



# NAMI NEWS

National Alliance on Mental Illness  
San Luis Obispo County

JANUARY 2016

## HAPPY NEW YEAR FROM NAMI SLO COUNTY

Dear NAMI SLOCO Members,

In our first newsletter of 2016 the NAMI SLOCO Officers and I want to wish you and your loved ones a joy-filled New Year! We sent last year out with a bang at our annual Holiday Party in Avila Beach with a delicious dinner, fabulous friends, and delightful holiday music - thank you to all of you who helped plan and host the party, and for all your tasty salads. We are grateful for all your participation in making 2015 another successful year of providing resources and support in our county.

I want to extend congratulations to our 2016 elected officers. I will continue to serve as President, Pam Zweifel will remain as Vice President, and Nancy Griffin will continue as treasurer. This year we welcome a new officer, Charleen D von Gortler, as Secretary.

We're starting the year off with some important events. On Jan 14th, 9am-4 pm, at the County Board of Supervisors Chambers, there will be a second Planning Commission meeting on the proposed Templeton facility. We invite you to attend and to show your support at this hearing.

Our general meeting this month is on Tuesday, Jan. 26th, with Guest Speaker Judy Vick, Manager of Adult Services for County Behavioral Health. I look forward to seeing you there!

Thank you all for your support of NAMI SLOCO. I'll see you soon!

Sincerely,  
Darryl Elliott, President, NAMI SLOCO

## UPCOMING: JANUARY PLANNING COMMISSION HEARING

Proposed Templeton Behavioral Health Hospital

**JANUARY 14th**  
**9AM - 4PM**

San Luis Obispo County Government Office  
County Board of Supervisors Chambers  
1055 Monterey Street, San Luis Obispo

Please join us to show support and give public testimony in favor of the proposed facility.

## NAMI FAMILY TO FAMILY CLASSES BEGIN IN FEBRUARY

San Luis Obispo Class - Monday, February 1st

Atascadero Class - Wednesday, February 3rd

\*Program is also offered at other locations and dates throughout the year

The program is free, but registration is required. Contact John Klimala at 550-3889 for more information.

## 5 New Years Resolutions that Will Benefit Your Mental Health

By Laura Greenstein | Dec. 30, 2015 - NAMI National Blog

Every New Year, we think about what we can do to better our lives and ourselves as we start our new calendar. This year, think about what you can do on a regular basis to better your mental health. Here are a few options to get started:

### 1. Stand Up to Stigma

Feeling ashamed and at fault for something that is out of your control is a weight that no one should have to carry.

Stigma can be incredibly challenging to bear. A few people who responded to a Facebook survey feel that living with mental health stigma is worse than living with a mental health condition. It shouldn't be this way, and you can help to change society's way of thinking about mental health.

If someone is using language that you find offensive and improper, let him or her know. Inspire them to join our stigmafree movement, and make a commitment to learn more about mental health. We all need to see the person, not the illness.

### 2. Take Care of Your Physical Health Too

We've all heard this time and time again and there are plenty of studies that prove how beneficial exercise, getting enough sleep, eating well, etc. reduce symptoms and improve over all well-being.

The challenging part is finding the motivation, time and effort to do these things. Start by creating a simple routine and stick with it. For example, do grocery shopping and healthy meal preparations for the week over the weekend or on your day off. Have set times during the week for working out or any type of physical activity. Having this kind of structure is hard to start, but makes staying healthy so much easier once you get used to the routine.

### 3. Share Your Story

Expressing yourself and opening up about your experi-

ences is not only personally uplifting, but it also helps other people who can relate to you. In order to share your story, you can use one of NAMI's platforms such as, Ok2Talk, YANA or the mobile AIR app.

"The best way to encourage others, and to fight stigma, is to speak the truth about what we face every day," said Anna, a member of our YANA Community. The great thing about these spaces is that you can remain anonymous if that is your preference and feel safe sharing your experiences.

If you are feeling really motivated to share your experiences with others, you can also start your own blog. This will give you the motivation to consistently write and express yourself on a regular basis. Skutler a member of our Ok2Talk Community, wrote, "I've always loved writing but this is the first time I've shared my work with a larger audience and I can't believe how many people have read and appreciated my personal journey."

You can also become a presenter for NAMI In Our Own Voice, a presentation series that changes attitudes, assumptions and stereotypes by describing the reality of living with mental illness.

### 4. Make a Commitment to Stay Informed

Knowing what's going on in the world of research can help you find out whether there are new ideas out there that might help improve your quality of life. For example, research shows that getting outside during the winter—even though it can be very cold—is important; getting enough vitamin D is essential to your mood and overall well-being.

### 5. Do Something That You Love Every Day

Even if it's just 30 minutes each day, read, color, go for a walk or have a conversation with someone that you care about. These are the activities that can bring you a sense of peace. It is so important to feel relaxed for at least part of every day. Our busy schedules frequently take over and stop us from making time for ourselves. But leaving a little bit of time to do something that you love is something that is essential to fit into our hectic lives.

## General Meeting: Tuesday, Jan. 26th, 6:45PM

### Emos

A poem by Paulette Messenheimer, inspired by NAMI  
Family-to-Family Classes

Laughter and angst  
taking care of self

On the journey  
answers from NAMI  
on the shelf

Dis-orders and borders  
a little dull  
reading and talk

Family to family  
is our walk

Not alone  
as I go home

bio--socio--psycho

I'm in the NOW

always learning how

### 2016 NAMI SLOCO Officers

Darryl Elliott, President	748-6611
Pam Zweifel, Vice-President	543-1825
Charleen D von Gortler, Secretary	
Nancy Griffin, Treasurer	543-9399

### NAMI SLOCO Standing Committee Chairs

Heidi Bezaire, Librarian	562-743-5556
Pam Zweifel, Membership	543-1825
Katy Zweifel, Newsletter & Website	440-8429
Rae Belle Gambs, Forensic	461-6590
Madeleine & Joe Johnson, Support Groups	544-2086

### Special Committee Chairs

Jerry Howe, Farmers Market	543-2261
John Klimala, Family to Family Coordinator	550-3889
Marcia Bess, Parents & Teachers as Allies	481-4847
Carole Wallace, NAMI Basics Coordinator	225-1431
Joe Johnson, Ending the Silence	544-2086

### NAMI SLOCO CALENDAR

#### PLANNING COMMISSION HEARING

*on the Templeton Behavioral Health Hospital*

January 14th, 9am-4pm, San Luis Obispo County

Government Office.

#### JANUARY GENERAL MTG (January 26th)

**6:45pm - St. Stephen's Episcopal Church**

Guest speaker Judy Vick, manager of adult Services for San Luis Obispo County

### Is it time to renew your NAMI SLOCO Membership?

Please check the label on your newsletter to see when your membership renewal is due. If it is time to renew, please fill out the membership form below and send it in with your dues. Your membership dues support the important activities of NAMI SLOCO in the community. If you have any questions, please phone Pam Zweifel, Membership Chair, at 805-543-1825 or email [pmz5k@sbcglobal.net](mailto:pmz5k@sbcglobal.net).

## NAMI 2016 Membership

National Alliance on Mental Illness, San Luis Obispo County

(membership in NAMI SLOCO also includes membership in NAMI Cal. & NAMI Nat'l)

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

NAMI SLO CO is a charitable,  
non-profit, tax-exempt organization  
affiliated with NAMI California and  
NAMI National



PLEASE PRINT

Name(s) \_\_\_\_\_

Address \_\_\_\_\_

City/Zip \_\_\_\_\_

Phone (Day) \_\_\_\_\_

Phone (Night) \_\_\_\_\_

Email \_\_\_\_\_

Date

New

Renewal

\$50 Friend

\$35 Individual

\$38 Couple

\$3 Open Door

Enclosed Donation \_\_\_\_\_

**SLO Co. Mental Illness Referrals, Contacts, Locations – NAMI & T-MHA Programs:  
Programs for the mentally ill and their families, education for the public**

1. EDUCATIONAL, SUPPORT, WELLNESS AND RECOVERY PROGRAMS FOR PEOPLE LIVING WITH MENTAL ILLNESSES  
 NAMI Peer-to-Peer: A 10-week psychoeducational course that teaches people how to live well with their mental illness.  
 Contact Jessica Vieira, T-MHA @ 540-6576 or [jvieira@t-mha.org](mailto:jvieira@t-mha.org)  
 Wellness Recovery Action Planning (WRAP): An 8-week class that helps people develop and maintain a wellness tool.  
 Contact Jessica Vieira, T-MHA @ 540-6576 or [jvieira@t-mha.org](mailto:jvieira@t-mha.org)  
 Mental Health Advocates: Need help finding resources or just need some support? Contact Jessica Vieira, TMHA @ 540-6576 or [jvieira@t-mha.org](mailto:jvieira@t-mha.org)  
 Atascadero Wellness Center:  
 "Life House" 5850 West Mall Rd. 464-0512  
 Hours: M, T, Th 9:30-3:30, W 12:30-6:30  
 Arroyo Grande Wellness Center:  
 "Safe Haven" 203 Bridge St. 489-9659 Hours: M-F 9:30-3:30  
 SLO Wellness Center:  
 "Hope House" 1306 Nipomo St. 541-6813  
 Hours: M, T, Th 9:30-3:30, W 11:30-5:30  
 Peer Advisory & Advocacy Team: Call Jessica Vieira, T-MHA, 540-6576

2. EDUCATIONAL & SUPPORT PROGRAMS FOR FAMILIES AND FRIENDS OF PEOPLE LIVING WITH MENTAL ILLNESSES  
 NAMI SLOCO, MEETINGS/PROGRAMS: 4th Tuesday every month (except Jul. Aug. Dec); Program: 6:45 PM in the multi-purpose room at St. Stephen's Episcopal Church (Pismo and Nipomo streets, San Luis Obispo, CA). Follow signs from parking lot off Pismo Street.  
 NAMI SLOCO, Family Support Groups: (A) 1st & 3rd Monday of every month, 6:30-8:00 PM, at the T-MHA Wellness Center, 5850 West Mall Road, Atascadero. Call James @ 441-5444 or Aurora @ 236-1007 for more information.  
 (B) 4th Tuesday every month (except Jul. Aug. Dec), 5:30-6:45 PM in the multi-purpose room at St. Stephen's Episcopal Church (Pismo and Nipomo streets, SLO) Call Joe or Madeleine @ 544-2086 for more information.  
 (C) 1st Tues @ 6:30 pm & 3rd Sat every month -10:00 am at Safe Haven Wellness Center, 203 Bridge St. Arroyo Grande. Contact Madeleine at 544-2086  
 NAMI Family-to-Family Education Class: 12- week education class for families and friends of people living with mental illnesses. Call John Klimala @ 550-3889 for time and place of next 12 week education class.  
 NAMI Basics Class: 6-week education class for families and caregivers of children and youth living with mental illnesses.  
 Contact: Aurora William  
 T-MHA Family Services: Assists anyone who has someone in their life that they know or suspect has a mental illness.  
 Contact Henry Herrera, Program Manager, 540-6571.

T-MHA Family Support Group: Tuesdays 12:00-3:00 pm, 784 High Street, SLO. Please call 540-6571 for more information.

T-MHA Family Orientation Class: One Day Family Orientation Class for families and friends of individuals with mental illness. One day six hour class held on Saturdays. Contact 540-6571 for information.  
 T-MHA Mental Illness in the Family and the Judicial System: One day class held on Saturday. Contact 540-6571 for information and reservations.  
 T-MHA Youth Family Partners, Parent Project and Active Parenting Classes: Multiple groups meet weekly throughout the county.  
 Call Youth Family Partners: Jackie Garza (458-6388), Patty Ramirez (458-2596) or Linda Quesenberry (503-0009) for more information.

3. AWARENESS & RECOVERY PRESENTATIONS FOR THE PUBLIC  
 NAMI "In Our Own Voice" Program: Call Jessica Vieira, T-MHA @ 540-6576  
 "The Shaken Tree" Film/Presentation.  
 Call Henry Herrera, Program Manager at 540-6571 or [hherrera@t-mha.org](mailto:hherrera@t-mha.org)

5. EDUCATIONAL PRESENTATIONS FOR PROFESSIONAL EDUCATORS  
 NAMI Parents and Teachers as Allies: 2 hour mental illness education presentation for professional educators. Call Darryl @ 594-1056

**WHERE CAN YOU GET HELP IN SLO COUNTY?**

Mobile Crisis Service (24 hours)	1-800-838-1381
Behavioral Health Admin.	781-4719
Arroyo Grande Clinic	473-7060
Atascadero Clinic	461-6060
Central Clinic on Johnson Avenue	781-4700
Inpatient Service	781-4711
Youth Services (Vicente Dr.)	781-4179
Forensic MH Services (CON REP)	781-4190
SLO Hotline 24-hour mental health support	783-0607
Grievance Coordinator	781-4738
T-MHA Family Services Program	
Adult Services	540-6571, 540-6572
Youth Services	458-6388, 458-2596, 503-0009
T-MHA Mental Health Advocates	540-6576

San Luis Obispo County Behavioral Health Dept. web site:  
 < <http://www.slocounty.ca.gov/health/mentalhealthservices.htm> >  
 Transitions-Mental Health Association:  
 (P. O. Box 15408), 784 High Street, San Luis Obispo, CA 93406, (Corner of High and Santa Barbara Streets); Ph. 805-540-6500; FAX: 805-540-6501;  
 Email: [info@t-mha.org](mailto:info@t-mha.org); web site [www.t-mha.org/](http://www.t-mha.org/)  
 NAMI San Luis Obispo County:  
 P. O. Box 3158, San Luis Obispo, CA 93403; Messages: 805-546-4040  
 web site: <http://www.namislo.org>

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JAN 26TH

Or Current Resident

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