



MONTHLY NEWSLETTER

January 2015

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.



California Insurance Commissioner Moves To Limit Narrow Networks

Insurance Commissioner Dave Jones (D) used the occasion of his second-term inauguration to announce a regulation to limit narrow networks and push insurers to provide timely access to care.



The emergency regulation issued Monday by Jones was designed to address concerns about narrow networks -- particularly the concerns over the new insurance offering of exclusive provider organization (EPO) plans.

EPO plans have no out-of-network benefits, Jones said, and the Department of Insurance has fielded numerous complaints from

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

consumers about them, he said.

"Health insurers' medical provider directories have been inaccurate, misleading consumers into signing up with a health insurer for access to a doctor, specialist or hospital only to learn that these medical providers are not actually a part of the health insurer's network," Jones said in a release.

"Consumers have been forced to pay huge out-of-network charges when their health insurer fails to provide adequate medical providers in their network or when care is provided by out-of-network providers without even informing or asking the consent of the patient," he said. "This emergency regulation is necessary to make sure that health insurers establish and maintain adequate medical provider networks to meet the health care needs of their policyholders, to make sure medical provider directories are accurate, and to stop the practice of surprising consumers with huge charges for out-of-network providers who provide care without the patients' consent or foreknowledge."

The emergency regulation requires insurers to:

- Adhere to new standards for appointment wait times (DOI release, 1/5);
- Offer an adequate number of physicians, clinics and hospitals to patients who live in certain areas;
- Provide an accurate list of in-network providers ("KXJZ News," Capital Public Radio, 1/5);
- Provide out-of-network care options for the same price as in-network care when the number of in-network providers is insufficient; and
- Report to DOI information about their networks and any changes.



[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

The emergency regulation will go into effect after it has been reviewed by the Office of Administrative Law. According to a release, emergency regulations often go into effect more quickly than standard regulations (DOI release, 1/5).

**Directing Change 2015 -Calling
All Student Film Makers and
Change Agents!
Submission Deadline Extended:
February 16, 2015**



Students throughout California are invited to Direct Change by submitting 60-second films in two categories: "Suicide Prevention" and "Ending the Silence about Mental Illness". The winning teams and their associated schools will win prizes, receive mental health or suicide prevention programs for their schools, get to participate in a meeting with state legislators on these topics, and attend the award ceremony at the end of the 2014-15 school year. Visit the campaign website for contest rules and information: www.directingchange.org

**The submission deadline has been
extended to February 16, 2015!**

We are now seeking judges to help us select the winning films. Do you have expertise/interest in directing, writing, editing, acting, journalism, public service announcements, video production, suicide prevention and/or mental health? Contact us about becoming a judge

today! The entire process would take less than 2 hours of your time, all of which can be done online from home.

Judges:

- Participate in a brief 30-45 minute judging orientation in (via phone or webinar) in January or February 2015.
- Review up to 12 sixty-second film submissions and complete an online scoring form for each (time commitment of less than two hours.) The judging period will be taking place in mid-March 2015.
- Are invited (but not required) to attend the award ceremony in Sacramento on May 19th 2015.
- Are recognized on the contest website and in the award ceremony program

Want to stay updated with all things Directing Change? Subscribe to [The Advocate: Directing Change Newsletter](#)! The Newsletter features updates about Directing Change and monthly educational films about topics on mental health and suicide prevention.

DVDs of the 2014 finalists and promotional flyers are available upon request.

Please contact Lauren Hee at lauren@namica.org or 916-567-0163 for all Directing Change related questions or needs.

**NAMI California's Community
Engagement Department
Presents Multicultural Webinar
Trainings**



Dr. Dixie Galapon,
Mental Health
Director for the
Union of Pan Asian
Communities
(UPAC), in part
nership with NAMI
California is hosting
a new series of

Multicultural Webinar trainings. The first webinar of the series was conducted on December 12, 2014 and provided a "sneak peak" into the soon-to-be-released NAMI California Cultural and Linguistic Responsiveness Toolkit. The Toolkit encompasses many useful tips and tools for NAMI Affiliates so that they can effectively outreach and engage diverse communities across California. If you were unable to participate on this webinar, it was recorded and can be downloaded [here](#).

To get a schedule of upcoming webinars, please visit [here](#). Or contact Dr. Galapon at dgalapon@upacsd.com or by phone at (619) 229-2999.

Peer to Peer Mentor Training Available in English and Spanish

Several spots are still available in the Peer to Peer Mentor training in Fairfield on February 20th - 22nd. Also, the only Peer to Peer Mentor training in Spanish this year, (Persona a Persona) will be held on March 27-29th.



Peer to Peer is a free, 10-session, peer-led, recovery education course open to any person with a mental health condition. It emphasizes recovery from mental illness as a feasible, supportable goal. The trainings mentioned above are for people interested in becoming teachers (or "mentors") of the program.

Says one graduate: "It was pivotal for my understanding and acceptance of my mental illness."

Advancing Equity in Education & Health Care

A growing number of schools in California and nationwide are embracing school-based mental health services as a way to improve classroom management and create a more supportive school environment. Learn best practices and the latest trends in school-based mental health care during the California School-Based Health Alliance's Advancing Equity in Education & Health Care conference in San Diego April 30-May 1.



Network with children's health practitioners and supporters, attend engaging workshops, and hear an inspiring keynote address by Assemblymember Shirley Weber, a leading advocate for health equity and a longtime supporter of school-based health care.

Location: Bahia Resort in San Diego

Schedule:

May 1: Full day with keynote address, workshops, exhibitions, and networking

April 30: Come early for an optional in-depth pre-conference workshop on Using trauma-informed strategies to de-escalate classroom conflict.

Stay for the Welcome Reception on the beach!

Register at www.schoolhealthcenters.org before February 27 to receive discounted rates! Rooms at the Bahia Resort available with our discounted rate are limited so book your room now before it is too late.

Mental Health-focused workshops include:

- Creating Trauma Sensitive Schools
- Building a Framework for Mental Health Programs on Your Campus
- Cultivating Mindfulness in Teachers & Students to Reduce Barriers to Learning
- Engaging Black Youth in Radical Healing: Social-Emotional Interventions at SBHCs
- Conducting a Comprehensive School Health Services Needs Assessment
- Using Private Insurance for Confidential Care: SB 138 & Minor Consent

See all workshops and speakers at <http://bit.ly/csha2015workshops> .

Parents and Teachers as Allies Training

Parents and Teachers as Allies Training
NAMI California is currently recruiting for qualified, passionate people to be trained as the Presenters for the Parents and Teachers as Allies (P&TasA) Program in your community! We are interested in getting your help in finding the best individuals to be trained as Presenters.

To be a P&TasA Presenter, a person must fit into one of the following criteria:

- **Educator** - an education professional who is the parent of a child with early on-set mental illness
- **Presenter** - a NAMI Family-to-Family or Basics Teacher
- **Parent** - a parent of a child who experienced symptoms of a mental illness while in school
- **Young Adult** - a young adult who experienced a mental illness as a child and is doing well in recovery

NAMI California has two opportunities to become a Parents and Teachers as Allies Presenter. **The training dates are Saturday, February 28th and Saturday, March 7th.**

If you are interested in teaching the P&TasA course, please contact Kelly Boyles (kelly@namica.org) or your local Affiliate for an application. Applications are due Friday, January 30th.

**Meet Our Newest Staff Member:
Kiran Savage-Sangwan**



Kiran Savage-Sangwan is the Legislative and Public Policy Analyst at NAMI California. Prior to NAMI, she worked at the ACLU of the Northern California as an Organizer, and was responsible for leading the organization's immigrants' rights

advocacy at the federal, state and local levels. Kiran also worked on access to education and immigration at the New York State Youth Leadership Council, where she led both policy and development efforts. She holds a BA and an MPA from New York University.

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This educational newsletter is supported, in part, by an educational grant from Lilly USA, LLC. For further information concerning Lilly grant funding visit www.lillygrantoffice.com.

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