



NAMI

Sacramento Newsletter

National Alliance on Mental Illness

Sacramento's Voice on Mental Illness

December 2013 Issue No. 11.4

General Meeting

HOLIDAY PARTY

Monday, December 9, 7:00–8:30 pm

Have Yourself a Merry Anti-Anxiety Holiday Season

Party & Volunteer Recognition

Come celebrate the end of the year and enjoy special refreshments with NAMI Sacramento!

Trudy Scott, Certified Nutritionist and author of the book *The Anti-anxiety Food Solution*.

Trudy will speak on some practical solutions to managing stress during the holidays and give advice about anxiety-causing foods. She will also suggest some anxiety-calming foods and nutrients for your diet.

We'll also enjoy each other's company and honor our volunteers.

This party is open to all friends of NAMI Sacramento and their guests.

Light refreshments will be served and bring finger-food snacks to share. Newcomers welcome!

Where: Sacramento County Division of Mental Health Building

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

Creating Community Solutions

The National Dialogue on Mental Health Starts in Sacramento

by Pat Pavone, NAMI Sacramento

On Saturday July 20, 2013, over 350 residents of Sacramento and surrounding communities joined local community leaders and public officials to begin the national dialogue on Mental Health at the first Creating Community Solutions Event in the country. Sacramento was selected because of its cultural diversity which was very evident from the turnout at the event. The design of the meeting utilized a methodology developed by *AmericaSpeaks*, a nonprofit, non-partisan organization that engages citizens in public policy decision making.

As a NAMI Sacramento member and Family Support Group Facilitator, I was participating to represent our NAMI affiliate, but because I was also curious to see how this type of community forum might be useful in addressing the myriad of mental health issues facing California. When the rest of the community members were asked why they were participating in the Community Solutions meeting, the top responses included:

- Personal experience with a mental health challenge
- Family member, friend or caregiver of a person with a mental illness
- Mental Health Professional
- Representative of a cultural or ethnic community on this important issue
- Desire to participate in the national discussion on this public policy issue

Distinguished guests included Mayor Kevin Johnson, Congresswoman Doris Matsui, State Senate President Pro Tem Darrell Steinberg, and Assembly Member Roger Dickinson.

The event had three main objectives, including:

- Get Americans talking about mental health to eliminate misperceptions and promote recovery

- Find innovative community-based solutions to mental health needs, with a focus on helping young people
- Develop clear action steps for communities to move forward in a way that leverages existing local activities

During the full-day meeting, participants used keypad polling to register their views and they engaged in facilitated group discussions at their tables regarding a wide range of mental health issues that impact teens and transition age youth that need mental health treatment and services. At periodic intervals we were asked to provide demographic information and our opinions on specific issues. For example, at one point we were asked our opinion about the following statement: "Society discriminates against people who have mental illness." Participants could then use their keypad to select from a scale of agreement ranging from Strongly Disagree to Strongly Agree. The responses were then tabulated immediately as follows:

Strongly disagree	6%
Disagree	4%
Somewhat disagree	2%
Neither agree nor disagree	5%
Somewhat agree	11%
Agree	24%
Strongly agree	48%

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Next Newsletter in March

We welcome submissions to the newsletter.

The due date for the March 2014 newsletter will be February 7th 2014. Please send submissions to Belinda Beckett at: nimabima@aol.com.

Submissions may be edited.



NAMI Support Groups

NAMI Connection Support Group

A peer 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 Marilyn Hillerman at marilynhillerman@yahoo.com.

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 Asberger's Syndrome

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. Board of Supervisors Chambers, 700 H Street, Sacramento. Calif. 95814.

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 Tell Our Story

We all enjoy a good story. Usually. But a story isn't always easy to tell or to hear, even if it's important.

We've had the pleasure and duty over the years of telling our NAMI story to our community. The venues and the audiences have been many and varied. Sometimes one-on-one at the grocery store, sometimes in front of three stakeholders at a midtown office building, sometimes before a gathering of fifteen around a conference table, sometimes during a service club's meeting of sixty people, sometimes behind a microphone in a radio broadcasting studio to thousands and most recently to hundreds of employees who participated in this year's charity fairs for United Way and California State Charitable Campaign.

You will remember our mission is to provide "...mutual support, resources, advocacy and education." So it follows, we must tell our story to be true to our mission, to be true to our passion, to be true to our families, to be true to ourselves.

Let me be more specific about the story we must tell, because it is key to the success of our mission. Our NAMI story must center on the stigma which is associated with mental illness; plain and simple. It must speak to the life changing effect stigma has on successful recovery. Because fear of judgment, we all know, paralyzes our human spirit and suffocates our very hope for recovery.

You will know if you told the story well if you see a change in a person's eyes. You may know what I mean. Maybe it's a look of guilt, a look of compassion, a look of sorrow or bigoted anger. Most of the time you will find that you are in the presence of good people who understand our story. Some of the time you will find that these good people have hungered for our story. And every now and then you will find that the story saves their lives.

Remember I mentioned charity fairs? It's uppermost in my mind because NAMI Sacramento has been telling its story recently during this year's charitable campaign many, many times, over a two month period. You should know we have a group of story tellers who deserve our deep and heartfelt thanks for speaking on our behalf.



We would give them marching orders and off they would go to this conference room or that cafeteria. They would roll-in a suitcase of NAMI literature. They would set up a table. They would meet and greet, and, they would tell NAMI's story...often times, their personal story...to as many people who passed by the table in two hours. Sometimes it was as few as twenty and sometimes it was over a hundred. Be proud of them, because all together they brought our NAMI story to over eight hundred people during this campaign; close and personal, face to face.

Thank you Charlet Inthavongaway!
Thank you Dave Slavin! Thank you David Bain! Thank you Patsy Pavan!
Thank you Karen Burrell! Thank you Pat Dilanni! Thank you Pat Pavone!
Thank you Bob Silva! Thank you Belinda Beckett! Thank you Doug Smith! Thank you Jill Wimberly!

I write these words for our last newsletter of the year with great appreciation. This will be my last message to you as President of our Board of Directors. I simply want you to know that it's been an honor to serve with you and I look forward to serving in another capacity with the New Year.

We, the volunteers of NAMI, would do well to remember a poem by Laurie Eytel. Please read it at a quiet moment in your day: it is my thanks to all of you for helping one another...and me..

And Then There Was A Smile

A parent came with a burden to bear
They came looking for guidance
And perhaps a kind word

You saw their challenge
And decided to help
Your caring voice opened a door

A child came looking quite sad
And then another, with defiance
And you welcomed them all

They all came with stories
Which were all unique
You offered your help – and you listened

You may have provided a meal
You may have provided gifts
You may have provided guidance
You may have worked behind the scenes

But slowly a change came about
The mood seemed lighter

And then there was a smile,
Maybe first from you
Then maybe from a child, a parent
It made all the difference to those
you touched, The child, the parent
looked to you

And then there was a smile!

Thank you for the smiles you provide!

Larry Liseno
Board President
NAMI Sacramento



Harvesting Hope Event Was Fun, Meaningful and Fruitful

Thank you to all of you who helped to make our Harvesting Hope 30th Anniversary event a success. It was so fun and successful that we're planning to have a Harvesting Hope event again next fall. Funds raised will help us to continue offering our free classes, support groups, information helpline, public presentations and outreach activities. Thank you to our generous event sponsors for helping to make our anniversary event possible.

BIG DREAMS SPONSOR

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Jackson Catering & Events

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IN-KIND SPONSORS

- Belinda Beckett
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RAFFLE DONORS

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- ❖ Lacquered Nail Salon
- ❖ Patsy Pavan, Longaberger Consultant/Director
- ❖ Pet Vets of Folsom
- ❖ Selland's Market Cafe
- ❖ Lanette Reeves and Bob Kahrs
- ❖ The Citizen Hotel and Grange Restaurant
- ❖ Nello Olivo Winery
- ❖ Susan DeLacy of Holistic & Therapeutic Massage
- ❖ Romano's Macaroni Grill in Folsom
- ❖ Vicky G's Hair Design
- ❖ Tricia Brown-Snyder
- ❖ Leona LaRoche of Release and Refocus Massage
- ❖ Contour Quest Boutique
- ❖ Dr. Asha Desai
- ❖ Dave Slavin
- ❖ Jackson Catering & Events
- ❖ Judy Schoer Realtors
- ❖ Larry and Corinne Liseno
- ❖ Petco
- ❖ Sacramento Natural Foods Co-op
- ❖ Valerie Ries-Lerman
- ❖ Vivian Counts

ART & JEWELRY SALE

- ❖ Eva Lee Arriaga
- ❖ Valerie Ries-Lerman

Special thanks go out to our event volunteers, Larry and Vivian Counts, Bob Kahrs, and Colleen Whalen.

Community Solutions

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In the table discussions we would then have a follow-up discussion on why this discrimination exists and what other barriers prevent people from getting services and treatment that they need. The notes were taken on an I-Pad and compiled by a team of analysts working in the technology center in the back of the room. All participants received a summary of the notes at the end of the session. Based on the discussion, the key factors that impede effective treatment of young people with mental health challenges include: bullying, stigma, cultural bias, substance abuse, poverty, trauma, homelessness and criminalization.

While the forum did a good job at capturing the views of the participants, there was little time available to really discuss and develop viable action plans for addressing the serious problems young people with mental illness and their families. So, in terms of meeting the objectives – we really only achieved the first one by starting a dialogue on the issues. No innovative solutions were identified and there were no “clear action steps” outlined for immediate community action. However, I am hopeful that the process may help to bolster public support across the country and give our political leaders the will to act on comprehensive reforms in the near future.

For additional information about the event and the outcomes, go to www.creatingcommunitysolutions.org



Featured at Harvesting Hope fundraiser (left to right): Amanda Lipp, keynote speaker; Cristina Mendonsa of News10, event emcee; and Sontine Kalba, NAMI Sacramento Executive Director.



The EDAPT Clinic

Early Diagnosis and Preventive Treatment of Psychotic Illness

by: Lanette Reeves

Tara Niendam, PhD, of UC Davis's EDAPT Clinic spoke to our NAMI General Meeting Monday, September 16, 2013. She was an engaging and entertaining speaker with a thorough knowledge of mental illness and the devastation it can cause in people's lives if left untreated.

She started her presentation with information and ideas about mental illness and described the epidemiology of psychosis including the fact that these illnesses are found in two percent of the population worldwide. The mean age at onset is 20, but the range is 15–25 years of age with men often exhibiting symptoms younger than most women. This is thought to be because women have protective factors from society that support them and delay age of onset. Mental illness is much more commonly seen in men than women at the EDAPT because their treatment range is 12–25 year olds.

Dr. Niendam talked about the course of the illness and the different categories of mental illness that are commonly referred to such as Schizophrenia, Schizoaffective Disorder, Delusional Disorders, Psychosis NOS, Bipolar Disorder, Depression, PTSD, and Borderline Personality. Others illnesses that can contribute or result in mental illness include Dementias, Alzheimer's Disease, Substance Induced Dementias, Head Injury and Brain Tumors.

She shared that the mean duration of untreated psychosis in the United States is approximately two years and discussed why it is so important to get susceptible people into treatment early. She described the clinical symptoms of mental illness, both positive and negative signs, and described the cognitive impairments that can occur if treatment is not started early.

Those impairments include lack of neuron cognition such as impairments in attention, working memory, problem-solving and cognitive control. The other area that can be negatively affected is social cognition. These deficits include processing of social and emotional stimuli as well as impairments in emotional perception and regulation. Impairments that are present prior to the onset of the mental illness do affect and predict functional outcome for the individual.

Assisting with patient responsibilities and involvement in jobs, school attendance,

home and community is a goal of EDAPT treatment. For social functioning, the number of friends, nature of relationships, amount of social contact and social engagement is all assessed. Challenges in these domains are often present. Dr. Niendam explained the Vulnerability-Stress Model as the genetic vulnerability present in the individual and cannot be controlled versus the stressors which contribute to the person's difficulties. It is important to control stressors in the person's life whenever and however possible.

Treatments in the clinic include biological treatments, medications, family support groups, substance abuse management, and cognitive behavioral therapy (CBT). The program includes weekly group therapy and psycho-education about symptom management, treatment options, and community resources. A substance abuse management group meets weekly.

Dr. Niendam stated that cognitive behavioral therapy addresses the link between thoughts, feelings, and behavior. They use cognitive restructuring to challenge delusional thoughts to change feelings and therefore change behavior. This is very successful in many individuals. These techniques often improve insight and medication compliance and the clients are monitored for signs of relapse. Many studies have shown improvement in positive symptoms, but success is highly correlated to the level of cognitive functioning the person exhibits.

EDAPT has two employment specialists who work with clients and family members as well. Peer/family support includes direct services targeting mental health and functioning of treatment goals provided by peer and individuals with lived experience with the illness. The program also teaches family skills to create a low-stress environment in the home to increase the chance of success for the individual.

The EDAPT program will serve individuals age 12–25 with an IQ over 70 with onset of psychosis within the past year. A history of drug abuse is OK, but individuals who are drug dependent are not accepted. EDAPT will also accept clients who have had recent deterioration and have a parent or sibling with a psychotic disorder. This clinic serves clients with a Mood or Bipolar Disorder with slight psychotic features.

SacEDAPT serves individuals with MediCal, Healthy Families, and uninsured individuals. Contact Markie Benavidez at Markie.Benavidez@ucdmc.ucdavis.edu for more information.

EDAPT serves those with private insurance. Contact information is Jane DuBe, LCSW at jane.dube@ucdmc.ucdavis.edu.

University of California, Davis, Medical Center
Department of Psychiatry
2230 Stockton Blvd.
Sacramento, Calif. 95817

NAMIWalk News

Thank you to our top 10 NAMIWalk teams from our NAMIWalk event earlier this year:

Deborah Starkey's "Team TPCP"	\$6,267
Pat Pavone's "You'll Never Walk Alone"	\$4,400
Barry and Patsy Pavan's "Peace Within the Storm"	\$3,225
Lanette Reeves's "Family 2 Family Stars"	\$3,080
Belinda Beckett's "Beckett Brigade"	\$3,020
Catherine Stroughter's "Sutter Center For Psychiatry"	\$2,971
Norm Hile's "NAMI Rank & pHile"	\$2,275
Helen Wiersma-Koch's "Helen's Heroes"	\$2,190
Sontine Kalba's "Sontine's Stigma Stompers"	\$2,020
Amanda Lipp's "Aggie Pride"	\$1,525

We didn't get a chance to announce these top fundraising teams in our previous newsletter as we were still tallying up our Walk donations when the newsletter went to print. Thank you to all of the team captains, walkers, donors and volunteers who helped make our stigma busting and fundraising NAMIWalk a success. We raise most of our funds annually through the NAMIWalk, which means your participation in the Walk has allowed us to continue offering our free programs and services to the community.

Please join us this spring on Saturday, May 3, 2014, for our fifth Annual Northern California NAMIWalk. For information or to sign up go to www.namiwalks.org/NorthernCalifornia



From the Executive Director

At NAMI Sacramento we understand the confusion, worry, fear, shame and hopelessness that you may have experienced. We know you've had moments when, through tears, you've given all you have to maintain your calm while you work your way through days or years of crisis. We are here to help you whether you're facing your own mental health challenges or seeking information and support to bolster you in your role as helper to someone else. This is what we do best.



NAMI Sacramento has been serving our community for 30 years, and it is only because of generous and devoted individuals that we've been able to do this. When this organization began in 1983 it was called SAMI, the Sacramento Alliance for the Mentally Ill, and it was for family caregivers of severely mentally ill individuals who felt isolated and alone. We started with meetings where 4-6 people would get together to talk and provide emotional support to each other. Over the years NAMI Sacramento has grown into a multifaceted organization providing a wide range of services to all those who care about mental health in the greater Sacramento area. Despite the growth and expansion we are still a group of peers committed to supporting each other and helping our community.

I feel very proud to be a part of this vibrant organization and I am grateful to NAMI Sacramento's donors and volunteers for enabling us to offer all our services for free. Thanks to our supporters this past year we provided four 12-week Family-to-Family courses to close to 80 people, two 10-week Peer-to-Peer courses to over 30 individuals living with mental health conditions, three monthly NAMI Family Support Groups serving over 200

family members and friends, a weekly NAMI Connection Consumer Recovery Support Group serving over 600 people with mental health conditions, answered over 4,000 phone calls and emails through our information helpline, gave over 60 presentations to community groups, employees, teachers and students educating over 1,000 people about mental health symptoms and recovery, hosted a NAMIWalk event with over 1,500 participants, and more.

Because our small staff and numerous volunteers are extremely dedicated, NAMI Sacramento is able to significantly improve the lives of people with mental health conditions and their families and friends. Our hardworking, kindhearted and selfless outgoing president, Larry Liseno is a shining example of the impact our volunteers have on this organization and this community. Luckily for us, Larry is planning to remain on our board and continue volunteering although his term as president ends in January. Larry is one of over 100 volunteers who provide a combined total of 6,000 hours of time each year by volunteering with NAMI Sacramento. Our volunteers are an integral part of our organization who help us stretch our budget and serve our community to the fullest extent possible.

Although we are a NAMI affiliate, NAMI Sacramento is a completely self-supporting nonprofit organization. With over 75% of our funding coming in the form of donations from local individuals and businesses we are truly a local organization supported by the community we serve. If you've been helped by NAMI Sacramento then please consider "paying it forward" by making a donation. You can visit our website at www.namisacramento.org and click the Join/Donate link near the top of the screen or mail a check to our office. Your tax deductible gift will be used wisely to provide free services here in the Sacramento area.

Thank you to all of you who have taken part in our classes, support groups, presentations, NAMIWalk or other services. We are here to help you face the challenges that mental illness has brought into your life. With your support we look forward to serving the community for another 30 years.

Sontine Kalba
Executive Director, NAMI Sacramento

Sacramento County Jail Addresses Mental Health

An estimated one in three inmates has mental-health issues

By Raheem F. Hosseini, Sacramento News and Review

Jail may not be the optimal environment to treat mental illness, but it's fast becoming the go-to place for such cases.

In the two years since California realigned its prisons, shifting lower-level offenders to local counties, the number of inmates with mental-health issues doubled at Sacramento County's main custodial facility. Thirty-four percent, or roughly 750 of the men and women incarcerated at the Rio Cosumnes Correctional Center, have mental-health issues varying from mild to severe, said the facility's commander, deputy chief of corrections Milo Fitch.

Over that same time frame, however, the housing units specifically geared for this population has remained the same: zero.

That could change.

An \$88.9 million state-funded expansion of the jail could add 26 beds for the mentally and physically infirm by the fall of 2019. An outpatient clinic, more space for rehabilitation programs and improved security are also part of the conceptual plan. But it's the mental-health resources that stand out.

"Currently, RCCC does not have any specific distinct and separate housing units for the treatment of inmates with significant emotional or psychological problems," explains a staff report to Sacramento County supervisors, who approved the funding application last month. "Every outside assessment report ... over the past 15 years has consistently indicated additional support space is required."

As of now, inmates in need of acute psychiatric care are bussed more than 23 miles to the main jail in downtown Sacramento.

Sgt. Lisa R. Bowman, spokeswoman for the Sacramento County Sheriff's Department, said inmates can be housed separately, depending on the current population and its needs. "Of course, the money will help us design a space for that population," she added.

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NAMI Sacramento Calendar

Monday, December 9, 7:00–8:30 pm
NAMI Holiday Party, Conference Room 1B, Sacramento County Division of Mental Health Building (building with the clock tower), 3331 Power Inn Road.

Saturday, May 3, 2014
Fifth Annual Northern California NAMIWalk. For information or to sign up go to www.namiwalks.org/NorthernCalifornia

Mental Health in Sac County Jail

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Fitch said the number of inmates at his jail with some form of mental-health issue has doubled from 17 percent to 34 percent since October 2011, when the state realigned its prison population. That’s a big share of Rio’s fluctuating population, which numbered at 2,200 on October 24. These include inmates who are awaiting mental-competency evaluations to see if they can stand trial, or placement in a state hospital. Sacramento averages roughly 120 “restorative care transfers” to state hospitals a year, Fitch said.

Officials believe the construction project will reduce the number of inmates hospitalized outside and eventually pare down operational costs, even with the addition of \$4 million in annual personnel costs.

Inmate suicides at both Rio and the main jail downtown have also been concerns, accounting for seven deaths in the last six years. On January 28, a 34-year-old Chowchilla man booked into jail on public-intoxication charges hanged himself in his cell using a piece of clothing. The jail recorded four suicides apiece in 2008 and 2005, and seven such inmate deaths in 2002.

Added prevention training and tier fencing at the jail have helped reduce instances of inmates taking their own lives, the Sacramento County Office of Inspector General said in its 2012 annual report. Jail psychiatric staff conducts routine suicide-prevention training with custodial staff, Fitch added.

While the county hopes to build on these efforts, there’s no guarantee its project will get funded.

The sheriff’s department, which operates Rio on 70 acres southwest of Elk Grove,

put in an \$80 million ask with the California Board of State and Community Corrections. The board is looking to scatter \$240 million in tax-exempt bond money to construct criminal-justice facilities as part of Senate Bill 1022.

That may sound like a big pot, but it essentially breaks down to three maximum allocations for large counties.

“There’s a lot of competition,” Fitch told SN&R. “Los Angeles is always the front-runner. Another county is claiming it’s shovel-ready. ... Hopefully, we can at least be third on the list.”

Sacramento won’t learn if it’s made the cut until January 2014.

“It’s exciting, because the facility down there is utilized for so many programs,” Bowman said.

That may give Rio an edge over other big jails. Bowman said the board will consider what offender rehabilitation programs each county currently has, and how successful they’ve been in preventing inmates “from going back to a life of crime.”

Along with erecting a two-story medical intake building, Fitch envisions building a state-of-the-art cook-chill facility to serve 18,000 meals a day—equal to a large hotel—and augment an existing culinary program. A new laundry facility would double as a vocational program. There would also be a welding and fabrication shop to replace the garage inmates currently learn in, as well as classrooms and a computer lab.

If the state approves Sacramento’s bid, construction would begin in 2017. The county needs to put up nearly \$8.8 million of its own money to qualify.

NAMI Sacramento Board, Staff and Volunteers

Board of Directors

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Vice Pres.	Dave Slavin
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Secretary	Lanette Reeves, RN
Director	Asha Desai, MD
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Director	Valerie Ries-Lerman
Director	Judy Schoer

Staff

Executive Director	Sontine Kalba
Outreach Director	Nicole Williams

Project Volunteers

Advocacy	Susan Goodman
County Liaison	<i>vacant</i>
Fundraising	David Bain
General Meetings	Patsy Pavan
Membership	<i>vacant</i>
Multicultural	Charlet Inthavongxay
Newsletter	Jim Larsen
Publicity	<i>vacant</i>
Website	Bob Silva

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	Caroline Caton Pat Pavone Clari Poppe Steven Porter
Veterans Support	Joe Teixeira





NAMI Sacramento Chapter
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 Sacramento, CA 95827-2844

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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