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September Issue

SEPTEMBER NAMI EVENTS

EDUCATION AND ADVOCACY MEETING:

The *Education and Advocacy* meeting for September will be held on Wednesday September 5, from 6:00 to 7:30 pm at NAMI - Sonoma County, 1300 North Dutton Avenue, Suite A, Santa Rosa, California, 95401 Lt. Corrado Ghioldi of Sonoma County Sheriff's Department will speak about the programs and services to inmates in the Mental Health Unit and what to do if your family member with a mental illness has been arrested. Lt. Ghioldi will be available to answer your questions as well.

MENTAL HEALTH SYMPOSIUM:

The annual NAMI Mental Health Symposium will be held September 10, 2012 from 8:30 am – 4:00 pm at the Glaser Center / UUCSR Unitarian Universalists Congregation, 547 Mendocino Avenue. This year's Symposium on "Suicide Prevention and Education" features Supervisor Shirlee Zane as keynote speaker, three breakout sessions on different high risk groups, prevention training and a suicide survivor's speaker's panel, as well as Brian Wetzel, a comedian and advocate. 3.5 CEU's available at no cost for MFT, LCSW, RN, and CDAAC. For questions, please call David France at (707) 527-6655. Pre-registration is required. To register, please go to the NAMI Sonoma County Website, www.namisoco.org or e-mail: mhsymposium@namisoco.org.

THE ROLES OF COURTS AND SCHOOL IN SUPPORTING FAMILIES AND CHILDREN IN CRISES

Life works of Sonoma County and Sonoma County Legal Services Foundation will hold a symposium at the "Legends at Bennett Valley", 3328 Yulupa Avenue, Santa Rosa, CA, 95405 Thursday September 20, 2012. Guest speaker, Ms. Carole Brill, Legal Services for Children, established the nation's first free and comprehensive law firm just for children. The Honorable Arnold D. Rosenfield, Judge of the Superior Court (Ret.) will moderate a panel discussion with Judge Nancy Case Shaffer, Supervising Judge, Sonoma County Superior Court, Julia Weber, J.D., MSW, Attorney with the Center for Families, Children and the Courts, Nick Honey, MSW, Director of Youth & Children's Services Division, County of Sonoma Human Services Division, Carl D. Corbin, Assistant General Counsel, Sonoma County Office of Education, and David France, MFTI, NAMI National Alliance on Mental Illness. Check in: 3:45 p.m. Presentation 4:00-7:15 p.m. followed by beverages and a light meal. CEU's available. Seating is limited. Cost: \$75.00. For more information, please call Sonoma County Legal Services Foundation at 707-546-2924.

NAMI Classes

FAMILY TO FAMILY

A new class will begin October 3, 2012 from 5:30-8:00 pm at the Community and Family

Service Agency, 477 Petaluma Avenue, Sebastopol, California. This 11 week class is free for family members, partners and friends of individuals with mental health challenges such as schizophrenia, depression, co-occurring addictive disorders, borderline personality disorders, panic disorder, obsessive compulsive disorder, and PTSD and is structured to help caregivers understand and support individuals while maintaining their own well-being. Over 300,000 people in the U.S., Canada and Mexico and Italy have already completed this course. Registration is required. Class is limited to 20 persons. Please call David at the NAMI office 527-6655x1107 or e-mail david@namisoco.org.

Replace this paragraph with your article text. You can also modify the link below to point to your website or place where additional information can be found.

TAI CHI/QI GONG CLASS

NAMI is offering a FREE Tai Ci and Qi Gong class. These who are ancient Chinese fitness systes based on relaxed body alignment and msotth flow of energy. It is a good ss and develop body- reath 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 (where noted on calender.

ART GROUP

NAMI restarted its Art Group in June. True Sirenidie is facilitating the group that meets on Tuesdays from 3:00- 4:30 P.M.

In August, we attended the Chalk Hill Artist Residency at the Warneke Ranch and Vneyards outside of Healdsberg with Artist in Residence, Jessica Dunne, a San Francisco artist.

We are looking forward to another outing soon and are actively looking to find a "Drop In" studio space where we can paint. Donations to our program are greatly appreciated.

Art's Program Wish List

Studio

Drop cloth(s)

Kiln

Clay

Easels

Mat cutting tools

Paints

Oil

Acrylic

Encaustic

Water Color

Brushes

Synthetic

Natural bristle

Bamboo

Ink

Pastels

Oil

Chalk

Paper

Art Paper (recycled -home made)

Water Color Paper

Pastel Paper

Drawing Paper – Charcoal

Graphite

Ink

Canvas – All sizes

Frames – All sizes

Matting Board - all colors and sizes

Beads, Buttons, jewelry

Twine, yarn, thread

Needles

Tiles, plates, broken pottery

Glue

Cutting Tools – scissors, steel edged rulers and yard sticks, T-square

Compasses and protractors

Wire, pliers, cutters

Foam core

Paper – gift wrapping, art paper

Ribbon

NAMI "ENDING THE SILENCE PROGRAM"

Ending the Silence is a 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 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. The program is delivered by a trained two-person team, including an individual who relates to the student population by sharing their own journey with a diagnosable mental health condition. A primary goal of this program is to create a generation of students that are well-positioned to eradicate the stigma associated with mental illness through education and advocacy. Contact NAMI at stigma@namisoco.org for information on how to get involved. For additional information on the *Ending the Silence* Program, please visit www.endingthesilence.org.

LEARN TO BE AN IOOV SPEAKER

In Our Own Voice (IOOV) is a unique public education program developed by NAMI, in which two trained consumer speakers share compelling personal stories about living with mental illness and achieving recovery. *IOOV* is an opportunity for those who have struggled with mental illness to gain confidence and to share their individual experiences of recovery and transformation. Throughout the *IOOV* presentation, audience members are encouraged to offer feedback and ask questions. Audience participation is an important aspect because the more audience members become involved, the closer they come to understanding what it is like to live with a mental illness and stay in recovery. If interested in this training, please call NAMI, 707-527-6655 for additional information.

PROVIDER EDUCATION

The *Provider Education* Course emphasizes the involvement of clients and family members as faculty in provider-staff training. The teaching team consists of five people:

- Two family members trained as *Family-to-Family* Education Program teachers;
- Two clients who are knowledgeable about their own mental illness, have a supportive relationship with their families, and are dedicated to the process of recovery; and
- A mental health professional who is also a family member or consumer.

Few teaching programs employ consumers in this kind of sustained training effort in which they are paid to participate on a teaching team as they present a 5-week course.

The course reflects a new knowledge base -- the "lived experiences" of people coping with a mental illness or caring for someone who lives with a mental illness. Including this deeply personal perspective creates an appreciable difference in the program's content. It adds a means of teaching the emotional aspects and practical consequences of these illnesses to the academic medical information in the course. For more information contact: stigma@namisoco.org

PARENTS AND TEACHERS AS ALLIES

Parents and Teachers as Allies is a two hour in-service program that 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 presents the lived experience of mental illnesses and how school can best communicate with families about mental health related concerns. To bring this in-service program to your school, please contact us at info@namisoco.org

PETALUMA HOUSING

We have two vacancies, for veterans living with emotional and mental challenges. Please call Rosemary, at 707-527-6655, x 1102 if you are interested in interviewing for one of the vacancies. Housing Wish List- Gently used sheets, towels, blankets, comforters, toiletries, pillows, food, plants (indoors and outdoors) furniture and lamps (both indoors and outdoors), pictures and or anything you would like to donate that would make the living space more comfortable and homey.

TIPS FOR PRACTICING SELF CARE

Hydrate: In hot weather it is easy to become dehydrated, especially when one is busy. Staying hydrated is important not only for the body but also for the mind and mood. Water is considered an essential nutrient, as it helps the body to move nutrients and waste through the body, maintain normal blood pressure, protect and cushion the joints, regulate body temperature and lower the risk of dehydration and heat stroke.

Eat Healthy: Nourish your body with real food - fruits vegetables, protein, good carbs, and just plain water. It is especially challenging during travel. Try to eat light meals and choose the healthiest foods on the menu. Avoid fried fatty foods, fatty breakfast meats, and desserts. Snack on raw nuts, fresh fruit and vegetables throughout the day.

Exercise: Physical activity can help relieve tension and give additional energy necessary to make it through a long day. Fitness rooms are readily available in most hotels and or residential areas. Lighter activity such as a walk during a break is also helpful. Consider a morning meditation. Yoga is an excellent low-impact activity that everybody can enjoy. Stand-up: Sitting is harder on your back than standing. Your body actually supports your backbone with its 24

vertebrae and jelly-like disks. Backbones offer flexibility, but little strength. Standing evenly distributes pressure along the backbone. Sitting flattens the lumbar or lower, section of your back, causing uneven pressure on the disks in your back and straining the muscles in that area. The less we move while sitting, the less our bodies are able to supply parts of our bodies with vital nutrients. When sitting, always try to sit up straight, keeping your head and truck aligned vertically. Try sitting deeper in your chair if you are feeling discomfort in your buttocks, or sitting forward in your chair if you are feeling discomfort in your feet or legs. It is also totally okay to stand in the back of the room if you feel the need to move around a bit.

Get enough sleep: It is tempting to stay up late with old or new friends. Develop the self-discipline to go to bed early and get enough sleep. There is nothing more miserable than sitting in office meetings or classes or sessions when tired and worn out. Deep breathing and relaxation techniques can help aid sleep.

Relax: If you feel like you need a break, you probably do. If you are staying in the hotel, spend a few minutes alone in your room to lie down and or practice some relaxation technique. Find a quiet place to spend a moment or two and or read a couple of pages of a good book (people are less likely to interrupt a break, if you have an open book in your hands). It may seem silly but it works.

Be good to yourself: Your health and wellness is the most important thing. Remember to congratulate and reward yourself often!!

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