



**NAMI Butte County
 GENERAL MEETING**

DATE: Thur. October 15th
TIME: 7:00 p.m.
PLACE: Butte County Library
 1108 Sherman Ave., Chico
 (Corner of East 1st Ave and
 Sherman Ave)

nami.buttecounty@yahoo.com

**NAMI BUTTE COUNTY NOW
 HAS A WEB SITE!!!**

<http://nami.buttecounty.netguava.com/>

Open to the public - Everyone is welcome

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**NAMI BUTTE COUNTY
 SUPPORT GROUPS**

CHICO

DATE: 4th Tuesday of each month
TIME: 6:30 p.m.
PLACE: 109 Parmac, Ste. 2, Chico
MORE INFORMATION CONTACT
Nancy: 530-895-8933
nancy@nesm.com

OROVILLE

DATE: 2nd Tuesday of each month
TIME: 7:00 p.m. to 9:00 p.m.
PLACE: Cottonwood Estates
 Clubhouse
 2500 5th Ave., Oroville, CA
MORE INFORMATION CONTACT:
Louise: 530-532-0311

TOWN HALL DISCUSSION

**Town Hall Discussion
 Focuses on
 Homelessness and Mental
 Illness**

Homelessness and mental illness in Butte County will be addressed at a special campus and community town hall meeting **Wednesday, Oct. 14**, in the Bell Memorial Union Auditorium at California State University, Chico.

The town hall meeting will be from 6:30 p.m. to 9 p.m. Everyone in attendance will have an opportunity to actively participate in discussions and problem-solving. The event is free and the public is encouraged to attend.

Participants will include city and university leaders, providers of services to the homeless and mentally ill, and residents who are or who have been homeless and/or mentally ill.

The purpose of the town hall meeting is to learn more about current services and continuing challenges related to homelessness and mental illness in Butte County and propose solutions or next steps for the community.

The meeting is being held in conjunction with this year's CSU, Chico Book in Common, "The Soloist," the story of a newspaper columnist's friendship with homeless musician Nathaniel Ayres, which raises issues about the plight of the homeless and mentally ill. The Book in Common program and town hall meetings are important components of CSU, Chico's First Year Experience Program, which is designed to help first-year students succeed in their transition to university life and become active community participants.

The Book in Common program has grown into a university-community partnership. Community partners include Enloe Medical Center, Butte County Library, Lyon Books, Barnes and Noble, Jesus Center, Torres Shelter, Butte Behavioral Health, and Chico Unified School District, in addition to CSU, Chico and the City of Chico.

Chico Mayor Ann Schwab and CSU, Chico President Paul Zingg will open the Oct. 14 town hall meeting. A new three-minute film shot in Butte County, "Who are The Soloists Among Us?", will be shown at the start of the proceedings.

Following the film, a panel discussion on homelessness and mental illness will be held. Scheduled panelists include John Rucker, City of Chico; Katrina Davis-Woodcox, Downtown Chico Business Association; Rick Reynolds, Butte County Behavioral Health; Meagan Meloy, Butte County Continuum of Care; Debbie Villasenor, Mental Health Services Act housing consultant; and a resident who has experienced being homeless.

Town hall participants will be seated at tables in the BMU Auditorium to facilitate small-group discussions. After the panel discussion, the table groups will have approximately one hour to share ideas and solutions to issues that have been raised. Each table will have a note-taker who will forward notes to the town hall leaders. Following the town hall meeting, participants will be e-mailed a written report based on the ideas from the small groups. The meeting will conclude with remarks from City Council member Andy Holcombe, Jesus Center Executive Director Bill Such and CSU, Chico Dean of Undergraduate Education Bill Loker.

"We really would like people from all walks of life to participate," said

Thia Wolf, First Year Experience Program director and CSU, Chico town hall coordinator. "We think this meeting will matter most if a wide variety of people come and contribute their ideas and perspectives."

For more information, call 898-3705 or e-mail fye@csuchico.edu. A calendar of Book in Common events is available at www.csuchico.edu/bic and includes information about films, lectures, town hall meetings and other events.

PUBLIC MEETING

NOTICE OF PUBLIC MEETING

DATE: Tuesday, Wednesday, and Thursday, October 13, 14, & 15, 2009

PLACE: Lake Natoma Inn
702 Gold Lake Drive
Folsom, CA 95630
(916) 351-1500

The California Mental Health Planning Council invites you to attend its meetings. Members of the public are welcome to attend and observe these meetings.

The focus of the meeting is current services models for treatment of co-occurring disorders.

Access to this agenda, meeting notice, and "Request To Present" form are also available on our website at www.dmh.ca.gov/MHPC

.. If you have any questions or would like to request reasonable accommodations for the meeting, please call Ann Arneill-Py, PhD, Executive Officer, at (916) 651-3839. We hope to see you there.

FAMILY-TO-FAMILY TRAINING

NAMI Family-to-Family Teacher Training in Chico!

For more information, please contact Lynn Cathy at 916-647-6931 or email at

Lmcathy@surewest.net.

Registration opened September 2009.

Start Date 11/13/09

End Date 11/15/09

ASK THE DOCTOR

Adult "Ask The Doctor" with Dr. Ken Duckworth

Friday: October 23rd
Guest: Andrew Sperling

The topic of the call will be,
"Healthcare Reform."

Please join us for our monthly adult issues conference call with NAMI's Medical Director Dr. Ken Duckworth and guest Andrew Sperling.

Andrew Sperling is the Director of Federal Legislative Advocacy for NAMI. In this position, he leads NAMI's legislative advocacy initiatives in Congress and before federal agencies. Mr. Sperling works on issues affecting the mental health community with a focus on improving the lives of people with severe mental illnesses.

Calls are toll free & scheduled from

11am -12:30pm Eastern Time
(8am - 9:30am Pacific Time).

To access the calls, please dial
1-888-858-6021;

Conference code 309918.

Calls can be made from any phone.

If you have any questions, please contact Bianca Ruffin via [e-mail](mailto:bruffin@surewest.net).

PLEASE NOTE: *The November and December Adult "Ask the Doctor" calls have been re-scheduled to Friday, November 6th and Friday, December 4th to accommodate holiday schedules.*

MTV OPPORTUNITY

Media Opportunity:

New MTV Series

The producers of MTV's *True Life*, a respected documentary series, are developing a new documentary series that focuses specifically on young adults living with mental illness. Producers are looking for 18- to 25-year-olds living in the continental U.S. who have been diagnosed with a mental illness and are willing to share their personal experiences with a television audience.

MTV expects to start filming this fall and a camera crew would follow participants going about their daily life over the course of two to three months.

Participants should be comfortable sharing the ups and down of living with their illness, including the effect the illness has had on their relationships with family and friends, side effects from medications, therapy and other ways to manage their illness and challenges they take on in their academic and/or professional lives.

If you would like to be considered, please send your name, phone number and a brief description of your experiences (250 words or less) to MTV via [e-mail](mailto:mtv@surewest.net).

If you also would like to be considered for future media opportunities with NAMI, please send a copy to [Christine Armstrong](mailto:Christine.Armstrong@surewest.net). MTV producers will decide which candidates will be selected for the series.

Twelve Aspects Of Coping For Persons With Schizophrenia

By Frederick J. Frese, Ph.D.

"When people lie, sparks are set off in the brain, thus melting brain chemicals which may be the conscience and pride. I was two years old when I got my doctorate, an M.D. from Harvard. I got a Ph.D. in comparative literature and a law degree at the same time, as well as a phi beta kappa in care-giving from Sunny Acres."

The above is a paraphrased sample of speech from one of my actively psychotic schizophrenic friends. She is really a very nice person and has a lot of good ideas, but obviously something is not quite right with the way she is thinking.

I, too, am a person with schizophrenia. I am not currently psychotic but I have been in the state of psychosis frequently enough to have become somewhat familiar with the trips there and back.

After years of keeping my experiences with schizophrenia a secret, a few years ago I decided to become open about my condition. Initially I revealed my background during talks I was giving locally. Later, at the invitation of various groups of professionals, consumer/survivors and family members, I began giving talks around the country. At first I gave a talk calling for partnership between consumer/survivors, professionals and family members. The speech was fairly well received. But at the annual convention of the South Dakota Alliance for the Mentally III I was asked to give two different speeches to the same audience. I decided to give the second speech on coping skills. In doing so I learned consumers and family members would far more like to hear about how to go about

living with schizophrenia than about more theoretical or political aspects of caring for the mentally ill.

My first speech in South Dakota was given almost three years ago. Since then I have given the same basic talk several dozen times in about half the states. The speech has evolved considerably since it was first delivered, as audience members contributed comments that I felt were particularly valuable.

My talk addresses twelve aspects of coping with schizophrenia. I have organized it a little differently for this article, but I still keep the basic twelve aspects as the organizational framework for the presentation. What follows is the essence of the basic speech, adapted for publication.

1. Denial, acceptance, and one's belief structure
2. Knowledge of the Disorder
3. Medication, chemicals
4. "Paleologic" or delusional thinking
5. Social deficits
6. Replaying/rehearsing
7. Expressed emotion (EE)
8. Stress and excitement
9. Music and hobbies/woodshedding
10. Stigma/discrimination
11. Revealing/covering
12. Networking/consumer groups/self-help

This presentation is 8 pages long, well worth reading – see attachment or go to:

<http://www.fredfrese.com/node/13>

(As with the acquisition of most skills, learning to cope with a disability is a function of experience and guidance from others. The author, diagnosed with schizophrenia at age 25, is now a psychologist who works with persons hospitalized with mental illness. He has frequently delivered presentations about coping with schizophrenia during the past three years. His ideas are based on his personal experience of living with the disorder, his experience with his patients, and that which "rings true" to his thoughts on twelve aspects of learning to live with this serious mental disorder.)

THE FOLLOWING ARE A FEW EXCERPTS FROM THE PRESENTATION:

1. Denial, acceptance, and one's belief structure

I cannot tell you how difficult it is for a person to accept the fact that he or she is schizophrenic. Since the time when we were very young we have all been conditioned to accept that if something is crazy or insane, its worth to us is automatically dismissed. We live in a world that is held together by rational connections. That which is logical or reasonable is acceptable. That which is not reasonable is not acceptable.

2. Knowledge of the Disorder

The nature of the disorder is that it affects the brain's thought and belief systems, it affects a person's confidence in what is truthful. Therefore, to the person who is experiencing the disorder it very much can be a mystical journey where poetic relationships and metaphorical associations dictate truth. To the person who is experiencing the disorder, these subjective experiences are very real indeed.

3. Medication, chemicals

Persons with serious mental illness are disabled, just like people who are blind, deaf or crippled. Like others who are disabled we can be helped by artificial support. Where the blind may have a cane or a seeing eye dog, the deaf may be helped with a hearing aid, and the crippled may be helped with a wheelchair or a crutch, we, too, can be helped by artificial means. Because our disability is one of a biochemical imbalance, it is reasonable that our "crutch" is chemical. For us, our crutch is the neuroleptic medications that we take. In order to keep our brain's neurochemical processes properly balanced, we need the assistance of helpful chemicals, prescribed medications. Certainly without having such medications available, I would not be able to function as I do today.

8. Stress and excitement

Not long ago three former patients at our hospital were the focus of a local TV news program on mental illness. All three performed very well for the program but unfortunately within three weeks each of them had relapsed and were back in the hospital. My own breakdowns frequently occur while I am attending conferences or shortly thereafter. I often find that visits to a shopping mall where there is much stimulation causes me too much stress.

RECOVERING

Recovering from Manic-Depression and Alcoholism

Thirteen years ago, at the age of 24, I was diagnosed with manic-depression. Learning to live with this mental illness has been extremely difficult especially during the last 6 years. In 1989 I had my second manic episode and I was treated at the Clarke Institute in Toronto. Since then and up to August 1994 I have been in hospitals in many different cities: Toronto, Montreal, Calgary, White Rock, Vancouver (UBC and St. Paul's). After suffering an episode and a lengthy stay of up to two months in hospital, I would attempt to recover but within 3-6 months I wound up in hospital once again. I never really had a fair chance of recovering from my mood disorder because I suffer from another mental illness called alcoholism. It wasn't being treated. After being discharged from hospital I would resume drinking and then within a matter of months I would be back in hospital having suffered another manic episode.

It was strongly suggested to me in 1984 when I was first diagnosed as manic depressive that I should stop drinking. My only response was to say, "surely they can't mean beer". My drinking escalated from 1989 until August 1993 when I first joined the program of Alcoholics Anonymous. During those years I was in complete denial of what alcohol was doing to the chemical make up of my body. I drank in order to suppress the negative feelings of mania and depression. The more I drank the sicker I became, yet I would not address my alcohol problem because alcohol

had become my best friend. Denial runs deep! It took a family crisis where my parents told me that they would no longer Support me emotionally or financially if I ended up in the hospital and alcohol was involved. This scared me to the point where I called Alcoholics Anonymous and began attending AA meetings. It takes time but AA seems to be working for me. I have arrested my drinking problem through total abstinence. Now the medication that I take has a chance to work the way it is intended. Stopping drinking is only part of the solution. For me, working with doctors who understand mood disorders and getting the proper medication is the key to a successful recovery. Now that I don't drink I am in touch with my true feelings and this has helped me to identify which medications work for me. When I was drinking it was next to impossible to tell if a medication was working or not. Since August 1994 I have not had to enter a hospital for treatment of manic behavior. Not drinking, one day at a time, is having a tremendously positive impact on my mental health. If you think that you may have a drinking problem, and can't seem to stop, seek help. Total abstinence and the right medications is improving my chance of living a normal life style away from major mood swings.

Mark F.

www.mentalheath.com

CSJ JUSTICE CENTER

CSG Justice Center Releases Essential Elements of Specialized Probation Initiatives

New York—The Council of State Governments (CSG) Justice Center

announced today the release of [*Improving Responses to People with Mental Illnesses: The Essential Elements of Specialized Probation Initiatives*](#).

The publication, developed with the support of the National Institute of Corrections, U.S. Department of Justice, identifies 10 key components found in successful initiatives to improve outcomes for people with mental illnesses under probation supervision.

Barbara Broderick, president of the American Probation and Parole Association and chief adult probation officer in Maricopa County, Arizona, said, "We in probation, together with judges, prosecutors and the defense bar, have struggled for many years to reduce particularly high rates of reincarceration among probationers with mental illnesses. Until now, there hasn't been a document that focuses specifically on how to improve outcomes for these individuals. The *Essential Elements* report addresses that gap by providing clear guidance to state and local officials who oversee probation agencies and their partners in the mental health system."

According to the [*Bureau of Justice Statistics*](#) and [*recent prevalence estimates*](#), there are more than four million people under probation supervision in this country and as many as one in six have serious mental illnesses.

Morris Thigpen, director of the National Institute of Corrections, said, "Probationers with mental illnesses have complex treatment and supervision needs. The *Essential Elements* provides specific recommendations for responding to these challenges without touting a 'one-size-fits-all' approach. It is relevant for both urban and rural jurisdictions, whether or not they employ specialized caseloads for probationers with mental illness."

The *Essential Elements* should be required reading for policymakers seeking to increase public safety, reduce expenditures on the criminal

justice system and help people with mental illnesses.”

Download the report for free at http://consensusproject.org/jc_publications/probation-essential-elements or www.nicic.gov.

It was produced under cooperative agreements (07HI03GJP4 and 08HI06GJVO) for the National Institute of Corrections.

LETTER FROM THE EDITOR

The first and last newsletter!

This is the last newsletter I'll be writing for NAMI Butte County and I thought it would be fitting to include one of the first newsletters I wrote in 1996.

It's interesting to note that in that first newsletter we were focusing on trying to implement training intervention methods for law enforcement and now 13 years later Butte County is finally having it's first Crisis Intervention Training (C.I.T.) program!

It's been a year since Larry & I retired from our positions with NAMI Butte County but that doesn't diminish our commitment to advocate for those with mental illnesses and their families & friends. I remind everyone to stay focused on the one thing that unites us all and that is compassion and understanding.

I hope you've enjoyed reading these newsletters over the years as much as did writing them.

I've included here one of the song lyrics Donovan has written as well as a poem I wrote in the spring of 2003. To those of you on our "Donovan Support" e-mail list, we will continue to update you as the saga continues.

Signing Off,
Colleen

SITUATION

I tried my best
But the feeling was heavy
insignificant specs
challenging each other
Putting down each other

I feel silly now
after
what I did was
unfixable

I tried to blame others
others blamed me
My day is ruined
can't you see

I still have friends
but I'm mad
at accusers
at users
at me

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WEEDING THOUGHTS

Stooping in the garden pulling at the weeds,
Gathering those thoughts tangled inside of me...
So close to nature, to reality, to sanity...

The ground envelops me as the thoughts, like weeds, seem to disappear..
There they are though, outside of me

And so we too, families and friends, grapple with the reality...

Of our loved ones whose disease has entangled their perceptions
Delusions that cannot be dismissed....
but must - for survival

We comfort, we care, we compromise
We read, we educate, we advocate

And perhaps it's simply, or not so simply, science -
that will someday bring us peace....

Colleen Phipps 2003

Newsletter Editor, Colleen Phipps
Cmhipps@csuchico.edu /530- 894-8551

NAMI Butte County Membership

Consumer(\$15.00) Family(\$30.00) Professional(\$30.00) Agency(\$40.00) Newsletter Only(\$15.00)

Optional -Relationship to consumer: PA (parent of adult) PC (parent of child) AC (adult child)

C (consumer) F (friend) P (professional) S (sibling) M (spouse)

Optional-Ethnicity: A (Asian/Pacific Islander) AA (African American) H (Hispanic/Latino)

NA (Native American) W (White/Caucasian) O (Other)

Optional-Decade of Birth: 1920 1930 1940 1950 1960 1970 1980 1990

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Make checks payable to: NAMI-BUTTE County, P.O. BOX 6357 Chico, CA 95927

(\$10.00 of your dues go to NAMI California and \$10.00 goes to NAMI National) (All contributions are tax deductible: Tax ID# 68-0414598)

NAMI Butte County
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