MESSAGE FROM YOUR PRESIDENT

S
pring has arrived early in Visalia. Global warming is a reality with warm days starting in February instead of April! Although I am enjoying the beautiful days, the yard work comes earlier each year. Your NAMI California Board of Directors has been working diligently since October 2007 to implement the Strategic Plan 2007-2010, approved by the membership in 2006. We have reorganized our Board Committees, following NAMI National's lead, to implement the Strategic Plan. We have instituted monthly teleconferences for all 10 committees, as well as face to face committee meetings at quarterly Board meetings in our Sacramento office.

Our policy committees (Adult, Children, Consumer and MHSA) are assiduously crafting the NAMI California Public Policy Platform, which will be presented to all affiliates shortly for comment, before approval by your Board of Directors. The new Policy Platform will guide NAMI California and its affiliates in making decisions about public and educational efforts to advocate for the NAMI philosophy. It is important that all our members and the public be aware of the principles and policies that are the basis of our advocacy for consumers and their families. (Continued on page 2)

A Preview of the Annual Conference's Featured Speaker

I am grateful to have this opportunity to chat with you prior to the next NAMI California conference. I had the privilege of speaking at the southern NAMI conference last year, and am delighted that you've invited me back for the conference in the northern part of the state. Since then, I've had opportunities to learn more about recovery and resilience, and I'll be sharing what I've learned with you.

In the plenary session, I'll be telling you the story of how our company, Recovery Innovations, headquartered in Arizona, has transformed into a recovery organization. The road to transformation can be a bumpy one, and we aren't entirely there yet, but we learned a lot along the way. I'll include information on both our successes and our mistakes, hoping this will contribute to making your path not quite as bumpy. I'll also add in the things we've learned since last year so you'll get the latest update on our progress. Then, once we're up to speed, I'll share with you some ways you can begin to influence your own community to move deeper into recovery practices. I know it's easy for all of us to feel helpless and hopeless and powerless to change things sometimes. But we just can't buy into that: the only way things will change is if we all keep pushing. (Continued on page 2)

-Lori Ashcraft, and Emily
All of our committees are reviewing the Strategic Plan Goals that the Board assigned to them. Each one has prioritized its goals and is developing a work plan for the top two or three goals. Every committee writes a quarterly progress report on each goal assigned to it, so that the NAMI California Board of Directors can evaluate the progress being made on our Strategic Plan. Look for early results at the Presidents and Officers Leadership Institute at our 2008 NAMI California Annual Conference.

Many NAMI California members have attended one of our regional Criminal Justice Mental Health Community Collaboration Projects chaired by Sharon Roth. Our last project takes place in Redding in April 2008. We have sparked great interest in community projects such as Crisis Intervention Training for police officers, Mental Health Courts, and Laura’s Law implementation, among many others. More importantly, lasting collaborative relationships have been established between NAMI affiliates and their county law enforcement, public defenders, district attorneys, probation, and mental health personnel as well as county and city elected officials.

Another benefit of the collaboration project was NAMI California’s attendance at the Judicial Council of California’s July 2007 meeting. My appointment to the Council’s Collaborative Justice Court Advisory Committee by Ronald M. George, Chief Justice of the Supreme Court and Chair of the Judicial Council of California, followed in October.

The Judicial Council is the administrative office of the California Courts. The Collaborative Justice Court Advisory Committee makes recommendations for improving the processing of cases in drug courts, mental health courts, domestic violence courts, youth peer courts and other community-based courts.

My first meeting this past February was exciting since I was able to participate in the start of the three-year strategic planning for our committee to help implement the Strategic Plan for the Judicial Branch 2006–2012. This past month, NAMI California members Mark Gale and Swapna Jain were appointed to the Judicial Council’s Task Force for Criminal Justice Collaboration on Mental Health Issues (see page 8). Sharon Roth has been recently appointed to the “Re-entry Facilities” committee of the California Department of Corrections and Rehabilitation (CDCR).

I believe that our appointments have raised NAMI California’s status to facilitate our advocacy to help mentally ill consumers involved in the criminal justice system. Hopefully we can begin to turn the tide of one of the greatest travesties that our society has perpetrated on some of its most ill members. However, this is just a beginning. We need the help of all our members to stop this discrimination that places our family members behind bars instead of in appropriate treatment settings!

— Ralph E. Nelson Jr., MD, NAMI California Board President

A Preview of the Annual Conference’s Featured Speaker (Continued from page 1)

Last year at the conference, I conducted a workshop on Recovery Coaching. I’ve developed this coaching approach as a way of putting recovery and resilience into action. It’s easy to talk about things like empowerment, hope, and recovery culture, but how do you do it? How do you actually put it into action in a meaningful way that begins to create an inspiring space where people can start their recovery journey? Well, that was the challenge I was faced with over and over again when people would say to me, “I love what you’re saying, but how do you do it?”

Recovery Coaching filled the bill, because it gives everyone a way of being and communicating that moves the healing process forward. I’ll be sharing this information again, and adding a related topic very near to my nerve center — recovery planning. I developed recovery planning as an alternative to the traditional approach of all those individual service/treatment plans that often get filed away without anyone reading them or knowing what’s in them.

I hope to leave you with some good ideas about how to become an active player in the treatment planning process, whether you are a person on the road to recovery or a family member.

When I spoke at your conference last year, I was just putting the finishing touches on a series of web-based recovery training modules for Magellan healthcare. I learned a lot about the power of the web and technology and how effective it can be to disseminate information in ways that are fun and interesting. I wanted to do more of this, and have just recently finished a short web training on Organizational Recovery which is on our website at www.recoveryopportunity.com. There is no charge for taking this class, and I hope it’s fun and easy. So if you want to learn more about how organizations can take steps toward transformation, give it a try! Looking forward to seeing you soon!

— Lori Ashcraft
got directors & officers insurance?
got liability insurance?

The headline sounds like the “Got Milk?” ad, and invites awful plays on language. Your board could get milked, or be headed for udder disaster! But this is no laughing matter if your affiliate is hit with a claim.

Directors & Officers Insurance:
If your affiliate does not have Directors & Officers (D&O) insurance and liability insurance — particularly if you are offering NAMI signature programs such as Family to Family, Peer to Peer, support groups, etc. — you should investigate the need for this type of insurance to protect your affiliate and its board of directors from possible lawsuits.

D&O insurance protects against a breach of “duty” by the directors and officers; it pays for actual or alleged “wrongful acts.” While each insurer defines coverage in its own way, generally D&O coverage includes any actual or alleged act or omission, error, misstatement, misleading statement, neglect or breach of duty by an insured person in the discharge of his or her duties. Examples of D&O claims include: employment-related issues such as discrimination, harassment, and wrongful termination; failure to provide services; and mismanagement of assets. D&O does not pay for bodily injury or property damage. General liability is needed to cover those types of claims.

Volunteer service is no defense for improper acts. Non-profit organizations likely have the most vulnerable corporate structure because, unlike public and private companies, non-profits do not have easy access to capital to protect the board or officers against a claim. Directors and officers for non-profits volunteer to give guidance and direction to the organization and many do not realize they have exposure to a claim made against them. With non-profit management liability in place, the directors and officers can make decisions and help the non-profit fulfill its goals and objectives without fear of personal financial disaster.

It is imperative that, when researching D&O insurance, you compare the coverage. These policies can vary widely and some have exclusions that you want to avoid — such as the “Failure to Provide Insurance Exclusion,” which translates to removing coverage for suits by alleging that you did not buy the right insurance or enough insurance. When shopping for a policy, there are three major items to keep in mind: who is covered and who is not, i.e., volunteers, staff, the entity itself; what types of lawsuits are excluded from coverage; and what is the rating and payment history of the underwriter. Many D&O policies exclude employment-related claims (which are the majority of claims brought against a board). Never sign on with a company whose rating is less than “A.”

General Liability Insurance:
You need this insurance, particularly if you own or rent a physical space. This covers your affiliate if individuals fall and injure themselves. It is appropriate to add employees and board members as additional insured under this coverage. You should also add non-owned auto coverage, which protects the affiliate when an employee is driving a family car for business reasons, or rents a car. Some affiliates use churches and other facilities to hold meetings. Many of those facilities require liability insurance coverage.

Affiliates have asked if NAMI California or NAMI National can provide an umbrella insurance policy. We have checked on this and learned that no insurance company will provide this type of coverage because our affiliates are separate 501(c)3’s and are not controlled by NAMI California or National. We encourage all affiliates without D&O and liability to investigate the possibility of purchasing this insurance to cover your boards and your organization. You could compare pricing and coverage with the NAMI California’s carriers:

D&O
All-Cal Insurance
Joe Esparza or Mike Esparza
Phone: 916-784-9070
Toll Free: 800-841-1776
Fax: 916-784-0158
Email: acr@all-calinsurance.com

General Liability
AON Association Services – A Division of Affinity Insurance Services
Michelle Evans
800-453-5191x398
Fax: 847-953-2670
Email: michelle_evans@aon.com

— Grace McAndrews, Executive Director
From the Board

NAMI California Board of Directors met in Sacramento on Friday, February 1, for a two-day meeting, and started out with our Board assignments. Each Board member is assigned to one of three Policy Committees — Adult, Children's, Youth and MHSA.

The Board of Directors then broke into the Planning Committees. Some of those Committees include Education and Information, Membership, Affiliate Liaison and Diversity, Infrastructure, Fiscal, Audit, Development, Governance, Consumer Affairs, Conference and Government Affairs. Many of these Committees are developing Advisory Pool applications; we encourage you to fill them out and join us on our advisory committees.

NAMI California is a working Board and we want to hear your opinions. One of many areas we are focusing on is affiliate relations. We encourage affiliates to apply for MHSA monies for educational programs, and are working on tool kits to help affiliates do so.

We also encourage you to come to the NAMI California 2008 Annual Conference in August, whose theme is "Celebrating Recovery." We are very excited about our speakers and would love to see you there. Lori Ashcraft from "Recovery Innovations" will be our keynote speaker.

The Annual Conference is in Burlingame on August 22 and 23. There are scholarships available for consumers, so be sure to apply early. We are encouraging mental health departments to send consumers to the Conference, so please encourage your department to do so also. There is also a full day of speakers for Spanish-speaking families and consumers. The NAMI California Annual Conference application is available on our website, so please pass this on to your counties.

MHSA has many possibilities for families and consumers. Recovery is happening all over California! Please join us in August and experience this first hand.

— Brenda Scott, Member, NAMI California Board of Director

NAMI California Seeks Board Nominations

Nominations are being accepted for the NAMI California Board of Directors. To be eligible, you must be a dues-paying member of a local NAMI affiliate and must be endorsed by that affiliate. Up to 25 percent of Board members may be persons, other than consumers or family members, who have an interest in NAMI California issues and have strengths that the organization needs. It is preferred, but not required, that these individuals have local NAMI endorsement. Board members must be NAMI California members.

All nominees must submit a brief résumé outlining their qualifications, with a statement signed by them indicating their willingness to serve. Four board positions are open with terms of office of three years. A director may serve two full consecutive terms. The deadline to submit applications is May 5, 2008.

For an application, please email, call 916-567-0163, or write to NAMI California, 1010 Hurley Way, Suite #195 Sacramento, CA 95825.

Want to be a member of NAMI California?
Give us a call at 916-567-0163.
In January, the Legislature began submitting new bills, and also held hearings on the Governor's proposed budget revisions to be effective January 1 to June 30, 2008. Subsequently, the Legislature acted on the budget, with some major revisions to the Governor's proposals.

The Governor’s proposed budget cuts included a number of items of interest to NAMI California, on which we submitted position papers and attended hearings. For example, the Governor proposed that many "optional" Medi-Cal benefits be deleted from coverage or significantly modified, that implementation of the state SSI COLA be deferred, and that the reimbursement rate for providers be cut.

"Optional" Medi-Cal benefits are those that the federal government does not require be included within Medicaid/Medi-Cal, but that the state previously elected to provide. These include dental coverage, psychology, vision care, and other coverages that are required — not optional — from the standpoint of the individual's healthcare. Thankfully, the budget finally worked out with the Legislature did not include the proposed cuts in these optional benefits.

Delaying the state SSI COLA has been proposed on numerous occasions by the Governor, with resulting hardship for those on SSI and for whom every dollar counts. The final budget did include a delay until October 2008 of the state SSI COLA. It is more than unfortunate that politicians continue to use state COLA as a method to "balance" the budget.

The last major item of interest was the Governor’s proposed 10 percent cut in the reimbursement rate for providers, which was adopted. Medi-Cal's reimbursement rates already are extremely low, and further cuts were of major concern because they push more providers out of Medi-Cal and reduce access to care. The Legislative Analyst Office’s evaluation of the proposed reimbursement cuts agreed they would reduce access, but its analysis and conclusions were not accepted by the Legislature. The cuts were made effective July 1, 2008. The above proposed cuts are being raised again for the July 1, 2008, budget and we are working on these issues.

Many of the new bills are of interest, and we will be analyzing and drafting position papers to submit to the author and the pertinent Assembly and Senate committees.

Examples include SB 1651 (mental health courts), AB 1887 (parity), SB 1606 (assisted outpatient treatment), SB 1243 (mentally disordered offenders), SB 1470 (homeless prevention program), SB 1427 (prescription rights for psychologists), and AB 1945 (changes in Knox Keene Act affecting health plans). Completed position papers appear on NAMI California’s website, and I encourage all of you to check it periodically.

These NAMI California members of the Government Affairs Committee work on bills, and their time and efforts are much appreciated: Frances Tibbits, Vice-Chair; Mark Gale, Bob Von Bargen, Bettie Reinhardt, Mike Shepard, and Paul Cumming. We encourage those of you who are interested in participating in the legislative workgroup to contact the NAMI California office for a committee application form. The contributions of others NAMI California members would be an invaluable addition to our legislative efforts.

--- Karen H. Henry, JD
Government Affairs Chair
NAMI California
THANKS the following for their very generous contributions of $500 or more.

Patron: $2,500-$4,999
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Tustin, CA
Sieg and Doris Fischer
Fresno, CA
Wayne and Susan Nelson
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Theodore Jones and Tehya Kopp
Bethesda, MD

We are Grateful for Your Support
On behalf of the NAMI California Board of Directors, thanks to: NAMI San Jacinto for sharing $3,872.22 of your 2007 Walk funds with NAMI California. NAMI San Diego for sharing $4,256.88 of your 2007 Walk funds with NAMI California.
Pre-Conference Activities:
The Affiliate Leaders and Presidents Council Meeting will be held on Thursday, August 21, 2008.

Conference:
Early Registration opens Thursday, August 1, from 9-8:00
Registration opens Friday, August 22 at 8:00 a.m. Conference begins Friday, August 22 at 8:30 a.m. and closes Saturday, August 23 at 4:30 p.m.

Consumer Forum:
A consumer forum will be held on Friday, August 22 at 12:00 noon. If you are a consumer, and would like to participate in the forum, you must pre-register. See consumer registration below.

Accommodations:
Please make your hotel reservations by calling 888-298-9290 Ask for the specially negotiated rate of $100 (single, double, triple or quad). This special rate is good from February 11, 2008 thru August 13, 2008. Cut off date for this rate is August 13, 2008. NAMI California cannot guarantee rooms beyond the number that have been reserved in our block, so book now! Hotel directions will be sent with confirmation of registration.

Shuttle Service and Parking:
Complimentary hotel shuttle service is available from the San Francisco Airport to the San Francisco Airport Marriott. Self parking at the hotel is $9 per day.

Exhibitors Welcome:
Exhibitors may rent tables for the NAMI California Annual Conference 2008. For forms and details please contact Catherine Isidro at catherine.isidro@namicalifornia.org or 916-567-0163.

Consumer Scholarships:
NAMI California encourages affiliates to offer consumers a scholarship to attend the NAMI California Conference. A limited number of consumer scholarships will be awarded by NAMI California and will be awarded on a first come, first served basis. Please contact Catherine Isidro at catherine.isidro@namicalifornia.org or 916-567-0163 for an application.

CONTINUING EDUCATION UNITS AVAILABLE

REGISTRATION FEES INCLUDING MEAL(S)

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<tr>
<th>Early Bird Special</th>
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<tr>
<td>2-Day Rate: $185/person</td>
<td>1-Day Rate: Fri, Sat $100/person</td>
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<td>2-Day Rate: $180/person</td>
<td>1-Day Rate: Fri, Sat $115/person</td>
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On-Site Registration (No meal guarantee):

| 2-Day Rate: $190/person | 1-Day Rate: Fri, Sat $125/person |

Consumer Registration:

| 2-Day Rate: $110/person | 1-Day Rate: Fri, Sat $70/person |

I will attend the consumer forum
I will not attend the consumer forum

Spanish Language Session

| Saturday, August 23, 2008: |
| 9:00 a.m. – 4:30 p.m. |
| 1-Day Rate: Fri, $100/person |

Cut-off Day: Deadline for receiving Registrations in our office is the 15th of August.

Cancellation Policy: A $35 cancellation fee to cover operating expenses will be charged to those who register, but cannot attend. To cancel, you must notify the NAMI California office in writing no later than July 18, 2008. No refunds will be made after this date.

Returned check Policy: A processing fee of $30 will be assessed for any returned checks due to insufficient funds.

NAMI California Annual Conference 2008 Registration Form:

Register Today to Get the Early Bird Rate!

Copy this form and use one for each individual registration (please print clearly)

| Name: ____________________________ |
| Address: ____________________________ |
| City, State, Zip: ____________________________ |
| Phone: ____________________________ Email: ____________________________ |
| NAMI Affiliate: ____________________________ |

MEALS:

Friday lunch will be on your own.

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NAMI California Conference Consumer Scholarship Donation: $

PAYMENT (Zip Code must be provided above for all credit card payments):

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Make check payable to NAMI California – Conference 2008

Mail to:
NAMI California
1010 Hurley Way, Suite 195
Sacramento, CA 95825
Phone: 916-567-0163 Fax: 916-567-1757
Two NAMI Members Join the Judicial Council’s Task Force for Criminal Justice Collaboration

NAMI Sacramento member Swapna Jain and NAMI California Board Member Mark Gale have been appointed by Ron George, Chief Justice of the California Supreme Court and Chair of the Judicial Council, to the Judicial Council’s Task Force for Criminal Justice Collaboration on Mental Health Issues.

According to the Chief Justice:

“The task force is charged with developing recommendations to policymakers, including the Judicial Council and its advisory committees, to improve systemwide responses to mentally ill offenders and to develop an action plan to implement the recommendations. The purpose of the task force is to work toward improving the response of the criminal justice system for mentally ill offenders by promoting interbranch collaboration at the state level and interagency collaboration at the local level. In addition, the task force will focus on improving practices and procedures in cases involving adult and juvenile mentally ill offenders, ensuring the fair and expeditious administration of justice, and promoting improved access to treatment for litigants in the criminal justice system.”

We are honored to serve our state and represent NAMI California.

— Mark Gale, NAMI California Board Member