



# NEWSLETTER

## NATIONAL ALLIANCE ON MENTAL ILLNESS

SAN LUIS OBISPO COUNTY (www.namislo.org)

APRIL 2009

Volume 25

Number 4

### General Meeting.

**GENERAL MEETING: Tuesday April 28 at 7:00 P.M. Come learn about Proposition 1E, which will be on the May State ballot. Also our guest speaker, Rose Fowler, will tell us about her experiences working as a school therapist.**

The NAMISLOCO General Meetings are held on the 4th Tuesday of the month (except December and July) at St. Stephen's Episcopal Church on the corner of Pismo and Nipomo Sts., SLO. The *Facilitated Family Support Group* starts at 5:30 PM on the same evening and runs until 6:45 PM, so that those who want can attend both the support group and the meeting.

### Tennessee News Reporting Defines Problem, Now it's Time for the Solution

(From the Treatment Advocacy Website)

In recent news stories, the **Knox County Tenn. News Sentinel** has done an outstanding job of defining the state's problem in treating mental illness.

"Chronic homelessness is the result of public policy gone awry, a combination of shortsightedness and moral indifference that's effectively left hundreds of thousands of mental patients to languish and die on the streets of the United States when they're not rotting in jail cells," reported one article in the paper.

"We closed down the hospitals and (the patients) ended up in the jails," the paper quotes Dr. Clif Tennon, a psychiatrist who heads a local center for poor jail inmates.

The quote succinctly summarizes the results of the decades long deinstitutionalization of the state's mental hospitals that has occurred in Tennessee as it has in all other states. Tennessee, however, has lagged behind the other states in reforming its treatment laws and now is the time for the state to act.

Tennessee is one of only eight states in the country that do not allow for assisted outpatient treatment. The state now has a golden opportunity. State Sen. Beverly Marrero and Rep. Jeanne Richardson have introduced legislation to authorize judicial commitment to outpatient treatment as an alternative to involuntary hospitalization. This legislation will address the needs of people with severe and untreated mental illness who all too often end up in jails and on the streets. It will help move Tennessee in line with the 42 other states that provide assisted outpatient treatment. It is a reform whose time has come.

### More than 200 million days of work are missed each year due to employee depression. Get the whole story here.

Since Americans spend so much of their lives working, it makes sense that depression affects people on the job as well as outside of work. In fact, clinical depression is a very costly illness for businesses. According to the organization Mental Health America, more than 200 million days of work are missed each year due to employee depression, mostly by women, not to mention lost productivity at work and the measurable costs of treatment. In one corporate study, depression and its associated disorders were responsible for more than half of all the mental-health plan dollars spent by the companies, nearing the amount their medical plans spent on treating employee heart disease.

(Continued on page 2)

### NAMI SLOCO is seeking to BUILD CAPACITY -

The NAMI SLOCO board of directors is in the process of trying to develop ways whereby interested members can have the opportunity to learn about the infrastructure of our organization and eventually move into (or share) leadership roles as chairs, coordinators, or officers before our current leaders "burn out". The goal of this training process is to "spread out" the collective memory and knowledge of present coordinators, chairs, and officers, etc. so that several members are familiar with each position and these positions could be turned over every few years. If you are interested in this training process, please contact one of NAMI SLOCO's officers.

**NEW NAMI SLOCO OFFICERS FOR 2009. We still need a Vice President for 2009.** If you are interested in serving as Vice-President, please contact one of the officers.

Section 2 of our Bylaws state: "The Vice-President(s) shall perform the duties of the President (a) in his/their absence or disability and succeed to the office of the President if that office becomes vacant. The Vice-President(s) shall attend all special meetings of the Executive Board, become acquainted with the duties of the President and perform such other duties as may be assigned by the President(s) or the Executive Board. He/they shall be one of at least three (3) officers authorized to countersign all checks".

### Year at a Glance

**January thru June:** Support Group and General Mtg, 4th Tuesday

**July:** Annual Picnic, July 22 **no Support Group or General Meeting**

**August:** Summer Vacation: no meeting, newsletter or support group

**September:** Support Group and General Meeting 4th Tuesday

**October 3rd:** Beautiful Minds Walk

**October:** Mental Illness Awareness Event: 4th Tuesday of October.

**November:** Support Group and General Meeting 4th Tuesday

**December:** Holiday Party: Dec 8, 2009 no Support Group/Gen. Mtg

**ARE YOU CONCERNED ABOUT THE MENTAL HEALTH OF A CHILD OR TEEN? NAMI Basics can help.** NAMI Basics is a FREE 6-week education class



for Caregivers of Children and Adolescents with Behavioral/Mental Health issues. Please call Carole at 771-9063 or Lisa at 788-0869.

**There are two vacancies on the mental health board for a consumer or family member.** For more information, anyone interested could call **Jane at 781-4719.**

**NAMI NATIONAL CONFERENCE IS IN SAN FRANCISCO THIS YEAR ON July 6-9th.** This would be a great year to attend.

NAMI-SLOCO Library:  
We now have an on-line catalog of the books, tapes, CDs and DVDs in our extensive library, thanks to the tireless efforts of Joan Powers. **Thanks Joan!**  
Go to <http://www.namislo.org> and click on "Library"

**A HUGE THANKS!** To all those who helped put on the party last month to honor RaeBelle, Roger, John, Cindy and Arlene

#### NORTH COUNTY FAMILY SUPPORT GROUP

James and Diane Ramirez are the facilitators for the North County Family Support Group in Atascadero. Meetings are the 3rd Monday of every month, 6:30 - 8:00 PM, at the T-MHA MHSA Support Center, 5395 "B" El Camino Real (parking behind building). Contact James or Diane at 805-461-1286

**Would you be interested in helping NAMISLOCO by becoming a NAMI BASICS teacher?** We have currently filled our quota for this training but you are interested please contact Lisa at 788-0869.



Thanks to James and Diane Ramirez for volunteering to take NAMI Basics teacher training this spring so that the class can be offered in the North County.



**PEER TO PEER NEWS:** Peer-to-Peer Classes are led by mentors who have achieved recovery from mental illness and are now able to teach recovery coping strategies to others. **CALL FOR DETAILS AND RESERVATIONS (Required).**

Peer-to-Peer Coordinator - Betty McGraw (541-5144 X 113)  
Email [BMcgraw@t-mha.org](mailto:BMcgraw@t-mha.org)

**NEW-Peer to Peer** is now offering **"WRAP"** Group-Wellness and Recovery Action Plan: an educational course in the journey to recovery.

New Peer to Peer mentor/teacher training is scheduled for May 1-3, 2009. Consumers interested in taking this training should contact Betty McGraw at 541-5144 Extension 113 or [BMcGraw@t-mha.org](mailto:BMcGraw@t-mha.org)

#### Beautiful Minds Walk VOLUNTEER HELPERS WANTED FOR NAMI SLOCO "BEAUTIFUL MINDS WALK"

A group of energetic folks is now planning this special event in recognition of the annual NAMI Mental Illness Awareness Week on October 3, 2009 at Laguna Lake Park in San Luis Obispo. Many helpers are needed to ensure that this ambitious event runs smoothly and provides a truly memorable experience for all who attend. To learn more and volunteer your help, please call Marcia Bess at 805-481-4847.

#### NO ON PROP. 1E, May 19.

##### **Don't Cut Mental Health Care!**

The Legislature's budget deal requires voters to consider several different ballot measures at the May 19 special election. One that deserves a "no" vote is Proposition 1E. Proposition 1E changes **Proposition 63**, a voter initiative passed in November 2004. Prop. 63 added a 1% tax surcharge to annual income over \$1 million, and required all proceeds to go to new and expanded mental health programs for children and adults. Prop. 63 is working. Over 200,000 people are now enrolled in mental health services who were not receiving treatment before 2004. But Prop. 1E cuts a half-billion dollars from Prop. 63 programs. These cuts will cause immediate and lasting damage. Prop. 1E will limit treatments and services for people living with mental illness. Future services are at even greater risk.

Vote NO on Prop. 1E Because:

- **IT'S UNNECESSARY.** Legislators have already raised taxes and cut services. The money Prop. 1E takes from Prop. 63 amounts to less than 0.25% of the state budget.
- **IT CUTS MENTAL HEALTH TREATMENT.** Prop. 63 programs now help 200,000 people, including 50,000 children, who had no mental health services before it passed. But Prop. 1E foolishly cuts these programs by hundreds of millions of dollars.
- **IT COSTS US MORE.** The costs of untreated mental illness are higher across the board. People who never get care, or who lose their care, will drop out of school, lose their jobs and homes, and cost us more in hospitalizations,

homelessness and criminal justice.

- **THE FIRST CUT IS A BAD PRECEDENT.** Prop. 1E began as a budget proposal from some state legislators to permanently redirect *all* Prop. 63 funds away from voter-approved mental health programs. The proposal was watered down to a 2-year raid – this time. If voters approve it, legislators will surely come back for more next time.
- **IT JEOPARDIZES FEDERAL FUNDS.** Prop. 1E could threaten millions of dollars in federal assistance that now helps pay for mental health services.
- **1E HAS NO ACCOUNTABILITY FOR SPENDING.** Unlike Prop. 63, which has strict audits and accountability requirements, Prop. 1E puts hundreds of millions of dollars into the General Fund, where the Legislature can spend it without restrictions.

No on Prop. 1E, sponsored by Mental Health Organizations • FPPC ID# 1316221  
1127 11th St., #925 • Sacramento, CA 95814 • (916) 557-1166 • fax: (916) 447-2350 • [www.NoProp1E.com](http://www.NoProp1E.com)

*(Continued from page 1)*

Yet employees suffering from depression do not always seek treatment. They may be unaware they're depressed, or fear they'll lose their jobs if they reveal they're depressed. Perhaps they don't realize their health insurance covers treatment for depression. And so they report to work, physically present but mentally impaired. This so-called "presenteeism" can greatly hamper productivity, not just for the depressed employees but for others with whom they work. A Tufts University study found that depressed individuals had a significantly tougher time managing their job-related tasks than people without depression, and more of them suffered job losses.

The good news? More than four-fifths of depressed people can be helped. The first step is to recognize that you're suffering from depression. Fatigue, irritability, inability to concentrate, and persistent feelings of sadness may indicate that you have a problem. If you have close friends at work you may want to confide in them, but think twice before making a department-wide announcement. You may need time away from work; check with your human resources department about taking a disability leave. Speak to your doctor about starting treatment, whether it's antidepressants or counseling or both. If you and your doctor determine that you can stay on the job, there are things you can do to make your workday easier:

- Break large tasks into small chunks. After completing each one, give yourself a small reward such as a five-minute stretching session or the promise of a noon-time walk in the sun.
- Keep your calendar up to date, with clearly marked deadlines.
- Eat lunch with your coworkers every day. Keeping yourself isolated will only worsen your symptoms.
- Print and save every note, card or comment from others praising your work.

Remember, depression is a manageable illness-it's all a matter of reaching out to the resources around you.

#### Consider inviting "IN OUR OWN VOICE" TO MAKE A PRESENTATION TO YOUR GROUP.



This program is a 1.5 hour presentation on stages of mental illness recovery by 2 people that have achieved recovery. For information, contact Betty McGraw, 541-5144 ext. 113 or [BMcGraw@t-mha.org](mailto:BMcGraw@t-mha.org).

#### NAMI-SLOCO Presents "FAMILY-TO-FAMILY"



A Class offering:

Education and Support for Family Members  
Whose Relative or Loved One Suffers from:

- MAJOR DEPRESSION
- BIPOLAR DISORDER (MANIC DEPRESSION)
- SCHIZOPHRENIA
- SCHIZOAFFECTIVE DISORDER
- PANIC DISORDER, or
- OBSESSIVE-COMPULSIVE DISORDER
- OTHER RELATED DISORDERS

"Family-to-Family" provides up-to-date information & education on the diseases, their causes, & treatments available, as well as help & coping tools for you as the caregiver or loved one. The class is presented in 12 weekly meetings of 2.5 hours per evening.

THE CLASS IS FREE BUT PRE-REGISTRATION IS REQUIRED! CALL FOR DETAILS & RESERVATIONS for 2008/2009 Family-to-Family Coordinator – John Klimala 805-550-3889 [JohnKlimala@aol.com](mailto:JohnKlimala@aol.com).

Congratulations to all of the new Family-to-Family graduates from the North County, South county and SLO classes.

**The NAMI SLOCO executive board meets from 11:30 - 1:30 on the first Wednesday of the month** at The Boysdon Room, Saint Stephen's Episcopal Church, SLO .

**ATASCADERO STATE HOSPITAL ADVISORY BOARD MEETS out of town on May 7, 2009.** The meeting is open to the public and includes a public comment section. You also may submit items regarding your concerns to the board through Rae Belle Gambs, ASH advisory board member, at 461-6590 or rgambs@sbcglobal.net.



**REQUEST FOR A SPANISH-SPEAKING MEMBER INTERESTED IN TAKING TEACHER TRAINING FOR THE SPANISH FAMILY - TO - FAMILY CLASS.**

Please contact John Klimala@ 550-3889/929-3299 if you are interested or know someone who is interested in training to become a Family-to-Family teacher in the Spanish-speaking community.

**PARENTS AND TEACHERS AS ALLIES**

**NEWS:** - Congratulations to **Lisa, Phillip, Marcia, Madeleine, JoAnne, and Roger** for presenting **Parents and Teachers as Allies to the Cuesta College Early Childhood Ed class on April 1 in Arroyo Grande. Two more presentations are scheduled for May.**



For more information, please contact Lisa Kelley, Coordinator for Parents and Teachers as Allies, at 788-0869.

**Our Librarian, Carole Wallace requests that we return library books at the monthly meetings.** Please help Carole by returning your books so they can be shared with other members

**NAMI Basics Education Program**

*The fundamentals of caring for you, your family and your child with mental illness*

What is NAMI Basics?

**NAMI Basics is the new signature education program for parents and other caregivers of children and adolescents living with mental illnesses.** The program was developed around elements that have been extensively tested and found to be highly effective in the field, including:

- Recognition of mental illness as a continuing traumatic event for the child and the family
- Sensitivity to the subjective emotional issues faced by family caregivers and well children in the family
- Recognition of the need to help ameliorate the day-to-day objective burdens of care and management
- Gaining confidence and stamina for what can be a lifelong role of family understanding and support
- Empowerment of family caregivers as effective advocates for their children

The **San Luis County Mental Health Board** meets at 3:00 PM on the 3rd Wednesday of the month at the Behavioral Health Campus (old General Hospital). Contact the MHD office (Phone: 781-4719) to confirm date and room location.

**SLO County / T-MHA FAMILY ADVOCACY PROGRAMS**

The County Family Advocates for Adult Mental Health Services offer **CONFIDENTIAL ASSISTANCE, INFORMATION, AND SUPPORT** to help improve the quality of life for families and caregivers, to help families and caregivers navigate the Mental Health system, and to help families and caregivers cope with the many challenges they face. Family Advocates also provide referrals and resources for further support and education.

**San Luis Obispo County**

Contact: Janice Holmes, Lead Family Advocate, Adult Services: 805-541-5144 x.171 or jholmes@t-mha.org. Office: 277 South St. Suite Y, San Luis Obispo, CA

NAMI SLOCO extends its sincere appreciation to the El Paso de Robles Youth Correctional Facility Staff Benefit Fund for its most generous donation to NAMI SLOCO. We look forward to being financially able to offer more "NAMI Basics" classes to parents and caregivers of children and youth with SED or SMI as well as more "Parents and Teachers as Allies" presentations to education professionals this coming year.

**NAMI New York Metro has established a Network of Care for Behavioral Health Website.**

This Web site is made possible through the efforts of state, city and private agencies committed to promoting access to behavioral health care information for all New Yorkers (please click here for a list of our partners). It provides information about behavioral health services, laws, and related news, as well as communication tools and other features. Regardless of where you begin your search for assistance with behavioral health issues, the Network of Care helps you find what you need - it helps ensure that there is "No Wrong Door" for those who need services. This Web site can greatly assist in our efforts to protect our greatest human asset - our beautiful minds.

This site is a good example of what can be done in a cooperative environment. The editor suggests those with internet access visit this site. The library alone is worth the visit.

<http://newyorkcity.ny.networkofcare.org/mh/home/>

**DONATIONS GREATLY APPRECIATED.** We sincerely appreciate the generous financial donations that our members, mental health professionals, and other supporters have made over the past years. We especially need donations to cover the cost of Parents and Teachers as Allies and Laura's Law Advocacy this coming year. **NAMI BASICS** (an educational program designed for families with children and adolescents living with mental illnesses) which is just beginning to be offered will also require funds for startup and initial classes.

**PLEASE MAKE DONATIONS TO: NAMI SLOCO, P.O. BOX 3158, SAN LUIS OBISPO, CA 93403.**

NAMI SLOCO (IRS ID# 77-0099671, CA non-profit # C1535087) is a 501(c)(3), charitable, non-profit, tax-exempt organization. Donations and contributions are tax-deductible as provided by law.

**T-MHA YOUTH FAMILY PARTNER, FAMILY SUPPORT GROUP. For parents, guardians, and caregivers of minor children who experience emotional or behavioral problems**

For more information please contact either Jackie Garza, Ph: 805-458-6388, email: jgarza@t-mha.org or Patty Ramirez, Ph: 805-541-5144 x129, email: pramirez@t-mha.org. 805-541-5144 ext. 129 or pramirez@tmha.org.

**NAMI 2009 Membership** ( membership in NAMI SLO CO also includes mebership in NAMI Cal. & NAMI Nat'l.)

NATIONAL ALLIANCE ON MENTAL ILLNESS  
SAN LUIS OBISPO COUNTY

PLEASE PRINT

NAME(S) \_\_\_\_\_

DATE \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY/ZIP \_\_\_\_\_

PHONE (DAY) \_\_\_\_\_

PHONE (NIGHT) \_\_\_\_\_

EMAIL \_\_\_\_\_

NAMI SLO CO is a charitable, nonprofit, tax-exempt organization affiliated with the NAMI California and NAMI.

NAMI SLO CO  
P.O. Box 3158  
San Luis Obispo, Ca  
93403

New  
 Renewal

\$30 Individual  
 \$35 Family  
 \$50 Friend  
 \$7 Client

DONATION \_\_\_\_\_

**Mental Health Support Groups In SLO County**

**Facilitated FAMILY SUPPORT Groups**

**San Luis Obispo**

4th Tuesday of the month 5:30 to 6:45 PM  
 St. Stephen's Episcopal Church  
 Pismo and Nipomo Sts. SLO

**San Luis Obispo**

Every Tuesday Afternoon 1:00-3:00 PM  
 Facilitated by Janice Holmes  
 Transitions Mental Health Association  
 277 South St. Suite Y, SLO.  
 Any questions Contact:  
 Janice Holmes, Family Advocate  
 805 541-5144 X 171

**Atascadero**

Third Monday of every month  
 6:30 -8:00 PM  
 5395 El Camino Real "B" (parking behind bldg.)  
 Info. Call James or Diane @ 461-1286

**Youth Family Support Group**

Multiple Groups meet weekly throughout the county.  
 T-MHA Youth Family Partners  
 Contacts: **Jackie Garza**, Ph: 805-458-6388, email: jgarza@t-mha.org or  
**Patty Ramirez**, Ph: 805-541-5144 x129, email: pramirez@t-mha.org

**PEER RUN SUPPORT GROUPS**

*Support for individuals with all major mental illnesses or co-occurring disorders are invited to attend.  
 (No Charge for attending)*

The times for these meetings change often so please call  
 Jessica Vieira TMHA's Socialization/Peer Programs Manager  
 541-5144 EXT 165 JVieira@tmha.org  
 San Luis Obispo  
 452 Higuera St

**Peer Support  
 Dual Recovery Anonymous**

**SLO Peer—Run support groups are now also offering  
 "W.R.A.P." - Group-Wellness and Recovery Action Plan:  
 an educational journey to recovery.**

**For Corrections to this section please contact  
 garner.ed@gmail.com**

*(Continued in next column)*

**Atascadero**

5395 El Camino, Suite B.  
 Peer Support

**Paso Robles**

Paso Robles Library Storybook Rm.  
 1000 Spring St.  
 Peer Support

For info call Betty McGraw, 541-5144 x 113 or  
 BMcGraw@t-mha.org.

**MEDI-CAL PATIENTS' RIGHTS ADVOCATE**

Gerald Clare 781-4700

T-MHA Special Projects Coordinator for: **"The Shaken Tree: Families Living with Mental Illness"**. John Klimala, Special Projects Coordinator, Transitions-Mental Health Association Phone: 541-5144 ext. 125; Email: jklimala@t-mha.org

**Family Advocate, Adult Services**

Janice Holmes, Lead Family Advocate  
 Transitions-Mental Health Association Phone 541-5144 X 171

**Officers and Committee Chairs**

**Officers**

Lisa Kelley President..... 788-0869  
 Vice-president — OPEN  
 Pam Zweifel Secretary..... 543-1825  
 Nancy Griffin Treasurer..... 543-9399

**Standing Committee Chairs**

Naoma Wright Publicity.....543-5232  
 Roger Gambs Newsletter,Peer to Peer Liaison.....461-6590  
 Ed &Kathy Garner Newsletter & Website.....550-3117  
 Carole Wallace Librarian..... 771-9063  
 Cindy Lamas Membership ..... 466-4691  
 Norma Hoffman Housing..... 544-2725  
 Rae Belle Gambs Forensic.....461-6590  
 Mary Jo Paxton—  
 Support Group Facilitator ..... 489-0575

**Special Committee Chairs**

Lillian Bareither - Newsletter Mailing..... 595-2821  
 Jerry Howe – Farmers Market..... 543-2261  
 John Klimala-  
 Family to Family Coordinator ..... 550-3889  
 Lisa Kelley—  
 Parents and Teachers as Allies Coordinator ..... 788-0869  
 Carole Wallace NAMI Basics Coordinator.....771-9063  
 Lisa Kelley NAMI Basics Coordinator .....788-0869

**NAMI SLOCO WEBSITE: [www.namislo.org](http://www.namislo.org)**

**Next Meeting  
 April 28, 2009**

NON-PROFIT ORGANIZATION  
 U.S. POSTAGE  
 Paid  
 SAN LUIS OBISPO, CA  
 PERMIT NO. 19

NATIONAL ALLIANCE ON MENTAL ILLNESS  
 SAN LUIS OBISPO COUNTY  
 P.O. BOX 3158  
 SAN LUIS OBISPO, CA 93403