



March 2012

NAMI Sonoma County is an affiliate of the National Alliance on Mental Illness, a grassroots family and consumer self help organization. NAMI Sonoma County's mission is to provide education, support and advocacy for all people affected by mental health challenges.

Hearing Focused on California's Mental Health System

Chaired by First Assembly District Assemblymember Wesley Chesbro

SACRAMENTO ó Assemblymember Wesley Chesbro (D-North Coast) held a Feb. 23 hearing of the Assembly Select Committee on Disabilities at the state Capitol. The hearing focused on mental health services in California. Featured speaker was Mike Kennedy, Sonoma County Mental Health Director. Sonoma County was acknowledged as an innovator and model county. "The issues discussed at this hearing are of vital importance to Californians with mental illness," said Chesbro, who chairs the Select Committee on Disabilities. "We must strive to make things better for consumers of mental health services in California, even in these difficult budget times." The hearing looked at budget cuts to mental health programs in recent years and examined realignment of services and the impending elimination of the Department of Mental Health.

"This Select Committee's hearing on the major changes to community-based mental health services is rightly focused on the impact on children and adults with mental health needs, where the Legislature's attention needs to be," said Marty Omoto, director of the California Disability Community Action Network.

California's Mental Health System: Partners in Care

The agenda was as follows:

Bridging the Gap – what have we missed? This panel discussed the changing face of people with Mental Illness, reviewed past history and examined mental health realignment, current programs, services and challenges.

- ♦ *CA Network of Mental Health Clients*

Disability Rights California

- ♦ *Southern Caregiver Resource Center*
- ♦ *Mental Health Oversight and Accountability Commission*

Dollars, Cents and Sensibility – keeping budget cuts away from consumers

In recent years, through the budget process and cost saving proposals, California has reduced its investment in mental health services, begun the process of realignment and the planned elimination of the Department of Mental Health. Speakers discussed this new service delivery system while troubleshooting potential pitfalls.

- ♦ *CA Mental Health Directors Association-Don Kingdon*
- ♦ *Consumer of Mental Health Services-Keris Myrick, NAMI National Board member and Client*
- ♦ *National Alliance on Mental Illness-Jessica Cruz, NAMI CA ED*

Mental Health Community Crisis Response – intervention with integrity

Tremendous progress has been made over the years with crisis care. Clients, providers, advocates and state agencies have been working hand in hand to develop new and effective strategies for community supports. This panel discussing the complex array of factors that are critical to recovery for people with mental illness and the importance of mobile services to respond, identify and link individuals to appropriate services.

- ♦ *Sonoma County Behavioral Health Division-Michael Kennedy, Director, SCMH*
- ♦ *Sonoma County Probation Officer-Sheralyn Freitas*
- ♦ *National Alliance on Mental Illness-Rosemary Milbrath, NAMI SC ED*
- ♦ *Consumer of Mental Health Services-Kevin Murphy, Manager, Interlink Self-Help Center*



Mike Kennedy

Sonoma State MBA Students' Project

NAMI Sonoma County was selected in October of last year to participate in a service learning project with Executive MBA students from Sonoma State University's **LEADING CHANGE** class. We were very excited to work with the 5 MBA students who selected our project for the Spring Semester. Individually, we wish to thank Lisa Hulette, Brandon Carneiro, Mark Cuneo, Matt Moffatt, and Rick Rutkowski. As well, we wish to thank their professor, Dr. Liz Hach.

The MBA students met with a NAMI team several times, conducted interviews, reviewed documentation, then performed an extensive analysis of the agency. On Saturday, February 25th they made a formal presentation regarding their recommendations.

The students applied organizational change theory and practice to the issue we identified as critical, which was multicultural outreach with a focus on the Latino community. We considered them to be a "free" consulting firm, providing useful information and also helping us to learn about organizational change efforts. It promises to be a win/win for all concerned! Watch for some events in the months to come!

Saturday May 5th!



Come walk with us!

NAMI is again participating in the Human Race this year. The race will take place on Saturday, May 5th. Our Human Race planning has begun. We are currently looking for Committee members, Team Captains, Volunteers to walk and help with our table Please call the office if you are interested in helping out! If you would like to participate or donate to our team please contact the office at 707-527-6655 or visit our team site at <http://www.humanracenow.org/goto/NAMIVolunteers>

March Education & Advocacy Meeting

Anna Eng from the North Bay Sponsoring Committee will be the speaker for this month's Education & Advocacy Meeting (formerly General Meeting) The North Bay Sponsoring Committee is a group of active members who have joined with nine other faith communities in Sonoma County. Their purpose is to increase their capacity to act on their values in a healthy, relational way. They work toward systemic change in the community, in partnership with other congregations. A representative from the Committee will be speaking about their collaboration with NAMI and the mental health community. The meeting is on Thursday, March 1st 6-7 pm.

Helping Mental Health Inmates

NAMI is currently doing one-on-one visits with mental health inmates in the Sonoma County Jail, using a six week WRAP (Wellness Recovery Action Plan) curriculum. Inmates need to request to be added to the visit list and approval is at the discretion of the jail staff. The goals of the WRAP curriculum are to teach participants recovery and self-management skills and strategies for dealing with psychiatric symptoms so as to:

- Promote higher levels of wellness, stability and quality of life
- Decrease the need for costly, invasive therapies
- Decrease the incidence of severe symptoms
- Decrease traumatic life events caused by severe symptoms
- Increase understanding of these illnesses and decrease stigma
- Raise participants' level of hope and encourage their actively working toward wellness, as outlined in the model developed by Mary Ellen Copeland in coordination with other people who have experienced psychiatric symptoms, health care professionals and several related organizations.
- Increase participants' sense of personal responsibility and empowerment

"My time at the jail teaching the WRAP Program to the inmates with mental health challenges has been very rewarding, educational, & eye opening. I look forward to my weekly visits and communication with the inmates. I am often the only visitor they see. We build a rapport, engage, study, talk , together. So much happens in the spoken and unspoken time we spend together." -Carol Coleman, MFT

Inmates are always in need of paper-back books. Requests have been made for classics, biographies, and books about mental illness. Donations should be left at the drop-off by the back door of the Main Adult Detention Facility. Books should be soft-backed.


Welcome Erika Preciado, our new Bilingual Family Advocate!

Erika Preciado is a southern California native, born and raised in Los Angeles. Her background includes school counseling in the public school districts of Inglewood and San Francisco, respectively. Additionally, autistic behavioral management and facilitating support groups for families with children with autism and Asperger's Syndrome.

Erika has an extensive background in working with bicultural, multi-ethnic, and bilingual children and their families through individual counseling, group counseling, constructing academic roadmaps and guidance in parent/child relationships. Erika has produced groups on anger management, bereavement, parenting skills and workshops on mental health awareness and higher education planning.



In addition, Erika holds a Pupil Personnel Services credential (PPS) and has successfully completed training in Discreet Trial Training (DTT), Picture Exchange Communications System (PECS) and Applied Behavioral Analysis (ABA). Erika Preciado completed her Master's in Counseling at Loyola Marymount University of Los Angeles and her undergraduate degree at California State University, Northridge. Erika is married with two daughters: Ashley and Felicity and has a Shih Tzu named Bailey.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
				<p>1 Vets Meeting: 9:30 am</p> <p>Client Connection 11:30 am ó 1:30 pm, Santa Rosa 5 pm ó 6:30 pm, Healdsburg</p> <p>Art Class 2 pm ó 3:30 pm</p> <p>Family Support Group 2 pm ó 3:30 pm, Santa Rosa 7:15-8:45 pm Sonoma</p> <p>Education & Advocacy Meeting 6 pm ó 7 pm</p>	2	3	<p>Familia-a-Familia Class 7 Santa Rosa</p>
4	<p>5 Client Connection 1 pm ó 2:30 pm 1360 N. McDowell Blvd, Petaluma</p> <p>Family Support Group 6 pm ó 8 pm, Sebastopol (families w/ school age children)</p> <p>Tai Chi Class 6 pm ó 7:15 pm Santa Rosa</p>	<p>6 Family Support Group 5 pm ó 6:30 pm Petaluma</p> <p>Family-to-Family Santa Rosa (class 9) Geyserville (class 8)</p>	<p>7 Mindfulness Meditation 6-7 pm, Santa Rosa</p> <p>Peer-to Peer Petaluma (Class 5)</p> <p>Family-to-Family Santa Rosa (class 4)</p>	<p>8 Grupo de Apoyo Familiar (en español) 9 am-10:00 am, Graton</p> <p>Client Connection 11:30 am ó 1:30 pm, Santa Rosa 5 pm ó 6:30 pm, Healdsburg</p> <p>Family Support Group 2 pm ó 3:30 pm, Santa Rosa</p>	9	10. <p>Familia-a-Familia Class 8 Santa Rosa</p> <p>IOOV Pre-senter Training Santa Rosa</p>	
11	<p>IOOV Pre-senter Training Santa Rosa</p> <p>12 Client Connection 1 pm ó 2:30 pm 1360 N. McDowell Blvd, Petaluma</p> <p>Family Support Group 5-6:30 pm, Rohnert Park</p> <p>Tai Chi Class 6 pm ó 7:15 pm Santa Rosa</p>	<p>13 Family-to-Family Santa Rosa (class 10) Geyserville (class 9)</p>	<p>14 Family Support Group 3 ó 4:30 pm Seb.</p> <p>Mindfulness Meditation 6-7 pm, Santa Rosa</p> <p>Peer-to Peer Petaluma (Class 6)</p> <p>Family-to-Family Santa Rosa (class 5)</p>	<p>15 Client Connection 11:30 am ó 1:30 pm, Santa Rosa 5 pm ó 6:30 pm, Healdsburg</p> <p>Family Support Group 2 pm ó 3:30 pm, Santa Rosa</p>	16	17 <p>Familia-a-Familia Class 9 Santa Rosa</p> <p>Family-to-Family Class 1 Petaluma 9:30-12 pm</p> 	
18	<p>19 Client Connection 1 pm ó 2:30 pm 1360 N. McDowell Blvd, Petaluma</p> <p>Tai Chi Class 6 pm ó 7:15 pm Santa Rosa</p>	<p>20 Family Support Group 5 pm ó 6:30 pm Petaluma</p> <p>Family-to-Family Santa Rosa (class 11) Geyserville (class 10)</p>	<p>21 Mindfulness Meditation 6-7 pm, Santa Rosa</p> <p>Peer-to Peer Petaluma (Class 7)</p> <p>Family-to-Family Santa Rosa (class 6)</p>	<p>22 Grupo de Apoyo Familiar (en español) 9 am-10:00 am, Graton</p> <p>Client Connection 11:30 am ó 1:30 pm, Santa Rosa 5 pm ó 6:30 pm, Healdsburg</p> <p>Family Support Group 2 pm ó 3:30 pm, Santa Rosa</p>	23	24 <p>Familia-a-Familia Class 10 Santa Rosa</p> <p>Family-to-Family Class 2 Petaluma *Please Call to Register</p>	
25	<p>26 Client Connection 1 pm ó 2:30 pm 1360 N. McDowell Blvd, Petaluma</p> <p>Family Support Group 5-6:30 pm, Rohnert Park</p> <p>Tai Chi Class 6 pm ó 7:15 pm Santa Rosa</p>	<p>27 Family-to-Family Santa Rosa (class 12) Geyserville (class 11)</p>	<p>28 Mindfulness Meditation 6-7 pm, Santa Rosa</p> <p>Peer-to Peer Petaluma (Class 8)</p> <p>Family-to-Family Santa Rosa (class 7)</p>	<p>29 Client Connection 11:30 am ó 1:30 pm, Santa Rosa 5 pm ó 6:30 pm, Healdsburg</p> <p>Family Support Group 2 pm ó 3:30 pm, Santa Rosa</p>	30	31 <p>Familia-a-Familia Class 11 Santa Rosa</p> <p>Family-to-Family Class 5 Petaluma</p> <p>Cezar Chavez Health Fair 10-2 pm</p>	

*All classes meet at the NAMI classroom, at the address below, unless otherwise noted.

Mental Health Resource Guide

Mental Health Services

NAMI Sonoma County 527-6655

- ◆ Resources, referrals, library, education classes, support groups, for family members and for clients.

Psychiatric Emergency Services (PES) 576-8181

3322 Chanate Road
Santa Rosa, CA 95404

- ◆ Crisis services, transport to hospitals, 23 hour stays

Access Team at Chanate 565-6900

- ◆ Entry to Sonoma County Mental Health

Alexander Valley Regional Medical Center 894-4229

Alliance Medical Center 433-5494

Brookwood Health Center 538-8700

Jewish Community Free Clinic 585-7780

Petaluma Health Center 559-7545

Russian River Health Center 869-2849

Santa Rosa Free Clinic 546-6479

Sonoma County Indian Health Project 521-4500

Santa Rosa Community Health Centers 547-2222, 303-3600

Sonoma Valley Health Center 939-6070

Client Centers/Clubhouses

Chanate Hall 565-4900

- ◆ Must be Sonoma County Mental Health client

Interlink Self-Help Center 546-4481

Russian River Empowerment Center 604-7264

Wellness and Advocacy Center 565-7800

Client/Consumer Classes

Chanate Hall 565-4900

- ◆ Offers various classes and groups for Sonoma County Mental Health clients

Clutterers Anonymous 569-9808

- ◆ Meets 2nd & 4th Fridays of the month, 2 - 4 pm. Call or email homeforjoan@yahoo.com for address and info

Depression/Bipolar Support Group 578-0424

- ◆ Meets 1st & 3rd Wed. at 547 Mendocino Ave, SR 95401

Interlink Self-Help Center 546-4481

Peer counseling, dual diagnosis, art and many other classes

NAMI– Tai Chi Class

- ◆ Mondays 6 ÷ 7:15 pm, Drop in and free of cost

NAMI—Meditation Group

- ◆ Wednesdays 6 ÷ 7 pm, NAMI office

NAMI Client Connection Support Groups

- ◆ Santa Rosa:
*Thursdays, 11:30 AM-1:30 PM, NAMI office
- ◆ Petaluma:
*Mondays, 1 ÷ 2:30 PM, 1360 N. McDowell Blvd.
- ◆ Healdsburg:
* Thursdays, 5 ÷ 6:30 PM, 1381 University Ave.

Recovery, Inc. 823-5122

- ◆ Self-help through will training

Russian River Empowerment Center 604-7264

- ◆ Peer led classes in wellness and creativity

Smart Recovery (415) 223-3914

- ◆ Self-help program to develop life management and recovery skills to overcome addictive behavior. Imagine full recovery without life-long meetings. www.smartrecovery.org

Wellness and Advocacy Center 565-7800

- ◆ Many classes, groups, music jam, art, poetry, creative writing, activities for transitional age youth, and more.

Family/Friends Help and Support

NAMI Warmline 527-6655

- ◆ Empathic listening, resources and referrals at no-charge, Monday-Friday, 9 AM ÷ 4:30 PM

Family Service Coordinator, Erika Klohe 571-8452 or 591-4617

- ◆ Family Resource Clinic, Every Tuesday, 3-4:30 PM at Buckelew Programs, 144 South E Street, Santa Rosa

Focus on Dual Diagnosis 565-4935

- ◆ Mondays 4:30-6 PM, Client must be served by Sonoma County Mental Health

NAMI Family Support Groups 527-6655

- ◆ Drop-in support groups for friends/family that are facilitated by family members. Learn how to problem solve, how to access services, and how to support your loved one and yourself!

***Graton**– 2nd and 4th Thursday of every month 9-10 AM, located at Graton Day Labor Center, 2981 Bowen St, Graton 527-6655 Grupo de Apoyo Familiar (en español) Centro Laboral de Graton CUANDO: segundo y cuarto jueves del mes, 9:00 am-10: 00am Contacto: Oscar: 527-6655

***Petaluma-**

-1st & 3rd Tuesdays, 5-6:30 PM, located at 211 Novak Drive, Petaluma 527-6655

***Rohnert Park–**

-2nd and 4th Monday of the month, 5-6:30 PM, C.O.T.S. housing site at 705 Rohnert Park Expressway 527-6655

***Santa Rosa-**

-Every Thursday, 2-3:30 PM, located at the NAMI office, 1300 N Dutton Avenue, Suite A, Santa Rosa 527-6655

***Sebastopol-**

-1st Monday of the month, (family with school-age children) 6-8 PM, at 477 Petaluma Ave, 527-6655

-2nd Wednesday of the month, 3-4:30 PM, located at 477 Petaluma Ave, 527-6655

***Sonoma**

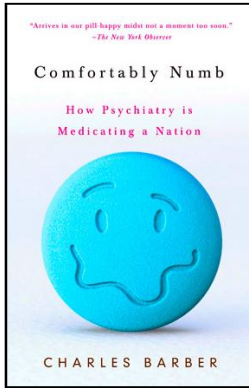
- 1st Thursday of the month, 7:15-8:45 PM, Office of Sylvia Chloe, MFT 283 Second Street East Sonoma, CA 95476; 996-2930

NAMI March Book Club

Mary Christlieb will lead the discussion of our next book on March 10th from 1-3:30 at the Rincon Valley Library (6959 Montecito Blvd, Santa Rosa). The newest selection is *Comfortably Numb* by Charles Barber and quite frankly one of the most interesting books I have read in a very long time. Barber's premise is that psychotherapy works as powerfully in treating depression as do antidepressants. While acknowledging the benefits for persons with severe mental illness, Barber questions their widespread use in the general public, as well as unconvincing research, marketing of drugs, and physicians willingness to dispense them when asked by patients. ("Ask your doctor how you can get")

Reviewers state that in the second half of the book, Barber gives the lay reader a well articulated description of the basic theoretical principles and practical application of cognitive behavioral therapy, motivational interviewing and the stages of change model. He says that psychotherapy can actually change people's brains and cognitive systems.

-Joan McCue



Update on Sonia

Former Staff Member Sonia Pal was recently in India! She was in Delhi sightseeing, went to the Taj Mahal in Agra and Varanasi (one of the holiest places in India), traveled to Jaipur and Jodhpur in Rajasthan for architecture and history, and finished up with Punjab, her parents' home state. Sonia is in the process of applying to graduate school to further her studies. We know that she will make a great success of it. Welcome back to the US, Sonia! You are always missed!



Thank you for
your support!



RETURN SERVICE REQUESTED



TIME SENSITIVE MATERIAL

1300 N. Dutton Avenue, Ste A
Santa Rosa CA 95401
(707) 527-6655
www.namiSonomaCounty.org

NAMI National Alliance on Mental Illness
Sonoma County