



NAMI

Sacramento Newsletter

National Alliance on Mental Illness

Sacramento's Voice on Mental Illness

April 2013 Issue No. 11.2

General Meeting

**Monday, April 8, 7:00–8:30 pm —
Special Needs Trusts and
Conservatorship Law**

Attorney Brian Wyatt will speak about Special Needs Trusts and updates to Conservatorship Law. Mr. Wyatt's law practice focuses on trust and estate planning, probate and special needs planning. He is a member of WealthCounsel and received his law degree from University of California, Berkeley, and a B.A. in Economics from UCLA. He was formerly a senior associate attorney at Convington and Burling LLP and now has his own legal practice. Mr. Wyatt is a frequent speaker on a variety of topics, including estate planning, Medi-Cal planning, special needs planning and charitable planning.

Refreshments will be served.

NAMI Sacramento General Meetings are free and open to the public.

Next Month:

**Monday, May 13, 7:00–8:30 pm —
“Ask the Psychiatrist” discussion on
Mental Health Treatments.**

Dr. Glen Xiong, Assistant Clinical Professor in the UC Davis Department of Psychiatry and Behavioral Sciences, will answer your questions about mental health treatments, such as dialectical behavior therapy, medications and other new treatments.

Meetings are held at

Conference Room 1B
Sacramento County Division of Mental
Health Building
(building with the clock tower)
3331 Power Inn Road, Sacramento, CA

Contact Us

NAMI Sacramento
3440 Viking Drive, Suite 104A
Sacramento CA 95827
(916) 364-1642

Email: office@namisacramento.org

Website: www.namisacramento.org

NAMI Helpline: (916) 364-1642

It's NAMIWALK Time!

The Northern California NAMIWalk is just a few weeks away—**Saturday, April 27 in William Land Park in Sacramento.**

The NAMIWalk is a fun, outdoor event that raises awareness about mental health conditions and reduces stigma. It is often the stigma, shame and misunderstanding of mental illness that prevents people from getting treatment. This can lead to years of unnecessary suffering and even cost lives. That's why the awareness we create through the NAMIWalk is even more important than the funds we raise.

We have a full schedule planned for the morning of April 27th. Registration begins at 8:00 a.m. However, pre-registered walkers who register online before Walk Day don't need to show up for that part. At 9:15 there will be a program of inspiring guest speakers from the NAMI communities, followed by a brief warm-up session. The Walk begins at 10:00. The full 5K (3 mile) Walk is three laps around a 1-mile loop, but you may choose to walk more or less or sit in a chair by the stage and listen to our terrific live band, The Nickel Slots. We will also have exhibitor booths from our community partners and a magician and face painter for younger participants. Some local food trucks will be at the Walk selling delicious food, so bring some cash if you want to buy a meal. Strollers and dogs on leashes are welcome. It will be a fun and informative day for all.

The NAMIWalk is NAMI Sacramento's primary source of funding, and the money raised enables NAMI Sacramento to continue to provide all of our services for free. Thanks to this year's NAMIWalk we expect to have the funds needed to train support group facilitators, offer Peer-to-Peer and Family-to-Family classes, staff our telephone information helpline, do community outreach, public education and more. NAMI Sacramento fills a crucial need in our community that isn't being filled by anyone else. A successful NAMIWalk will make it possible for us to continue providing our services.

Please consider forming a NAMIWalk team and recruiting your friends and family to join you, or join an already established team for this very important event. If you don't want to be a part of a team, consider walking as an individual. **Register online at www.namiwalks.org/NorthernCalifornia.** There is no charge to register, though donations are always welcome and encouraged. Any walker who raises \$100 or more will receive a commemorative NAMIWalk T-shirt!

- **Volunteer** to assist with setup, cleanup, parking, route monitoring or handing out water and snacks at the Walk. To volunteer or for more information, please contact our Volunteer Coordinator Aaron Jones at or (916) 864-1321 aaron@namisacramento.org.
- **Make a tax deductible donation.** Donate online at www.namiwalks.org/northerncalifornia or mail a check made out to *Northern California NAMIWalk* to 3440 Viking Drive, Suite 104A, Sacramento, CA 95827. Please put on the memo line of your check "Sacramento" if you want the funds to stay with NAMI Sacramento.
- **Talk about the NAMIWalk with your friends, family members, coworkers and neighbors.** The NAMIWalk is a great way to get the conversation started with people who don't even know that NAMI exists and that we're here to help. You never know who might need our services, and a casual mention of the NAMIWalk can lead to someone getting the help they desperately need when they didn't know where to turn for help.

Without the NAMIWalk, people in our communities wouldn't receive nearly the same level of support from NAMI, and the waiting lists for our classes would be even longer than they are now. So we invite you to get involved, stay informed and come have fun with us!



NAMI Support Groups

NAMI Connection Support Group

A support group for adults with mental illness regardless of diagnosis. Held Sundays from 7:00–8:30 p.m. at Sutter Center for Psychiatry, 7700 Folsom Blvd., Sacramento. No pre-registration.

NAMI Family Support Group—Central

First Thursday of each month from 7:00–8:30 p.m. Conference Room 1C, Sacramento County Division of Mental Health building, 3331 Power Inn Road, Sacramento, CA 95826. Call NAMI Sacramento at (916) 364-1642 for more information

NAMI Family Support Group—North

Second Thursday of each month from 6:30–8:00 p.m. Heritage Oaks, 4300 Auburn Boulevard, Sacramento, CA 95841. The group meets in the Heritage Oaks building to the left of the main hospital, not in the hospital itself. Call facilitator Pat Pavone at (916) 397-7831 for more information.

NAMI Family Support Group—South

Fourth Wednesday of each month from 7:00–8:30 p.m. Sierra Vista Hospital, 8001 Bruceville Road, Sacramento 95823. Call facilitator Caroline Caton at (916) 204-4512 for more information.

NAMI Family Support Group—El Dorado Hills

Second Thursday of every month from 6:00–7:30 p.m. Raley's Supermarket Event Center, 3935 Park Dr., El Dorado Hills CA 95762. Call facilitators Jackie Gutierrez (530) 626-7939 or Jannell Clanton (530) 676-2616 for more information.

NAMI Educational Classes

NAMI Peer-to-Peer Classes

A free 10-week, recovery-oriented course for people with mental illness. Pre-registration required. For info or to register, call (916) 509-0025 or email p2p@namisacramento.org.

NAMI Family-to-Family Classes

This free 12-week course for family members and caregivers of individuals with mental illness is offered in both English and Spanish. For info or to register, call (916) 364-1642 or email office@namisacramento.org.

NAMI Basics Classes

A free six-week course for parents and caregivers of young children and teens with mental illness. Call (916) 364-1642 for info.

NAMI Meetings

NAMI Sacramento Board Meeting

Usually the fourth Thursday of the month at 6:30 p.m. conference Room 1A, 3331 Power Inn Road, Sacramento, 95826.

General Interest Meetings

See page 1 for details

Non-NAMI Support Groups

NAMI Sacramento does not necessarily endorse the non-NAMI organizations and groups listed here. This information is offered as a convenience to our members. Go to NAMI Sacramento's web site at www.namisacramento.org for an extensive list of resources and crisis help available in the Sacramento area.

Balanced—A Bipolar and Depression Support Group

Every Wednesday from 7:00–8:30 p.m. Trinity Lutheran Church, 1500 27th Street, Sacramento, CA 95816

Call Joe Long at (916) 834-0004.

Depression and Bipolar Support Alliance (DBSA)

2nd and 4th Wednesday each month from 7:30–9:00 p.m. Sutter Center for Psychiatry, 7700 Folsom Blvd., Sacramento

See: www.dbsasacramento.org. Contact: Andrea Hillerman-Crook at hillerman-crooka@saccounty.net or (916) 875-4710; or Marilyn Hillerman at marilynhillerman@yahoo.com or (916) 648-1358.

Early Psychosis Family Support Group

For families with a member who has a newly diagnosed brain disease.

Note that this is a program UCD offers. Group participants need to be enrolled in the program.

Imaging and Research Center Conference Room, UCD Med, Center, 4701 X Street, Sacramento.

Call Jane Du Bet at (916) 734-2964.

Emotions Anonymous

For people working toward recovery from emotional difficulties. Tuesdays 6:30 p.m.–7:30 p.m. 890 Morse Ave. (corner of Morse and Northrop.) Thursdays 7:00–8:30 p.m. Lutheran Church of the Good Shepherd, 1615 Morse Ave., Sacramento. Meet in the choir room. Newcomer Orientation: Saturdays 1:00–1:30 p.m., followed by a Topic/ Discussion Meeting from 1:30–2:30 p.m. Wellness and Recovery Center, 3815 Marconi Ave, Sacramento.

Contact (916) 366-0699 or allone.com/12/ea/

Obsessive-Compulsive Support

Meeting Every Monday from 7:00–9:00 p.m. Sutter Center for Psychiatry, 7700 Folsom Blvd., Sacramento.

Call Jim (916) 223-6541 or Steve at (916) 456-8239.

OCD Kids Sacramento

For kids 18 and under and their families. Meetings also attended by a therapist experienced in treating OCD. Second Sunday of every-other month (Jan, Mar, May, Jul, Sep, Nov) 2:00–4:00 p.m. at Kaiser Permanente Point West Clinic, 1650 Response Road, Sacramento 95815.

See: www.ocdkids.com.

Recovery, Inc., Self-Help Mental Health Meetings

Promotes a cognitive-behavioral approach to managing symptoms and changing attitudes and behavior. Groups meet weekly.

Contact: www.recovery-inc.com or call (916) 483-5616 for meeting locations.

Sacramento Borderline Personality Disorder Non-BP Support Group

For people who have a family member or friend who suffers from Borderline Personality Disorder. Second Tuesday of each month from 7:00–9:00 p.m. Call Lee Gassaway at (916) 421-7354 or contact www.meetup.com.

Social Skills Group

For teens and adults who feel socially awkward or shy. Sponsored by Fall Creek Counseling, 5900 Coyle Ave. suite D, Carmichael, CA 95608.

Contact:

www.sacramentopsychology.com Call Dr. Debra Moore at (916) 344-0900

Women's PTSD and Anxiety Support Group

contact: 916 498-8494.

Sacramento County Mental Health Board Meeting

Held the first Wednesday of each month at 7:00 p.m. Sacramento Mental Health Treatment Center (Media Room), 2150 Stockton Blvd., Sacramento.

Important Notice

NAMI programs should not be used to replace the specialized training and professional judgment of mental health professionals. We cannot, and will not, assume the role of a physician or therapist.

NAMI cannot be held responsible for the use of the information we provide. Please always consult a trained mental health professional before making any decision regarding treatment of yourself or others.



From the President If You Want To Feel Good, Do Good

“It’s all about you, isn’t it!” Well now, that’s about the sum and total of how we feel sometimes and it points to our reaction to others who irritate with a grinding persistence. But that isn’t how I feel today. I feel gratitude. In fact, I want to feel gratitude.

I came across a Harvard Medical School white paper the other day that looked into the benefits of gratitude; how this expression which we have toward others ironically impacts us more so than we know. Just down the road from Sacramento, at the University of California, Davis, Dr. Robert Emmons collaborated with another psychologist from the University of Miami, a Dr. Michael McCullough. They studied gratitude and formed a theory that there is an association between gratitude and a feeling of well-being. Isn’t that intriguing. When you tell someone you appreciate them, it makes you feel better.

The Harvard study went on to describe other professionals who studied gratitude and how expressions of gratitude actually improve relationships. This happens in the workplace as well as in the home. Tell your co-worker you appreciate her and she works harder. Tell your young daughter you appreciate her sweet smile and her grin become broader. This reinforces the wisdom of our mothers and fathers who always told us to say, “Please and thank you.”

And, I suppose that’s why I want to feel gratitude. It will produce an atmosphere within NAMI Sacramento where we all feel worthy of one another as we try to reach our common goals. It will foster good relationships.

In the Harvard study psychologists warn to disregard what may be a feeling of contrivance. Because, if expressions of gratitude are not part of your natural way of relating to people, it may seem forced and not honest. They say that after time, frequent acts of gratitude, like a thank-you note, a pat on the back, a silent prayer or a journal where gratitude is always the main theme, change us. We have a renewed

understanding of life, common to us in NAMI Sacramento. And, most importantly we refocus on what we have, instead of what we lack.



I’m reminded of Marcel Proust, who I came across in school long ago (yes, sometimes education actually works) and his thought about gratitude, “Let us be grateful to the people who make us happy; they are the charming gardeners who make our souls blossom.”

So, here goes.

Thank you, Team Captains! You are all dearly appreciated for your dedication and desire to see mental health improvements in our community. We’re in the final countdown to Walk Day where we’ll publically tell stigma to go take a walk!

Thank you Walk Steering Committee! Your leadership is superb as you guide your affiliates toward a happy celebration on April 27th at William Land Park.

Thank you Christine Bonilla, our Walk Manager and her able mentor, Pat Pavone! Your worries will melt away when you see our successful festivities on Walk Day.

Thank you Sontine Kalba, Nicole Williams and Doug Smith! You are steadfast and cheerful and amazingly talented as you attend to all the minutiae that makes the wheels turn.

Thank you Board of Directors! Without your hearts and careful guidance NAMI Sacramento would not be a successful servant in the mental health community.

Thank you Program Coordinators and our many volunteers! You know deeply the value of gratitude.

Thank you NAMI Sacramento membership! You teach me every day by...pushing me to...

Dare to Be

When a new day begins, dare to smile gratefully.

When there is darkness, dare to be the first to shine a light.

When there is injustice, dare to be the first to condemn it.

When something seems difficult, dare to do it anyway.

When life seems to beat you down, dare to fight back.

When there seems to be no hope, dare to find some.

When you’re feeling tired, dare to keep going.

When times are tough, dare to be tougher.

When love hurts you, dare to love again.

When someone is hurting, dare to help them heal.

When another is lost, dare to help them find the way.

When a friend falls, dare to be the first to extend a hand.

When you cross paths with another, dare to make them smile.

When you feel great, dare to help someone else feel great too.

When the day has ended, dare to feel as you’ve done your best.

Dare to be the best you can –

At all times, Dare to be!

-a poem by Steve Mariboli

Larry Liseno
Board President
NAMI Sacramento



New Provider Education Program Coming Soon!

NAMI Sacramento is continually evolving and growing to meet the needs of our community. We are preparing to offer a new program called Provider Education. This five-week course is a penetrating, subjective view of family and consumer experiences with serious mental illness that is presented to line staff at public agencies who work directly with people experiencing severe and persistent mental illnesses.

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 from mental illness. The course also 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.

This course is taught by:

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

We are looking for community members who want to get trained to teach these courses. Call the NAMI office at 916-364-1642 to see how you can participate in this new program or any existing one.

Family-to-Family Program News!

Imagine that your son, daughter, mother, father, husband or wife has just been diagnosed with a mental illness or just gone through a psychotic episode and you have no idea what to do or think or say. Where do you turn? Who can help you? How do you learn about this “mental illness thing”?

Phone calls like this come into the NAMI office every day. One of the suggestions we recommend to family members is to take the 12-week Family-to-Family class to learn all about this “thing” called mental illness. Sadly, many times there is a six-month wait to get into these classes.

For those of you who have not taken this class, the class includes:

- Current information about schizophrenia, schizoaffective, major depression, bipolar disorder (manic depression), panic disorder, obsessive-compulsive disorder, borderline personality disorder, post-traumatic stress disorder, and co-occurring brain disorders and addictive disorders
- Up-to-date information about medications, side effects, and strategies for medication adherence
- Current research related to the biology of brain disorders and the most effective evidence-based treatments to promote recovery
- Gaining empathy by understanding the subjective, lived experience of a person with mental illness
- Learning in special workshops for problem solving, listening, and communication techniques

- Acquiring strategies for handling crises and relapse
- Focusing on care for the caregiver: coping with worry, stress, and emotional overload
- Guidance on locating appropriate supports and services within the community
- Information on advocacy initiatives designed to improve and expand services

In recent years, NAMI Sacramento offered two Family-to-Family classes per year, one in the spring and another in the fall. Last year we expanded to three classes, and this year we hope to offer four classes. These classes don’t appear out of thin air. It requires a lot of volunteer time to make them happen. Our Family-to-Family Program Coordinator, volunteer Barry Pavan, puts in many hours setting up the classes and volunteer Phyllis Green keeps the registration process going. The teachers are all trained volunteers who give their time to teach these classes and talk to participants.

The families on our waiting list are desperate for help, and we don’t want them to wait any longer. **If you personally benefitted from taking the Family-to-Family class, please consider getting trained as a teacher so we can continue to increase the number of classes and get people off the wait list sooner.**

For more information, call the NAMI Sacramento office at (916) 364-1642.

Auditions Open for Faces of NAMI

Looking for a few talented individuals to represent NAMI

- Family members and people with mental health conditions to share their story with people in the community.
- Young adults (ages 18–30) with lived experience who can share their story with high school students and teachers.
- Facilitator who can give Power Point presentation to high school students and teachers.
- Parent who can speak to a group of middle or high school teachers about their experience raising a child with symptoms during school years.

- Retired educators who are available during the day to give presentations about the signs of mental illness to middle and high school teachers as part of a presentation team
- Mental health professionals to take part in a training session to help other mental health providers.

All of these volunteer positions work in teams and free training is provided by NAMI.

This is your chance to reduce stigma and give back to your community. Call the NAMI Sacramento office at (916) 364-1642 to get involved



Health Officials Urging First Aid for Mental Health

By Yesenia Amaro,
Merced Sun-Star

MERCED—Merced County mental health officials want people to be able to recognize the early signs of mental illness so they can intervene in a crisis.

They want Mental Health First Aid to be as common as CPR -- especially in light of the recent shootings that have happened across the country. The program was introduced in Merced County by Marilyn Mochel in 2009.

After being trained through the program, participants are able to recognize when someone is showing the early warning signs of mental illness, said Sharon Jones, a Merced mental health services coordinator.

It gives them the skills to help people get assistance before their condition worsens, she said. "Sometimes people don't even know where to begin when a mental health crisis arrives," she said.

That's why the Mental Health First Aid is helpful, Jones said. For example, people learn to assess when a person is at risk for suicide or doing harm to others.

Anxiety is at the top of the list for mental illness, followed by depression and substance use disorder, Jones said.

This program is particularly important in Merced County, where people are experiencing problems that can lead to some of those conditions.

"We are in an area where a lot of foreclosures have happened and a lot of people have lost their jobs," Jones said.

Mochel said there's a lot of misinformation about mental illness.

"I think that people don't realize in our community that one in four people will experience a mental health condition at some point in their life," said Mochel, who is on the National Alliance on Mental Illness' Merced County board.

She said this program can help prevent tragedies because people who are struggling will be more able to get help early on.

"It keeps people from suffering and feeling isolated," she said. "It empowers the community to be helpers and not to fear of helping someone who is having symptoms of mental illness."

She said the program is helpful for people who work in health care, education and related fields. Mochel said at least 250 people have been trained in the first aid program since it first came to the county.

Nou Chang, who works with the Caring Kids program in Merced, recently went through the training. She said she did it because she saw the need for more mental health awareness in the county.

She said she would like to use what she learned to reach out to the Hmong population in Merced and provide assistance with mental health issues.

"I think they know there's an issue, but they don't want to talk about it," she said. "And we may not have the right term to describe it."

Many of them don't know where to get help, she said. "I think people just don't have the education. I want others to become aware, and I want to help others understand more about mental health and how they can help," she said.

Monica Adrian, also with Caring Kids, said people interested in going through the training can call her office. A group would be ideal, but if an individual person is very interested, they will be flexible, she said.

The county's Mental Health Department also has six employees who are trainers and can educate interested groups of 20 to 25 people, Jones said.

A youth curriculum for the program was recently released. Jones said officials hope to bring the training to Merced as soon as possible.

Sacramento County offers Mental Health First Aid training. Contact Alex Rechs at (916) 875-0847 or MHFA@sacounty.net for information

California Investigation Says Kaiser Wrongly Denied Mental Health Care

By Cynthia H. Craft, Sacramento Bee

A state investigation found that Kaiser Foundation Health Plans wrongly denied patients timely access to mental health care, possibly worsening their conditions

Kaiser provides health care to more than 6.8 million members in California and is subject to routine surveys by the state Department of Managed Health Care.

In a survey released this week, the department cited several deficiencies in Kaiser's mental health care - which by law must be as easily accessible as physical health care.

In one Kaiser Northern California facility, the average proportion of patients waiting 15 days or more for an initial appointment rose from 7 percent to 60 percent in eight months ending in January 2012.

The report said, "The Plan ... acknowledged the seriousness of this issue."

During the same time period, another Kaiser Northern California facility reported similar results - with an average of 43 percent of new appointments booked more than 15 days out.

According to the state regulations, initial appointments for behavioral health care must be made available in 10 business days, or 14 calendar days.

Kaiser's response blamed low staffing, a slow economy and increased demand due to growing enrollment in the health plan.

The nonprofit said it was implementing new methodology to measure wait times and had established committees to monitor compliance.

Still, the state report said, Kaiser's fix was not enough. "The Department believes ... this deficiency to be serious ... () substantial barriers to accessing care.

"Due to the nature of the violations uncovered, these matters will be immediately referred to the Department's Office of Enforcement," the report concluded.

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Doctor's Corner

Dr. Robin Zasio is a local Licensed Clinical Psychologist and owner of the Anxiety Treatment Center at: www.AnxietyTreatmentExperts.com, www.CognitiveBehaviorExperts.com or www.YourGreaterGood.com.

Dr. Zasio is also featured on the A&E television documentary, "Hoarders".

She addresses mental health questions submitted by NAMI Sacramento members and readers.

Submit your questions to: drrubin@sierrabg.com

Dear Dr. Zasio,

My son is 22 years old and has been struggling with depression and anxiety since he was 14. While it waxed and waned over the next few years, a "friend" of his introduced him to marijuana. When I discovered this and talked with him about it, he told me that it is the only thing that made him feel better. As such, he was able to talk his primary care physician into giving him a medical marijuana card so that he could obtain it legally. My question to you is whether marijuana is in fact a treatment for depression and if not, should I be concerned?

Signed,

Very Worried Mother

Dear Very Worried Mother,

I want to begin by acknowledging that there are going to be differences of

opinion here. Obviously there are many who believe that marijuana is helpful for certain mental health conditions. I however feel that using drugs (not to confuse with medications) only serves as a distraction against dealing with the issues causing the symptoms. Placing oneself in another state of mind may truly make them feel better in the moment, but it is not helping to solve the problem in the long run. I frequently tell people, "The easiest route is not always the best route." Beginning to confront the painful issues contributing to depression requires a lot of work and attention, understandably something that people struggling with this condition would prefer to avoid, along with the anxiety associated. I propose however, that while the work to be done requires time, patience, and emotional and physical energy, ideally there will be a benefit to come. It's also important to remember that in addition to dealing with painful issues, there are likely going to have to be behavioral changes made. Depending on the person, this may include looking at their sleep/wake cycle (For example, staying up late and sleeping in), structure (Avoiding school, looking for work, and so forth), and relationships (Are they isolating from friends and family?). Medication is also something to be considered keeping in mind that this should be an augment to the factors I addressed previously.

Hoping that helps and wishing you and your son all the best!

Sincerely,

Dr. Robin Zasio, Psy.D. LCSW

Mental Health Care Denied

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The state also found that Kaiser described its mental health services to patients in a way that could have discouraged them from seeking care for services that should be covered under law.

Information sheets given to Kaiser patients said the health plan offers "brief, problem solution-focused individual counseling. Research shows many people improve in a single visit.

"In general, we do not begin treatment with individuals whose problems are of such a long-standing nature ... such as chronic mental illness, lifelong personality problems etc.

"We will refer such individuals to an appropriate non-Kaiser facility, although this treatment will not be a Kaiser covered benefit and will not be paid for by Kaiser."

The state report concluded: "These statements are in error because the Plan is required to provide coverage for serious mental illnesses under the same terms and conditions as medical conditions."

Distributing such materials "may have discouraged some enrollees from seeking and accessing medically necessary behavioral health services," the state's report said.

The department plans to conduct a follow-up investigation within the year, it said.

Welcome Home Housing Antique Evaluation Day

Welcome Home Housing will hold an antique evaluation fundraiser Saturday April 13 11am-3pm at the Sacramento Unitarian Universalistic Society of Sacramento 2425 Sierra Blvd., between Howe Ave and Futon just north of Fair Oaks Blvd.

Antique experts and appraisers include Sacramento's Mr. Antique, Gary Cox, Brian Witherell, from PBS's Antique Road Show, Charles Gray, Art expert, Randy Abbott,

Asian Art, gemologist Charles Breitspacher, Bob and Mary Hensley, Gary Schiff and Keith Burns.

This is your opportunity to bring books, documents, paintings, photographs, jewelry, toys, posters, Textiles, glass, china, pottery, dolls, decorative arts, armament, Asian art, inherited items and garage sale finds for evaluation.

Learn if you have a treasure or if it's

trash. Learn about the history of something special.

Suggested donation: one item \$8 or 5 items for \$35 Non-profit Tax ID # - 04-3795698.

Proceeds to benefit Welcome Home Housing, a housing program for adults with mental illness. Call Lynn Smith for more information: 916-505-5232cell or 530-666-0202.

www.welcomehomehousing.org.



NAMI Sacramento Calendar

Thur, Apr 4, 7–8:30 pm: *NAMI Family Support Group – Central Area*, Conference Room 1C, Sacramento County Division of Mental Health building, 3331 Power Inn Road, Sacramento

Sun, Apr 7, 7–8:30 pm: *NAMI Connection Consumer Support Group*, Sutter Center for Psychiatry, 7700 Folsom Blvd., Sacramento

Mon, Apr 8, 7–8:30 pm: *NAMI Sacramento General Interest Meeting—Special Needs Trusts and Conservatorship Law*, Conference Room 1B, Sacramento County Division of Mental Health building, 3331 Power Inn Road, Sacramento

Thur, Apr 11, 7–8:30 pm: *NAMI Family Support Group – North Area*, Heritage Oaks Hospital, 4300 Auburn Blvd., Sacramento

Thur, Apr 11, 6–7:30 pm: *NAMI Family Support Group - El Dorado Hills*, Raley's, 3935 Park Drive, El Dorado Hills

Sun, Apr 14, 7–8:30 pm: *NAMI Connection Consumer Support Group*, Sutter Center for Psychiatry, 7700 Folsom Blvd., Sacramento

Sun, Apr 21, 7–8:30 pm: *NAMI Connection Consumer Support Group*, Sutter Center for Psychiatry, 7700 Folsom Blvd., Sacramento

Wed, Apr 24, 7:00–8:30 pm: *NAMI Family Support Group – South Area*, Sierra Vista Hospital, 8001 Bruceville Road, Sacramento

Thur, Apr 25, 6:30–8:30 pm: *NAMI Sacramento Board of Directors Meeting*, Conference Room 1A, Sacramento County Division of Mental Health building, 3331 Power Inn Road, Sacramento

Sat, Apr 27: Northern California NAMIWalk, William Land Park, 1950 Sutterville Road, Sacramento. 8:00 am Check-in, 9:15 am Program, 10:00 am Walk Start.

Sun, Apr 28, 7–8:30 pm: *NAMI Connection Consumer Support Group*, Sutter Center for Psychiatry, 7700 Folsom Blvd., Sacramento

Thur, May 2, 7–8:30 pm: *NAMI Family Support Group – Central Area*, Conference Room 1C, Sacramento County Division of Mental Health building, 3331 Power Inn Road, Sacramento

Sun, May 5, 7–8:30 pm: *NAMI Connection Consumer Support Group*, Sutter Center for Psychiatry, 7700 Folsom Blvd., Sacramento

Thur, May 9, 6–7:30 pm: *NAMI Family Support Group – North Area*, Heritage Oaks Hospital, 4300 Auburn Blvd., Sacramento

Thur, May 9, 6–7:30 pm: *NAMI Family Support Group - El Dorado Hills*, Raley's, 3935 Park Drive, El Dorado Hills

Sun, May 12, 7–8:30 pm: *NAMI Connection Consumer Support Group*, Sutter Center for Psychiatry, 7700 Folsom Blvd., Sacramento

Mon, May 13, 7-8:30 pm: *NAMI Sacramento General Interest Meeting—Ask the Psychiatrist* with Dr. Glen Xiong, Assistant Clinical Professor in the UC Davis Department of Psychiatry and Behavioral Sciences, Conference Room 1B, Sacramento County Division of Mental Health building, 3331 Power Inn Road, Sacramento

Sun, May 19, 7–8:30 pm: *NAMI Connection Consumer Support Group*, Sutter Center for Psychiatry, 7700 Folsom Blvd., Sacramento

Wed, May 22, 7:00–8:30 pm: *NAMI Family Support Group—South Area*, Sierra Vista Hospital, 8001 Bruceville Road, Sacramento

NAMI Sacramento Board, Staff and Volunteers

Board of Directors

President	Larry Liseno
Treasurer	David Bain
Secretary	Lanette Reeves
Director	Charlet Inthavongxay
Director	Patsy Pavan
Director	Valerie Ries-Lerman
Director	Dave Slavin

Staff

Executive Director	Sontine Kalba
Outreach Director	Nicole Williams

Project Volunteers

Advocacy	Barlow Schuyler
County Liaison	<i>vacant</i>
Fundraising	<i>vacant</i>
General Meetings	Patsy Pavan
Membership	<i>vacant</i>
Multicultural	Barlow Schuyler
NAMIWalk Mgr.	Christine Bonilla
Newsletter	Jim Larsen
Warm Line/Office	Tricia Snyder
Publicity	<i>vacant</i>
Website	Bob Silva
	Polly Peterson

Program Coordinators

Ending the Silence	Nicole Williams
Family-to-Family	Barry Pavan
	Phyllis Green
In Our Own Voice	Doug Smith
NAMI Basics	Lynn Cathy
Parents & Teachers	Nicole Williams
As Allies	
Peer-to-Peer	Becks Hawkins

Support Group Coordinators

Connection Support	Joe Teixeira
Family Support	Pat Pavone
	Caroline Caton
Veterans Support	Joe Teixeira



NAMI Walks

National Alliance on Mental Illness



Changing minds. . . one step at a time

Northern California NAMIWalk
Saturday, April 27, 2013
William Land Park, Sacramento

(916) 304-NAMI
www.namiwalks.org/NorthernCalifornia





NAMI Sacramento Chapter
 3440 Viking Drive, Suite 104A
 Sacramento, CA 95827-2844

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RETURN SERVICE REQUESTED

NAMI Sacramento Membership Form

Please join us! Join others in your community dedicated to improving the lives of people with mental illness in the Sacramento area. Become part of our grassroots revolution and make a difference! Either detach and mail in the membership form below, or join online at www.namisacramento.org/membership. Collecting this information helps us to serve our members better. Your information is treated confidentially and will never be shared outside of NAMI. Please print clearly.

Name: _____ Address/City/Zip: _____

(circle one)

Home/Work/Cell Phone: _____ Email: _____

(check one)

Your relation to the individual with mental illness:

- I have a mental health challenge
- Family member
- Friend
- Professional
- Decline to state

Ethnicity:

- Asian
- African/Black
- Hispanic/Latino
- Caucasian/White
- Other
- Decline to state

Primary diagnosis of the individual with the mental health challenge:

- ADHD
- Bipolar disorder
- Dual diagnosis
- Major depression
- OCD
- Panic disorder
- PTSD
- Schizophrenia
- Unknown
- Other
- Decline to state

If you are a family member, please enter your family relation to the individual with mental illness:

Membership type:

- Standard, \$35
- Open Door, \$3 (limited income)

Newsletter preference:

- E-mail
- Postal mail
- Both
- Don't send

You can help! Volunteer with NAMI Sacramento

- Contact me about volunteer opportunities

Please consider an additional donation of:

- \$100 or more
- \$50-\$99
- up to \$50