

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 Conference Award Winners!



We want to congratulate all the nominees and winners from the NAMI California Conference 2014. Thank you for being such an integral and important part of NAMI.

Below is the list of the winners:

Don & Peggy Richardson Memorial Award

Bettie Reinhardt

For distinguished service to persons afflicted
with serious mental illness

Outstanding Clergy Award

**Pastor Rick and Kay Warren of Saddleback
Church**

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

In appreciation of devoted and compassionate service to those with mental illness and their families

Outstanding Peer Award

Robert Villanueva

For excellence in advocacy and support of recovery

Family-to-Family Award

Joe & Madeline Johnson

For excellence in leadership with the NAMI Family-to-Family programs

Media Award

California's Broadcasters Association

For excellence in reporting on serious mental illness

Outstanding Criminal Justice Advocate Award

Mark Gale



[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
Otsuka

For exemplary time and effort in advocating for accepted best practices that have resulted in the decriminalization of persons with serious mental illness

Outstanding Criminal Justice Professional Award

Judge Stephen Manley

For a criminal justice professional who has advocated for and has been an integral part in implementing accepted best practices that has resulted in decriminalization of persons with serious mental illness

Veteran's Award

Mathew Jensen

For outstanding service and innovative program development for veterans and their families

Recovery Practitioner Award

Supervisor Shirlee Zane

For the clinical staff person who consistently initiates, promotes and reinforces recovery principles within their practice, county and sphere of influence.

Zero Tolerance of Seclusion and

Telecare

Patron: \$2,500 - \$4,999

AstraZeneca

Santos Properties

Samira V. Moran

Sunovion

Turning Point Community

United HealthCare Services

Visit Newport Beach

Benefactor: \$1,000 - \$2,499

Attias Family Foundation

Schwab Charitable Fund

Linda Crosthwaite

Jane Pomeroy

Albert Benich

Sheila Lake

John McCoy

Alex Schenker

Frances Tibbits

Lindsay Weston

Beverly White

Vanguard Charitable Endowment Program

Fidelity Charitable Gift Fund

Shareholder: \$750-\$999

Gary Bjorklund

Juan Garcia

Henry Garner

Ronnie Okon

Sponsor and

Founders: \$250-\$749

Effie Beeman

Ratan Bhavnani

Rita Boppana

Peter Briscoe

Boris Chen

Jessica Cruz

Peter DesForges

Edward Gaston, MD

Jack Glantz

Patricia Goldring

Dorothy Hendrickson

Kim Hettena

Judy Hock

Shannon Jaccard

Katherine Kitchens

Steven Kite

Arnold Klein

Larry Knorr

Daniel Roberts

Tracy Shields

Ronald Stone

Bryce Tanner

Teresa Walker

Carl Walsh

Virginia Whitcombe

The Clorox Company Foundation

Perry Communications

All donations,
large and small,
are greatly appreciated by
NAMI California and help
us achieve
our mission
at the state level.

Restraints Award

John George Psychiatric Hospital

For a facility that has done outstanding work toward initiation and implementation of zero seclusion and restraints practices

Outstanding Youth Advocate

Troy Mondragon

For excellence in serving as an advocate that has both provided support and further advocacy for youth experiencing serious mental illness.

Outstanding Youth Advocate

Ellen Frudakis

For excellence in serving as an advocate that has both provided support and further advocacy for youth experiencing serious mental illness

Outstanding Mental Health Director

Alfredo Aguirre

For excellence in establishing goals to better support and treat those living with a mental illness in their County

Outstanding Treatment Provider

**State Advocacy
2014**

Visit [NAMI's State Advocacy Page](#)

John George Psychiatric Hospital

For providing exemplary treatment and care to those suffering from severe mental illness

Multicultural Outreach Excellence Award

NAMI Orange County

For Outstanding Achievements in Community Engagement and Cultural Inclusion

Wanted: People with Lived Experience for NAMI Consumer Council at Local Affiliates

We want people with lived experience of mental illness who might be interested in forming a NAMI Consumer Council at their local affiliate.

Starting September 25, there will be a conference call the last Thursday of every month at 3 pm for people with lived experience of mental illness who would like information about how to start and maintain a NAMI Consumer Council at their local affiliate. According to the NAMI National website "The purpose of the Consumer Council is to advance the activities and involvement of the consumer membership of NAMI at the local, state, and national levels by actively participating in advocacy issues and program development."

This will be achieved by:

- * Working actively to support the mission of NAMI
- * Working to preserve the respect, dignity, and human rights of mental health consumers.
- * Advising the NAMI Board of Directors on the perspectives of their consumer members
- * Communicating the mission of NAMI through active participation in the nationwide consumer movement
- * Empowering and educating mental health consumers to address their issues around care, treatment, services, mutual support and consumer rights

Please join us for the call if you are interested in learning more about a NAMI Consumer Council, on October 30th at 3 pm: dial 800-944-8766 and enter the code of 91171 when prompted.

Consumers who are NAMI Board members, volunteers, or staff are especially encouraged to call.

Announcing our first Family Programs Training of the year!

We will be having a Spanish Family to Family (de Familia a Familia) teacher training on October 24-26th in Sacramento, California. This training is open to those who are current members of their local NAMI affiliate and preferably have completed the 12 week Family to Family class. Please contact your local affiliate to be a part of this training or contact Lynn@namica.org Thank you!



¡Estamos anunciando nuestro primer entrenamiento de Programas Familiares del año! Vamos a tener un entrenamiento de familia a familia en español de profesores el 24-26 de octubre en Sacramento, California. Este entrenamiento está disponible para aquellos que son miembros actuales de su filial local de NAMI y preferiblemente han completado las 12 semanas de la clase de familia a familia. Por favor, póngase en contacto con su filial local para poder ser parte de este entrenamiento o contacte a Lynn@namica.org. ¡Gracias!

Directing Change Contest Submission Deadline: February 1, 2015



High school and University California students can take action by creating 60-second films to end the silence about mental illness and prevent suicide. The winning student advocates will win cash prizes and get to participate in a meeting

with state legislators on these topics and attend an award ceremony in Sacramento. All schools that participate will qualify for prevention and educational programs. Submissions are due February 1, 2015. For more information please visit www.directingchange.org.

DVDs from the 2014 competitions are available upon request while supplies last. For any questions about the contest and DVD distribution, please contact Lauren Hee at lauren@namica.org or 916-567-0163.

Mark Your Calendar: NAMI CA Regional Meeting Monday, October 20th in Stockton

NAMI California will be holding a Regional Meeting on Monday, October 20th at the San Joaquin County Mental Health Services, 1212 N California St, Stockton, CA. The meetings are held from 9:30am to 3:05pm and will include the counties of San Joaquin, Tuolumne and Calaveras.



The NAMI Regional Meetings are an effort we make, with the support of the Mental Health Services Oversight and Accountability Commission and the County Mental Health Directors Association, to facilitate cooperation between area affiliates and county mental health departments. These meetings have two parts: first, a NAMI Smarts for Advocacy Training open to affiliate members and county partners who may be interested, second, a

panel presentation from county mental health departments, followed by a facilitated discussion between counties and NAMI affiliates.

The morning session trains NAMI affiliate members and other interested parties in "Telling Your Story". "Telling Your Story" guides the participant through writing and delivering a concise and compelling version of their story that will serve as the springboard for local advocacy.

This is followed by a panel presentation from county mental health departments on the successes and challenges of service delivery under the MHSA. Counties are offered the opportunity to share what their strategies are for addressing mental health services in their areas, what future programs are being developed, and how NAMI affiliates and NAMI CA can contribute.

This panel is followed by a facilitated discussion between county representatives and NAMI affiliates. Together they address what needs are being met, what needs are not being met, and how they both can collaborate. These sessions are vital for building relationships and enhancing communication.

Breakfast, lunch and all materials will be provided.

Please consider attending the regional meeting, and explore with your county mental health department as to whether they might participate as well.

Mark your calendars now and R.S.V.P. to david@namica.org to reserve your seat at this important training and informational meeting!

We look forward to making this meeting a

meaningful event.

Upcoming NAMI California Peer Programs Trainings

NAMI California will be having trainings for Connection and Peer to Peer for the 2014/2015 fiscal year. Please see below for the schedule and information.

NAMI Connection is a free and confidential support group for adults living with mental health challenges. Support groups meet weekly for 90-minutes. NAMI Connection offers a safe environment for adults who live with mental health challenges to express themselves without being judged. Reflecting NAMI's core values, NAMI Connection is inclusive- any adult with a mental health challenge is welcome, regardless of diagnosis.

NAMI Peer-to-Peer is a free, 10 session class for adults living with mental health challenges. Information on various aspects of mental health and recovery are taught by trained teachers who have also experienced mental health challenges and are living in recovery.

NAMI California is currently recruiting for qualified, passionate people to be trained as Mentors for the Peer-to-Peer Program in your community! We are interested in getting your help in finding the best individuals to be trained as Mentors.

To be a Peer-to-Peer Mentor, a person must meet the following criteria:

- Be or become a NAMI Member
- Be an adult with a mental illness who is living in recovery
- Be comfortable sharing your story

- Be passionate about teaching others about mental illness and recovery

What people are saying about Peer-to-Peer:

"This course has literally been a life saver. It has opened my eyes to better understanding my illness and methods of recovery I did not know about before taking NAMI Peer-to-Peer."

"What really stood out for me [in NAMI Peer-to-Peer] was the fact that there is a way to live with mental illness and that it is a brain disorder and not something that I did wrong."

NAMI Peer Programs Trainings

- Connection: Sacramento, October 18-19, 2014 (Full)
- Peer to Peer: Fresno, January 23-25, 2015
- Peer to Peer: Fairfield, February 2015 (Weekend TBD)
- Peer to Peer: Campbell, April 2015 (Weekend TBD)
- Peer to Peer: San Diego, May 15-17, 2015
- Persona a Persona (Peer-to-Peer in Spanish): Date and Location TBD

Grants are available to NAMI California affiliates to put on their own trainings for the Connection and Peer to Peer programs.

For more information please contact:
Stephenie Gardella
Stephenie@namica.org
916-567-0163 ext. 119

**NAMI Merced County Luncheon
And Program for Pastors and
Associates**

NAMI Merced County hosted its first luncheon and program for local pastors and others from the faith-based community. The luncheon was held on Friday, September 19, from 12:00 - 2:00 pm at Gateway Community Church.



Presenters stressed the importance for pastors, care pastors, counselors, and other staff members to recognize the symptoms of mental illness and to be equipped to provide guidance and direction for those in need. Prudy Mook shared her story from a mother's perspective. Mary Hofmann talked about the impact on her as a teenage daughter caring for an adult parent with mental illness. Jan Morita told of her experiences from a consumer's perspective. And Marilyn Mochel gave each attendee the opportunity to attend a free Mental Health First Aid Training for the faith-based community.

The response was incredible, with many signing up and others bringing applications back to their church staff. The program was so well received that there are now plans in the works for a second luncheon and program for the faith-based community in Atwater, California. This event was made possible through a grant by United Advocates for Children and Families and in partnership with MHSA Prop 63 and Merced County Mental Health Department.

Our Sponsors

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Contact Information

newsletter@namicalifornia.org

or call NAMI California

(916) 567-0163

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