



April 2010

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.



NAMI Sonoma County was given the prestigious Jefferson award on March 16th.

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.

From the President



Doug Stephens

It is April already. What a successful first quarter it has been. In January and February Rosemary, Stephenie, Molin, Dave and myself went to testify before both our California Assembly and Senate committees. We stressed that raiding MHSA funds would not be a good idea for our state and our counties.

Our affiliate members shared personal moments and facts about ourselves and our family members. Our goal was to convince our legislators that putting MHSA (Prop 63) funds in jeopardy was a bad idea. We wanted to let them know that we cared about our friends and family members as well as all people living with mental health challenges.

Reports, we have received from Sacramento, indicate that we were successful in our efforts and the MHSA initiatives would not be on the ballot in June. The battle still looms. We need you to keep writing your state Assembly and Senate members and encourage them to preserve MHSA funding so that we

can all continue to provide the level of services we need to keep us all headed towards recovery.

We have received two grants from Sonoma County Mental Health to improve our infrastructure and continue our efforts to reach out to family members. Towards that end we have added Juana Dunlevy to our team. She is bi-lingual and will be a tremendous asset in reaching out to our Latino community.

Time to start thinking about your 2010 membership. If you have not joined, please do. Encourage your friends and relatives to join. NAMI Sonoma County is one of the fastest growing affiliates in the state. We are an effective voice in Sonoma County, our state and our county. We want to keep that momentum going.

Doug Stephens

Board President



NAMI Sonoma County Board of Directors:

- Doug Stephens (President)
- Molin Malicay (1st Vice President)
- Dave House (2nd Vice President)
- Peter Lloyd (Treasurer)
- Ron Shaw (Secretary)
- Corinne Muelrath (Past President)
- Courtney Puckett
- Richard Doran
- Esther Lemus
- Marlene Mahan
- Steve Bair

In Memoriam — Marilyn Burger

Former President of NAMI Sonoma County, Marilyn Burger, passed away on February 17th following a long battle with cancer. She was 88.

Marilynn joined NAMI after her son was diagnosed with schizophrenia in the early 1980's.

She helped produce the NAMI Sonoma County newsletter and developed informational guides for families on a variety of topics. One of which concerns what to do when a family member has been arrested,

which is still in use today.



Former President, Marilyn Burger.

Born in Breckinridge, Texas, in 1922, Marilyn lived in many areas of California before moving to Sebastopol in 1974.

While living in Sebastopol, she raised horses, managed

multiple rental properties and painted landscapes.

Marilynn is survived by her two sons, Greg and Roderick, her two daughters, Debra Willett and Lucinda Farnan, and three grandchildren.

We recognize the tremendous contribution that Marilyn made to a mentally healthier Sonoma County.

No service is planned at this time. Interested parties may contact the family at 851 Robinson Road, Sebastopol, CA 95472.

“She helped produce the NAMI Sonoma County Newsletter and developed informational guides for families on a

Welcome Juana Dunleavy to NAMI SC!

NAMI Sonoma County has created a bilingual position to reach the Spanish speaking population within the County, the position was offered to and accepted by Juana A. Dunleavy, whom will be the new bi-cultural Family Advocate for NAMI Sonoma County.

Juana was born in El Salvador, raised in several countries in South America, has lived on four continents, and has established residency in the United States. She went to college at Barry University, in Miami Shores Florida, a sister University of the Dominican University

of San Rafael, CA, where she earned a B.A. in

Humanities and Psychology and entered in a graduate program.

Her background helped her to understand what a multicultural, multilingual society entails. For that reason, she expressed her satisfaction in being part of NAMI, which respects all human beings and embraces a compassionate and strong advocacy for all those individual and families who still do not have a voice, regardless their natural origin, race, color or disabilities.

In Juana's own words: I am pleased to be able to be part of an organization as NAMI, I am looking forward to the challenges of reaching out to

the Latino Community of Sonoma County, which is in great need of help. I think that the Spanish speaking community has great representation with their leaders and community activists.

Nevertheless, in the mental health community there is a great deal of work to do, mainly, due to the cultural and linguistic barriers that exist among the most needy.



Juana Dunleavy



"The Jefferson Awards Program is a national recognition system designed to highlight public service in America."

NAMI Sonoma County receives Jefferson Award



Rosemary Milbrath, Executive Director and Molin Malicay, Vice-President of NAMI accepted the Jefferson Award for "Excellence in Community Leadership and Civic Engagement" from Valrie Brown, Chair County Board of supervisors. The award was given out on Tuesday, March 16th at the County Board of Supervisors Chambers. Rosemary spoke on behalf of NAMI citing collabora-

tion with the County and praising the many volunteers associated with NAMI

Jefferson Award Program is a national recognition system designed to highlight public service in America. It began in 1972 by Jacqueline Kennedy Onassis, US Senator Robert Taft, Jr., and San Beard, staff to Bobby Kennedy. Locally, the program was adopted by the Sonoma County Board of Supervisors and was designed to highlight the value of nonprofit organizations, boards, commissions and advisory bodies, as well as individual efforts for "Excellence in Community and Civic Engagement."

Each year the Board of Supervisors makes five (5) Jefferson Award selections and the 2010 honorees included: Angio Fazzi, Food For Thought, Goodwill Industries of the Redwood Empire, Kay Marquet and NAMI.

We are thankful for the many hours put in by staff, board and volunteers to make NAMI an effective tool in the community to improve the lives of individuals and families affected by mental illness.



Sun.	Mon.	Tue.	Wed.	Thur.	Fri.	Sat.
<h1>April 2010</h1> <h2>NAMI Sonoma County's Calendar of Events</h2>				<p>1 Client Connections 12pm-1pm</p> <p>Family Support Group 2pm-3:30pm, Santa Rosa</p> <p>Family Support Group 7:15 P.M.–8:45 P.M. Sonoma</p> <p>Family Support Group 6:00 P.M.-7:30 P.M. Petaluma</p>	2	3
<p>4</p>  <p>EASTER</p>	<p>5 Client Connections 12pm-1pm – Petaluma Blvd Apts</p>	<p>6 Art Class 2pm-3:30pm</p>	7	<p>8 Client Connections 12pm-1pm</p> <p>Family Support Group 2pm-3:30pm, Santa Rosa</p> <p>General Meeting Support Hour 5 – 6pm Meeting 6 – 8pm</p>	9	10
11	<p>12 Client Connections 12pm-1pm – Petaluma Blvd Apts</p>	<p>13 Art Class 2pm-3:30pm</p> <p>Family Support Group 7:00 P.M.–8:30P.M. San Rafael</p> <p>Community Relations 4pm-5pm</p> <p>Fund Development 5pm-6pm</p>	<p>14 Family Support Group 3:00 P.M.–4:30 P.M. Sebastopol</p>	<p>15 Client Connections 12pm-1pm</p> <p>Family Support Group 2pm-3:30pm, Santa Rosa</p> <p>Family Support Group 6:00 P.M.-7:30 P.M. Petaluma</p>	16	<p>17 NAMI SC Book Club 2 PM Rincon Valley Library</p>
18	<p>19 Client Connections 12pm-1pm – Petaluma Blvd Apts</p>	<p>20 Art Class 2pm-3:30pm</p>	21	<p>22 Client Connections 12pm-1pm</p> <p>Family Support Group 2pm-3:30pm, Santa Rosa</p> <p>NAMI SC Board Meeting 5pm</p>	23	24
25	<p>26 Client Connections 12pm-1pm – Petaluma Blvd Apts</p>	<p>27 Art Class 2pm-3:30pm</p> <p>Family Support Group 7:00 P.M.–8:30P.M. San Rafael</p>	28	29	30	

*All classes meet at the NAMI classroom, at the address below, unless otherwise noted. See next page for other location details.

Mental Health Resource Guide

Mental Health Services

NAMI Sonoma County 527-6655
1717 Yulupa Ave
Santa Rosa CA 95405
www.namisonomacounty.org

Resources, referrals, classes, support groups, for family members and for clients. Library, warmline; no-charge and no referral needed Monday-Friday, 9 AM-3 PM, with some evening classes.

Psychiatric Emergency Services (PES) 576-8181
3322 Chanate Rd
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 431-8234
Jewish Community Free Clinic 585-7780
Petaluma Health Center 559-7500
Russian River Health Center 869-2849
Santa Rosa Free Clinic 546-6479
Sonoma County Indian Health Project 521-4545
Southwest Health Center 547-2222
Sonoma Valley Health Center 939-6070

Client Centers/Clubhouses

Chanate Hall (County Mental Health client) 565-4900
Interlink Self-Help Center 546-4481
Russian River Empowerment Center 604-7264
Wellness and Advocacy Center 565-7800

Client/Consumer Classes

Chanate Hall (for clients of Sonoma County Mental Health) various classes and groups; for more info 565-4900

Clutterers Anonymous- for cluttering and hoarding disorder Flora 565-4850

DSLCL (Disability Services and Legal Center) Tools for Stability and Support led by Melva Freeman 528-2745

Depression/Bipolar Support Group 526-5126

Interlink Self-Help Center-Peer counseling, dual diagnosis, art and many other classes 546-4481

NAMI- Art: Tuesdays at 2 PM; client support group: Connections Thursdays at noon at the NAMI office

Recovery, Int. Self-help through Will training 823-5122

Russian River Empowerment Center - Peer led classes in wellness and creativity 604-7264

Smart Recovery - Self-help program to develop life management and recovery skills to overcome addictive behavior. Imagine full recovery without life-long meetings.
www.isrinc.org 415-223-3914

Wellness and Advocacy Center 565-7800
Many classes, groups, music jam, art, poetry, creative writing, activities for transitional age youth, and more. Some Spanish.

Family/Friends Help and Support

Borderline Personality Disorder Group (for friends and family members of a loved one with BPD) contact Diane Benedict at 526-3775

NAMI Warmline- 527-6655 Empathic listening, resources and referrals, 4 days weekly, 9-3 PM

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

Cloverdale- Facilitated by Harry Martin. For times and location 894-2535, or 894-4760.

Guerneville-Please contact the Empowerment Center at 604-7264 for more information.

Petaluma- 1st and 3rd Tuesdays, 6-7:30 PM, located at 151- 2nd Street in Petaluma. 410-7114

Santa Rosa- Every Thursday, from 2-3:30 PM located at the NAMI office, 1717 Yulupa Ave, Santa Rosa. 527-6655

Santa Rosa -Mondays 4:30-6 PM, 3333 Chanate Rd, client must be served by Sonoma County Mental Health. Focus on Dual Diagnosis. 565-4935

Sebastopol - 2nd Wednesday of every month, from 3-4:30 PM, located at 477 Petaluma Ave, in Sebastopol. 527-6655

Sonoma - 1st Thursday of every month, from 7:15-8:45 PM, located at 283 2nd Street East in Sonoma. 996-2930

Board elections article



Corinne Muelrath

My name is Corinne Muelrath. I have been on the board for two terms and would like to complete another term. I have served as the Board Secretary, President and am currently the immediate Past President. I have been instrumental in helping NAMI SC to obtain grants and funding, to expand collaboration with the schools, and to continue to implement our strategic plan. I am currently working on the NAMI Housing Project and would like to see the project through its fruition. Our goal is to purchase a home in Petaluma to provide independent housing to 4 veterans living with mental health challenges. As the Director of the North Coast Beginning Teacher Program, I have opportunities to provide the NAMI Board and Executive Director with educational perspectives. I will do my best to represent the family members and clients of Sonoma County as we all work together to improve support services, educational opportunities, and advocacy

I, Molin T. Malicay wish to be reconsidered for membership on the NAMI Board of Directors for the next term. I have served on the NAMI Board since 2007 and for this past term I also served as the Vice-President on the Board. I have just begun to fully understand the impact that NAMI makes in this community and I wish to remain a part of it. As CEO of the Indian Health Project, and as a Native myself, I feel I help bring a broader perspective to the Board. I have used my 40 years as a manager to help with NAMI business also.



Molin T. Malicay



Lieutenant Steve Bair

It is my desire to be confirmed as a board member to NAMI - Sonoma County. I have been in law enforcement for 28 years and have a lot of experience in the supervision and management of personnel and programs. In my current position as a Police Lieutenant, I management first line supervisors, sworn officers and civilian staff as well as manage programs and budgets. I feel my training and experience working with the community can benefit both law enforcement and NAMI. The Santa Rosa Police Department enjoys a collaborative relationship with NAMI and the mental health community.

Lieutenant Steve Bair
Santa Rosa Police Department
Field Services Division
Patrol Bureau



1717 Yulupa Ave. Santa Rosa CA 95405
 Phone: 707-527-6655
 E-mail: info@namisoco.org

2010 Ballot for NAMI Sonoma County Board of Directors

NAMI BOARD ELECTIONS TO BE HELD

Our annual election for Board Directors will be on **Thursday, May 27 at 5 PM at the NAMI classroom**. Directors agree to serve for two years. Serving on the Board is a significant commitment in terms of time and work for the organization. Running for re-election are Corinne Muelrath, Molin Malicay and Steve Bair. Please see their statements on the previous page. The ballot may be returned by mail or to our office by the date of the election. You may also write in the name of a candidate not listed below. If you are interested in joining the NAMI Board, please contact us.

Please Detach Here and Mail. Vote for up to three candidates.

Name	YES	NO
Corinne Muelrath		
Molin Malicay		
Steve Bair		

Your Nomination Here:

I am a member in good standing of NAMI Sonoma County and eligible to vote in the election.

Printed Name

Signature

Address, City, Zip

Phone Number and Email for Verification



**Connect with
NAMI of Sonoma County
At THE HUMAN RACE
Saturday, May 8**

**Registration opens at 6:30 AM
Walk/Run begins at 8:00 AM
Meet at the NAMI Table at 7:30 AM
Herbert Slater Middle School
3500 Sonoma Ave, Santa Rosa, 95405**

**Bring your family and friends and Come walk, run or just hang out with us.
Help increase mental health awareness in Sonoma County.**

**For more information please contact:
NAMI Sonoma County (707) 527-6655**

www.namisonomacounty.org

Human Race: www.humanracenow.org





Upcoming Events

Human Race 2010

April 8th GENERAL MEETING 6:00 pm (5:00 pm Support Hour) an Ask the Doctor Session with Dr. Michael Fraga, Clinical Psychologist; he will discuss the role of therapy and answer your questions about your own or loved one's therapeutic care.

April 17th NAMI SC BOOK CLUB 2:00 pm at Rincon Valley Library

May 8th HUMAN RACE REG: 6:30 am, RUN/WALK: Meet at 7:30 am at Herbert Slater Middle School, 3500 Sonoma Ave. Santa Rosa, CA 95405 www.humanracenow.org

California needs to protect and strengthen existing mental health services in local communities. We need to invest in proven, cost effective treatment and support for recovery.

*Thank you for
your support!*



RETURN SERVICE REQUESTED

NON-PROFIT
U.S. POSTAGE PAID
SANTA ROSA, CA
PERMIT NO. 229
DATED MATERIAL

1717 Yulupa Ave.
Santa Rosa CA 95405
707-527-6655
namisonomacounty.org