

# *NAMI November Newsletter*

## **NEWS**



### **Thanksgiving Hours**

NAMI Sonoma County's office will be closed Monday - Friday, November 19-23, 2012 in observance of Thanksgiving Week. The office will reopen on Monday, November 26, 2012.

If you experience a mental health emergency during that time, please call Sonoma County's Psychiatric Emergency Services at 1-800-746-8181 or the North Bay Suicide Prevention Hotline at 1-855-587-6373.

Thank you, and Happy Holidays!



### **Introducing and Welcoming Lauren Petersen NAMI's New Administrative Assistant - Volunteer Coordinator**

Hello! I am thrilled to introduce myself as the new Administrative Assistant at NAMI Sonoma County! I provide office support to my coworkers, a welcoming smile at the front door as well as coordinating the diverse

population of volunteers and interns that spend their time with NAMI.

I started here on the first of October and already have developed a strong connection and fondness for NAMI Sonoma County. Previously, it was my privilege to serve at Santa Rosa Junior College in Student Health Services, opening and administrating the offices of Mental Health and Wellness Programs, including Student Psychological Services and Drug and Alcohol Counseling.

Now that I find myself at NAMI, I recognize the wealth of valuable services available through NAMI as well as the potential. Everyone – board members, staff, interns, volunteers, clients and family members – has shown me that NAMI is beautiful, collaborative and dedicated to its mission. I feel so welcomed and look forward to growing with this invaluable organization.



### **Mental Illness Awareness Week Resolution**

On October 2, 2012, the Board of Supervisors of Sonoma County unanimously adopted a Gold Resolution recognizing October 7 through October 13, 2012 as Mental Illness Awareness Week in Sonoma County. This week is to increase public awareness, promote treatment and recovery, and reduce stigma.

The resolution recognizes that mental illnesses are extremely common, regardless of the individual's background or age, and affect almost every family in Sonoma County. Observing Mental Illness Awareness Week (MIAW) will help our community combat stigma, remove barriers to treatment and support, and reduce the negative outcomes of mental illness.

The Director of Sonoma County's Behavioral Health Division, Mike Kennedy, introduced the item and then passed the floor over to NAMI, recognizing our relationship with the County and our part in caring for the community. Our Board President, Doug Stephens, introduced Oscar Guzman, NAMI's Warmline Coordinator, who spoke about NAMI's tradition in MIAW. In 1990, the U.S. Congress established the first full week of October as Mental Illness Awareness Week in recognition of NAMI's efforts to raise mental illness awareness. Oscar also extended our thanks for this proclamation, which is so significant to many of us. Supervisor Brown,

Supervisor Carillo and Chairwoman Zane each expressed their personal connection and deep gratitude to NAMI and our commitment to the mental health and wellness of Sonoma County. If you would like to see the meeting or view the minutes, visit [Sonoma County Board of Supervisors Meeting Archive 2012](#).

Thank you Sonoma County Board of Supervisors from your NAMI family!!!



### Our Wonderful New Intern, Melanie

Hello, NAMI supporters! My name is Melanie Nernberg and I am an intern from Sonoma State University. You can usually find me around the office most of the day.

I'm a proud activist and believer in justice and peace. I am the vice president of Sonoma State's Invisible Children's club on campus. Invisible Children is a non-profit that raises awareness and advocacy to stop the L.R.A. terrorist group from committing child abductions and human rights violations.

My work with NAMI has also given me great purpose. I've worked on NAMI's Suicide Prevention And Awareness Symposium this past September as well as published NAMI's October Newsletter.

I am also very excited to further my role with NAMI by becoming a presenter for the CalMHSA program, Parents and Teachers as Allies, and working with Sonoma County's mobile support team, a crisis prevention program.

I have certainly found a family of incredible staff and volunteers at NAMI Sonoma County and I appreciate their amazing hard work and passion for mental health!



### Another Great Intern!

I'm Claire Lueders and I'm a senior completing my final semester at Sonoma State University. After reviving my BS in sociology from SSU, I'm planning on also attending graduate school in Fall 2013 in order to get my masters in counseling.

As a sociology major, I was enticed by all of the great programs and services NAMI offers Sonoma County, and gladly took the intern position to work for CalMHSA and as a Warmline Counselor.



### Petaluma Housing

We are always accepting applications for veterans living with emotional and mental challenges.

Please call NAMI at 707-527-6655 if you are interested in filling out an application for any future vacancies.

## **NOVEMBER EVENTS**



## Mental Health Recovery, Employment, and How Work Affects Our Benefits Workshop

This workshop will address:

- Ø mental health recovery and working
- Ø how work affects benefits like SSI, SSDI, Medicare, Medi-cal, IHSS, and other benefits
- Ø resources to gain further knowledge about how work affects benefits

Theresa Bruton has worked in the mental health field since 2005, primarily assisting others with employment in various capacities. While Theresa is not a certified benefits counselor, she has presented at a number of workshops on employment and how work affects benefits. Theresa is currently the Consumer Affairs Coordinator through the new Community Relations Program.

Theresa Bruton – Consumer Affairs Coordinator  
Consumer Relations Program, a program of GIRE  
[www.gire.org](http://www.gire.org)



American Foundation for Suicide Prevention's  
14th Annual  
International Survivors of Suicide Day

**Saturday November 17, 2012 9am-12pm**

If you have lost someone to suicide, or know someone else who has, please join us for a cup of coffee, a welcome by volunteers and Sutter Care at Home staff, and a viewing of the program that annually reaches across the nation and the world to provide companionship for those learning to live with loss by suicide. There will be time for discussion following the telecast. Admission is Free. Donations gratefully accepted

**Location:**

**Sutter Care At Home (Formally Sutter VNA & Hospice)  
1110 North Dutton Avenue  
Santa Rosa CA 95401  
Parking available**

For more information or to pre-register, contact:  
Margo Requarth, 707-535-5785 or [requarth@sutterhealth.org](mailto:requarth@sutterhealth.org)

Walk-ins are welcome, but pre-registering will help us greatly in our planning.



**Film Screening of Trans**

"TRANS" is an up-close and very personal journey into the transgender world through the memorable stories and the unusual lives of a remarkable cast of characters. It begins with the story of Lt. Commander Christopher McGinn, a Navy flight surgeon selected by NASA to serve on two space missions. But, upon her discharge from the armed forces, Chris McGinn would set out upon a different mission--from which she was never to return. Now Dr. Christine McGinn is able to tell her own amazing story, and provide an entrance into a complex and dramatic world that is "TRANS." Please join us. Watch for the date and time to be announced and plan on being there!

**PROGRAMS**



## Holiday Gift Program

Every year the Volunteer Center helps nonprofits provide gifts to their clients in need during the Holidays. Clients' gift requests are written on Red Hearts and hung on Holiday "Giving Trees" all over Sonoma County. NAMI participates in this program for our clients with mental health disabilities. The Volunteer Center does a wonderful job to see that almost every wish is fulfilled, be it ours or some other nonprofit's, even though they receive many requests.

If you see one of these holiday "Giving Trees" in your local bank, store or other public place, please take the time to choose a Red Heart labelled NAMI. One of our clients will have a happier holiday because of your generosity!



## CaIMHSA

NAMI Sonoma County, together with NAMI California, is 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 stigma and discrimination.

### **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 two-hour presentation focuses on helping school professionals and families better understand the early warning signs of mental illnesses in children and adolescents and how best to intervene. It also covers the lived experience of mental illnesses and how schools can best communicate with families.

### **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](mailto:stigma@namisoco.org) or call the NAMI Sonoma County office at 707.527.6655 for more information.

## CLASSES

### 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.

NAMI Basics is taught by two parents who have lived similar experiences with their own children.

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 22<sup>nd</sup>, 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](mailto:david@namisoco.org)

**\*Pre-Registration is Required\***



## TAI CHI/QI GONG

NAMI is offering a FREE Tai Chi and Qi Gong class. These are ancient Chinese fitness systems based on relaxed body alignment and smooth flow of energy. It is a good way to relieve stress and develop body-breath mind awareness. This class is led by Jacob Newell and is open to all.

**Mondays from 6:00-7:15 pm at the NAMI office**



## ART GROUP

NAMI has restarted its fantastic art group. The group meets on:

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

We are looking forward to future outings and are actively looking to find a drop-in studio space where we can paint. Donations to our program are greatly appreciated.

## EDUCATION

**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.

### **2013 Trainings:**

Spanish Familia a Familia Teacher Training  
January 18-20th in Los Altos, California (Near 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

## **ONE SOURCE**

### **For Family to Family (F2F) Teachers and Family Support Group Leaders:**

Just a reminder if you haven't done so already, please check out the Army OneSource online training courses that are available. These are highly recommended by NAMI National and are very useful for Veteran's F2F or support groups, or for any NAMI volunteer who comes in contact with service members and their families.

Link: <http://www.aheconnect.com/citizensoldier/courses.asp>

## **SPECIAL**

**Peers Exploring Spiritual Psychosis**



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](http://www.madinamerica.com).

Click the photo below to listen to the interview. You can hear more Mental Health and Wellness interviews on iTunes or by visiting [peersnet.org/radio](http://peersnet.org/radio).

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](mailto:jdarden@peersnet.org).

### **We Appreciate Our Great Volunteers**



### **Some terrific Sonoma State volunteers at NAMI House on United Way's Day of Caring 2012!**

Working with volunteers is a great experience because it takes a really dedicated person to give of their time to an agency such as NAMI. Our Sonoma State University volunteer interns deserve special mention. These three young people give even though they go to school full time and sometimes also have a job on the side along with maintaining positive relationships with friends and family. They are Claire Lueders, David Smith and Kayleyh Watters. We also have two Sonoma State Volunteers who are very reliable and dedicated advocates. They are Samantha Donalson and Melanie Nernberg. To these folks and countless others who happily and willingly come and help with our goals, I would like to send a heartfelt thank you. Because NAMI would not be a grassroots organization without YOU!

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