



## MONTHLY NEWSLETTER

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



### *Mental Health Matters Day*

As part of Mental Health Awareness Month, NAMI California participated in Mental Health Matters Day. Mental Health Matters Day brought together leaders and visionaries from all over the state to share ideas, tools and resources for reducing stigma and raising awareness of mental health.



The day's events began with the Legislative Breakfast Briefing where the Directing Change Student Filmmakers,

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representatives from mental health organizations, and various community members met with legislatures to have conversations about salient topics and needs concerning mental health in California. Following the Legislative Breakfast Briefing, was the Mental Health Matters Day Rally which included a dynamic speaking program and resource booths hosted by mental health and community-based organizations across California and approximately 1,500 attendees filled the South Lawn of California's Capitol Building in Sacramento.

Two of NAMI California's Board members, Amanda Lipp and Chief Kenton Rainey, were key figures at the event speaking on issues relating to reducing stigma and discrimination and how NAMI California can help families and individuals in need. Mental Health Matters Day attendees also enjoyed interactive exhibits and live entertainment that reflected the rich diversity and culture of California.



From the rally, the attendees marched on Capitol Mall. A sea of lime green could be seen from afar as the attendees donned the official color of California's Mental Health Movement. The march ended at Raley Field where the Sacramento River Cats played the Mental Health Matters High School Day baseball game.

### ***Directing Change Award Ceremony***

To culminate the Mental Health Matters Day festivities,



### **NAMI California's Tree of Tribute Fiscal Year 2012-13**



[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
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- \$5,000 - Large stone

### **Major Donors**



hundreds of Californians gathered at The Crest Theater in downtown Sacramento to attend the Directing Change Award Ceremony and Video Screening.

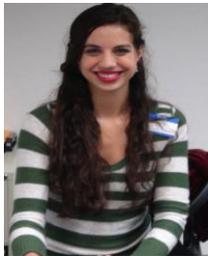


This inspiring event recognized and honored the student filmmakers who participated in the Directing Change Contest and announced the statewide winners. The guest speakers included Fox hit T.V. series Glee, director Bradley Buecker, and film T.V. actor Max Adler. The night ended with a dessert reception and meet-and-greet with the student filmmakers in the Crest Theater lobby.

Statewide winners can be found at:

<http://www.eachmindmatters.org/blog/directing-change-2014-winners/>

## Sonoma County MST & NAMI! By Lauren Peterson, NAMI Sonoma County



I am Lauren Petersen from NAMI Sonoma County. In our county, NAMI is fortunate to partner with a group of dedicated professionals to deliver a very remarkable crisis resource that *works*. It is called our Mobile Support Team, or MST.

After many requests and strong public support, the County of Sonoma's Behavioral Health Division partnered with police departments and sheriff's organization to form the Mobile Support Team. And NAMI is part of it! This team, made up of licensed mental health clinicians and certified substance abuse specialists, provides field-based support to law enforcement. This means that when law enforcement encounters a mental health crisis, or even a situation that might have evolved from mental

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

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All donations, large and small, are greatly appreciated by NAMI California and help

health challenges, they can call MST to the scene for help in making the right assessments and coming to the best outcome for everyone involved.

There's something else about MST that distinguishes it from all other similar programs... peer and family support! In my work as a NAMI staff member, part of my job is as the Family Support role with the Mobile Support Team. After MST meets a family out in the field, I will follow up with them and provide a direct link to NAMI's family programs as well as any other resource they might need as they takes steps away from this crisis.

That family can know that I understand what they are going through, as I am a family member of someone with mental health issues and an individual with a couple mental health diagnoses myself. I continue MST's goals of promoting safety and emotional stability, minimizing negative outcomes, helping community members obtain sufficient support and treatment, and prevent overly intrusive intervention.

But I can also help fill in the gaps. At NAMI, we all know that family members are often the first to recognize the signs of a disorder and the first to offer support, but also the first to feel "in the dark". By referring folks over, MST gives families the benefit of finding out right away that they are not alone, they can find support, and they can find answers. It's my honor to continue working with this fantastic team and providing that direct link for families. And recently, I was so proud to present a NAMI presentation beside an individual whose family I met through MST, while she talked about her lived experience with mental health!

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## **Announcing the Relaunch of the NAMI California Affiliate Website!**

The NAMI California Affiliate Website has been updated and is ready for access. The affiliate website has had the Program Documents section fully revised. It offers documents for program materials, reporting data, outreach,

us achieve  
our mission  
at the state level.

**State Advocacy**  
**2014**

Visit NAMI's State Advocacy Page

and trainings.

It includes a section for upcoming trainings and applications. The documents are for the following NAMI Signature programs: In Our Own Voice, Ending the Silence, Parents and Teachers as Allies, Provider Education, Peer-to-Peer, Connection, Family-to-Family, Family Support Group, and Basics.

Instructions for accessing the affiliate website are as follows. Go to [www.namicalifornia.org](http://www.namicalifornia.org) and scroll to the bottom of the page. There will be a yellow link that says "Affiliate Login" in small lettering at the bottom of the page. You will be prompted for a username and password. All affiliates have their own username and password that NAMI California can provide to you. If you need your username/password, please contact Stephenie

Gardella: ([Stephenie.gardella@namicalifornia.org](mailto:Stephenie.gardella@namicalifornia.org))

The affiliate website is available to all affiliates.

For more information, contact:

Stephenie Gardella

Program Coordinator

916-567-0163

[Stephenie.gardella@namicalifornia.org](mailto:Stephenie.gardella@namicalifornia.org)

### **Joint Mental Health Legislator Visit Day May 12: A Success!**

A coalition of 33 advocates assembled in Sacramento on May 12th to speak with California state legislators about issues related to child and family mental health. The groups represented CalACAP, NAMI California, the youth group LETS (Lets Abolish Stigma Now) and UACF-United Advocates for Children and Families.

Chris Castillo of Shaw/Yoder/Antwit, the lobbying firm the child psychiatrists of California support with an annual dues payment, organized the Sacramento event.

In the morning the group heard talks from Assemblyman Rob Bonta of the 18th District (Oakland,

Alameda and San Leandro), Senator Jim Beall of San Jose's 15th District and Randall Hagar, lobbyist for the California Psychiatric Association. All three men discussed their efforts on behalf of mental health and drug/alcohol treatment parity in California.

After lunch, each group visited three legislators for thirty-minute discussions with staff in pre-arranged time slots. The specific targets were an overview of parity funding proposed by Senator Beall (a budget line item) and Assemblymember Campos' bill, AB 1455, which would allow schools to better respond to victims and witnesses of bullying.

The combination of consumers who were willing to tell their personal and family narratives united with professionals who have expertise and knowledge in the field was a powerful experience.

On behalf of NAMI California, we thank all those who participated. If you would like to participate in next year's visit, please contact David Czarnecki, Advocacy Coordinator at [david.czarnecki@namicalifornia.org](mailto:david.czarnecki@namicalifornia.org).

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## **NAMI California 2014 Conference News:**

### ***Mariel Hemingway announced as Keynote Speaker; Early Bird Registration Ending Soon***



Mariel Hemingway is Keynote Speaker for the NAMI California 2014 Annual Conference, held August 1 and 2 at the Newport Beach Marriott Hotel and Spa. Ms. Hemingway is an iconic Academy Award nominated actor from a celebrated family. In 2013, the rich and evocative documentary, *Running From Crazy*, premiered at the Sundance Film Festival. Produced by Oprah Winfrey, the film is an examination of the Hemingway family's history of

mental illness and suicide, and focuses on Mariel's boundless advocacy for mental health awareness.

Time is running out on Early Bird Registration discounts.

## [Click to Register Now!](#)

For more information on the conference, [click here](#).

### FAMILY PROGRAMS NEWS



The NAMI National Training of Trainers will be held June 6-8, 2014 in Arlington, Virginia. These trainings are for current teachers, mentors or facilitators to become state trainers. All general information and details about the event and the registration process are available at: [www.nami.org/ttinfo](http://www.nami.org/ttinfo).

NAMI California Family Programs also has a state trainer application as well. For further information go to <http://namifamily.blogspot.com>.

### Master Trainings Calendar

#### **Family to Family Training**

May 30-June 1, 2014 Elk Grove, CA

#### **Provider Education Trainings - To be announced**

Send inquiries to:

Family Programs

[Lynn.Cathy@namicalifornia.org](mailto:Lynn.Cathy@namicalifornia.org)

IOOV, Peer to Peer and Connection

[Stephenie.Gardella@namicalifornia.org](mailto:Stephenie.Gardella@namicalifornia.org)

Parents and Teachers as Allies, Ending the Silence, NAMI on Campus, Provider Education

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### **NAMI Solano County has been busy celebrating "May Is Mental Health Month" in Several Ways**

One of our Board members was able to attend the events on the State Capitol lawn on May 12-13. She reports that Senator Beall gave much praise to NAMI'S Peer to Peer and

Family to Family programs, and is very passionate about the Mental Health Parity act. The legislators also showed support for the bill on bullying, and Sacramento Police Chief Rainey praised NAMI for assisting them with Crisis Intervention Training.

Also, at NAMI's "Directing Change" Awards Ceremony, a young man from Solano County, Philip Kennedy from Buckingham Charter High School in Vacaville, received an honorable mention for his video in the Suicide Prevention category. On Monday, May 19th, NAMI Solano County will feature "Hidden Pictures," a film by award-winning filmmaker and physician DeLaney Ruston, to raise awareness of symptoms of mental illness. In this film Dr. Ruston, who grew up in the shadow of her Dad's schizophrenia, explores the hidden struggles faced by the 450 million people living with mental illness worldwide. The global outreach of this film provides an excellent opportunity to learn both about mental health as part of overall health, and the need to be alert to symptoms of mental illness, and NAMI Solano County is pleased to share this landmark film with the public.

Last but not least, Caminar Solano will be hosting it's annual "Cammie Awards", to celebrate their clients' achievements in wellness and recovery, on Friday, May 23rd, 2014, at the Foley Cultural Center in Vallejo, from 11:30 - 1:30 pm. NAMI Solano County salutes Caminar for their efforts to improve the quality of life for people with disabilities, by providing opportunities for them to live in the community with dignity and independence.

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## **NAMI MERCED COUNTY Hosts Community Dialogue in Planada**

On Saturday, May 3, NAMI Merced County hosted its third community dialogue in Planada, which is located in an agricultural setting about ten miles south of Merced. This event was held at Cesar Chavez Middle School where Planada School Superintendent Jose Gonzalez welcomed the guests.

Since the language spoken is predominantly Spanish, the event was offered in both English and Spanish. In addition, Dan Moua, a well-known leader in Merced's Hmong community, translated the

program from English into Hmong for a Hmong family who attended. The documentary film, "A New State of Mind: Ending the Stigma of Mental Illness," was shown followed by a panel discussion with questions and answers. The program was enthusiastically received by approximately 70 guests. Participants were treated to an outstanding lunch prepared by Chef Alejandro Okido.

The purpose of a community dialogue is to initiate a conversation about the stigma, prejudice and discrimination that frequently impact the lives of those living with mental illness and their families and to explore ways to eliminate them. As a follow up, coordinator Marilyn Mochel plans to offer a mental health first aid class in Spanish in both Livingston and Planada.

NAMI Merced County would like to extend thanks to the partners who helped to bring about the dialogue and to MHSA, CalMHSA and "Each Mind Matters" for providing funding.

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