

## 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@namica.org](mailto:newsletter@namica.org).



## Meet the Wonderful Sonoma County Mobile Support Team!



NAMI Sonoma County is proud to join Sonoma County Behavioral Health, Sonoma County Sheriff's Office and Goodwill Industries of the Redwood Empire in a presentation at the 7th International Together Against Stigma Conference: Each Mind Matters, Empowering Community Mental Health through Research, Practice, Policy, and Advocacy.

In our county, we are very proud and grateful for our story of successful systems changes. This presentation will demonstrate how our NAMI affiliate, local high schools, law enforcement, peer providers, and our Sonoma County Behavioral Health division worked together to reduce stigma, prevent suicide, and increase mental health awareness through high school crisis teams, our Mobile Support Team that responds to law enforcement calls, peer and family follow-up support, QPR suicide prevention trainings, crisis intervention trainings for law enforcement, as well as awareness campaigns to reduce stigma and build community mental health.

### In This Issue

- Sonoma County Mobile Support Team
- You Be The Judge
- Consumer Council Call
- Affiliate Capacity Building
- Membership Celebration
- New P2P Mentors
- Jessica Cruz Appointed by Governor
- Volunteers Needed
- Provider Education Training
- NAMI Solano
- Meet Our Staff
- Proud Sponsors Of NAMI California



**NAMI California's Tree of Tribute**  
Fiscal Year 2014-15

Our Team includes Behavioral Health Director Mike Kennedy, Client Care Manager Karin Sellite, and Program Manager Cruz Cavallo join Lieutenant Mark Essick of the Sonoma County Sheriff's Office, Peer Support Specialist Jessie Panoski of Goodwill Industries, and Family Support Project Coordinator Lauren Petersen of NAMI Sonoma County that attended the conference.

## Directing Change: You Be The Judge



Do you have expertise or interest in directing, writing, editing, acting, journalism, film production, suicide prevention and/or mental health? We are now seeking judges to help select winning films for the Directing Change Student Film Contest. The entire process will take less than two hours and can be done from home. The judge recruitment deadline is March 1st, 2015.

**Mental Health and Suicide Prevention Educational Videos Available Online:** The Directing Change Team has several helpful videos for students and schools on the basics of mental health, suicide prevention, stigma reduction, and accessing resources. To view these videos, please visit [Directing Change Videos](#)

**Stay Up to Date: Want to stay updated with all things Directing Change?**



[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

State Advocacy

2014

Visit NAMI's State Advocacy Page

- Subscribe to The Advocate Newsletter: The newsletter features updates about the contest and youth-friendly current events about mental health and suicide prevention in the community. To be part of our email list, please visit:

[Directing Change Newsletter](#)

- Like us on Facebook: [Facebook Link](#)
- Follow us on Twitter [Twitter Link](#)

**Promotional Materials Available:** DVDs of the 2014 finalists and promotional flyers are available upon request. These tools are a great way to spread the word about Directing Change in the community!

**Questions?** Please contact Lauren Hee at [lauren@namica.org](mailto:lauren@namica.org) or 916-567-0163 for any Directing Change related questions or needs!

## **Join Us For The NAMI California Consumer Council Call February 26th**

NAMI serves everyone affected by mental illness: individuals, families, and communities.

Individuals living with mental illness who are interested in forming a NAMI Consumer Council at their local affiliate to provide a voice and support for peer involvement should participate in the monthly NAMI California Consumer Council call on the last Thursday of every month at 3 pm.

To join the call, dial (800) 944-8766, then enter code 91171. The next call, on February 26 at 3

pm, will focus on how to start a Consumer Council and will feature members of the newly forming Orange County Council.

## **Affiliate Capacity Building Pilot Project**

Recognizing the value that NAMI California's affiliates play in their communities, the California Mental Health Services Authority (CalMHSA) has funded a short-term pilot project to build affiliates' capacity.



Affiliate leaders have told us that delivering the Stigma and Discrimination Reduction (SDR) programs, serving diverse communities, and effectively providing meaningful input to county behavioral health departments can be difficult. Yet, local NAMI California groups are doing parts or, sometimes, all of those tasks very effectively. The goal of this project is to facilitate mentor/mentee relationships among affiliates to help NAMI CA leaders share the expertise they have developed.

In summary, the project involves a survey of all affiliates, regional conference calls for affiliates wishing to participate, holding a meeting in three of the regions that involves County Behavioral Health leaders and current and possibly new community partners, and structuring three sets of mentor/mentee relationships. NAMI California's role is to facilitate and partner with the participating affiliates in expanding their community partnerships and developing and funding beneficial mentor/mentee relationships. Finally, the state organization and

the participating affiliates will evaluate the usefulness of this approach to capacity building.

The project is well underway, thanks to the rapid response of nearly one third of the NAMI CA affiliates, with a "must complete" deadline date of March 30th. Congratulations to Anne Fischer of NAMI San Francisco for winning the Target Gift Card in today's drawing of all the survey respondents! Stay tuned for developing news.

Bettie Reinhardt, MPH  
Affiliate Development Consultant

## Membership Celebration



(left to right): NAMI Western Riverside Membership Award Recipient, Jacquelyn Louise McPhail Sanchez, Treasurer Richard Behm, and Membership Coordinator Jacqueline Banks

NAMI Western Riverside's membership grew more than ever last year, due in great part to

NAMI member and advocate Jacquelyn Louise McPhail Sanchez!

Although there were many NAMI members who shared their individual and family stories regarding how NAMI increased their understanding of mental illness and provided support to encourage others to join NAMI, Jackie brought in the most members in 2014! Members and friends came together on January 17, 2015 at the Cactus Cantina in Riverside, CA to celebrate Jackie's accomplishment!

Jackie is also on the NAMI Western Riverside Board and is the affiliate's Family-to-Family Coordinator. Jackie Sanchez, you are appreciated by NAMI Western Riverside and you are an inspiration to all of us!

## **Congratulations to Our New P2P Mentors in Fresno!**

Congrats to all the new P2P Mentors trained in Fresno the weekend of January 24th. And a special thanks to our trainers, Luke McElwee and Oscar Guzman!



## **Congratulations to Our ED Jessica Cruz - Appointed to Governor's COMIO**

We are proud that our Executive Director, Jessica Cruz, was recently appointed by the Governor to the



COMIO (The Council on Mentally Ill Offenders). The goal of the council shall be to investigate and promote cost-effective approaches to meeting the long-term needs of adults and juveniles with mental disorders who are likely to become offenders or who have a history of offending.

The council shall:

(1) Identify strategies for preventing adults and juveniles with mental health needs from becoming offenders.

(2) Identify strategies for improving the cost-effectiveness of services for adults and juveniles with mental health needs who have a history of offending.

(3) Identify incentives to encourage state and local criminal justice, juvenile justice, and mental health programs to adopt cost-effective approaches for serving adults and juveniles with mental health needs who are likely to offend or who have a history of offending.

The council shall consider strategies that:

(1) Improve service coordination among state and local mental health, criminal justice, and juvenile justice programs.

(2) Improve the ability of adult and juvenile offenders with mental health needs to transition successfully between corrections-based, juvenile justice-based, and community-based treatment programs.

Here is the press release for more information:

<http://www.gov.ca.gov/news.php?id=18851>

**Call for NAMI California  
Conference Volunteers!**



NAMI California is currently recruiting volunteers for our annual conference on August 21st - 22nd at the Newport Beach Marriott Hotel and Spa! Volunteering for one time block per day, allows free entry into workshops on the same day. Don't miss out on this great opportunity to connect with dynamic speakers and mental health experts!

Please contact Kelly Boyles at 916-567-0163 or [kelly@namica.org](mailto:kelly@namica.org) with questions or inquiries.

## **Provider Education Training**

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

NAMI California has two opportunities to become a Provider Education Presenter. The training dates are March 28-29, 2015 in Orange County, CA and April 11-12, 2015 in Campbell, CA.

If you are interested in teaching the PE course, please contact Kelly Boyles ([kelly@namica.org](mailto:kelly@namica.org)) or your local Affiliate for an application.

Applications are due Friday, February 27th.

## **Affiliate Spotlight: NAMI Solano**

2014 was a banner year for NAMI Solano County. We expanded our efforts in Community Outreach by participating community health fairs and other events throughout the county, from Vallejo to Vacaville, raising awareness and providing education about mental illness and the services NAMI provides. We also gave presentations to several different community organizations to introduce them to NAMI Solano County and our programs and services. We participated in our last Bay Area NAMIWalk, as in 2015 we will be participating in Sacramento instead of San Francisco.

Our most exciting news for 2014 is our MHSA Grant from Solano County, which will greatly enhance our ability to increase the programs we can provide to people living with mental illness and their families in Solano County. In addition, this grant money has enabled us to rent office space! Located at 1225 Travis Blvd., Ste. D in Fairfield, our new office gives us extra storage and provides a place to hold our Board meetings. Come visit us at our Open House on Saturday, February 21st, from 10:00 am to 3:00 pm.

2015 is starting off with a bang with two new programs: Peer-to-Peer, starting in Vallejo on March 5th, and a new Family-to-Family class in Napa which began on February 2. Although we have had Family-to-Family classes in Solano County for quite a few years, we are very pleased to announce that several people from Napa have joined our affiliate and will be working with us to provide some of NAMI's services in that county, beginning with F2F, with the goal of eventually forming a Napa County affiliate. We

extend a warm welcome to our Napa Citizens for Mental Health!

Questions? Please contact us at [namisolano@sbcglobal.net](mailto:namisolano@sbcglobal.net), or (707) 422-7792.

## Meet Our Newest Staff Member: Tania Pineda



Tania Pineda is the new Family and Peer Programs Coordinator at NAMI California.

Previously, she was fortunate to work with other Sacramento non-profits that serve the community in a different yet valuable way. She is very excited to join NAMI as mental

health is one of her passions. She believes that maintaining one's mental health is just as (if not more) important than physical health in securing optimal health. Organizations like NAMI are essential in helping our community achieve this!

Her goal is to learn, grow, and give back while at NAMI California!

### Our Sponsors

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