



November 2011

NAMI Sonoma County is an affiliate of the 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.

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By Alexis Wilson



By Kelly Cunneen

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 living with mental illnesses.

Letter from Director,

Have you registered for the Youth Mental Health Symposium on Tuesday November 1st yet? If not, please take a moment to email mhsymposium@namisoco.org for email registration. We need a head count for seating and refreshments. This will be unique and wonderful event, focusing on the needs of Sonoma County youth. We have three panels, including one headed community leaders, one panel for the needs of children age 0-10 and one panel headed by young adults, speaking to their school experiences themselves. There will be a “World Café” of twenty groups, with facilitated discussions on topics like recovery, stigma, suicide, sexual identity and so on. We will also be presenting the Champions Awards. Many thanks to the Board members, staff and volunteers who have worked on this event. Immediately following the program, our November Board meeting will be held. I hope to see you there.

I attended the last Mental Health Board meeting on October 18 in Petaluma. It was gratifying to have NAMI acknowledged by Susan Castillo in her presentation on Outreach and Engagement in the South County. In speaking of services targeting hard to reach populations in South County, NAMI’s groups were highlighted, including the *Family Support Group* at the Petaluma Senior Center, the *Family Support Group* at Vida Nueva in Rohnert Park, the *Client Connection* Group at the Mary Isaak Center and the *Client Connection* Group at the Community Mental Health Center site (formerly the Petaluma Regional Team). David France and his team of staff and volunteers make our work possible in South County.

Mental Health Board Chair Doug Stephens recognized Molin at the Petaluma meeting for his recent appointment to the state CALMHSA Advisory Board. Molin was nominated by Mike Kennedy. The first meeting is on November 17 in Sacramento and we will both attend. The meeting is an opportunity to provide feedback on stigma reduction and suicide issues.

We are now offering free counseling through two MFT interns. Not only our own David France offers this, but also Ivania Orozco, an intern supervised by Dr. David Anglada. Ivania is fully bilingual. I am very happy to have free counseling available. This is especially important for Spanish bilingual/bicultural community members. We also have three SSU interns assisting us. One, Erica, works on and off-site with David on Project Success Plus. She is bilingual and a huge asset. Two other wonderful interns work on updating our social media and organizing General Meetings.

I’m exploring the possibility of offering a free yoga class for clients and veterans. Richard Miller, a clinical psychologist in San Rafael, has collected a large body of data supporting the efficacy of yoga nidra with vulnerable populations. His data is so convincing that the US Army now provides yoga nidra for some vets. In other vets news, Lt. Corrado Ghioldi did a very well-received presentation on “vets in the jail” at the last Vets Council meeting. Doug Stephens has organized an outstanding forum for our community through the vets council!

President Molin Malicay and I attended community events including the Latino Health Forum, where NAMI had an info table, and the open house at the Occidental Health Center. We also attended a round-table discussion with other contractors of Sonoma County. The theme was strengthening connections and partnerships. In this time of diminishing resources, collaboration will be vitally important to the survival of small nonprofits such as NAMI. I will keep you informed about this going forward.

NAMI had an info table at the recent Tech Expo organized by Disability and Legal Services. Other community outreach included *In Our Own Voice* presentations at Stony Point Commons, Catholic Charities, Sam Jones Shelter and the jail. NAMI Spanish support groups continue at the Graton Day Labor Center. *Family-to-Family* is running in Petaluma. Farm worker outreach is scheduled at La Luz in Sonoma. Client groups are getting off the ground at SRJC and in Healdsburg. Our program staff is doing a fantastic job and are meeting or exceeding all of our program deliverables.

Thank you all for your service to NAMI. Without your dedication and hard work, we could not have advanced our mission to the extent which we have. I’ll see you soon!

- **Rosemary Milbrath**, Executive Director

We wish to express our deepest sympathy to the Jim and Helen Bassler, the family of Aaron Bassler on the loss of their son.

Aaron was a man with a terrible illness, one for which his family had long sought treatment for him. His father wrote, “His family fears for his safety, their own safety and that of the community if this psychiatric disorder is not addressed.” Neither Aaron’s illness nor his father’s concerns were addressed, for complex reasons, including privacy laws. Aaron was a Fort Bragg native who enjoyed baseball when he was young. Our thoughts and prayers are with his family and with the families of the other victims in this tragedy.



Events & Happenings...

NAMI at the Latino Health Forum

NAMI Sonoma County participated in the 19th annual Latino Health Forum, at the Flamingo Resort. There was 300 attendees this year. NAMI SC had a outreach table in the main ballroom this year. It was a wonderful way to network with key members in our community, and to put the word out about the wonderful work we are doing in the agency as a whole.

I am proud to say that I was on a panel of speakers for the afternoon workshop E; in which I discussed my role as a community health worker/bilingual family advocate and what I am doing to reach out to family members whose loved ones live with mental health challenges.

The Latino Health Forum continues to be one of the most educational and informative Latino health care events in Northern California and strives to inform professionals about some of the most relevant issues facing the Latino population as well as enhance the availability and quality of health services.

-Cynthia Morfin, Bilingual Family Advocate



Cynthia at the NAMI Table-10-13-11

Need for an additional NAMI Art Teacher

NAMI is looking for a co-teacher for the art class, held at 2 P.M. on Tuesdays in the NAMI offices. This is a job-share position.

Dyana Foldvary has been teaching an art class at NAMI once a week on Tuesdays for over 3 years. She seeks to train some one to take her place and facilitate the class so she can take a sabbatical. There is the possibility of having a future back up substitute teacher, or two teachers teaching at alternate times.

Currently, the medium that the art class is using is collage. Come by to see the work being done. It is hanging on the wall in the community room. You are welcome to come by on Tuesday at between 2 and 3:30 P.M. during the class to observe and speak with Dyana. Please let NAMI know if you intend to come.

Please contact NAMI at 707-527-6655 if you are interested or know someone that might be.



Artwork by NAMI Art Student

Proposed changes to the Bylaws:

The Board is proposing the following changes to the Bylaws and is requesting feedback from members.

The current bylaws state this about term limits:

The term of office for all directors shall be two years and shall begin at the close of the NAMI SC annual meeting. The director terms shall be staggered. Directors are eligible for reelection or reappointment, but may serve no more than three consecutive two-year terms. Directors who have served three consecutive two-year terms agree to at least a one-year gap in service on the Board of Directors.

Proposed change:

The term of office for all directors shall be two years and shall begin at the close of the NAMI SC annual meeting. The director terms shall be staggered. Directors are eligible for reelection or reappointment at the end of their two-year term.

Current Bylaws:

The Board of Directors shall have at least eight members but no more than fifteen members, with the exact number of directors to be fixed by approval of the Board of Directors.

Proposed change to eliminate minimum number of board members:

The Board of Directors shall have no more than fifteen members, with the exact number of directors to be fixed by approval of the Board of Directors.

To provide feedback on these proposed changes please contact the office at 707-527-6655 or e-mail info@namisoco.org

Sonoma County Family Justice Center Opens Its Doors...

The two-story, county-owned building near the Sheriff's Office was the result of two years of planning.

A study determined victims of domestic violence, sexual assault and other crimes such could be required to visit two dozen different agencies if they wanted to use public services available to them.

Since many victims can lack transportation, lack funds or be pursued by a stalker, advocates determined it would be best to put all the assistance for them under one roof.

The county bought and renovated a former office building with grants and donations of about \$6 million and invited more than a dozen victim advocates from organizations like Catholic Charities, the Council on Aging, the YWCA and the Inter-tribal Council.

The center is staffed by police and district attorney employees, an immigration adviser, an advocate for the deaf and a civil attorney who provides advice about harassment and getting restraining orders.



Left to right: Supervisor Shirlee Zane; Molin Malicay NAMI President; Rosemary Milbrath, NAMI ED at the opening of the Family Justice Center.

Some Onsite Partner Agencies:

- Police
- SCHIP

Some Services offered onsite:

- Clothing
- Food at center
- Legal assistance/ Immigration
- Support groups for victims

Mission Statement:

The Family Justice Center Sonoma County empowers family violence victims to live free from violence and abuse by providing comprehensive services, centered on and around the victim, through a single point of access. We follow best practices in the field, track our outcomes, and meet the needs of our entire community with culturally competent services and links to remote neighborhoods. Building on strong interagency collaboration, we protect the vulnerable, stop the violence, and restore hope.

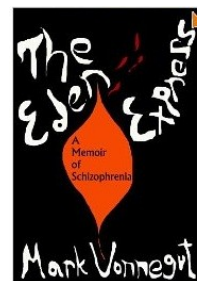
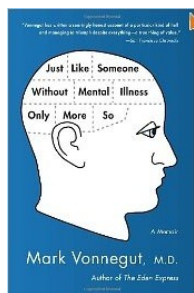
NAMI Book Club

The NAMI Book Club will meet on November 12th from 2:00 until 3:30 at the Rincon Valley Library to discuss Mark Vonnegut's *The Eden Express* and his newest book *Just Like Someone Without A Mental Illness, Only More So*. Kathy Smith will facilitate. -Joan McCue, Facilitator and Book Club Lead
JoanM707@comcast.net

From Publishers Weekly:

Two not unrelated challenges—being novelist Kurt Vonnegut's son and suffering episodes of schizophrenia—shape, but don't confine, this mordantly witty, slightly subversive memoir. Vonnegut (*The Eden Express*) weathered a scruffy childhood with his as yet obscure dad ("I'll always remember my father as the world's worst car salesman") and was hospitalized for three bouts of psychosis in his 20s. He recovered and went on to Harvard Medical School and a successful career in pediatrics—then a fourth psychotic break upended him 14 years after the first one. (Taken to the hospital where he worked, he found himself greeting colleagues while tied to a gurney.) Vonnegut vividly conveys the bizarre logic of the voices and delusions that occasionally plagued him, which he finds not much nuttier than what passes for normalcy. (He's especially incensed by the insurance bureaucracies he thinks are ruining medicine.) His father's son, he writes with a matter-of-fact absurdism—"The patient who just died lies there quietly and everyone else stops rushing around trying to do something about it"—champions misfits, and attacks the system. All his own are Vonnegut's hard-won insights into the value of a humble, useful life picked up from pieces.

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From the Desk of the Program Director

Our affiliate continues to organize and conduct NAMI signature programs and I wanted to update you on a few exciting classes. We have two Family-to-Family classes beginning in January; one in Santa Rosa, and the other in Geyserville. Also in January, we have another Peer-to-Peer course beginning in Petaluma. Please call the office to pre-register if interested for either of the free programs. We have also set a date and confirmed with two teachers our next class of Familia-a-Familia. This is the Spanish language version of our NAMI signature program, Family-to-Family. This class will begin Saturday January 21st for twelve weeks from 9:30am-12:00pm in a yet to be determined location in Santa Rosa.

In other news, a group of us attended the 2nd Annual Regional NAMI affiliate meeting in Concord and were fortunate to hear a great guest speaker, Jeff Bell. Jeff is a radio host on KNBR in the afternoons and has the lived experience of being someone who is successfully managing his OCD diagnosis. We also had the opportunity to network and share with other Bay Area affiliates the successes and challenges of managing a NAMI affiliate in these lean economic times.

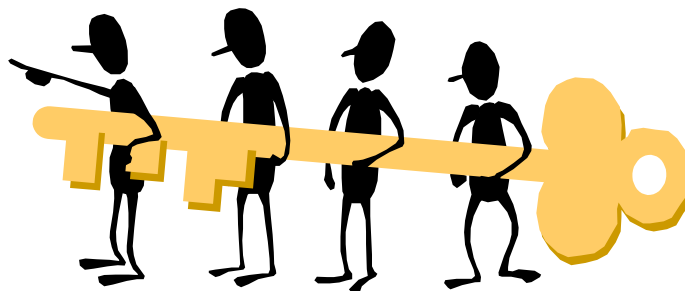
Lastly, as I plan on leaving for the two day Northern California Regional Suicide Awareness and Prevention Conference I am reminded of the recent local events of several of our brothers and sisters struggle with suicide. Suicide is an act that has far reaching implications and a conservative figure states that one death intimately affects at least 6 other people. I know this because twenty years ago this week, I too made what I thought would result in a lethal attempt on my own life. We all need to be aware that suicide is the 3rd leading cause of death among Americans between ages 15-24 and the second leading cause of death among those between ages 25-24. (CDC 2008) We all need to be aware that 90% of suicides in the U.S. are associated with a diagnosable mental illness, substance use disorder, or both. (Jacobs, Brewer, and Klein-Benheim 1999). Encourage anyone talking of suicide to call the numbers below and/or seek professional mental health services.

*David France, MA, MFTI
Program Director*

National Suicide Prevention Lifeline: 1-800-273-TALK (open 24 hours)

Veterans Affairs (VA) Suicide Hotline: 1-800-273-TALK and press "1" to reach the VA hotline

The Trevor Helpline: 1-866-4-U-Trevor (national crisis hotline for LGBTQI youth open 24hrs)



www.facebook.com/NAMISonomaCounty

We are now also able to send our newsletter in electronic format via email. Please contact us at: info@namisoco.org if interested in signing up for our e-list.

Volunteer Corner...

A Message From the Volunteer Coordinator:

We currently have over 150 volunteers! We have four interns for the fall semester: Chase Andrieu is a Sociology major at Sonoma State and is helping with our Jail Program and planning of our general meetings. Erica Verde is a Psychology senior at Sonoma State and is assisting our Program Director with our Family programs. Osmar Aguirre Jr. is studying Cognitive Psychology at the SRJC and will be helping with our social media, newsletter, and website. Jesus Inocencio is studying for a Community Healthcare Worker certificate at the SRJC. Jesus is helping to update our Resource Guide and to schedule home visits. Welcome interns! With help from our volunteers, NAMI has participated in many community events over the last several months: South Park's Summer "Day and Night Festival"; Cardinal Newman Service Fair; SSU Service and Internship Fair; Latino Health Forum; Hispanic Chamber Business Expo.

Since our volunteers are essential to the work we do, we are always working to expand our volunteer program. We are currently looking for a Volunteer Librarian, an Art Teacher, a Newsletter Coordinator, and we are always looking for more Office Volunteers, and Tabling Event Volunteers. Please contact me at ext 1101 if you are interested in volunteering.

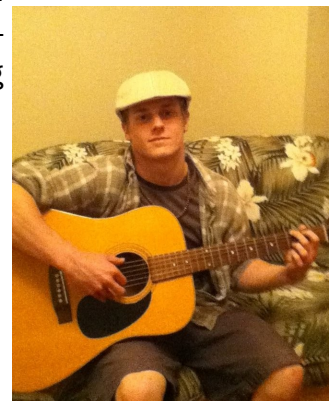
-Jennifer Baker, Volunteer Coordinator

"Volunteers don't get paid, not because they're worthless, but because they're priceless." ~Sherry Anderson (*Thanks, Kathy*)

Volunteer Spotlight:

Edward Reifsnyder

My name is Edward Reifsnyder. I was born in southern California but have lived around Sonoma County for the past fourteen years. I was diagnosed October 2010. I now facilitate a NAMI Connection group in Petaluma and have volunteered at the NAMI office. I am one half of the band Two Ton Shoes, whom played at the NAMI Picnic this past July. I also enjoy cooking and exercise. These activities have become a major part of my recovery from mental illness. I am going to be a peer mentor teaching NAMI's Peer-to-Peer course at the beginning of next year. I am 22 years old and currently working part time making Japanese food and fancy cakes. I am eagerly awaiting the release of the third book in the Leviathan trilogy by Scott Westerfeld. I am also taking steps to go to the Junior College soon and hope to get a degree in physical therapy over the coming years.



NOVEMBER 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p>1</p> <p><u>Art Class</u> 2 pm – 3:30 pm</p> <p><u>Family Support Group</u> 5 pm – 6:30 pm Petaluma</p> <p><u>Board Meeting</u> 2:15 pm at SCOE</p>	<p>2</p> <p><u>Client Connection</u> 6:30 pm – 8 pm Mary Isaak Center, 900 Hopper Street</p> <p>El Dia de los Muertos</p> 	<p>3</p> <p><u>Client Connection</u> 11:30 am – 1:30 pm, Santa Rosa 5 pm – 6:30 pm, Healdsburg</p> <p><u>Family Support Group</u> 2 pm – 3:30 pm, Santa Rosa 7:15-8:45 pm, Sonoma</p> <p><u>General Meeting</u> 6 pm – 7 pm</p>	<p>4</p> <p><u>Client Connection</u> 11:30 am – 1:00 pm SRJC Santa Rosa Campus, Plover Hall, Rm #540</p>	5
<p>6</p> <p><i>Don't forget to set your clocks back an hour!</i></p> 	<p>7</p> <p><u>Client Connection</u> 1 pm – 2:30 pm 1360 N. McDowell Blvd, Petaluma</p> <p><u>Tai Chi Class</u> 6 pm – 7:15 pm</p> <p><u>Family Support Group</u> (for family w/ school age children) 6 pm – 8 pm, Sebastopol</p>	<p>8</p> <p><u>Art Class</u> 2 pm – 3:30 pm</p>	<p>9</p> <p><u>Family Support Group</u> 3 pm – 4:30 pm Sebastopol</p>	<p>10</p> <p><u>Grupo de Apoyo Familiar</u> (en español) 9 am-10:00 am, Graton</p> <p><u>Client Connection</u> 11:30 am – 1:30 pm, Santa Rosa 5 pm – 6:30 pm, Healdsburg</p> <p><u>Family Support Group</u> 2 pm – 3:30 pm Santa Rosa</p>	<p>11</p> <p><u>Client Connection</u> 11:30 am – 1:00 pm SRJC Santa Rosa Campus, Plover Hall, Rm #540</p>	<p>12</p> <p><u>Book Club</u> 2 pm – 3:30 pm Rincon Valley Library</p>
13	<p>14</p> <p><u>Client Connection</u> 1 pm – 2:30 pm 1360 N. McDowell Blvd, Petaluma</p> <p><u>Tai Chi Class</u> 6 pm – 7:15 pm Santa Rosa</p>	<p>15</p> <p><u>Art Class</u> 2 pm – 3:30 pm</p> <p><u>Family Support Group</u> 5 pm – 6:30 pm Petaluma</p>	16	<p>17</p> <p><u>Client Connection</u> 11:30 am – 1:30 pm Santa Rosa 5 pm – 6:30 pm, Healdsburg</p> <p><u>Family Support Group</u> 2 pm – 3:30 pm Santa Rosa</p>	<p>18</p> <p><u>Client Connection</u> 11:30 am – 1:00 pm SRJC Santa Rosa Campus, Plover Hall, Rm #540</p> <p><u>CHOW Meeting</u> 2 pm – 4 pm NAMI SC Office</p>	19
20	<p>21</p> <p><u>Client Connection</u> 1 pm – 2:30 pm 1360 N. McDowell Blvd, Petaluma</p> <p><u>Family Support Group</u> 5-6:30 pm Rohnert Park</p> <p><u>Tai Chi Class</u> 6 pm – 7:15 pm Santa Rosa</p>	<p>22</p> <p><u>Art Class</u> 2 pm – 3:30 pm</p>	23	<p>24</p> <p>Thanksgiving Holiday</p> <p><i>The office will be closed today & will re-open 11/28</i></p> 	<p>25</p> <p><i>The office will be closed today. We will re-open on 11/28.</i></p>	26
27	<p>28</p> <p><u>Client Connection</u> 1 pm – 2:30 pm 1360 N. McDowell Blvd, Petaluma</p> <p><u>Tai Chi Class</u> 6 pm – 7:15 pm Santa Rosa</p> <p><u>Family Support Group</u> 5-6:30 pm, Rohnert Park</p>	<p>29</p> <p><u>Art Class</u> 2 pm – 3:30 pm</p>	30			

**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

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

DSLCL (Disability Services and Legal Center) 528-2745, Ext. 312

- ◆ Tools for Stability and Support, led by Melva Freeman

Depression/Bipolar Support Group 578-0424

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.
 - *1st Wed. of the month, 6:30-8 PM, 900 Hopper St.
- ◆ 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- 4th Wednesday of every month (begins Aug 24th) 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: Cuarto miércoles del mes Comienza El 24 de agosto de 2011, 9:00 am-10: 00am Contacto: Cynthia : 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

Join NAMI Sonoma County TODAY! Make a difference! Be part of the solution!

NAMI Sonoma County Membership

NAMI Sonoma County is an affiliate of NAMI California and NAMI National. We are counting on your support so we can continue our work as the county's voice on mental illness. Your donation is divided equally among our national and state parent organizations. PLEASE... JOIN TODAY!!

Annual Membership: New Renewal Date: _____
November 2011 until December 2012

Standard Membership (\$30)
Up to four people per membership

Limited Income for Clients (\$3)
One person per membership

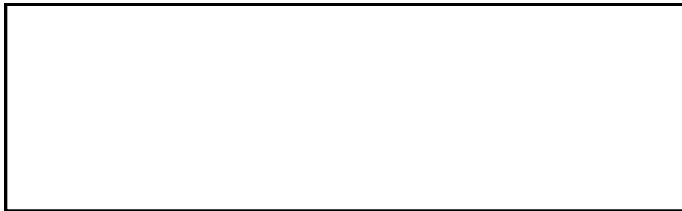
Name (s):	Gender: <small>Optional</small>	Ethnicity: <small>Optional</small>	Age: <small>Optional</small>	Email: <small>Optional</small>
1. _____	_____	_____	_____	_____
2. _____	_____	_____	_____	_____
3. _____	_____	_____	_____	_____
4. _____	_____	_____	_____	_____

Address: _____
Street City State Zip

Phone: _____

THANK YOU FOR YOUR SUPPORT!
Please make checks payable to: NAMI SC

*Thank you for
 your support!*



TIME SENSITIVE MATERIAL

RETURN SERVICE REQUESTED

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

