



January 2012

NAMI Sonoma County is an affiliate of National Alliance on Mental Illness, a grassroots family and consumer self help organization. NAMI Sonoma County's mission is to provide education, support and advocacy for all people affected by mental health challenges.



HAPPY NEW YEAR FROM NAMI!



From Left to Right: Rosemary, Georgina, Marlene, Jane, Cynthia, & Frank

NAMI Sonoma County collaborates with community partners to increase public and professional awareness of mental health challenges and eliminate stigma. We strive to positively impact mental health systems and offer hope to families and individuals

Fulfill Your New Year's Resolution to Benefit Your Emotional Health!

Our affiliate has several NAMI signature programs beginning in 2012 and welcome your registration. Thanks to a grant from NAMI California we are offering the *Peer to Peer Recovery Education* course in Petaluma beginning January 11th, 2012. Also in January, we are offering the *Family-to-Family* class beginning January 17th in Geyserville and the Spanish version *Familia-a-Familia* in Roseland beginning January 21st. Our *Family Support Groups* and *Connection* groups continue to remain an integral part of our free services thanks to several dedicated volunteers including Dan Eggiink, Sue Tichava, Carol Coleman, Mary Christlieb, Kathy Smith, Marilyn MacLean, Nancy Tyron, Erika Klohe, Edward Reifsnnyder, Jason Gallock, Susana Carrillo, Alexis Wilson, Gregg Jann, and Hunter Cornell. NAMI Sonoma County was also selected as the regional training affiliate for the north coast area, Region 1, and will be participating in the three year implementation project of CalMHSAsigma reduction efforts. The first phase will include training in NAMI's In Our Own Voice Program which will take place in the first part of 2012 at our office.

David France, M.A.
Program Director
NAMI Sonoma County



Spotlight on: The FACT Team

The Sonoma County Forensic Assertive Community Treatment (FACT) program serves between 50 and 70 severely and persistently mentally ill individuals in an integrated service program offering intensive case management, psychiatric consultation and medication management, substance abuse counseling and urinalysis testing, money management, an on-site probation officer, and 24/7 staff availability for crisis intervention. The goals of the program, a collaboration between local criminal justice, court, and social services agencies, were to reduce psychiatric hospitalizations, jail time, convictions, by diverting individuals with minor criminal behavior from the criminal justice system to the mental health treatment system while providing cost-effective service.

The Forensic Assertive Community Treatment (FACT) Team provides intensive services to adult mentally ill offenders who have committed low level felonies or misdemeanors who typically have both high mental health and substance abuse needs. Referrals to FACT come directly from jail, by either the public defender or the court and are referred through the *Mental Health Court*. FACT participants agree to probation conditions that include mental health treatment. Outcomes for those participated in this program for one year or more were found to have an 81% reduction in jail days, a 50% reduction in hospitalization, an 80% reduction in convictions and a 95% reduction in new felonies.

The Forensic Assertive Community Treatment program is highly effective with a population of severely and persistently mentally ill individuals with minor criminal justice infractions. Community-based assertive treatment has been shown to reduce incarcerations and hospitalizations, resulting in reduced costs while increasing quality of life for program participants.

January General Meeting

The General Meeting is a chance to hear a new and exciting speaker every month! This month's meeting on Thursday January 5th at 6pm at the NAMI Office will feature Lt. Corrado Ghioldi from the Sonoma County Sheriff's Department and Hilda Leon, the Discharge Planner from the jail. Lt. Ghioldi will give a brief overview of the Mental Health Unit, discuss what to do if your family member with a mental illness has been arrested, and answer questions.



MAY 5th, 2012. Save The Date!

A Fond Farewell

Our affiliate's own Bilingual Advocate/Coordinator, Cynthia Morfin, has completed her role and moved on to working full time at Drug Abuse Alternatives Center. Her last day was celebrated concurrently with our recent Holiday Party on December 15th. Cynthia had previously volunteered for NAMI as a Community Health Worker while completing her education program at SRJC. Then, last October she began working for NAMI as our Bilingual Advocate. In this role, Cynthia was instrumental in developing relationships with the Latino community in Sonoma County. She represented our agency at key stakeholder meetings and initiated several mental health projects including the *Family Support Group* at the Graton Day Labor Center. Cynthia completed trainings in several NAMI second *Family-to-Family* class in January 2012. I first met Cynthia while walking next to her during the Sonoma County Human Race last May. She and her daughter were both very enthusiastic and supportive of the stigma busting efforts of this affiliate. I am very grateful to Cynthia for assisting me in my transition into the role of Program Director and for introducing me to various mental health leaders. We were fortunate to be the recipients of Cynthia's dedication, charisma, and advocacy. Although it is very sad to see Cynthia leave our agency we are comforted by the fact that she will continue to serve the mental health community in Sonoma County in a different capacity. Thank you Cynthia for all your contributions and we look forward to collaborating with you in your new role as a drug and alcohol counselor. Cynthia is also continuing with NAMI Sonoma County as a Family to Family Teacher!



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NAMI Standardized Dues

Support NAMI By Becoming a Member!

Become a NAMI member today and add your name to the list of thousands raising their voices to demand services, support and respect for the millions affected by mental illness. NAMI membership demonstrates your support for the important work being done at NAMI and helps us make our voice heard in your community and the nation's capital.

Members receive NAMI's national news magazine, the *Advocate*, in addition to local and state newsletters. Members also enjoy reduced costs at conventions, the NAMI Store, and other events, as well as voting privileges to shape the future of America's largest grassroots organization dedicated to building better lives for the millions affected by mental illness. Your membership counts!

What does it mean to be a NAMI member? NAMI Standards of Excellence have a clear commitment to "a member is a member is a member" -- meaning that anyone who joins the organization at any entry point has joined the organization at all points (local/state/national). Through standardized dues, we move away from the fractured, separate membership lists of the past that kept our head count low and our structures chaotic. Standardized dues eliminate all specialized membership categories such as associate, professional, student, consumer, etc. -- a person is simply a member. Categories for supporters/donors can, and probably should, be established locally, but these are not member categories. NAMI can help in establishing strategic supporter categories for use locally and statewide.

In a survey of NAMI Affiliates conducted in the spring of 2011, most respondents were charging \$35 for membership. When NAMI National established e-Join (the capacity for an individual to join NAMI online, using a credit card), the average dues amount being charged across the country was \$35, so NAMI selected that amount as the dues amount for those joining via e-Join. Since then, more than 25,000 people have joined NAMI at that rate.

In selecting a standard dues rate for the coming five years, the NAMI National Board chose to go with what is already most common practice. NAMI Sonoma County is aligning with NAMI National in dues changes. Dues are split amongst National, State, and local NAMI Affiliates. The change to \$35 will be effective July 1, 2012.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Client Connection 1 pm – 2:30 pm 1360 N. McDowell Blvd, Petaluma Tai Chi Class 6 pm – 7:15 pm Santa Rosa Family Support Group 6 pm – 8 pm, Sebastopol (families w/ school age children)	3 Family Support Group 5 pm – 6:30 pm Petaluma	4	5 Client Connection 11:30 am – 1:30 pm, Santa Rosa 5 pm – 6:30 pm, Healdsburg Art Class 2 pm – 3:30 pm Family Support Group 2 pm – 3:30 pm, Santa Rosa 7:15-8:45 pm Sonoma General Meeting 6 pm – 7 pm	6	7
8	9 Client Connection 1 pm – 2:30 pm 1360 N. McDowell Blvd, Petaluma Family Support Group 5-6:30 pm, Rohnert Park	10 Family-to-Family class I Santa Rosa: 5:30-8pm <i>*Please call NAMI to Register</i>	11 Family Support Group 3 pm – 4:30 pm Sebastopol Peer-to-Peer class I Petaluma Senior Center, 211 Novak Street <i>*Please call NAMI to Register</i>	12 Grupo de Apoyo Familiar (en español) 9 am-10:00 am, Graton Client Connection 11:30 am – 1:30 pm, Santa Rosa 5 pm – 6:30 pm, Healdsburg Art Class 2 pm – 3:30 pm Family Support Group 2 pm – 3:30 pm, Santa Rosa	13	14
15	16 NAMI Office Will Be Closed 	17 Family Support Group 5 pm – 6:30 pm Petaluma Family-to-Family class II Santa Rosa: 5:30-8pm Family-to-Family Class I Geyserville: 5:30-8pm <i>*Please call NAMI to Register</i>	18 Peer-to-Peer class II Petaluma Senior Center, 211 Novak Street <i>*Please call NAMI to Register</i>	19 Grupo de Apoyo Familiar (en español) 9 am-10:00 am, Graton Client Connection 11:30 am – 1:30 pm, Santa Rosa 5 pm – 6:30 pm, Healdsburg Art Class 2 pm – 3:30 pm Family Support Group 2 pm – 3:30 pm, Santa Rosa	20 Client Connection 11:30 am – 1:00 pm SRJC Santa Rosa Campus, Plover Hall CHOW Meeting 2 pm – 4 pm	21 Classe de Familia-a-Familia I Santa Rosa 9:30-12 pm Llame a NAMI para inscribirse
22	23 Client Connection 1 pm – 2:30 pm 1360 N. McDowell Blvd, Petaluma Tai Chi Class 6 pm – 7:15 pm Santa Rosa Family Support Group 5-6:30 pm, Rohnert Park	24 Family-to-Family class III Santa Rosa: 5:30-8pm <i>*Please call NAMI to Register</i> Family-to-Family Class II Geyserville: 5:30-8pm <i>*Please call NAMI to Register</i>	25 Peer-to-Peer class III Petaluma Senior Center, 211 Novak Street <i>*Please call NAMI to Register</i>	26 Client Connection 11:30 am – 1:30 pm, Santa Rosa 5 pm – 6:30 pm, Healdsburg Art Class 2 pm – 3:30 pm Family Support Group 2 pm – 3:30 pm, Santa Rosa	27 Client Connection 11:30 am – 1:00 pm SRJC Santa Rosa Campus, Plover Hall	28 Classe de Familia-a-Familia II Santa Rosa 9:30-12 pm Llame a NAMI para inscribirse
29	30 Client Connection 1 pm – 2:30 pm 1360 N. McDowell Blvd, Petaluma Tai Chi Class 6 pm – 7:15 pm Santa Rosa	31 Family-to-Family Class II Geyserville: 5:30-8pm <i>*Please call NAMI to Register</i>				

*All classes meet at the NAMI classroom, at the address below, unless otherwise noted.

Mental Health Resource Guide

Mental Health Services

NAMI Sonoma County 527-6655

- ◆ Resources, referrals, library, education classes, support groups, for family members and for clients.

Psychiatric Emergency Services (PES) 576-8181

3322 Chanate Road
Santa Rosa, CA 95404

- ◆ Crisis services, transport to hospitals, 23 hour stays

Access Team at Chanate 565-6900

- ◆ Entry to Sonoma County Mental Health

Alexander Valley Regional Medical Center 894-4229

Alliance Medical Center 433-5494

Brookwood Health Center

Jewish Community Free Clinic 585-7780

Petaluma Health Center 559-7545

Russian River Health Center 869-2849

Santa Rosa Free Clinic 546-6479

Sonoma County Indian Health Project 521-4500

Santa Rosa Community Health Centers 547-2222, 303-3600

Sonoma Valley Health Center 939-6070

Client Centers/Clubhouses

Chanate Hall 565-4900

- ◆ Must be Sonoma County Mental Health client

Interlink Self-Help Center 546-4481

Russian River Empowerment Center 604-7264

Wellness and Advocacy Center 565-7800

Client/Consumer Classes

Chanate Hall 565-4900

- ◆ Offers various classes and groups for Sonoma County Mental Health clients

Clutterers Anonymous 569-9808

- ◆ Meets 2nd & 4th Fridays of the month, 2 - 4 pm. Call or email homeforjoan@yahoo.com for address and info

Depression/Bipolar Support Group 578-0424

- ◆ Meets 1st & 3rd Wed. at 547 Mendocino Ave, SR 95401

Interlink Self-Help Center 546-4481

Peer counseling, dual diagnosis, art and many other classes

NAMI- Art Class

- ◆ Tuesdays at 2 PM, Drop in and free of cost

NAMI- Tai Chi Class

- ◆ Mondays 6 — 7:15 pm, Drop in and free of cost

NAMI Client Connection Support Groups

- ◆ Santa Rosa:
 - *Thursdays, 11:30 AM-1:30 PM, NAMI office
 - *Fridays, 11:30 –1 PM, SRJC, Plover Hall #540
- ◆ Petaluma:
 - *Mondays, 1– 2:30 PM, 1360 N. McDowell Blvd.
- ◆ Healdsburg:
 - * Thursdays, 5—6:30 PM, 1381 University Ave.

Recovery, Inc. 823-5122

- ◆ Self-help through will training

Russian River Empowerment Center 604-7264

- ◆ Peer led classes in wellness and creativity

Smart Recovery (415) 223-3914

- ◆ Self-help program to develop life management and recovery skills to overcome addictive behavior. Imagine full recovery without life-long meetings. www.smartrecovery.org

Wellness and Advocacy Center 565-7800

- ◆ Many classes, groups, music jam, art, poetry, creative writing, activities for transitional age youth, and more.

Family/Friends Help and Support

NAMI Warmline 527-6655

- ◆ Empathic listening, resources and referrals at no-charge, Monday-Friday, 9 AM—4:30 PM

Family Service Coordinator, Erika Klohe 571-8452 or 591-4617

- ◆ Family Resource Clinic, Every Tuesday, 3-4:30 PM at Buckelew Programs, 144 South E Street, Santa Rosa

Focus on Dual Diagnosis 565-4935

- ◆ Mondays 4:30-6 PM, Client must be served by Sonoma County Mental Health

NAMI Family Support Groups 527-6655

- ◆ Drop-in support groups for friends/family that are facilitated by family members. Learn how to problem solve, how to access services, and how to support your loved one and yourself!

***Graton**– 2nd and 4th Thursday of every month 9-10 AM, located at Graton Day Labor Center, 2981 Bowen St, Graton 527-6655 Grupo de Apoyo Familiar (en español) Centro Laboral de Graton CUANDO: segundo y cuarto jueves del mes, 9:00 am-10: 00am Contacto: Oscar: 527-6655

***Petaluma-**

-1st & 3rd Tuesdays, 5-6:30 PM, located at 211 Novak Drive, Petaluma 527-6655

***Rohnert Park–**

-2nd and 4th Monday of the month, 5-6:30 PM, C.O.T.S. housing site at 705 Rohnert Park Expressway 527-6655

***Santa Rosa-**

-Every Thursday, 2-3:30 PM, located at the NAMI office, 1300 N Dutton Avenue, Suite A, Santa Rosa 527-6655

***Sebastopol-**

-1st Monday of the month, (family with school-age children) 6-8 PM, at 477 Petaluma Ave, 527-6655

-2nd Wednesday of the month, 3-4:30 PM, located at 477 Petaluma Ave, 527-6655

***Sonoma**

- 1st Thursday of the month, 7:15-8:45 PM, Office of Sylvia Chloe, MFT 283 Second Street East Sonoma, CA 95476; 996-2930

Successful Toiletry Bagging Event

12 elves helped put together approximately 295 bags of toiletries, mostly quart sized in just 2 hours on Dec 2nd! Thank you to everyone who was involved from donating toiletries to those that helped bag them. We are also grateful to have many supporters from the Center for Spiritual Living, Santa Rosa, who also collect large amounts for distribution.

Throughout the year, we ask people to support us by saving the little toothbrushes, toothpaste, soaps, shampoos, razors, deodorant, lotions etc. that you get from hotels (or your dentist). We distribute the completed bags to clients through caseworkers throughout the county.



From Left to Right: Pat, Kim, Molin (NAMI President), Marlene, Kristine, Linda R, Elaine, Linda M.

Kevin Hines

"Every single day I awaken, whether I know it or not, whether I feel great or miserably depressed is in fact a blessed and great day."

Kevin Hines is an international public speaker and suicide attempt survivor. On November 14, 2011, Sonoma State University was honored to host guest speaker Kevin Hines. Hines's message was honest and powerful. His incredible stage presence captured the attention of all who attended the event. Kevin's personal story is one of a constant battle with Bi-Polar disorder. He conveyed how this battle has been both a gift and a struggle. Kevin discussed his long journey on the road to recovery. Hines's proved how with the support of loved ones and determination, the human spirit can always triumph over mental illness. Hope is never a dangerous thing to have. As stated by Kevin Hines, "yesterday is history, tomorrow is a mystery, and today is hope."



-Chase Andrieu, NAMI Intern

Thank you for
your support!



RETURN SERVICE REQUESTED



TIME SENSITIVE MATERIAL

1300 N. Dutton Avenue, Ste A
Santa Rosa CA 95401
(707) 527-6655
www.nami.sonomacounty.org