NAMI CALIFORNIA ANNUAL CONFERENCE 2008

"Celebrating Recovery"
30th Anniversary

August 22 & 23, 2008
Burlingame, California
THAT VOICE IN THE WILDERNESS IS LAUGHING

Comedian Brian Wetzel Named Keynote Speaker at NAMI California's Annual Conference

Brian Wetzel was a professional stand-up comedian and speaker whose career and personal life were absorbed by his twenty-year struggle with clinical depression. In 1995, Wetzel did a ten-state stand-up comedy tour, working alongside with comedians like George Lopez and Mark Lundholm.

He also has twenty years of experience planning and leading regional camps, conferences, and retreats for junior and senior high school youth and adults. He has been a keynote speaker and has lectured on a wide range of issues and topics, including public safety, personal responsibility, social justice, and personal growth. His main objective: to help erase some of the stigma surrounding clinical depression.

Since September of 2004, Wetzel has been touring the Western United States with his autobiographical one-man show, "Side by Side: A Journey with Depression -- a funny look at survival." Since debuting in September 2004 to sold-out shows in Northern California at the Sebastopol Center for the Arts, "Side by Side" has played in venues as diverse as Stanford University and Napa State Hospital.

Bringing his sense of humor and experiences together, Wetzel takes his audience on a unique journey of laughter, painful truth and, finally, hope. By walking side-by-side with the affliction, he finds a way to keep surviving, keep learning, and keep living. When Brian’s not on the road he’s an avid fan of classic Hollywood and a cappella harmony.

BIPOLAR AND OTHER MOOD DISORDERS

Po W. Wang, M.D., is a Clinical Associate Professor of Psychiatry and Behavioral Sciences at Stanford University School of Medicine, Bipolar Disorders Clinic, where he has an active clinical practice specializing in helping patients with bipolar disorder with evidenced-based clinical care and under clinical research protocols. His research focuses on understanding the brain pathways in mood disorders, with the ultimate goal of understanding the underlying causes of these disabling illnesses and to reach toward a goal of guiding treatment response.

Dr. Wang completed his medical education at Washington University in St. Louis, where he started work in volumetric brain imaging in major depression. He came to Stanford University for his psychiatric residency training, served as Chief Resident, and then completed a research fellowship with Dr. Terence Ketter in the Stanford Bipolar Disorders Clinic. He has published or presented more than 75 manuscripts and abstracts on brain imaging and the treatment of bipolar disorders. He also has a small clinical practice in Palo Alto.

RE-ENVISIONING PSYCHOSIS

Demian Rose, M.D., PhD, is Assistant Professor and Health Sciences Clinical Instructor at the University of California at San Francisco. Since 2006, Dr. Rose has been medical director of the Prodrome Assessment Research and Treatment (PART) Program at UCSF, with a focus on adolescents and young adults at high risk for serious mental illnesses associated with psychosis.

Dr. Rose completed his M.D. and PhD in cell biology at the University of Illinois, and then he completed psychiatry training at UCSF, where he became interested in the neuroscience of schizophrenia and other psychotic disorders. He divides his UCSF roles among clinical, research, and educational.

His talk will cover historical definitions of psychosis and lead to a discussion on how new scientific theories are changing medicine’s approach to treatment.
JOIN US FOR AN EVENING OF GREAT FOOD AND A SNEAK PREVIEW

The 2009 PBS show on the founding of NAMI!

When Medicine Got It Wrong
-- a new documentary by Katie Cadigan & Laura Murray

When Medicine Got It Wrong is the groundbreaking story of loving parents who rocked the halls of psychiatry, changing how we understand schizophrenia. In the 1970s, parents rebelled against then-popular psychiatric theories blaming schizophrenia on bad parenting. Their activism helped revolutionize treatment forever and their stories reveal the origins of the tragic state of mental health care today.

Parents of Adult Schizophrenics waged their battles in an era when mental hospitals were shutting down and the most severely ill patients were turned over to the promise of community care. Yet that community care rarely materialized.

When Medicine Got It Wrong shows how these families launched one of the fastest growing grassroots movements the nation had seen to date, ushering in an era of dramatic advances in understanding, treatment, and brain research.

Medicine now knows that recovery is possible, and happens for the vast majority who receive treatment. Most communities, however, still wrestle with mental health care policies based on debunked theories from the 1960's and 70's - pushing many with severe mental illness directly into homelessness or incarceration.

A co-production with KQED and directed by Katie Cadigan & Laura Murray, makers HBO/Cinemax documentary People Say I'm Crazy.
WORKSHOPS – Friday, August 22, 2008 3:20 pm – 5:00 pm

Frugal Living with Major Mental Illness

Maintaining the key elements that contribute to recovery from mental illness need not cost as much as you think. This interactive presentation is led by Deborah Michelle Sanders, author of the forthcoming book, Frugal Living with Mental Illness: Spiritual, Medical, and Recovery Aspects. She is the author of the print newsletter and blog, Thrift with Flair. As a consumer, she has experienced and overcome many of the challenges covered in this engaging presentation.

NAMI Kern County’s Front Line

Front Line is a collaborative, educational outreach conference and network of support for the community, veterans, and their loved ones. Discover how to implement a vital service for veterans in your own community that helps service members to transition to civilian life. Presentation is lead by Russ Sempell, President of NAMI-Kern County and Patrice Maniaci, FRONT LINE co-founder and PTSD survivor.

Friends in the Lobby: A NAMI Help Desk in a Hospital Setting

Visitors to Barbara Arons Pavilion, an acute psychiatric hospital in Santa Clara County, are greeted by NAMI members and are offered support. Learn about planning, training, and staffing operations to help you create this well-received program in your own community. Family members and consumers who coordinate and staff the Santa Clara desk will share their experiences and hand out planning tools, scheduling tips, and training materials.

Special Needs Trusts – Beyond Public Benefits

Special Needs Trusts can do much more than preserve public benefits like SSI and Medi-Cal. In this presentation, learn the management options open to families, including those provided by professional care managers. Learn how to structure a trust with consumer incentives to encourage sobriety, consistent treatment, and rewards for gaining employment. Discussion is lead by attorney Stephen W. Dale.

Mood Management Strategies for Clients with Bipolar Disorder and Their Families

This workshop presents an evidence-based psycho-educational approach for clients with bipolar disorder and designated care givers. Learn how to monitor specific changes in thinking and behavior that precede manic and depressive episodes and to develop more effective coping strategies. Audience participation is encouraged. Understand how treatment fits into a recovery-based model.

Mindful Eating and Weight Control: Lowering Your Risk of Weight Gain

Atypical antipsychotic drugs can cause weight gain in consumers known as metabolic syndrome. Weight gain can increase risks for diseases like diabetes. Learn how to improve your health by monitoring your weight and by learning eating skills. This workshop teaches the concepts of Mindful Eating so participants can control their weight.
“What is Social Security and 5 Ways to Enter the World of Medi-Cal”

Participants will gain a greater understanding of Social Security and the means by which individuals can gain access to Medi-Cal benefits programs. It is not uncommon that local Medi-Cal workers will not know the range of programs available to persons with mental health disabilities. The discussion is lead by Daniel Fortuno, President and CEO of the Benefits Education Center, San Francisco.

Writing the Darkness: Easing your Depression with Paper and Pen

Participants will learn that science, authors and consumers have found that creative writing can help ease symptoms of depression and other mental illnesses. Together, they will experience two gentle creative writing exercises, and participants will learn how to continue to write for health and enjoyment.

Providing Evidence-Based Best Practice in the Community

Join a diverse panel comprised of a psychiatrist, psychologist, social worker, family member, and program administrator as they discuss—and demonstrate—evidence-based best practices in dealing with unique challenges presented by persons with refractory mental illness. The goal is to help persons understand that recovery is possible.

Consumer Leadership Institute – Friday, August 22 Noon – 4 pm

Recovery Through Advocacy

Utilizing Collaboration and Information to Empower Consumers

The forum will provide resource materials and action plans to help members use information and collaborative methods to inform consumer advocacy and recovery. Participants will help create the consumer-recovery link on the NAMI California website. The link will go live at the end of the forum, demonstrating real-time use of collaboration and information.

Forum leader Keris Jän Myrick has been a 7-year member of NAMI San Gabriel Valley, served on its board for over 4 years, and is current vice-president. She is a Peer-To-Peer Mentor and an In-Our-Voice presenter/trainer. She has worked for more than 15 years in higher education administration. In addition, she has created and co-facilitated a Peer Run art club as well as a marketing and evaluation plan for NAMI San Gabriel Valley. Keris currently serves on the NAMI CA Board of Directors.

Registration is required to attend this event. Please see the conference registration form for details.
Bienvenida y Orientación
Juan Pérez, Vice Presidente de NAMI del Condado de Santa Clara

Discurso de NAMI California

Enfermedades Mentales, Retos, Esperanza, y Recuperación
Tomas E. Martínez Ph.D. El Dr. Martínez es un profesor de Psicología Titulado de la Escuela de Educación y Psicología, y del Seaver College, Pepperdine University, Malibu, Ca. El Dr. Martínez ha dado consulta en psicología por más de 20 años en El Centro de Amistad Inc., una organización no lucrativa basada en la comunidad y sirviendo a los pobres del Valle de San Fernando.

Vigilando los Medicamentos, Nuevos Tratamientos y Respuestas
Examinar y revisar los medicamentos, nuevos tratamientos, sus resultados, y respuestas a sus preguntas.

Celia Moreno, M.D. la Dra. Moreno es la Directora Medico de Servicios de Salud Mental del Condado de San Mateo, ella guía los servicios clínicos y médicos, recibió el premio Psychiatric Residency Program. La Dra. Moreno fue graduada en la University de California (U.C.S.F) y Stanford University. Ella tiene una gran experiencia en servicios psiquiátricos de emergencia y tratamiento de adultos, jóvenes y mujeres.

De Persona a Persona, el programa que si trabaja bien
Vea como, comprendiéndose a si mismo, sus metas y su enfermedad le ayudara en el camino a la recuperación

Rodrigo Pérez, Patricia Espinosa, Juan Castro, Mentores

Reconocimientos y Lunch

NAMI Nacional, Metas, Programas, Reporte Sobre la Competencia Cultural, Auto Evaluación del Programa, y Planes Futuros
MaJose Carrasco es la Directora de Outreach NAMI Multicultural y del Centro Internacional Outreach. Como Directora de Outreach, Maria Jose organizó el primer NAMI's Latino Leadership Symposium, es co-autora de NAMI's Latino Outreach Research Manual, está dirigiendo la campaña NAMI's National Latino Outreach, y está desarrollando relaciones efectivas y alianzas con otras organizaciones que apoyan agencias de salud latinas.

MHSA del Condado de Santa Clara de Alcance Familiar y Programa de Compromiso, y Programa de Santa Clara Latino NAMI, y Comité Consejero Cultural de la Comunidad.

Vengan a aprender un programa emocionante y de colaboración con alcance a la comunidad que beneficia a todos!

Maria Fuentes, LCSW Especialista Étnica de Servicios de Población, Departamento de Salud Mental del Condado de Santa Clara. Juan Pérez, Vice Presidente de NAMI del Condado de Santa Clara, Amparo Muñoz, profesora de Familia a Familia.

De Familia a Familia, Una Inspiradora Experiencia
Aprenda como comenzó el programa de NAMI del Condado de Santa Clara y la diferencia que ha hecho en las vidas de los familiares que participaron en el programa.

Ana Dávila y Marcia Viguez, Profesoras del Programa de Familia a Familia.

Despedida -Luisa Pérez

Este programa ha sido planeado y patrocinado por NAMI del Condado de Santa Clara
KEY VETERANS’ MENTAL HEALTH ISSUES

Ronald C. Hamm, M.D., is an expert in the evaluation -- for compensation purposes -- of veterans disabled by military service. He has more than 20 years experience in this critical area, with a background in military service, including a combat tour as an RVN that provides him with a unique perspective on the handling of veterans' disabilities. He received his M.D. at the Loma Linda School of Medicine, completing his residency in Anatomic and Clinical Pathology.

Dr. Hamm currently serves as Chief of Administrative Medicine at the West Los Angeles Veterans Administration Medical Center. He previously served as the Medical Director for the Western Gulf War Referral Center, one of four such facilities established to evaluate and treat Gulf War veterans.

His talk will include a discussion of historical combat stress disorders and treatment strategies.

RECOVERY AND TRANSFORMATION

Lori Ashcraft, PhD, has had a distinguished 35-year behavioral health career, exploring the therapeutic effects of self-determination, choice, and personal freedom. She did her dissertation on freedom, spending a month in Russia at the time of the collapse of the Soviet Union, focusing her inquiry on Soviet mental hospitals where the lack of freedom and choice was pervasive.

Following a full career in California that included a position as Deputy Director for Community Programs of the State Department of Mental Health, she relocated to Arizona where she became Director for Adult Services for the Regional Behavioral Health Authority and served as professor for the University of Arizona, teaching psychosocial rehabilitation and managing one of eight SAMHSA funded employment demonstration programs. At that time, Dr. Ashcraft became involved in the recovery movement. Through training with Mary Ellen Copeland and colleagues from Boston University, her commitment to recovery principles became a passion. When META Services opened the Recovery Opportunity Center in fall 2002, Dr. Ashcraft became its Executive Director.

Dr. Ashcraft’s vision for the future is to continue teaching recovery principles and practices, assuring people that they can recover. More recently, she has developed curriculum to help consumers move beyond recovery by finding their own purpose, making their unique contribution, and using their experiences to help others grow.

SAN FRANCISCO BEHAVIORAL HEALTH COURT

The Honorable Mary C. Morgan is Judge of the San Francisco Superior Court and has previously served as Supervising judge of Criminal Division, the comprehensive mental court for all criminal cases, and Behavioral Health Court. She currently serves on the Domestic Violence Court. Judge Morgan is a graduate of Smith College and New York University Law School. She began her career as an attorney with the National Housing & Economic Development Law Project from 1972 to 1973.

From 1973 to 1981, Morgan was engaged in the private practice of law in San Francisco. She specialized in family law, but also had experience in criminal, personal injury, estate planning, probate, landlord-tenant and various other civil matters. Morgan served on the Municipal Court from 1981 to 1993, then moved to Washington, D.C., where she taught at American University and served as a deputy assistant attorney general in the Office of Policy Development of the Department of Justice.

Since her return to San Francisco in 1996, she has served as a judge of the San Francisco Superior Court by assignment and as a mediator and arbitrator. Morgan has also been heavily involved in judicial education programs and is a former dean of the California Judicial College and chair of the Center for Judicial Education and Research New Judge Education Planning Committee. Judge Morgan is also the recipient of the 2008 Council on Mentally Ill Offenders (COMIO) 2008 “Best Practices” Award.
WORKSHOPS – Saturday, August 23, 2008 1:45 pm – 3:15 pm

RSVP to This NAMI Party (Recovery Spans Various Positions)

Keris Jän Myrick leads an engaging discussion on practical ways of building consumer inclusion, participation, and leadership within the affiliates. Participants will leave the session with practical ways for building membership and participation, templates and tools designed to build leadership skills and action plans.

Using Public Access TV to Advocate for Mental Health

It’s easy to dismiss television as being irrelevant or, worse, a negative influence. This workshop will show you the elements in creating an effective public access television program that promotes social justice work in the community. Learn the fundamentals from Barbara Meyers, producer of the public access program “Mental Health Matters—Alameda County”.

NAMI Basics Education Program: NAMI’s Program for Young Families

Come learn about NAMI’s newest Signature Program, the BASICS Education Program. BASICS is designed for parents and other caregivers of children and adolescents who have either been diagnosed with a mental illness/serious emotional disturbance or who are experiencing symptoms but have yet to receive a formal diagnosis. Your affiliate will now have a program designed specifically to educate and support this unique group of families.

Tools for Transformation: Recovery Coaching and Recovery Planning

In this workshop, Lori Ashcraft will help participants discover how to become the main player in a treatment-planning process and to use the recovery coaching process to help family members or friends facing serious mental illness. Dr. Ashcroft has developed curriculum to help consumers move beyond recovery toward helping others grow and recover.

The Healing Power of Music

Bipolar vocalist Brenda McFerrin has discovered how music and sounds contribute to health and recovery, and how her vibrational healing program helps stabilize her life. Learn how to “tune into” your physical, mental, and emotional well being and design a program that can attune your own personal recovery. McFerrin, who has recorded with Motown and A&M Records, is the daughter of two accomplished operatic singers and sister of Grammy-winner Bobby McFerrin.

Embracing Recovery with Peer PALS

Join representatives from NAMI-Santa Clara County who have developed Peer PALS, an innovative program that matches consumer mentors with consumers who can use the support of someone who has "been there". Learn how to establish a similar program with your affiliate. Consumer mentors who have helped others in Santa Clara County will share their experiences and strategies.

Community Services Development Focusing on Chinese Population

How do Chinese-Americans view mental illness and seek treatment? There are unique challenges facing mental health service providers in communities where Chinese-Americans reside. From culturally divisive stigmas to funding shortfalls, these communities must strive to meet the needs of its residents. Review present and upcoming projects designed to engage this diverse, unique population.
How VA Addresses the Specific Health Care Needs of Veterans and Their Families and Where and How to Receive Those Benefits

Introduction to veterans claims processing; monetary and other benefits available for veterans, their dependents and their survivors. This presentation will include discussion of evidence needed to establish entitlement and who qualifies as a dependent or survivor.

The Network of Care

The Network of Care is a powerful website that provides tools for Shared Decision Making between consumers and their doctors, and assists family members who want to learn how to effectively assist in the recovery of their loved ones. Come discover the newest features of the website, including a new My Folder, free consumer courses featuring WRAP, Pre-Peer Employment Training, and NAMI brochures created to audio presentations.

Recovery – Peers Leading the Way in Riverside County

Come view the positive results of a successful collaborative service model that includes consumers and mental health professionals working together to provide recovery opportunities. Participants will gain insight into the Recovery Model as a consumer shares her dramatic story of recovery, resiliency, and beyond. View the road map of collaborative efforts between RCDMH and a Peer-Run Center that has created more than 60 peer employment opportunities.

2008 BOARD NOMINEES

Coleen Peters, NAMI Bakersfield

Statement of Willingness to Serve:

I am very interested in continuing to serve on the NAMI CA Board of Directors. I have been involved with mental illness for the last 30 years. My first husband suffered from bipolar disorder and was a recovered alcoholic. I have a 30 year old son who suffers from paranoid schizophrenia.

I have a keen interest in the criminal justice system and the mentally ill population of our state/county prison/jail system. There needs to be a mental health court in every major city in this state. That would slow the flow into the prisons and stop the revolving door.

I believe that there should be a strong mental health education presence starting in our elementary schools and continuing thru college. It would encourage more people to seek treatment, foster more understanding and less fear of those of us who suffer from mental illness.

I served as President for 2 years of Nami Kern County; taught Family to Family for five years; co-chaired our Annual Depression Chocolate event; chaired the Criminal Justice Community Collaborative for the central valley and recently co-chaired a Crisis Intervention Training symposium for law enforcement here in Kern County.
What greater passion is there to have than to help those families who suffer from mental illness? There is so much progress to be made!

I have read the statement of agreement, the functions & responsibilities of a Board of Director and the Board members code of ethics.

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**Sherman Blackwell, MA NAMI Sonoma**

**Statement of Willingness to Serve:**

As an Administrator/owner of residential treatment facilities that serve behaviorally challenged developmentally disabled adults with mental illness and as a father of two mentally ill adult sons, I consider myself a significant and passionate “stakeholder”. It is my unwavering desire to serve in any capacity that advances the “quality of life” for those who live with a psychiatric disability and all of the daily obstacles that they face.

As a participating member of the NAMI California Board of Directors having been appointed less than 10 months ago, I have had an oversight view of mental health services and the difficult process of delivering such services to consumers in California communities. Additionally, my professional/personal experiences with local Department of Mental Health administration has given me and “up close” appreciation for the issues that affect mental health service consumers and the prevalence of these issues statewide. Hence, California is one of the most prosperous state in the most prosperous nation in the world, therefore I refuse to accept “vanishing” psychiatric inpatient hospital beds, jails and juvenile detention facilities as the de facto treatment alternative and a ever increasing loss of life due to inadequate services as the “status quo”.

While I have been honored to serve I believe that future NAMI CA board activities and /or committee efforts must emphasize and address consumer and affiliate challenges and concerns. These areas of focus are critical to NAMI Ca’s success. Should I be successful in my bid to be re-elected I will actively work towards having a more aggressive advocacy, support intervention and legislative emphasis for all consumers and their respective affiliates by directly soliciting and responding to identified priorities.

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**Roberta English, NAMI Marin**

**Statement of Willingness to Serve:**

For many years I have advocated for visibility of NAMI. When my adult daughter became ill, it was prior to the scope of resources now provided by the internet. Sadly, today when I take “first calls” from families seeking support and information, I still hear familiar stories of “Why didn’t we hear of NAMI sooner?” In our own way, we are each an ambassador for NAMI. I celebrate the NAMI Walk program for providing visibility for
all of us – everyone can participate, raising funds and coming together in growing numbers to challenge stigma. Family to Family, IOOV and other NAMI Signature programs, rate high support from our NAMI California Board.

I am indebted to the leadership the NAMI California Board demonstrates in advocating for Mental Health Courts and CIT (Crisis Intervention Team) trainings for law enforcement personnel. I see the difference every day. We must improve the treatment and support for persons in our jails, mental hospitals and prisons, which must continue when they return to their communities to rebuild their lives and families. We must fight the dramatic loss of programs. I know we can support NAMI affiliates that hope to bring Laura’s Law to their counties and continue to advocate for positive changes in legislation in California and effective use of MHSA funding. We can strive to end the practice that jail is the first door to treatment. I appreciate this opportunity to serve with our passionate and hardworking NAMI California Board of Directors.

Dorothy Hendrickson, NAMI Orange County

Statement of Willingness to Serve:

For over 20 years I have worked with local and state governmental officials. For 10 years I served as a Commissioner to the Westminster City Council overseeing community programs and services. For 7 ½ years I served as an Executive Assistant to First District, Orange County Board Supervisor, Charles V. Smith and 3 years as the Administrative Manager over the Mental Health Services Act (MHSA), under the Orange County Health Care Agency, Behavioral Health Services Department.

As a client in recovery and a parent of an adult son living with a Co-Occurring Disorder, I understand the strong stigma that exists regarding mental illness and the need to expand mental health awareness, recovery, and resiliency through education, training and support groups, both locally and across California.

As an Administrator, working for the OC Board of Supervisors and Health Care Agency, I have been able to utilize my knowledge, skills, and expertise, to accomplish such things as;

- Planned, organized, and managed large scale community planning processes, meeting, and events
- 1st Chairman’s Annual Conference on Aging (750 participants)
- 1st Older Adult Task Force (80 inter-agency members)
- 1st Senior Medical Mobile Van
- 1st MHSA Community Stakeholder Planning Meetings (across all age groups)
- 1st MHSA Countywide Community Planning Process (over 4,000 participates)
- 1st MHSA Steering Committee (59 members)
- 1st MHSA Community Action Advisory Committee (40 multi-cultural consumer and family members)
- MHSA CSS Plan, first county approved in its entirety, receiving full funding ($75.9m over 3 years) plus the 1st CSS Growth Funding Plan approved ($9.2m), implementing over 24 new programs

As your State Board Representative, I promise to share my knowledge and expertise by assisting NAMI CA in maximizing its potential in accessing needed funding and provide additional opportunities to circulate information and resources throughout California.
Rosemary Milbrath, NAMI Sonoma

Statement of Willingness to Serve:

“It’s you, it’s me, it’s them, it’s us!” All of us are stakeholders in mental health. Being part of a family with multi-generational mental health challenges, substance abuse issues and trauma, I’ve lived the life and walked the walk. Finding NAMI, a community of peers, was invaluable for me. I volunteered for NAMI Sonoma County, served on our Board of Directors for four years, and last year was hired as our affiliate’s first Executive Director. During my tenure on our board, I worked to create a model of social inclusion. As Executive Director, I interface with County Mental Health, non-profits, social-change agencies, and law enforcement.

My affiliate once focused on family programs, on a small budget. Today, we have financial stability; we promote consumer inclusion, family outreach, and multi-cultural participation. We work with local health clinics that provide behavioral health services, and partner with Sonoma County Mental Health as a Mental Health Services Act contracted provider.

I would be honored to serve you on the NAMI California Board. My priorities are families, consumers, multicultural participation, and increased criminal justice collaborations. Please support me, and I promise to work for better outcomes for everyone affected by mental health challenges. Thank you all, for all that you do. You wouldn't be reading this, if you were not an activist. Together, we can create miracles!

Lea Nagy, NAMI Humboldt

Statement of Willingness to Serve:

NAMI has been an important part of my life for the past 10 years. I attended a support group in Eureka and at once felt understood and supported which helped me come to terms with my son’s serious mental illness. Through teaching Family to Family classes and staying connected to NAMI I can honestly say that there is certainly a positive side and hope for families and people with mental health issues. I would like to have a chance to serve on the NAMI CA Board to bring my skills from a rural county into the state arena and hopefully continue to fuel the vision of Recovery and Wellness for all of us. In addition I bring practical experience of knowing current up front issues with families, clients and providers in communities. I have experience in both worlds of inpatient and outpatient care and working as a staff person for a mental health agency. I am a true “blend of many hats” and would like to share my expertise with NAMI CA members in planning for the future of client and family involvement in our state for issues relating to mental illness. Given the opportunity I think I can make a difference to be part of the NAMI CA board and the future decisions that this group will need to make. Please support me as a NAMI CA board member for the upcoming year.
Gail S. Evanguelidi, NAMI West LA

Statement of Willingness to Serve:

In 2003, my son was diagnosed with acute paranoid schizophrenia. For four years there were no answers and no treatment or help for my son. It was NAMI that gave me the tools and support to acquire treatment for my son.

A person affected with mental illness need not suffer in darkness, loneliness, or fear, or wait until they harm themselves or others before receiving mandated treatment. Having traversed the obstacle laden road to secure conservatorship, I am aware of the inadequacies of the current system. I am angry that homeless people on the streets have to endure the elements. This impediment-strewn-path a person with mental illness must take before treatment is received is inhumane.

Changes need to be made! My goal is to be instrumental in revising the system so people with mental illness can acquire treatment, housing, and jobs. Funding for brain research is paramount which seeks cures so people with mental illness will get back their life. I have the time and energy to achieve these goals. I want all families to have the help necessary to access treatment.

NAMI is the people's voice and I have the heart and will to scream for change. We need to change the system! The knowledge I have learned from becoming a “Family to Family” teacher and also in dealing with the strenuous problems associated with the conservatorship courts will be invaluable in seeking change. I have written articles for our NAMI affiliate newsletter and have given speeches in guiding families through conservator court. If our voices aren't heard, change won't occur. As I board member, I intend to be heard.

Shannon Jaccard, NAMI San Diego

Statement of Willingness to Serve:

In 2002, my younger brother was diagnosed with schizophrenia. This had a sweeping impact on my family, and has become a powerful and influential event in my life. After months of searching for support and help for my brother, my family and I found that the mental health support system in San Diego was severely lacking. I recognized a peculiarity that made a positive change in my brother's behavior: friendship. Since he had lost all of his high school friends, I searched for an organization that would provide him with a mentor, but once again hit a wall, until one day I learned of an organization on the East Coast called Compeer (meaning companion, peer, someone who is your equal). Armed with this knowledge and the desire to help others like my brother, I founded the nonprofit organization Compeer San Diego. Five years later, Compeer
2008 BOARD NOMINEES (cont.)

San Diego still provides friendships to individuals diagnosed with a mental illness throughout San Diego County. Through the power of friendship, clients have improved self-esteem and independence, and have also reduced rates of using emergency services and hospitalizations.

This past April my brother passed away while being restrained. I would like to see an end to seclusion and restraints and to eliminate stigmas not just within the general population but also with those working in hospital settings.

CEU's will be provided

OTHER EVENTS

NAMI CALIFORNIA AFFILIATE LEADERSHIP INSTITUTE

Thursday, August 21, 2008

10:00 a.m. – 5:00 p.m.

This event is for all of NAMI California’s affiliate officers and leaders. Registration is required for this event. Registration information will be sent to all affiliates.

FAMILY-TO-FAMILY FORUM

Thursday, August 21, 2008

7:00 p.m. – 9:00 p.m.

This event is for Family-to-Family teachers. Attendees will have a chance to network with others involved in the Family-to-Family program. This event will be hosted by Sharon Dunas, MFT, President, NAMI Westside LA.
NAMI CALIFORNIA EDUCATION COMMITTEE MEETING

Thursday, August 21, 2008

7:00 p.m. – 9:00 p.m.

This meeting is for individuals interested in NAMI California’s educational programs. Share what is going on in your affiliate and to learn from other affiliates throughout the state.

NAMI CALIFORNIA CONSUMER PROGRAM FORUM

Thursday, August 21, 2008

7:00 p.m. – 9:00 p.m.

This meeting is for anyone interested in NAMI California’s Consumer Programs, i.e. IOOV, Connection and Peer-to-Peer. This event will be hosted by Rebecca Hawkins, Peer-To-Peer Coordinator, NAMI California

NAMI CALIFORNIA CRIMINAL JUSTICE COMMITTEE MEETING

Thursday, August 21, 2008

7:00 p.m. – 9:00 p.m.

This meeting is for anyone interested in criminal justice issues involving mentally ill individuals.

VETERANS FORUM

Thursday, August 21, 2008

7:00 p.m. – 9:00 p.m.

This meeting is for family members and consumers interested in Veterans issues. This event will be hosted by Charlie Hearn, NAMI California Board Member.

AWARDS LUNCHEON

Saturday, August 23, 2008

12:00 p.m. – 1:30 p.m.

Join us to present awards to leaders in the mental health community and within NAMI California
NAMI CALIFORNIA ANNUAL CONFERENCE 2008
"Celebrating Recovery"
August 22 & 23, 2008
San Francisco Airport Marriott
1800 Old Bayshore Highway
Burlingame, California 94010
Phone: 650-692-9100

PRE-CONFERENCE ACTIVITIES:
The Affiliate Leaders and Presidents Council Meeting will be held on
Thursday, August 21, 2008.

CONFERENCE:
Early Registration opens Thursday, August 21 from 9:00 a.m.
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 6:30 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 888-228-9290. Ask for the
special rate of $109 single, double, triple or quad. This
special rate is good from February 11, 2008 thru August 18, 2008. Cut-off
date for this rate is August 15, 2008. NAMI California cannot
reserve 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

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)

REGISTRATION FEES INCLUDING
MEAL(S)

Early Bird Special
Paid by July 5, 2008
2-Day Rate: $115/person
1-Day Rate: $100/person

Paid after July 5, 2008:
2-Day Rate: $180/person
1-Day Rate: $115/person

On-Site Registration (No meal guarantee):
2-Day Rate: $190/person
1-Day Rate: $125/person

Consumer Registration:
2-Day Rate: $110/person
1-Day Rate: $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: $100/person

Cut-off Day: Deadline for receiving Registrations in our office is the 13th 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.

Name: ________________________________
Address: ________________________________
City, State, Zip: ________________________________
Phone: ________________________________ Email: ________________________________
NAMI Affiliate: ________________________________

MEALS:
Friday lunch will be on your own.

Paid after July 5, 2008:
2-Day Rate: $180/person
1-Day Rate: $115/person

On-Site Registration (No meal guarantee):
2-Day Rate: $190/person
1-Day Rate: $125/person

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No refunds will be made after this date.

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

Signature: ________________________________

3-4 Digit Security #: ________________________________
Expiry Date: ________________________________
Account #: ________________________________

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

[ ] Visa [ ] MasterCard [ ] American Express

Total amount enclosed: $ ________________________________

Spanish Language Session
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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.

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

[ ] Visa [ ] MasterCard [ ] American Express

Account #: ________________________________
Expiry Date: ________________________________

Total amount enclosed: $ ________________________________
NAMI CALIFORNIA VOTING INSTRUCTIONS 2008

Please exercise your right to vote to help us achieve a quorum. Vote by mail or online. Mail-in/Online ballots are particularly necessary as votes by conference attendees alone will fall far short of the quorum required in NAMI California’s bylaws. Please read, and use as a reference the voter information in the newsletter that this ballot came in. The form below is the ballot for eligible voting members.

VOTE BY MAIL

The address label on your conference announcement is a peel off label marked with your Member ID Number and Voter Code. Mark and place your ballot only in the enclosed envelope, detach the peel off label (your mailing label on the conference announcement that this ballot came with) and place it in the upper left hand corner of the enclosed envelope. Your vote will NOT be counted if this label is not in place. You may mail your ballot to the NAMI California office but, TO BE VALID, IT MUST BE POSTMARKED NO LATER THAN AUGUST 5, 2008.

VOTE ONLINE

NAMI California affiliate members may vote online via the web between July 1, 2008 and August 5, 2008. You will need your Member ID and Voter Code that is printed above your name on the address label on your conference announcement. Go to www.namicalifornia.org, click on VOTE 2008, and follow the instructions on the screen. Once you have finished voting, destroy your paper ballot. NAMI California will accept only one ballot from each member.

VOTE AT THE NAMI CALIFORNIA CONFERENCE

If you are registered and attending the conference, you may bring YOUR OWN BALLOT to the conference and defer your vote until you have had the opportunity to hear candidate speeches. Before the polls close, you must enclose your ballot with the label applied as noted above and present it in its envelope at the registration booth. There will be no exceptions made to this policy.

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BALLOT 2008

VOTE FOR UP TO 4 BOARD CANDIDATES

☐ Sherman Blackwell, MA, NAMI Sonoma
☐ Roberta English, NAMI Marin
☐ Gail S. Evanguelidi, NAMI Westside LA
☐ Dorothy Hendrickson, NAMI Orange County
☐ Shannon Jaccard, NAMI San Diego
☐ Rosemary Milbrath, NAMI Sonoma
☐ Lea Nagy, NAMI Humboldt County
☐ Coleen Peters, NAMI Bakersfield

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DO NOT ENCLOSE CONFERENCE REGISTRATIONS OR CHECKS IN YOUR BALLOT ENVELOPE

Y:\341004 NAMI\ballot 2008.doc
ANNUAL MEETING
SATURDAY, August 23, 2008

The Annual Meeting of the members of NAMI California will start on Saturday, August 23, 2008, beginning at 8:00 a.m. at the San Francisco Airport Marriott, 1800 Old Bayshore Highway, Burlingame, CA 94010.

The NAMI California office must have received member dues for the year 2008 by April 15, 2008 to be eligible to vote at this meeting.

If a ballot is NOT enclosed in this material, you are NOT eligible to vote.

NAMI California
1010 Hurley Way, Suite 195
Sacramento, CA 95825

Please Open Immediately and VOTE!

Conference & Voting Information Enclosed