

## Welcome Members and Affiliates

We welcome your ideas for topics to cover, your feedback on issues that face consumers, families, and providers across the state. Contact us at [newsletter@namica.org](mailto:newsletter@namica.org).



## Announcing the Launch of the NAMI on Campus High School (NCHS) Club Trainings



Together with the Placer County Office of Education (PCOE) and the California Department of Education (CDE), NAMI California conducted 3 NAMI on Campus High School (NCHS) Club program trainings! This pilot round

of NCHS trainings was hosted by school districts located in Contra Costa County, Placer County, and San Bernardino County

NCHS Clubs are student-led clubs that raise mental health awareness and reduce stigma on campus through peer led activities and education. Student Leaders and Advisors took part in a full day of training that focused on the following:

- How NCHS can help to reduce stigma on campus
- The mission and goals of NCHS Clubs
- Ways students can get involved with bringing mental health awareness to campus
- How to talk about NCHS with other faculty, administrators, students and parents

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### NAMI California's Tree of Tribute Fiscal Year 2013-14



[Click here to honor a loved one.](#)

Each year many donors elect to give a gift in celebration of an

- How NCHS Clubs promote acceptance and teach ways for students to be supportive of others

Over 180 students from 15 high schools participated!



Thank you to all the local affiliates who were able to attend and observe! We also want to thank all the advisors and students who participated in the trainings and cannot wait to see how the club will make positive mental health improvements on high school campuses throughout California. We look forward to refining this program based on the pilot trainings and preparing a larger launch statewide in the future.

For more information on NCHS, please contact Kelly Boyles at [kelly@namica.org](mailto:kelly@namica.org).

**NAMI California is Making Headway for a January 2015 Goal to Launch a New Storyteller Program Designed for Diverse Audiences**



The program has

event, in honor of a special individual or in memory of a loved one. The Tree of Tribute formalizes this tradition by providing a lasting acknowledgement for individuals who are remembered, individuals who are honored or have an enduring record of a significant celebration.

Gifts of \$500 or more will be eligible for an engraved leaf on the Tree of Tribute or an engraved stone at the base of the tree.

- \$500 - Bronze leaf
- \$1,000 - Silver leaf
- \$2,000 - Gold leaf
- \$3,000 -- Small stone
- \$5,000 - Large stone



been designed for use with general audiences and a targeted attention to cultural responsiveness.

This transformational program is devoted to giving individuals an opportunity to learn about mental health conditions through an informative presentation, short videos and personal testimonies that represent a variety of cultures, beliefs, and values. Through guided facilitation, participants learn symptoms and indicators of mental illness and are given ideas about how to help themselves, friends or family members who may be in need of support through the lens of their own cultural experience.

For more information about the new storyteller program, please contact NAMI California's Community Engagement Department at (916) 567-0163 or [veronica@namica.org](mailto:veronica@namica.org).

### **NAMI Family Programs**



We have completed two trainings this fall and are looking forward to an exciting new year with lots of Family program trainings - which include Family to Family, Basics, and Family Support Group. This is a photo of our Spanish de Familia a Familia taken in October.

Here is a comment from a recent graduate of the Family to Family course: When I practiced just listening to my daughter instead of suggesting options for her to try, she thanked me for just listening and hugged me.

### **NAMI Peer Programs**

We are looking forward to filling the position of Peer Coordinator soon. In the meantime, several Peer to Peer trainings have been planned for Winter-Spring 2015.

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**Directing Change Contest  
Submission Deadline:  
February 1, 2015**



Students throughout California are invited to Direct Change by submitting 60-second films to spread awareness about suicide prevention and ending the silence associated with mental illness. The winning teams and their associated schools will win cash prizes, receive mental health or suicide prevention programs for their schools, get to participate in a meeting with state legislators on these topics, and attend the award ceremony at the end of the 2014-15 school year. Directing Change is part of statewide efforts to prevent suicide, reduce stigma and discrimination related to mental illness, and to promote the mental health and wellness of students. These initiatives are funded by the voter-approved Mental Health Services Act (Prop 63) and administered by the California Mental Health Services Authority (CalMHSA).

NAMI California is excited to announce the expansion of the education and training component of The Directing Change Student Film Contest! This year, Directing Change is offering an Ending the Silence presentation and suicide prevention programs to students who intend on submitting entries into the contest. There are also additional resources for participants, parents and school advisors. The Directing Change Team will be offering a monthly newsletter to keep participants up-to-date with all developments about the contest and various mental health and suicide prevention topics through articles, educational videos, and current events. Educational films that discuss various mental health and suicide prevention topics will also be released for

participants on a monthly basis. The films can be used to provide more information to students and teachers to help inspire the film-making process! Check out the October films about the Mental Health Continuum, mental illness, and stigma:

<http://www.directingchange.org/education-videos/>

To subscribe to The Advocate: Directing Change newsletter, please visit

<http://www.directingchange.org/newsletter/>

Visit the campaign website for contest rules and information: [www.directingchange.org](http://www.directingchange.org).

Submission Deadlines: February 1, 2015.

Have questions about Directing Change? Contact Lauren Hee at [lauren@namica.org](mailto:lauren@namica.org) or 916-567-0163.

## Meet Our Staff: Alinee



Alinee G. Rodriguez was born in Salinas, Ca. She is Mexican-American and has one younger sister. Alinee graduated from the University of the Pacific in May 2014 with a B.A. in Sociology and Spanish. During college, she was very involved in clubs, organizations, and did a lot of community service.

Her involvement

included being a member of LULAC, MEChA, Embajadora, a sister of Gamma Alpha Omega Sorority Inc., a member of Sigma Delta Pi Professional Spanish Fraternity and Phi Alpha Delta Professional Pre-Law fraternity. During college, Alinee began a passion for helping others and promoting the importance of receiving a higher education. Alinee plans to apply for a Social Work Master's program but in the meantime, wants to work and gain work force experience. Upon graduation, Alinee applied for a position at NAMI California and began working here shortly after. Alinee enjoys the welcoming and friendly environment NAMI CA staff has and feels truly blessed to be working with them.

Alinee also enjoys hiking, camping, seeking new adventures, taking care of my niece, trying out new foods and traveling.

## **Parity in Mental Health "Don't Take No For An Answer"**



Historically, insurance companies and health care services plans have not provided equal coverage between physical health and mental health and substance

abuse disorders. For people needing mental health treatment, there are fewer services, more restrictions on those services, and greater costs, both monetarily and for mental health wellness and recovery. Federal and state laws require insurance companies to provide mental health and substance use abuse benefits at the same level as physical health benefits. Few

people are aware of these laws or how to advocate for equal coverage, and as a result do not get what they need.

Through funding from CalMHSAs Stigma and Discrimination Reduction (SDR) Project, Disability Rights California trains on mental health parity laws and equips participants with tools and strategies to advocate for mental health and substance use abuse care. We can discuss individual mental health parity issues, provide counsel and advice, provide help filing complaints and in select cases raising systemic issues provide direct representation.

If you are interested in learning more about the project or want a training for your local NAMI chapter, please contact:

Robyn Gantsweg, CalMHSAs SDR Project Coordinator and Senior Coordinator of Disability Rights California's Peer/Self-Advocacy Program  
Phone: (213) 213-8134  
Email: [robyn.gantsweg@disabilityrightsca.org](mailto:robyn.gantsweg@disabilityrightsca.org)

Laura Reich, lead Mental Health Parity Training Coordinator and Disability Rights California Attorney  
Phone: (916) 504-5800  
Email: [laura.reich@disabilityrightsca.org](mailto:laura.reich@disabilityrightsca.org)

Disability Rights California is funded by a variety of sources, for a complete list of funders, go to this [link](#).

The California Mental Health Services Authority (CalMHSAs) is an organization of county governments working to improve mental health outcomes for individuals, families and communities. Prevention and Early Intervention programs implemented by CalMHSAs are funded by counties through the voter-approved Mental Health Services Act (Prop 63). Prop. 63

provides the funding and framework needed to expand mental health services to previously under-served populations and all of California's diverse communities.

## Our Sponsors

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### Contact Information

[newsletter@namicalifornia.org](mailto:newsletter@namicalifornia.org)

or call NAMI California

(916) 567-0163

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