



MONTHLY NEWSLETTER

August 2014

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@namicalifornia.org.



NAMI California Multicultural Symposium



NAMI California held our first annual, Multicultural Symposium on July 31, 2014 in Newport Beach. The event drew well over 200 statewide and local community leaders to discuss the challenges and successes organizations have experienced with identifying

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Join

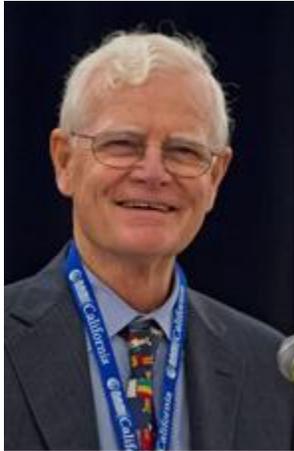
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**NAMI California's Tree of
Tribute**
Fiscal Year 2013-14

specific service gaps and implementing programs that generate better outcomes for unserved and underserved populations. Additionally, we heard from community leaders about the changes and action steps that would make a real difference in people's lives around mental health.



Outstanding Keynote Speaker

We were privileged to have an excellent keynote speaker, Dr. William R. Beardslee, MD. Dr. Beardslee shared his findings from two recent Institute of Medicine reports, one on prevention in general and the other on parental depression. He also discussed implementation

and adaptation highlighting the necessity to adapt interventions devised in one setting to diverse cultures and languages in other settings.

Changes at the Local Level

In addition, we had an inspirational panel from Ventura County who shared their successful model for collaborative inclusion. The panelists emphasized the importance of the planning process from various perspectives (county, community, faith-based, advocates, cultural consultants and legislative leaders) and the positive outcome for achieving mental health equity.



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

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

Major Donors



NAMI California thanks the following for their very generous contributions of \$500 or more, 2013-2014.

Humanitarian: \$5,000 - \$36,000

Eli Lilly
Janssen Pharma



Breakout Sessions

In an effort to address appropriate mental health services in California's growing diverse communities, the symposium was broken into four breakout sessions with a focus on the following topics:

1. Our Mental Health Community Organizations are Dynamic, Well Run and Engage a Diverse and Growing Membership
2. Community Organizations are the Dominant Force in Mental Health Advocacy
3. Community Organizations are the Leaders in Crafting and Implementing State-of-the-Art Education and Information
4. We are Building the Largest, Most Diverse Consumer and Family Movement in the State

Through the sessions, we were able to gather participants input on the current community landscape, the strengths and challenges within each communities, and lists of action steps and outcomes to improve the way we engage communities.

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All donations,
large and small,
are greatly appreciated by
NAMI California and help
us achieve
our mission

at the state level.

Moving Forward

The Multicultural Symposium was a great success! We would like to thank everyone who attended and contributed to making the day so rewarding and successful. Through the valuable discussions and dialogue, NAMI California was able to gather ideas and suggestions to address some of the multiple barriers individuals living with mental health challenges and their families face in California.

State Advocacy

2014

Visit NAMI's State Advocacy Page

Fiscal Year 2014-15 Board President, Officers, and Members Named

Congratulations are in order for our newly elected board president, officers, and members. Sergio Aguilar-Gaxiola, M.D., Ph.D. is the new NAMI California Board President. Executive Director Jessica Cruz, said, "I look forward to Dr. Aguilar-Gaxiola leading the NAMI California board; his work bridging research with services and delivery is perfectly aligned with NAMI California strategic goals. I know Dr. Aguilar-Gaxiola will challenge us to strengthen the NAMI family voice in mental health services; and, that we will take bold steps toward reaching our goal of a California where early access to treatment is available, and no person gets turned away."



Guy Qvistgaard, Amanda Lipp, Diane E. Van Maren, Shannon Peterson, Kenton Rainey, Dorothy Hendrickson, May Farr, Ratan Bhavani, Sergio Aguilar-Gaxiola, and Juan Garcia. Not pictured are Randy Beckx and Roger Greenbaum.

Dorothy Hendrickson, NAMI California past Board President, was elected 1st Vice Chair and Guy Qvistgaard was elected 2nd Vice Chair. Deputy Director, Steven Kite reported how pleased he was that Dr. Aguilar-Gaxiola will be supported by both Dorothy and Guy. In addition to serving on the NAMI California Board, Dorothy is running for a seat on the NAMI National Board of Directors. Board member Kenton Rainey will serve as Treasurer and seasoned board member May Farr was elected Secretary.

The other seven board members are Randy Beckx, Ratan Bhavani, Juan Garcia, Roger Greenbaum, Amanda Lipp, Shannon Peterson and newly elected member Diane E. Van Maren. To learn more about the NAMI California Board Members, please visit our website at www.namica.org.

Directing Change Program:

PSA Submission Deadline is February 1st, 2015



Directing Change 2014 Awards

The Directing Change video program is a statewide competition where high school and UC students take action against suicide and end the stigma of mental illness by creating 60-second public service announcements. 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. The submission deadline for the 2014-2015 school year is February 1st, 2015. Visit www.directingchange.org for more details.

A total of 432 films, representing 996 students from 112 high schools and 9 University of California campus locations and 31 counties, were received during the 2013-2014 school year. DVDs of the 2013-2014 finalists are available upon request while supplies last. For more details, contact Lauren Hee at Lauren@namica.org or 916-567-0163. All PSAs are also available for download at www.directingchange.org.

NAMI Merced County



NAMI Merced County has experienced such rapid growth that we have found ourselves faced with implementation of new policies and procedures. In June 2014, NAMI Merced County held a Policies and Procedures training for all Board members. The training was led by Marilyn Mochel, an experienced community developer, as well as NAMI Merced's treasurer for fiscal year 2013/2014. Through this training Marilyn introduced the Board to new policies and procedures needed to establish a firm foundation for our affiliate and bring us into compliance. Since the 11-member board was just established in 2013/2014, Marilyn provided an overview of the roles and responsibilities of Board members and clarification of governance versus operations. The training was excellent, and Board members left with a better understanding of Board operations and requirements.

This training was followed by a Working Retreat for Strategic Planning on July 23. The group



enjoyed a salad buffet to kick off the evening. In addition to Board members, NAMI teachers, facilitators and presenters attended together with potential NAMI leaders. The group explored five areas: Vision, Fundraising, Outreach, Marketing and Membership. Five teams moved from table to table, brainstorming

these topics. The evening ended with the table leads sharing the ideas and suggestions for follow up and development. At conclusion, each participant submitted a commitment letter to specific programs and services. They also selected the committee they would like to serve on and their special areas of interest. Through this strategic planning event, NAMI leaders have been able to develop an exciting plan of action for this coming year.



Meet Our Staff

Meet Melen



Melen is a native of Sacramento where she graduated from California State University, Sacramento with her Bachelor's degree in Social Work. Melen first became involved in the Mental Health movement in 2004 where she held a caseload of domestic abuse; chronic illness; elderly with depression; and refugees with PTSD. In addition, mental health is near and dear to her heart as she has lost family members to depression and substance abuse.

Melen has been working in non-profit for over 10 years and have developed experiences in managing and overseeing multiple projects, organizing culturally appropriate educational workshops and developing cooperative relationships with community organizations and

service providers. Melen is ecstatic to have joined NAMI California in July 2014 as the Community Engagement Manager where she will represent NAMI California in the state to reduce health and mental health care disparities and integrate cultural and linguistic competency throughout the mental health/behavioral health systems.

Furthermore, Melen is a married mother of three ages 14, 11, and 5 years old. On her spare time, she enjoys fishing, cooking, camping, and spending time with her family.

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or call NAMI California

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