NAMI California Establishes a Zero Seclusion and Restraint Policy and Work Plan

The board of NAMI California has established a policy of Zero Seclusion and Restraint in the treatment and care of people with mental illness in all facilities and organizations. To implement this policy, the board has set three major goals. **Goal one is to educate** the public about the issue and the movement toward zero use of seclusion and restraint. **Goal two is to encourage** zero tolerance for seclusion and restraint in mental health facilities and other organizations, such as schools, by collecting and broadcasting information on the issue. **Goal three is to inform** mental health organizations of resources, including available staff training and other help, which they can use to improve performance in this area of patient care.

Seclusion and restraint are involuntary measures used to restrict a person’s movement physically or by isolation. Neither has any therapeutic value and may cause great harm or even death.

NAMI California’s Annual Conference in August will include a workshop on Seclusion and Restraint led by an expert in the field of patient’s rights, plus presentation of materials from NAMI National and other sources. Acknowledgement awards are planned to recognize those who are improving past practices, working toward zero tolerance.

To implement the Zero Seclusion and Restraint policy, NAMI California plans to establish a committee of consumers and family members to advocate for improvements and to research, collect and disseminate information about present conditions, existing law and implementation of law, including reporting. NAMI California expects to coordinate with organizations already actively working in this field.

**Notice for Conference Presenters**

If you want to be a presenter at this year’s Annual Conference, you need to fill out and return the form on pages 4 and 5. If there are any questions, phone NAMI California at 916/567-0163 or email catherina.isidro@namicalifornia.org

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**NAMI California**
1010 Hurley Way, Suite 185
Sacramento, CA 95825
916 / 567-0163 or
916 / 567-1757fax
www.namicalifornia.org

NAMI California is a 16,500 member, non-profit, statewide organization that works – through advocacy, education and support activities – to improve conditions of millions of California individuals and families suffering the ravages of physical brain disorders such as schizophrenia, biopolar disorder, major depression and other neurobiological brain disorders.
Why We Need To Defeat Prop 1E

As everyone knows, California has big budget problems. And as everyone who deals with government knows, that's a very dangerous time for the most vulnerable members of the population. They are usually the first to be hit by cutbacks. We knew when Proposition 63, the Mental Health Services Act, made money available, that various organizations would try to get their hands on it, even if they had scant ties to mental health.

What we didn’t expect was that the Legislature would try to take such a large amount of mental health funds (more than $450 million in the next two fiscal years) and use it for other purposes — in this case, for early diagnosis and treatment of low income children. Never mind that the diagnosis and treatment program is mandated and would have to be funded anyway. Politically, that sounds good, whereas using the MSHA funds to subsidize yacht sales wouldn’t sound so good.

But it amounts to the same thing. A source of money that was doing a lot of good things for mental health would be taken away and used for entirely different purposes.

This is awkward for a lot of us. If you work with state and federal governments, you know the financial crunch they face. If you’re a legislator who backed Prop 63 in the first place, you must sometimes regret that politics is “the art of compromise.”

NAMI California’s Board has concluded it has no choice but to oppose this raid on mental health funds. It urges you to vote against Proposition 1E.

The polls suggest this proposition, and most others on the upcoming May 19 ballot, are in trouble. But we urge you to turn out to vote against Prop 1E and, if you can, to contribute to the campaign against it. A fact sheet and a contribution form can be found on the home page of our website at www.nami-california.org.

If you are registered, make sure you turn out to vote or make arrangements to vote by mail. (For complete “how to” information on Registering to Vote and vote-by-mail, visit the following web site: www.sos.ca.gov/elections/elections. Go to Voter Registration, click on Vote By Mail.) Turnout in special elections is usually very low, so your vote, in person or by mail, is extremely important.

Estimates are that 210,000 Californians have been helped by MHSA programs. Homelessness, hospitalizations and incarcerations have been reduced. In the long run, the MSHA program actually saves taxpayer money.

We knew if Prop 63 was enacted there would be a danger the money would be diverted to other programs. So the proposition contained explicit language prohibiting MSHA funds from being used to backfill other programs.

We made sure legislators could not take away those funds. Now they are asking you to take them away instead.

Don’t do it.

— Grace McAndrews, NAMI California Executive 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 or NAMI California membership.

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 1, 2009.

For an application, please email catherine.isidro@namicalifornia.org, call 916-567-0163, or write to NAMI California, 1010 Hurley Way, Suite #195 Sacramento, CA 95825.
NAMI California Board members met in Burbank for the Board meeting of January 23 and 24. The Committee Chairs gave their reports. The Board members asked themselves what their goals were last year, what was accomplished, and what the new goals are this year on each committee.

Shannon Jaccard and Francis Tibbits, along with the policy committee, are working on a new Seclusion and Restraint policy. The goal is a zero tolerance policy in all mental health inpatient facilities.

The Education Committee reported that NAMI programs like Connections, Hearts and Minds, Parents and Teachers as Allies, Family-to-Family and Peer-to-Peer are growing all over the state. PEI funding from your county may be available for these programs, so be sure to attend your local mental health board meetings and inquire about this component of the MHSA plan.

The Veteran Committee is working on some of the latest concerns that our military families and enlisted personnel are facing. Frontline, a new program that NAMI Kern is promoting, is an encouraging program for veterans in our state. Be sure to attend the NAMI California Conference to learn more about this program.

The latest concern is Proposition 1E, and NAMI California opposes this ballot initiative. NAMI California is encouraging you to vote, by mail or in person, to be sure your vote counts on May 19. Most voters do not vote in these smaller elections and if we show up at the polls or request our vote by mail ballot we can help to stop this proposition.

**Upcoming NAMI California Board Meetings**

April 17–18, 2009, Courtyard Marriott Sacramento
June 19–20, 2009, to be determined
August 23, 2009 Marriott Torrance

Be sure to check out the NAMI California website. There have been many additions and improvements to this in the past year. If you have any ideas for the website, please be sure to call the office with your suggestions.

We look forward to seeing all of you in Torrance in August. The theme of the Conference is “Destination Recovery.” The Conference Committee and staff have begun the planning and have sent out requests for your workshops and recommendations regarding what you would like at the Conference. Please respond to the surveys sent out to affiliates.

We encourage you to become involved in your local affiliate and help to make our organization stronger. Thank you for all you do to make our mental health system more recovery focused and centered.

— Brenda Scott, NAMI California First Vice President

**NAMI California Tree of Tribute**

Cumulative gifts of $500 or more are eligible for an engraved leaf on the NAMI California Tree of Tribute, or an engraved stone placed 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

If you have questions about the Tree of Tribute, please call Catherine Isidro, NAMI California (916) 567-0163
Important Information for Workshop Presenters

NAMI California's 2009 Annual Conference will be held at the Torrance Marriott South Bay in Torrance, California on August 21 & 22, 2009. Workshops will be presented both days.

This form must be completed to be considered. A brief biographical sketch of each presenter must be submitted with this form. The Conference Committee will only review completed forms. Forms must be received by May 1, 2009. Any additional information that may be helpful for the review process can be attached. Please do not attach more than three pages of supplemental information.

Family members who present workshops must pay for registration. Consumers who are workshop participants do not pay registration and are given a complimentary lunch on the day of the presentation only.

TVs, VCRs and LCD projectors cannot be provided because of their rental expense. Presenters are allowed to bring in their own LCD projectors (without charge), and presenters may rent TV and VCR equipment from the hotel. Handouts are encouraged and are to be provided by presenters. ANY EQUIPMENT NEEDS MUST BE SUBMITTED ON THIS FORM. EQUIPMENT WILL NOT BE ADDED AFTER WORKSHOP IS APPROVED.

It is the responsibility of the person submitting a workshop proposal to assure that each participant named in the proposal agrees to be in the workshop. If the workshop proposal is accepted by NAMI California, it is the responsibility of the person submitting the proposal to notify the workshop participants.

Speakers are responsible for their own hotel, travel expenses, and arrangements.

1. Workshop Title:

2. What is the main objective and goals of this presentation? Identify the general benefit.

3. Please provide a workshop description of 40 words or less. If your workshop is accepted, this description may be printed in the program.
4. Speakers (maximum of four (4) presenters):

a) Name: ______________________ Title: ____________________ Organization: ________________

   Address: ______________________ City: ______________ State: _______ Zip: ___________

   Phone: ___________ Email: _______________ Is this presenter a consumer? Yes ☐ No ☐

   PLEASE ATTACH BRIEF BIOGRAPHICAL SKETCH

b) Name: ______________________ Title: ____________________ Organization: ________________

   Address: ______________________ City: ______________ State: _______ Zip: ___________

   Phone: ___________ Email: _______________ Is this presenter a consumer? Yes ☐ No ☐

   PLEASE ATTACH BRIEF BIOGRAPHICAL SKETCH

c) Name: ______________________ Title: ____________________ Organization: ________________

   Address: ______________________ City: ______________ State: _______ Zip: ___________

   Phone: ___________ Email: _______________ Is this presenter a consumer? Yes ☐ No ☐

   PLEASE ATTACH BRIEF BIOGRAPHICAL SKETCH

d) Name: ______________________ Title: ____________________ Organization: ________________

   Address: ______________________ City: ______________ State: _______ Zip: ___________

   Phone: ___________ Email: _______________ Is this presenter a consumer? Yes ☐ No ☐

   PLEASE ATTACH BRIEF BIOGRAPHICAL SKETCH

5. Will equipment be required? No ☐ Yes ☐
   (If yes, please list equipment below. NAMI California will not pay for TVs, VCRs or LCD projectors.)

6. Will internet be required? No ☐ Yes ☐
   (If yes, please be advised that you will be financially responsible for this service.)

This Workshop was submitted by:

Name: ______________________________ Title: __________________

Organization: __________________________

Address: ______________________________

City: __________________ State: _______ Zip: ___________

Phone: __________________ Email: ______________

PLEASE COMPLETE AND RETURN THIS FORM BY MAY 1, 2009:

Catherina Isidro
NAMI California
1010 Hurley Way, Suite 195
Sacramento, CA 95825
catherina.isidro@namicalifornia.org
Fax: 916-567-1757
NAMI Sonoma’s Successful Training Program

I just have to let you know what a fantastic job Lynn Cathy did on our Family Support Group Facilitator Training. Lynn spent many hours beforehand helping me plan and organize the training. Once she got here, she discovered that the printing we had done locally had been botched, and she spent hours reassembling it. On the night before the training started!

All of the participants loved her calm, empathic manner. Everyone gave me excellent feedback on both Lynn and Jon, and felt that they learned a lot. We are so excited to have multiple support groups starting! Again, Lynn is a real treasure to have — both last year at our Family to Family teacher training, and this year at Support Group Facilitator training, her performance has been outstanding.

Our Board member, Dave House, who heads the mental health unit at the jail, hosted the training at the Sonoma County Sheriff’s Department, which was close to our hotel (the hotel did not have a room suitable for our meeting). The participants all got a tour of the Mental Health Unit at the jail afterwards. Our partnership with local law enforcement has been key to service delivery during these lean budget times.

Law enforcement, of course, is on the front-line of service delivery here, with inpatient units having closed. We sponsor an art class in the mental health unit. The Sheriff’s Department recently invited our peers to come into the mental health unit every week as mentors to inmates. We will provide those peers with honoraria, just like IOOV presenters. We hope to offer Peer to Peer there someday.

We also enjoyed having the participation of NAMI Los Angeles and a member of NAMI Marin at our training. Great to connect with other affiliates. (I’ve decided not to bill either of the other affiliates for lodging or food). Lynn and NAMI California helped us keep our expenses low, with the planning and provision of supplies. And I feel that teamwork among the affiliates is invaluable, as NAMI California has demonstrated.

Many thanks to you, and to NAMI California, for the outstanding support which you provide to affiliates. Without your support, we would not have been able to qualify for the grants and donations that have allowed us to push the NAMI mission forward.

— Rosemary Milbrath, NAMI Sonoma County

Thanks for Your Affiliate’s Support
The NAMI California Board of Directors is grateful to:

- NAMI Kern County for sharing $2,000 of your 2008 Walk funds with NAMI California.
- NAMI San Diego for sharing $3,638.35 of your 2008 Walk funds with NAMI California.
- NAMI LA County for sharing $8,000 of your 2008 Walk funds with NAMI California.
NAMI California Annual Conference 2009

“Destination: Recovery!”

August 21 & 22, 2009
Torrance Marriott South Bay
3635 Fashion Way
Torrance, California 90503
Phone: 310-316-3636

PRE-CONFERENCE ACTIVITIES:
The Affiliate Leadership Institute will be held on Thursday, August 20, 2009. Pre-registration required.

CONFERENCE:
Early Registration opens Thursday, August 20 from 9-3:00
Registration opens Friday, August 21 at 8:00 a.m. Conference begins Friday, August 21 at 8:30 a.m. and closes Saturday, August 22 at 4:30 p.m.

CONSUMER FORUM:
The Consumer Leadership Institute will be held on Friday, August 21 at 12:00 noon. If you are a consumer, and would like to participate in the Consumer Leadership Institute, you must pre-register. See consumer registration below.

ACCOMMODATIONS:
Please make your hotel reservations by calling 888-228-9990. Ask for the specially negotiated rate of $109 (single, double, triple or quad). This special rate is good from February 9, 2009 thru August 12, 2009. Cut-off date for this rate is August 12, 2009. 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:
Self parking at the hotel is $8 per day.

EXHIBITORS WELCOME:
Exhibitors may rent tables for the NAMI California Annual Conference 2009. For forms and details please contact Catherine Isidro at catherina.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 catherina.isidro@namicalifornia.org or 916-567-0163 for an application.

CONTINUING EDUCATION UNITS AVAILABLE

NAMI CALIFORNIA ANNUAL CONFERENCE 2009 REGISTRATION FORM

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

REGISTRATION FEES INCLUDING MEAL(S)

Early Bird Special
Paid by July 10, 2009
2-Day Rate: $160/person
1-Day Rate: $105/person

Paid after July 10, 2009:
2-Day Rate: $185/person
1-Day Rate: $120/person

On-Site Registration (No meal guarantee):
2-Day Rate: $195/person
1-Day Rate: $130/person

Consumer Registration:
2-Day Rate: $115/person
1-Day Rate: $75/person
I will attend the Consumer Leadership Institute
I will not attend the Consumer Leadership Institute

Cut-off Day: Deadline for receiving Registrations in our office is the 12th 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 17, 2009. 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.

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

MEALS:
Friday lunch will be on your own.
Friday Dinner: □ Chicken □ Fish □ Vegetarian
Saturday Lunch: □ Chicken □ Fish □ Vegetarian

NAMI California Conference Consumer Scholarship Donation: $ __________

PAYMENT (Zip Code must be provided above for all credit card payments):
□ Visa □ Master Card □ American Express
Account #: ___________________________ Expiration Date: ___________________________
4-Digit Security #: __________________ Signature: __________________
Total amount enclosed: $ __________

Make check payable to NAMI California - Conference 2009
Mail to:
NAMI California
1010 Hurley Way, Suite 195
Sacramento, CA 95825
Phone: 916-567-0163 Fax: 916-567-1757
ne of the best sources of information for consumers and their families is our website, www.namicalifornia.org.

One example, you can track major news stories affecting mental health – both state and national – at the “News and Views” link. Look on the Home page for information on Proposition 1E, which we oppose because it would take up to $450 million away from Proposition 63, the Mental Health Services Act.

The website is evolving and growing. One area we’re building is Criminal Justice Resources. It has information from 11 counties (including the largest, Los Angeles, and more counties will be added) on what to do if a loved one is arrested; you can also download medication information forms.

On another Criminal Justice page are AB 1424 Information Forms for several counties. The law enacted by AB 1424 requires all individuals making decisions about involuntary treatment to consider this information supplied by family members and other interested parties.

This is only a sampling of what is available — and we expect the website to become increasingly valuable as more material is added. Visit the website and look around.