma County, we fight for lives of dignity and respect for our constituents and for lives without stigma, and without discrimination.

Your gift to NAMI Sonoma County will help us to further our mission:

- \$30 pays for one client support group.

- \$50 provides a holiday gift to a client.

- \$100 pays for three new books for our lending library.

- \$500 pays for 25 people to take family education classes.

- \$1500 trains two consumers to teach others the road to recovery.

- \$ 3000 pays the costs of a Peer-To-Peer group class, team-taught, over 10 weeks

Our Annual Report is available at NAMI's office and events, if you'd like to see all the good we've done this year! Call 707-527-6655, visit us at 1300 North Dutton Avenue Suite A in Santa Rosa, or visit www.namisoco.org to donate.

Thank you,
Your NAMI Family

NEWS

Help Wanted!



Nearly every family in Sonoma County is affected by mental illness. That is why so many of us have attended and benefited from NAMI's family programs, like the weekly, drop-in Family Support Group or Family-to-Family, a 12-week series of classes for both families as well as friends and caregivers of persons with mental illnesses.

Have you benefited from one of these groups? Would you be able to provide support to this valuable resource by becoming a Family Support Group facilitator or a Family-to-Family teacher? This is an opportunity to fill a great need for NAMI and there are several trainings planned in the New Year! Please contact David France if you have any questions or you are able to step up for NAMI.

Una gran parte de familias en el condado de Sonoma han sido afectadas por problemas de salud mental. Es por eso que muchos de nosotros hemos participado y aprovechado de los programas para familias de NAMI, como el grupo semanal de apoyo a familias y De-Familia-a-Familia, una serie semanal de clases que se reúne por 12 semanas para familias y también para amigos y aquellos que cuidan de personas afectadas por retos de salud mental.

¿Usted ha beneficiado de algunos de estos grupos? ¿Tiene interés en hacerse facilitador de un grupo de apoyo para familias o maestro del programa De Familia-A-Familia para apoyar a este recurso valioso para nuestra comunidad? ¡Esta es una oportunidad para llenar un vacío en NAMI y hay varios entrenamientos que serán disponibles en el año nuevo! Por favor comuníquese con David France al 707-527-6655, extensión 1107. Si tiene alguna pregunta o desea ayudar a NAMI del Condado de Sonoma.

2013 Trainings:

Familia a Familia Teacher Formacion en Espanol

18-20th de Enero en Los Altos, California (Cerca de San Francisco)

English Family-to-Family Teacher Training

February 8-10th in Pittsburg, CA (Contra Costa County area)

Family Support Group Facilitator Training

March 22-24th in Santa Rosa, California

Family-to-Family Teacher Training and Family Support Group Training

April 12-14th in Ventura, CA

Family-to-Family Teacher Training

May 31 – June 2nd in Sacramento, California



Do You Have Medicare Part D?

If you are on Medicare and have a Part D Prescription Plan, we recommend that you make an appointment with HICAP for an annual review before December 7, 2012.

Medication coverage changes frequently so we recommend looking at it every year. Those of you that are enrolled in the Anthem Medicare Preferred Standard (PPO) plan, it is being discontinued effective 01/01/2013. If you are enrolled in this plan, make sure you talk to HICAP.

HICAP
3262 Airway Drive, Suite C
Santa Rosa, CA 95403
1-800-434-0222



Children's Rights Committee

I recently joined the NAMI Sonoma County Board of Directors and would like to know if there would be interest in forming an ad hoc Children's Committee.

Here in Sonoma County we exceed "the state averages in recurrent child maltreatment." This issue may be a factor in "Sonoma County teens exceed[ing] the state average in all areas of high-risk behavior: Drug and alcohol addiction, mental illness and youth violence." And Sonoma County has a higher than average rate of high school suicides. Children may suffer from negative labeling and may be at risk of being improperly diagnosed and medicated. These issues are controversial.

I am looking for parents with children of all ages, professionals in the fields of education, mental health, healthcare, law and justice as well as concerned members to form a committee to discuss these issues. Our committee can form a work plan to bring to the Board for approval. If you are interested please email me at norman@namisoco.org.

Thank you, Norman Sheehan

Statistics coming from:

County of Sonoma's Public Health Staff, used in the Partnership for Children's, Children's Service Fund Community Paper.

Partnership for Children's Brochure.

Partnership for Children's, Children's Service Fund Community Paper.

NAMI PROGRAMS



CaIMHSA

NAMI Sonoma County, together with NAMI California, are working to bring four signature programs to Sonoma County, *In Our Own Voice*, *Ending the Silence*, *Parent and Teachers as Allies*, and *Provider Education*. Education and support is an effective means toward outreaching, educating and supporting mental health systems in a culturally competent way. We believe the Stigma and Discrimination Reduction (SDR) Initiative uses a full range of Prevention and Early Intervention Strategies across the lifespan and across diverse backgrounds to confront the fundamental causes of stigmatizing attitudes and discriminatory and prejudicial actions.

In Our Own Voice

In Our Own Voice is a recovery-education program presented by trained client presenters/facilitators to other clients, families, friends and professionals. It is for anyone who needs to know how people with mental illnesses cope with the realities of their disorder, while recovering and reclaiming productive lives with meaning and dignity. Each presentation is a stand-alone event, and lasts from one to one and a half hours.

Ending the Silence

This 50-minute program designed for high school audiences and is typically presented in the freshman/sophomore health classes during the mental health portion of the curriculum. This transformational program is devoted to giving students an opportunity to learn about mental illness through an informative PowerPoint, short videos, and personal testimony. Through the presentation, students learn symptoms and indicators of mental illness, and are given ideas about how to help themselves, friends, or family members who may be in need of support.

Parent and Teachers as Allies

This 2-hour presentations focuses on helping school professionals and families within the school community better understand the early warning signs of mental illnesses in children and adolescents and how best to intervene so that youth with mental health treatment needs are linked with services. It also covers the lived experience of mental illnesses and how schools can best communicate with families about mental health related concerns.

Provider Education

The NAMI Provider Education Program is a 5-week course that presents a penetrating, subjective view of family and consumer experiences with mental health challenges. This presentation is given to line staff at public agencies who work directly with people experiencing mental health challenges. The course helps providers realize the hardships that families and consumers face and appreciate the courage and persistence it takes to live with and recover. This course emphasizes the involvement of consumers and family members as faculty in provider-staff training.

We are currently recruiting people to become trained presenters for each program. We need clients, family members, school professionals and mental health professionals.

Please contact stigma@namisoco.org or call NAMI Sonoma County at 707-527-6655 for more information.

NAMI BASICS

NAMI invites you to a FREE educational program that provides learning & practical insights for families with children that have behavioral or mental health disorders.

Two parents who have similar lived experiences with their own children teach each class.

The course will cover:

- * The trauma of mental illness for the child & the family
- * The biology of mental illness & getting an accurate diagnosis
- * The latest research on the medical aspects of the illness & advances in treatment
- * An overview of treatment options-treatment works
- * The impact of a child's mental illness on the rest of the family (caregivers & siblings)
- * An overview of the systems involved in caring for children & teens & the importance of record keeping

CLASS BEGINS ON

TUESDAY, January 22nd, 2013

5:30 PM – 8:00 PM

LOCATION

TLC Child & Family Services

1800 Gravenstein Hwy North, Suite A

Sebastopol, CA

Continues for 6 weeks!

January 22, January 29, February 5, February 12,
February 19, & February 26, 2013

To Register

Contact David France

(707) 527-6655 ext. 1107 or david@namisoco.org

Pre-Registration is Required

T'ai Chi Chih



T'ai Chi Chih is a moving meditation consisting of 19 stand-alone movements and one pose.

The late Justin Stone, originator of Tai Chi Chih, called the practice "a joy through movement," and spoke often of the healthy benefits experienced by students and practitioners.

Karen FitzGerald came to the study of T'ai Chi Chih when she fell seriously ill with Chron's disease. She has been practicing Tai Chi Chih since 1998, along with other T'ai Chi forms and Qigong exercises. Like Qigong, T'ai Chi Chih is the practice of aligning breath, movement, and awareness for exercise, healing and meditation.

Art Group



This fantastic group is facilitated by True Sirenidie and Veronica Campers.

Tuesdays from 3:00 P.M.- 4:30 P.M.

They are currently looking forward to another outing soon and are actively looking to find a "Drop In" studio space where they can paint. Donations to this program are greatly appreciated.

RESOURCES FOR MENTAL HEALTH

David France's App of the Month



Emotional Wellness On The Go!

New ADHD Tracker App Helps Parents, Pediatricians, and Teachers Communicate.

Health care professionals may request behavioral assessments for children with ADHD to be completed several times a year or as needed.

Our ADHD Tracker app for Apple devices helps track behavior patterns and ADHD symptoms using the NICHQ Vanderbilt Assessment Follow-up and is available via the HealthyChildren app.

Holiday Blues



This time of year means many things to many people- trees, ornaments, candles, gifts, FOOD, family, and cold, cozy nights. For many, this is a time of joy and giving. But for some of us, this time might trigger some stressful, sad or lonely thoughts. How do we beat the holiday blues?

* **Acknowledge your feelings.** It's okay to take time to express your feelings. You can't force yourself to be joyful just because it's the holiday season.

- * **Reach out.** If you feel lonely or isolated, seek out community, religious or social events that can offer support and companionship. Volunteering your time to help others is also a good way to brighten your spirits and broaden your friendships.
 - * **Be realistic.** The holidays don't have to be perfect like the movies. Choose a few traditions to hold on to, and be open to creating new ones.
 - * **Set aside differences until a more appropriate time.** Be understanding if others are getting upset or worked up over something. Chances are, they are feeling the effects of holiday stress as well!
 - * **Stick to a budget.** Before you start shopping for gifts or ingredients, set a budget and stick to it. Find homemade gift alternatives if needed. Don't feel you have to buy happiness.
 - * **Plan ahead for shopping, cooking, visiting, clean-up and other activities.** This will help prevent stressful last-minute scrambling.
 - * **Learn to say no.** Saying 'yes' when you really mean 'no' can leave you resentful or overwhelmed. Friends and colleagues will understand if you can't participate in everything.
 - * **Keep up healthy habits.** Don't allow the holidays to be your free-for-all. Overindulgence can lead to stress and guilt. Healthy snacks before a meal can prevent you from going overboard on sweets or drinks.
 - * **Take a breather.** Make time for yourself during the holidays. Spending just 15 minutes alone without distractions can refresh you for the next holiday activity. Find something to do that reduces stress by clearing your mind, slowing your breathing, and restoring your calm.
 - * **Seek professional help if you need it.** Despite your best efforts, the holiday blues may persist. If you find yourself losing sleep, feeling sad or anxious, irritable, hopeless, and unable to continue the holiday routine, talk to your doctor or a mental health professional.
- Paraphrased from Mayo Clinic's "Stress, depression and the holidays: Tips for coping"
- ***If you are in recovery, seek support!** Attending an AA, NA, CODA, OA, or Life Ring meeting is excellent intervention for those tough times. Here are other resources that might help during this holiday season:

Resources for the Holidays

For Seniors: Institute on Aging Friendship Line 1-800-971-0016

Adults in emotional distress or guidance for a loved one in distress: 1-855-587-6373

LGBTQQI Youth: Trevor Lifeline: 1-866-488-7386

California Youth Crisis Line: 1-800-843-5200

Parenting Crisis Situations (SF TALK Line): 1-415-441-KIDS

And, of course, you can always contact your NAMI family! Happy and healthy holidays!

OTHER NEWS



Holiday Gift Program

Every year the Volunteer Center in Sonoma County asks nonprofits, including NAMI, to submit a list of names of their clients in need who could be helped by being remembered during the Holidays. The requests are then put onto Red Hearts and hung on Christmas "Giving Trees" in public places all over Sonoma County.

NAMI submits names and wishes for NAMI members, and are a conduit for Sonoma County Mental Health, Several Board and Care homes, and Buckelew clients who are in need. The Volunteer Center receives thousands of requests. People in our community have the opportunity to either request a "Giving Tree" in their church or place of business, or to choose a Red Heart with a wish when you see a Giving Tree in your local bank, store or other public place.

We have no control over where the NAMI wishes are placed, but if you see one of these holiday Giving Trees,

please take the time to choose a Red Heart and help someone in our community know that they are not forgotten this Holiday season. The Volunteer Center does a wonderful job to see that almost every wish is fulfilled, be it ours or some other nonprofit's. Be generous in your support, because I believe what comes around goes around. ---Kristine Leroux Siebert



Have you or a loved one with mental health challenges experienced euphoric spiritual enlightenment? What about deep spiritual bleakness? These are examples of spiritual psychosis or spiritual emergency.

[Mental Health and Wellness Radio](#) host Jenee Darden interviews Dr. Michael Cornwall, a psychotherapist who helps people in spiritual psychosis. He also talks about his own personal experience with spiritual psychosis. Dr. Cornwall blogs at www.madinamerica.com. You can hear more *Mental Health and Wellness* interviews on iTunes or by visiting www.peersnet.org/radio. Want to go behind the scenes in the making of *Mental Health and Wellness Radio*? Check out our video [here](#).

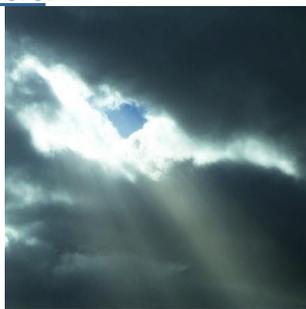
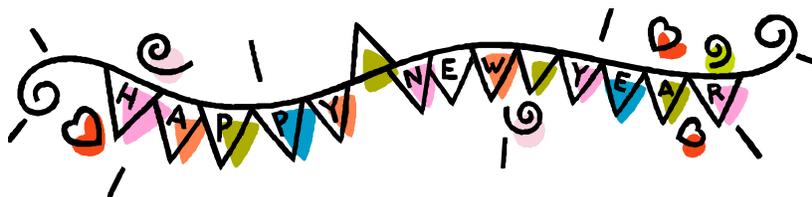


Photo by [comedy_nose](#)

Mental Health and Wellness Radio is a project of [Peers Envisioning and Engaging in Recovery Services](#). If you have an idea for an episode, please contact host Jenee Darden at jdarden@peersnet.org.



1300 North Dutton Ave. Suite A
Santa Rosa, CA 95401
707.527.6665

Info@NamiSoco.org
NamiSoco.org

Get social with
us!

