



# THE WINDMILL

NAMI YUBA-SUTTER

SYMBOLIZING LIFE'S CONTINUING CYCLES OF RENEWAL

July 2005

## DIRECTOR'S CORNER

This is an exciting and busy time for us. Sutter-Yuba Mental Health is eligible to receive \$1,744,100 in additional funding to support new mental health services as a result of the passage of Proposition 63 (Mental Health Services Act).

Planning for the Mental Health Services Act is in full swing. Four committees have been formed to focus on the special needs of children, adolescents/young adults, adults and older adults. Consumer, family members, agency representatives and mental health staff on each committee are identifying community groups that are not being served or are underserved, as well as other critical areas of need. These committees will recommend specific new strategies and services.



A variety of activities have been planned: including six Town Hall Meetings (see calendar p.3) and various specific focus groups are taking place throughout Sutter and Yuba Counties.

We need your input. Please take time from your busy life to attend one or more of these activities.

Joan Hoss, LCSW  
Director of Mental Health

### NAMI Yuba-Sutter Board Members:

- *PRESIDENT-*  
REBECCA BLUMLING
- *TREASURER-*JOAN HOSS
- *SECRETARY-*  
LINDA KESTERMONT
- DAN BARTLETT
- BOBBY GILL
- TOM LONG
- SANDY PALMER
- LILLIAN STAFFORD

## NEW AND IMPROVED!

The NAMI newsletter "THE WINDMILL" has got a new look and a new purpose. With the passing of Proposition 63, Mental Health Services Act (MHSA), counties across the state of California are working hard to transform mental health services provided to their consumers and family members. "THE WINDMILL" will join in this effort by bringing you monthly up to date information regarding the new developments here at Sutter-Yuba Mental Health (SYMh). Every month there will be articles regarding the forces that drive the MHSA like Recovery/Wellness, Prevention/Early Intervention, reducing Stigma and increasing Cultural Competence. Keep an eye on our Special Events Calendar where you can learn about upcoming activities at SYMH. In addition to our efforts to reach out to family members of consumers we will now be holding monthly 'Family Informational Groups' that will focus on providing tools and resources for helping with family members that have a mental health disorder. Please join us Friday, July 22nd at 11:00am for our "MHSA Consumer/Family BBQ" here at SYMH, in order to provide you with answers to your questions regarding this transformation in our mental health system; we will also be asking for your thoughts on what you would like to see different. We hope you enjoy our new newsletter and that it will assist you to stay up to date on information regarding mental health and your community.

Janet Amaya, Intervention Counselor II

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# SYMBOLIZING LIFE'S CONTINUING CYCLES OF RENEWAL

## THE DECADE OF THE PERSON AND THE WALLS THAT DIVIDE US

When I look over our field today I see a wall that is still standing, that one would think would have fallen a long time ago. It's the wall that separates the professional practitioner from the person with a psychiatric disability. This wall contributes to be a very strong wall, buttressed in many spots by traditional mental health thinking. Unfortunately, two of the ways we keep mending this useless wall are as follows:

- 1) Our belief that healthcare technology is more important than the healthcare relationship and
- 2) Our thinking that people with psychiatric disabilities cannot make useful choices, and we need to make them for them.

In the first instance, we act as if the practitioner's knowledge and technology are more important than their interpersonal relationship between the practitioner and person getting help. We know this is not the case from listening to what people tell us. When asked, a majority of people who are recovering from severe mental illnesses will mention that a critically important contributor to their recovery are other people—people who listened to them, believed in them, and supported them in numerous ways. A second action of professionals that divides professionals from the people they are supposed to serve is the professional notion that people can make useful choices. I have been writing for over two decades about the importance of professional doing rehabilitation *with* and *not to* clients, and helping people to develop their own goals. We now have lip service about this concept of self-determination, but the wall is still there.

*By William A. Anthony, Ph.D. presented at the 2002 conference of the Center of Psychiatric Rehabilitation.*

## STIGMA, THE PERVERSIVE BARRIER

The World Health Organization (WHO) identified mental illnesses as the leading causes of disability worldwide. This groundbreaking study found that a mental illnesses (including depression, bipolar disorder, and schizophrenia) account for nearly 25% of all disability across major industrialized countries. Unfortunately, several obstacles to achieving this goal remain. For example, stigma frequently surrounds mental illnesses, prompting many people to hide their symptoms and avoid treatment. Sadly, only 1 out of 2 people with a serious form of mental illness seeks treatment for the disorder.

Stigma is a pervasive barrier to understanding the gravity of mental illnesses and the importance of mental health. For instance, 61% of Americans think that people with schizophrenia are likely to be dangerous to others. However, in reality, these individuals are rarely violent. If they are violent is usually tied to substance abuse. Some people may not recognize or correctly identify their symptoms of mental illness; when they do recognize them, they may be reluctant to seek care because of stigma. Stigma is particularly pronounced among older adults, ethnic and racial minorities, and residents of rural areas.

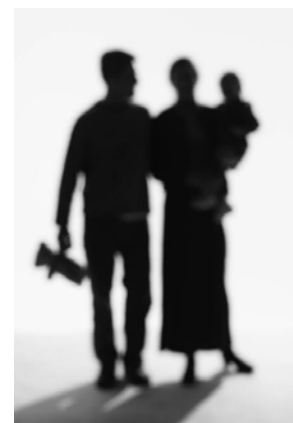
Research shows that the most effective way to reduce stigma is through personal contact with someone with a mental illness.

*Taken from, The President's New Freedom Commission on Mental Health. Achieving the Promise: Transforming Mental Health Care in America. Final Report July 2003.*



*When illness gets you down turn it around. It's not about being Bi-Polar It's all that comes with it. Pain turns into understanding. Tears are compassion for all who suffer, Mania is all the creativity that adorns me. Depression is silent time for prayer. The part you play in my life is to focus on the other beautiful things in the world. Your outreach embraces my mind that releases the monsters that occupy my thoughts. Your existence gives me hope for the future and the reality of love. Your strength-becomes mine, it is then when I have achieved SUCCESS!!*

*By Carmen McCue*



# SYMBOLIZING LIFE'S CONTINUING CYCLES OF RENEWAL

## JULY 2005

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	
3	4 Independence Day!	5	6	7	8	9
10	11	12	13	14	15	16
17	18 Town Hall Meeting	19	20 Town Hall Meeting	21	22 Consumer / Family BBQ	23
24/31	25 NAMI Board	26 Town Hall Meeting	27 Family Info Group	28 Town Hall Meeting	29	30

### SALAD LUNCHEON A SUCCESS. THANKS TO ALL!

First we would like to thank **Century 21 Select**, for the fabulous trip to South Lake Tahoe and three \$20.00 gift certificates to Wal-Mart.

We also owe a big vote of thanks to Rita Hammil and **Summerfield!** Not only did she provide a wonderful place to have the Salad Luncheon, she donated ice cream for our dessert, and gave the staff a bonus in our name!

Way to go Sandy Palmer! For putting the whole thing together, which she did in spite of grave health problems. And of course we can not forget the wonderful Support Staff here at NAMI who carried much of the load this year, Thanks so much Lillian Stafford, Les Lerch and our good friend LaVon Novak, you guys were great!!

We also want to thank the following businesses for their generosity in donating raffle prizes. Remember to vote with your dollars whenever possible.

- |                              |                               |                                      |
|------------------------------|-------------------------------|--------------------------------------|
| <b>Butler's Cleaners</b>     | <b>Linda's Soda Bar</b>       | <b>Treasures And More</b>            |
| <b>Cooking Pot</b>           | <b>Cookie Tree</b>            | <b>TanFastic</b>                     |
| <b>Jerry's Auto Stereo</b>   | <b>El Zarape</b>              | <b>Don's Shoes</b>                   |
| <b>Big Red Truck</b>         | <b>Beauty Perfection</b>      | <b>Casa Lupe</b>                     |
| <b>Ruthy's</b>               | <b>Jenson's Video</b>         | <b>Bel Air Market</b>                |
| <b>Holiday Quality Foods</b> | <b>Albertson's Marysville</b> | <b>Mark's Garden Hwy Auto Clinic</b> |
| <b>Rhoades's Beauty Shop</b> | <b>Albertson's Yuba City</b>  |                                      |

### SCHEDULE OF EVENTS

- 18th-MHSA Town Hall Meeting 6:00-8:00pm Live Oak High School-Multipurpose Rm, 2351 Pennington Road in Live Oak
- 20th-MHSA Town Hall Meeting 6:00-8:00pm Wheatland Pioneer Memorial Hall, 315 B Wheatland.
- 22nd-MHSA Consumer/Family BBQ 11:00am at SYMH, 1965 Live Oak Blvd in Yuba City (on the Little White House Lawn)
- 25th-NAMI Y-S Board Meeting 12:00pm in the Pacific Fly Away Room at 1965 Live Oak Blvd in Yuba City.
- 26th-MHSA Town Hall Meeting 6:00-8:00pm at Veterans of Foreign Wars, Post No. 2563 1463 Veterans Memorial Circle in Yuba City
- 27th-SYMH Family Informational Group 6:00-7:30pm in the Gold Rush Room at 1965 Live Oak Blvd in Yuba City
- 28th-MHSA Town Hall Meeting 6:00-8:00pm at The Allyn Scott Youth & Community Center, 1830 B Street in Marysville





**WE'RE OUT TO CHANGE A LOT OF MINDS!**

NAMI YUBA - SUTTER

NAMI Yuba-Sutter  
1965 Live Oak Boulevard  
Yuba City, CA 95991

Nonprofit Organization  
U.S. Postage  
PAID  
Yuba City, CA 95991  
Permit No.255



Please contact us at:

(530) 822-7178

namiys@yahoo.com

or visit

www.co.sutter.ca.us

www.namicalifornia.org



## NAMI MEMBERSHIP

Please Note: The elections for new NAMI Board Members has been postponed until January 2006.

Would you like to receive "THE WINDMILL" Newsletter

Join us, we need you....

Membership to NAMI Y-S includes a newsletter from the local chapter. Annual membership dues are payable each January, new members who pay after October 1st will have their dues applied to the next year. All dues are tax deductible as provided by law.

Please complete the following and mail with your check payable to NAMI:

NAMI Y-S, P.O. Box 1520, Yuba City, Ca 95992.

- Individual annual membership \$ 20.00
- Family annual membership \$ 25.00
- Supporting Membership Free



Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

Phone(\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_