



August 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.



Annual Picnic/BBQ 2011
July 23, 2011 (For more info, see pg. 3)

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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.

Events & Happenings...

2011 NAMI California State Conference
Creating Change through Vision and Action
 Friday, August 19th—Saturday August 20th
 Double Tree Hotel, Sacramento, California

The 2011 NAMI California Conference theme this year is *Creating Change Through Vision and Action*. We will be holding a meet & greet with our Legislative Representatives on Thursday to let them know exactly how we feel about retaining mental health services in the budget. We are counting on as many of you as possible to show up to present a strong front. This is one form of Action that hopefully will make a Change.

For more information on registration fees, scholarships, and to register online, please visit www.namicalifornia.org or call (916) 567-0163.

Fundraising Opportunity

Dear NAMI Members,

As you are aware, I have returned to the automotive industry, selling cars at Manly Honda in Santa Rosa. In an ongoing effort to give back to the community, I am reaching out to you with the following offer:

Refer a friend, relative, employee, volunteer, member, etc., to me, and if they purchase a new or used vehicle, I will tithe back 15% of my commission to NAMI. You get a donation, I sell a car to somebody who is in the market; a win/win situation. As a therapist, I specialize in making the car buying experience a pleasant one.



Please let me know if you are interested.
 Respectfully,

Paul Margolis, MFT
 (707) 322-1929

Wednesday Night Market

NAMI is participating in Santa Rosa's Downtown Market until September 14th from 5—8:30 pm. Come and stop by at our booth at this prized Sonoma County tradition! For more information, please visit www.srdowntownmarket.com.



Find us on Facebook:

www.facebook.com/NAMISonomaCounty
 We are now able to send our newsletter in electronic format via email. Please contact us if interested.



Events & Happenings...

2011 Picnic/BBQ Was A Success



Our NAMI Sonoma County Annual BBQ Picnic was a wonderful success this year! It was our way of showing how much we appreciate both our volunteers and members. Thank you to the band "Two Ton Shoes" for their awesome music. We had a raffle, and a Tai Chi Demo (Thanks to Jacob Newell). This year we had over 78 people come and share in good food and fun!!

-Cynthia Morfin, Bilingual Family Advocate



Peter Lloyd, Molin Malicay, & George Batchelder at the



The hamburgers & hotdogs went fast!



Veronica Jacobi & Lesley Haylock showing off their geckos.

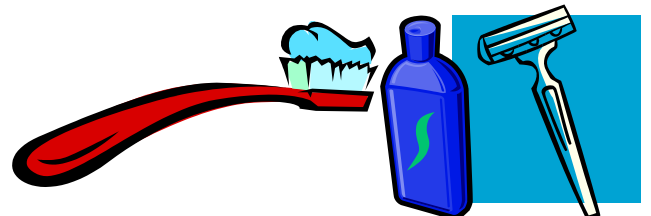
Toiletries Needed

Hi all..... As some of you know, every Christmas NAMI Sonoma County, puts together bags of toiletries that our friends, clubs and church groups have collected from their stays in hotels all over the world. These unused soaps, shampoos etc. are bagged up in large zip lock baggies, and handed out to mentally ill clients when they come into Sonoma County mental health facilities for their appointments. This makes a nice gift for people who really need these toiletries that we so often discard.

It would be great if you would tighten lids, since we've found that they are often loose and can leak. We also save razors, toothbrushes and small toothpastes if you can get some from your dentist.

I would appreciate it if you and YOUR friends, could save anything along this line. The items can be stored until the holidays. Around Christmas, any of you who would like to help at our "bagging" party are welcome to do so. Contact the office if you are interested in helping.

-Kristine Leroux Siebert-Christmas Program



From the Desk of the Program Coordinator

I hope everyone is enjoying their summer. I wanted to update you on some of the exciting programs that are currently in progress as well as those NAMI Signature Programs planned for the fall. We are actively teaching two of our programs right now; Family-to-Family and Peer-to-Peer.

The Family-to-Family class is being taught by Ron Shaw and Gaylyn Bierman and has 18 participants. We have scheduled our next Family-to-Family class for September 13th in Sebastopol and are making arrangements for an additional class to start around the same time. Our affiliate also has several Family Support Groups in progress and I have been fortunate to attend the one in Sonoma lead by Sylvia Chloe, MFT and the one in Sebastopol led by Sue Tichava and Erika Klohe. Both groups are very well attended. We are also grateful to have our weekly group at the NAMI office facilitated on a rotating basis by Dan Eggink, Marilyn MacLean, Mary Christlieb, and Carol Coleman.

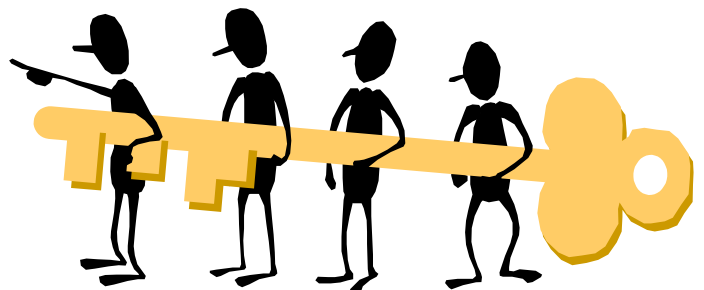
The Peer-to-Peer class that just began is being mentored by Susan Standen and myself and has 13 participants. One of our other Peer Programs, has been energized by the willingness of one of our newer volunteers, Edward Reifsnyder. He has been leading our Connection groups in Petaluma, weekly at the Sonoma County Regional Team and once a month at Mary Isaak Center. Jason Gallock continues to lead a Connection group each Thursday at the NAMI office. We are looking for more peers to lead additional Connection groups in West County, North County, and Sonoma Valley. Interested peers should contact me by email: programcoordinator@namisoco.org or at the NAMI office at ext. 1107.

In our school programs, we will be presenting our Parents & Teachers as Allies to four schools and organizing twenty-four presentations on Suicide & Depression throughout the school year. Those interested in being a part of these outreach opportunities can also contact me directly. Our outreach to the Latino community has resulted in a presentation to a local day labor center and we will be starting a support group there as well (see page 5).

This affiliate has been blessed by many volunteers who have provided countless hours of service to our local mental health community. We are committed to carry on the spirit of NAMI's founders and are calling on all those who read this to respond in whatever manner resonates with them to help end the stigma of mental illness in Sonoma County.

Thank you,

David France, Program Coordinator



NAMI Programs Corner...

New Family Support Group in Rohnert Park

Our affiliate is excited to report that through the initiative of one of our staff members, Cynthia Morfin, and the generosity of Facilitator Dan Eggink, we will begin a new Family Support Group on August 22nd in Rohnert Park.

This group will meet twice a month at the C.O.T.S. housing site at 705 Rohnert Park Expressway from 5:00 to 6:30pm (behind Food Maxx). We are also looking to start groups in the North County and will be looking for volunteers to help us expand in this underserved area.



New Spanish Support Group in Graton

There will be a new Family Support Group in Spanish beginning Wednesday August 24th and will continue on the 4th Wednesday of every month from 9:00 am to 10:00 am. This new group will take place at Graton Day Labor Center (2981 Bowen St, Graton 95444). If interested please contact Cynthia at 707-527-6655.

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 :707-527-6655



In Our Own Voice Trainer of Trainers

On June 16-19th local In Our Own Voice (IOOV) presenters Zachariah Geyer and Oscar Guzman attended an IOOV trainer of trainers training. Both Zachariah and Oscar are experienced presenters in our local affiliate. Both submitted applications for this training and both were accepted because of their unique life experiences. Zachariah and Oscar were very excited to have the opportunity to become State trainers. Oscar commented... "It was quite an honor to be part of this group of IOOV presenters from around the State. I felt a sense of belonging and understanding" Zachariah Geyer was particularly excited about taking part in this training. He said..."I will be looking forward to training people to do In Our Own Voice presentations". Zachariah and Oscar came back to our Sonoma County affiliate with renewed energy and training techniques to help them not just train but also to deliver more IOOV presentations. We congratulate Zachariah and Oscar on their accomplishments.

Local IOOV Training

NAMI Sonoma County held a local In Our Own Voice (IOOV) training on June 25th and 26th led by local NAMI presenter Zachariah Geyer and Robert Villanueva from Mountain House CA. We are excited to announce that we now have eight (8) newly trained presenters. Zach felt very grateful to be able to help lead this training. He feels very confident about all the new presenters and lucky that we can now do even more presentations throughout the county. If you are interested in becoming an IOOV presenter, please contact Oscar Guzman at our office at 707-527-6655.

NAMI Volunteers are Great!!



NAMI Volunteers at the 2011 Picnic



Volunteers Putting Together Tools For Transition Boxes- March 2011

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: _____
August 2011 until September 2012

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

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

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

Address: _____
Street City State Zip

Phone: _____

Volunteer Corner...

A Message From the Volunteer Coordinator:

We currently have over 150 volunteers! We had four interns during the spring semester: Oscar Alas was an accounting intern from Empire College helping us prepare for our audit. Anthony Green was studying Administration at Empire College. Kelly Murnane was a Sonoma State Psychology senior that helped with outreach and presentations to the high schools. Fred Lambert Community Healthcare Worker and JC Nursing student and volunteer Daniel Gagan have been helping with the Warmline follow-up phone calls. We are continuing to recruit interns for next semester for our Warmline Service and to help organize our ever-expanding Resource Guide. With help from our volunteers, NAMI has participated in many community events over the last several months: Sonoma State Disability Awareness Week; Cinco De Mayo Celebration; Human Race; LOBO CommUNITY Fair; Juneteeth MLK Festival; Safe Harbor Project Wellness & Music Fair; Wednesday Night Market. Some of the upcoming events we are excited about participating in are: South Park's Summer "Day and Night Festival"; Neighborhood Summit; Cardinal Newman Service Fair; SSU Service and Internship Fair.

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, 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

"Nobody can do everything, but everyone can do something." ~Author Unknown

Volunteer Spotlight:



Nancy Deneen has been volunteering with NAMI Sonoma County for about 3 years. A friend from another county in the bay area told Nancy about NAMI. Nancy's friend mentioned there was an affiliate in Sonoma County that she should check out. Nancy ended up attending the Peer-to-peer recovery education course and decided to get involved after successfully completing the course. Never in her life had Nancy found a place where having a mental illness was ok, with the exception of her visits to the psychiatrist's office. Nancy has become a Peer-to-Peer mentor. She volunteers in the office and has helped with various tabling events that NAMI Sonoma County participates in.

"Volunteering is a very nice way to get out of the house and socialize" says Nancy. Nancy feels it is really important for her to reach out to other people because at one point it was difficult to do so. Because of the education and acceptance that she found in NAMI Sonoma County, Nancy has been able to compete in two international quilting competitions. Nancy is also a recipient of a scholarship to attend the NAMI California's state conference being held in Sacramento in August of 2011. Nancy says "NAMI makes it easy".

-As told to Oscar Guzman, IOOV Coordinator

AUGUST 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	1 <u>Client Connection</u> 1 pm – 2:30 pm Sonoma County Regional Team, 1360 N. McDowell Blvd, Petaluma <u>Tai Chi Class</u> 6 pm – 7:15 pm Santa Rosa <u>Family Support Group</u> (for family w/school age children) 6 pm – 8 pm Sebastopol	2 <u>Art Class</u> 2 pm – 3:30 pm <u>Family Support Group</u> 5 pm – 6:30 pm Petaluma	3 <u>Client Connection</u> 6:30 pm – 8 pm Mary Isaak Center, 900 Hopper Street Petaluma	4 <u>Vets Meeting</u> 9:30 am Santa Rosa <u>Client Connection</u> 11:30 am – 1:30 pm Santa Rosa <u>Family Support Group</u> 2 pm – 3:30 pm Santa Rosa 7:15-8:45 pm Sonoma <u>General Meeting</u> 6 pm – 7 pm	5	6	
7	8 <u>Client Connection</u> 1 pm – 2:30 pm Sonoma County Regional Team, 1360 N. McDowell Blvd, Petaluma <u>Tai Chi Class</u> 6 pm – 7:15 pm Santa Rosa	9 <u>Art Class</u> 2 pm – 3:30 pm	10 <u>Family Support Group</u> 3 pm – 4:30 pm Sebastopol	11 <u>Client Connection</u> 11:30 am – 1:30 pm Santa Rosa <u>Family Support Group</u> 2 pm – 3:30 pm Santa Rosa	12	13 <u>South Park Summer Day and Night Festival</u> Martin Luther King Park, Santa Rosa 2 pm – 11:30 pm <i>*NAMI SC will be tabling at this event</i>	
14	15 <u>Client Connection</u> 1 pm – 2:30 pm Sonoma County Regional Team, 1360 N. McDowell Blvd, Petaluma <u>Tai Chi Class</u> 6 pm – 7:15 pm Santa Rosa	16 <u>Art Class</u> 2 pm – 3:30 pm <u>Family Support Group</u> 5 pm – 6:30 pm Petaluma	17	18 <u>Client Connection</u> 11:30 am – 1:30 pm Santa Rosa <u>Family Support Group</u> 2 pm – 3:30 pm Santa Rosa	19 CHOW Meeting 2 pm – 4 pm NAMI SC Office <div style="border: 1px solid black; padding: 2px; text-align: center;"> NAMI CA Conference in Sacramento </div>	20 <u>Neighborhood Summit Resource Fair</u> Finley Community Center, Santa Rosa 12-1:30 pm <i>*NAMI SC will be tabling at this event</i>	
21	22 <u>Client Connection</u> 1 pm – 2:30 pm Sonoma County Regional Team, 1360 N. McDowell Blvd, Petaluma <u>Family Support Group</u> 5-6:30 pm Rohnert Park <u>Tai Chi Class</u> 6 pm – 7:15 pm Santa Rosa	23 <u>Art Class</u> 2 pm – 3:30 pm	24 <u>Grupo de Apoyo Familiar</u> (en español) 9 am-10:00 am Graton	25 <u>Client Connection</u> 11:30 am – 1:30 pm Santa Rosa <u>Family Support Group</u> 2 pm – 3:30 pm Santa Rosa	26	27	
28	29 <u>Cardinal Neman Service Fair</u> 7:30 am-3:00 pm in Newman Gym <i>*NAMI SC will be tabling at this event</i> <u>Tai Chi Class</u> 6 pm – 7:15 pm Santa Rosa	30 <u>Art Class</u> 2 pm – 3:30 pm <u>SSU Service & Internship Fair</u> Salazar Plaza, SSU Rohnert Park 11:00 am – 1:30 pm <i>*NAMI SC will be tabling at this event.</i>	31				

**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

Client Connection Support Groups

- ◆ Thursdays, 11:30 AM-1:30 PM at NAMI office
- ◆ Mondays, 1- 2:30 PM at 1360 N. McDowell Blvd., Petaluma
- ◆ 1st Wednesday of the month, 6:30-8 PM in Petaluma at 900 Hopper St.

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

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

*Sebastopol- 2nd Wednesday of the month or 1st Monday (family with school-age children) , 3-4:30 PM, located at 477 Petaluma Ave, Sebastopol 527-6655

*Sonoma- 1st Thursday of the month, 7:15-8:45 PM, located at 283 2nd Street East, Sonoma 996-2930



Upcoming Events

August 4th General Meeting at the NAMI office, 6 - 7 PM This month's speaker will be Dr. Gary Bravo, the Medical Director of Sonoma County Mental Health. Dr. Bravo will be available to answer any questions about mental health services.

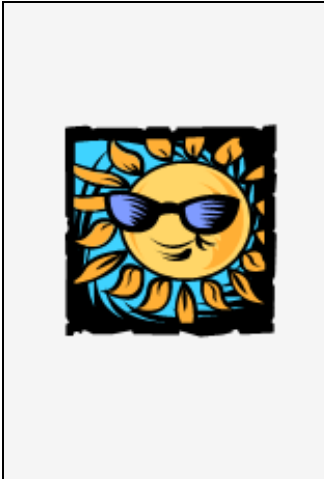
August 13th South Park Summer Day and Night Festival, at Martin Luther King Park, Santa Rosa, 2 pm - 11:30 pm *NAMI SC will be tabling at this event

August 19th-20th NAMI California Conference at Double Tree Hotel, Sacramento, California For more information on registration fees, scholarships, and to register online, please visit www.namicalifornia.org or call (916) 567-0163.

August 20th Neighborhood Summit Resource Fair at Finley Community Center, Santa Rosa, 12-1:30 pm *NAMI SC will be tabling at this event

August 30th SSU Service & Internship Fair at Salazar Plaza, SSU, Rohnert Park, 11:00 am - 1:30 pm *NAMI SC will be tabling at this event

September 13th Fall Family-to-Family Class at West County Community Services, 477 Petaluma Avenue Sebastopol, CA, 5:30 - 8:00 pm ongoing on Tuesdays for 12 weeks. Call 527-6655 to sign up.



*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.namisonomacounty.org