



# Proposition 63 Has Passed! Now What?

by Norm Wyman, Director of Mental Health and Substance Abuse, Santa Cruz County

As you know, Proposition 63, The Mental Health Service Act has passed and with it comes new funding to provide services and transform the Mental Health System throughout California.



The bulk of service expansion funding is targeted to seriously mentally ill adults and seriously emotionally disturbed children. A heart-felt thanks goes out to all the organizations, like NAMI, and individuals whose support and efforts to educate and advocate for Prop 63 have made the difference here at home and across the State. Santa Cruz had a 66% yes vote on Prop 63, which was the second highest approval rating in the state.

## The Planning Process

We anticipate a January start for our broad-based stakeholder Prop 63 planning activities that will culminate in a Three Year Plan submitted to the State Department of Mental Health. Stakeholders include adults and older adults with serious mental illness, families, service providers, law enforcement agencies, education, social services agencies and other important interests. I will be attending your January 24, 2005 meeting at Sutter Hospital to talk with and hear from you on mental health service needs and discuss

*The next NAMI Speaker Meeting will be held Monday, January 24, 2005 at 7 PM at Sutter, Hospital in the Sutter Room. Norm will be speaking to NAMI about the next steps for Proposition 63 for Santa Cruz County.*

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## Joint NAMI-SCC and MHCAN News Letter

NAMI-SCC is honored to be working with MHCAN to produce this joint newsletter. We hope that by combining our efforts with this newsletter we can help facilitate future MHCAN Newsletters.

## Message from the Director of MHCAN - Suzanne Koebler

As the Executive Director of MHCAN, I come into contact with family members who want to help their loved ones who have mental illnesses. As a person with Bipolar Disorder, I know how difficult accepting help can be.

For me, coming to terms with my mental illness was a 14-year process. Having internalized the stigma associated with being "crazy", it wasn't a label I was going to accept willingly. I was caught between wanting not to have a mental illness and truly needing support. I was not a child, and at the same time I would always be my parents' child.

My family had a difficult road to travel, as I did. They grieved the loss of the "perfect" child they hoped for. Most of the time they wondered what to do, how to help, and when life would be normal again. Overall though, they rose to the occasion, and helped in the ways that were needed.

Families and supporters have a vital role to play in helping those of us with mental illness. Here are some examples of things that made a difference to me:

- Supporters can help us remember who we are, and that we have an identity separate from our illnesses.
- Supporters can model self-care by seeking counseling and therapy for themselves to

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## The “Patient’s “ Perspective Part One

Mael Anne Dinnell

It’s hard to know where to start. First of all, we don’t call ourselves “patients.” We are sometimes “consumers” but preferably “clients.” The word “patient” implies passivity, and we are active in our Recovery. “Consumer” originated to correct this implication, but is vaguely insulting as it insinuates we are a drain on the system. So we pretty much prefer and use the term “client.” In my writing I refer to us as MHCs, and the terms “we” and “us” refer to myself and most of the people I know and have known over my 35 year career...that is, my career as a client, not as an MH worker. These are my peers, and the only people I can socialize, work, look more or less directly at, and generally deal with. I have tried both to work and pass myself off as “normal” in the mainstream and met with rejection after rejection. I emphasize the ironic use and importance of these words because our language defines the world around us and how we really feel about it.

Yes, I am very verbally and intelligent and just plain sharp, in spite of 35 years of taking powerful meds, ECT (shock treatment), brain damage from a skull fracture and an large area of demileanization, long and short periods of dissociation, a violently abusive past,

Choline treatments to treat my Tardive’s Dyschinthisia (it worked), periods of complete passivity in long term facilities, extreme self-injury and starvation, a heart attack due to severe dehydration resulting in my heart not having the fluid to beat properly, stigma, discrimination, insults, rejection, six overdoses, and all the rest. Most people seem to think that if you have any form of mental illness you are also intellectually deficient. It isn’t true. Some of us have cognitive problems in the throes of an episodes which can

recur chronically but none of us, no client I have met, has been deficient of either intelligence or talent... just interrupted.

Of course there are people with the double wham of mental illness and developmental disability. It may sound absurd to you but these people are also smart. Some of them survive on the street and in the system in such creative ways it looks like genius. Unfortunately they are sometimes preyed upon by other clients, resulting, ironically, into separation into their own population, instead of banishment of the predators from our facilities. There it is: the reflection of what is done to us.

That we are deficient in reasoning power, education or artistic talent is sometimes challenged vaguely by some episode of “Sixty Minutes” about a musical, mathematical

Or other kind of savant. This actually, in it’s demonstration of the existence of savantism, usually in people affected by severe autism, contributes to a mistaken image of OUR population as “idiots” and people who “sit around the mall laughing to themselves.” This insult was an especially stinging one as it was published in Santa Cruz in a supposedly “liberal”, “sensitive” alternative newspaper. You will rarely see such a thing, and I assure you, these illnesses are no laughing matter. I was once on a unit where a woman we had tried to accommodate for weeks in her severe psychosis suddenly said quite reasonably at the lunch table, “There is nothing funny about this business.” Even the techs were impressed and momentarily quieted by this unexpected moment of clarity and observation I have often thought of it. I was 27, and am now 49, and I still think of it.

Message from the Director  
of MHCAN - Suzanne  
Koebler from page 1.

work through what it means to have an ill family member or friend.

- Supporters can help foster hope, even when everything else feels hopeless.
- Supporters can listen.
- Support is an on-going process of learning how to help one another. In February, MHCAN will start a Recovery Education

class that includes supporters in the learning process. It will be an experiment in how we can educate and build our support network. **Please call MHCAN at 831-469-0462 if you are interested in attending.**

## October Speaker Meeting, with Moira Leigh

A very appreciative audience listened to Santa Cruz attorney Moira Leigh, principal guest speaker at the October 26 NAMI membership meeting, describing special needs trusts. On the same occasion, Adrienne Stein and Joyce Nordstrom, county hearing officers, also discussed the "Reese" hearing process which follows the "5150" 72-hour hold when the hospital believes it necessary to retain a mentally ill patient for an additional time.

Ms. Leigh's specialties are estate planning and real estate law, including the creation of "special needs trusts" as part of the living trust arrangement. She stated that "if you own a home in California, you probably need a living trust," as otherwise "you are holding your assets in your hand." Incorporating a special needs trust when there is a child (of any age) with a psychiatric or other disability is required in order for that child to retain his/her benefit status with county, state and federal systems. This type of trust is handled by a trustee (usually a relative or someone close to the ill family member, when possible) who disburses funds for things the government assistance does not cover, for example, dental work, transportation, etc. If you already have a living trust, but no special needs trust, you can do an "amended and restated trust" to include that feature.

Several listeners asked "What do I do when there is no relative who can be the trustee?" Ms. Leigh replied that there are some private fiduciary services available. Banks will handle assets but not personal services.

She suggested NAMI members investigate creating their own fiduciary services. PLAN is one such arrangement. Adrienne Stein, lead hearing officer, and Joyce Nordquist, "back-up" hearing officer, discussed mental health law relating to hospitalization as well as ways relatives can take part in the hearing process.

When the hospital judges a mental health patient is not ready to be released following a "5150" or 72-hour hold, a "Notice of Certification" is written, and there has to be

a legal determination of whether the person may be held up to 14 days. In Santa Cruz County, we have hearings where family members can give relevant historical information about their family member's condition, medications, and past treatment.

Relatives can be present at the hearing only if the family member agrees. However, relatives can provide information which is helpful to the hearing officer and which becomes part of the record. California law specifies "the least restrictive environment" should be sought for the client. The goal is to avoid acute hospitalization. Alternatives locally include El Dorado Center, either for day treatment or partial hospitalization. The patient may also be released to a parent or other relative or a neighbor for "third party assistance."

Suitability of this placement has to be verified by the patient advocate.

A particular point was made that where the patient refuses to sign a release form, thus preventing the hospital from notifying the family, there is still something relatives can do even when the social worker cannot admit that a particular person is hospitalized. Specifically, one may call or bring a letter or send a fax for the file of the family member "if that person is there," to provide important details concerning history and medications. Adrienne affirmed "We listen respectfully to the patient. We think this has therapeutic value. The patient's dignity has to be respected."

The audience expressed concern that caregivers get the run-around, the County telling them to consult the conservator and the conservator telling them to consult the County.



### New Program

A new program has just started which is currently called "Walk-in Crisis Medication Service". This pilot program helps people who might need medications. They talk with a therapist and are evaluated for needs.

*Walk-In, no appointment necessary;  
1400 Emeline Avenue, Building K, Santa Cruz  
1-800-952-2335, Available 24/7*

### Mission, NAMI-SCC

NAMI-SCC is a movement of families, friends and individuals dedicated to improving the quality of life for people affected by serious mental illness. NAMI-SCC provides support, education, advocacy and promotes research.

### Mission, MHCAN

MHCAN helps clients reclaim their dignity through self-help. We do this by:

- providing mutual support and networking;
- having a voice in all matters which affect us;
- creating client controlled programs;
- advocating for the right to choose our own life path;
- educating the public from our perspective;
- confronting discrimination.

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the planning process. The amount and timing of funds to be received by Counties is currently in the planning stage at the State along with the Three Year Plan requirements. I expect to have updates on these and other issues for the NAMI meeting.

#### **What We Know About Statewide Funding Allocations**

Fiscal Years 2004-05 (January through June 2005): Estimated statewide revenues of \$252 million.

- ✓ 45% of the funds will be allocated for Education and Training
- ✓ 45% of the funds will be allocated for Capital Facilities and Technological Needs
- ✓ 5% for local planning
- ✓ 5% for State Implementation

#### **Fiscal Years 2005-06, 2006-07, & 2007-08: Estimated statewide revenues of \$700 million**

- ✓ 10% will be placed in a Trust Fund for Education and Training
- ✓ 10% will be placed in a Trust Fund for Capital Facilities and Technology Needs
- ✓ 20% for Prevention and Early Intervention Programs
- ✓ 5% for Innovative Programs
- ✓ 55% for services to children, adults, and older adults with serious emotional disturbance and serious mental illnesses.

I look forward to seeing you in January as we begin the planning process.

*S*"Stigma is not just a matter of using the wrong word or action. Stigma is about disrespect. It is the use of negative labels to identify a person living with mental illness. Stigma is a barrier. Fear of stigma, and the resulting discrimination, discourages individuals and their families from getting the help they need. An estimated 22 to 23 percent of the U.S. population experience a mental disorder in any given year, but almost half of these individuals do not seek treatment"

(U.S.Dept. of Health & Human Services, 2002; U.S.Surgeon General, 2001).

**The County mental health access line for all consumers is 1-800-952-2335**

**"NAMI of Santa Cruz County can use a hand... please talk to one of the Board members at the next meeting about how you can help your NAMI chapter continue to do good works in the community."**



### **The Mentally Ill**

Psychologically speaking,  
we're all quite insane.

Medically speaking,  
we all should be drugged.

Financially speaking,  
we're a taxpayers drain.

Anthropologically speaking,  
we've always been around.

Individually speaking,  
we're not the ones to fear.

But, popularly speaking,  
they wish we'd disappear.

(c) Joy Bright McCorkle  
December 2004



### **Cognitive Behavioral Group Therapy for Bipolar Illness**

Patients with a diagnosis of Bipolar Disorder, currently receiving treatment from a psychiatrist, and taking a mood stabilizing medication may be eligible for a clinical trial evaluating the effectiveness of cognitive behavioral group therapy.

Assessment and group therapy are available at no cost. The group is held at Pacific Graduate School of Psychology at 935 East Meadow Dr., Palo Alto, CA. For more information, contact: Shilpa Reddy at (650) 843-3515 or sreddy@pgsp.edu.

# NAMI Family-to-Family

Education Program Free Education and Support for Families  
Who Have Relatives with Brain Disorders (Mental Illness)



## The Keys to Understanding



The NAMI Family-to-Family Education Program is a 12-week course for families of individuals with severe brain disorders (mental illnesses).

The course is taught by trained family members. All course materials are furnished at no cost to you.

The curriculum focuses on schizophrenia, bipolar disorder (manic depression), clinical depression, panic disorder and obsessive-compulsive disorder (OCD). The course discusses the clinical treatment of these illnesses and teaches the knowledge and skills that family members need to cope more effectively.

1. Learning about feelings, learning about facts
2. Schizophrenia, major depression, and mania: diagnosis and dealing with critical periods
3. Subtypes of depression and bipolar disorder, panic disorder and OCD; diagnosis and causes; sharing our stories
4. The biology of the brain/new research
5. Problem solving workshop.
6. Medication review
7. Empathy workshop – what it like to have a brain disorder
8. Communication skills workshop
9. Self-care and relative groups
10. Rehabilitation, services available
11. Advocacy; fighting stigma
12. Review and certification ceremony



**On-Going Classes Fill Up Quickly,  
So Call To Register:**

The National Alliance for the Mentally Ill Santa Cruz County

**688-3385**

## New Family to Family Class Starting!

Saturday, January 22, 2005 from 9:00 AM  
to 12:00 Noon. If you are interested please  
call Judy to register at 688-3385.

## Colloquialisms

We want to talk about colloquialisms and how they can influence perceptions about people. *A colloquialism is an informal expression, that is, an expression not used in formal speech or writing.*

Such as: **no-brainer** - anything that requires little thought, **security blanket** - anything that an adult person uses to reduce their anxiety.

NAMI asks that the media, elected officials and "everyone" avoid using stigmatizing language such as identifying persons with mental illness as "crazy", "weird", "lazy", "manipulative", etc. Avoid using the term "schizophrenia" as a colloquialism to describe a decision or action (i.e. "my life is schizophrenic" or "he is so schizophrenic"). To use such language belittles the courageous struggle that those with serious mental illness face every single day and using this language perpetuates misconceptions about mental illness.

## Be a "Stigma Buster" by:

- **Protest stigma perpetuated by local media;**
- **protest advertising or commercial products;**
- **contact civic groups and organizations with information.**

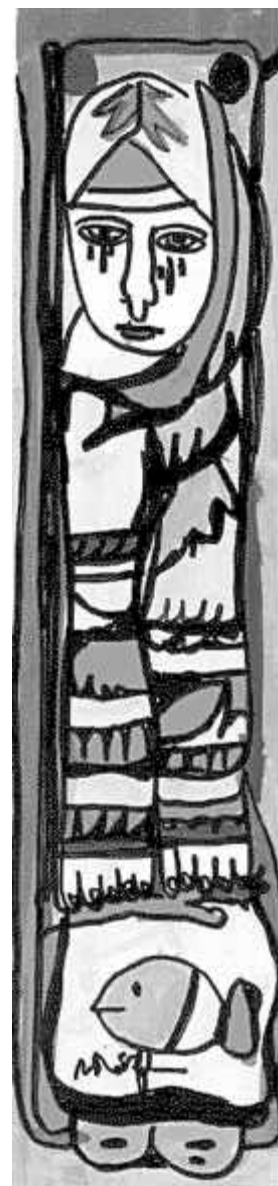
**Keep in mind:** An important way to make stigma disappear is to talk openly, whenever it's appropriate, about mental illness and how it has impacted your or your family—just as we do about other devastating illnesses like cancer, diabetes, Parkinson's, or Alzheimer's.

**Visit** [www.nami.org](http://www.nami.org) and click on the stigma alert listings at the bottom of the homepage.

**Locally** Send NAMI-Santa Cruz County your Local Stigma Alert!  
[webmaster@namiscc.org](mailto:webmaster@namiscc.org)



Interfaith Compeer matches trained volunteers with children and adults in mental health treatment to create supportive friendships. For more information please call the Interfaith Compeer office at (831) 459-6817



Ruth Saffen

## MHCAN Says Thank you!



Santa Cruz County Mental Health Advisory Board has openings for new members. If you are interested in participating in the review and recommendation process for mental health services in Santa Cruz County, contact Esther Phillips at 454-4971.

Thank You to all the NAMI members who helped make our annual Holiday Party on December 11th a huge success. We served lunch to almost 400 people with food to spare, and everyone went home with a gift. This accomplishment would not be possible without all the donations we receive from NAMI- from cooking turkeys, to preparing side dishes, to providing all the pies, NAMI made a special event for mental health clients in Santa Cruz County.

The board, staff and clients of MHCAN thank the NAMI membership for the book fund you have made available for MHCAN clients taking Cabrillo classes. This year, 13 students were able to purchase texts for classes that otherwise they would not have been able to afford. NAMI's participation made a tangible difference for students that have faced many barriers in their efforts to return to school.

We appreciate your support.

Dear Ms. Katzlberger,  
On behalf of the board and participants at MHCAN, thank you for your recent contribution. Your donations will help improve the quality of the lives of our participants.

Your donation comes at a crucial time for us. Due to state and county budget cuts, MHCAN's contract with the county will be reduced in the coming year. The generosity of people like you will ensure that we are able to continue to provide crucial services to our peers.

We are grateful that you chose to honor your son's memory by contributing to MHCAN. While I never had the opportunity to meet Chris, I know he is greatly missed by many people here, especially those who worked on staff with him. Again, thank you for your generosity.

Sincerely,  
Suzanne Koebler, MPA  
Executive Director

MHCAN's Tax I.D. #: 93-1177400  
Contribution: Costco gift card, cash, and paper goods

## NAMI-SCC Says Thank you!

NAMI-SCC has received donations from the following people in memory of Kelsey Wilshusen Pfothenhauer since our last newsletter:

- David & Lois Preisinger
- Nancy & Jerould Karges
- Sharon Cadwallader
- Associated Students of Cabrillo College "Chloe La Fortune, VP"

## Literacy Program

I noticed a woman always sitting in the front room alone and unable to speak English. How could this woman possibly live on her own without being able to read signs, read a map, fill out a job application, read her mail or even the medicine she required? One of the many programs offered by the Volunteer Center of Santa Cruz County is the "Literacy Program".

"Our society demands literacy for full participation in everyday living. Illiteracy holds back not only individuals and their families, but everyone. If you couldn't read, or you couldn't speak or understand the language all around you, it would feel like a bad dream from which you couldn't awake" reads the brochure. Add to this having a severe mental illness.

For information about the literacy program call (831)427-5070. A volunteer teacher will come to your residence/facility if you cannot travel. If you would like to volunteer for this program, please call this number or write to The Volunteer Center, 1010 Emeline Ave., Santa Cruz, CA 95060.

- Mary & Family Bennett
- Suzanne & Tom Mann
- David & Lois Preisinger

Sam Ostler



## Family and Consumer On-Going Support Groups

### Mondays

#### **On-going Smoking Cessation Groups** (education class)

300 Harvey West Blvd., Santa Cruz Connection  
12-12:45 PM 425-8132 or 1-800-NO-BUTTS

#### **WRAP Group with BJ**

1051 Cayuga, Santa Cruz, MHCAN  
Call Ahead 469-0462

### Tuesdays

#### **Marijuana Education Group with Ron**

1051 Cayuga, Santa Cruz, MHCAN  
11:00-12:00 PM 469-0462 or 476-8474

#### **Women's Support Group Peer facilitator: Wandis**

1051 Cayuga, Santa Cruz, MHCAN  
12:00-1:00 PM 469-0462

### Wednesdays

#### **MHCAN, Drop in Center is closed**

#### **Mood Matters Support Group**

1051 Cayuga, Santa Cruz, MHCAN  
7:00-9:00 PM 469-0462

### Thursdays

#### **NAMI SCC Coping Group**

(Support for family members)  
300 Harvey West Blvd. Community Connection  
7-8:30 PM 427-8020

#### **Parents of Teenage Alcoholics**

(Support group-ALANON) 4951 Soquel Drive, Soquel Congregational Church of Soquel  
7:30 PM 462-1818

#### **Obsessive Compulsive Disorders Anonymous**

A support group for OCD sufferers, their family and friends.  
1215 Mission Street, Santa Cruz  
Not meeting currently but you can call for support 438-1043

#### **Anxiety Disorders Support Group**

On going support for clients with anxiety, social fobia, panic disorder or O.C.D. Family members are invited.  
Twin Lakes Church, Rm M-23, Library, Cabrillo College Dr., Aptos  
7:30 PM to 9 PM

### Fridays

#### **Schizophrenia Support Group with Sam**

1051 Cayuga, Santa Cruz, MHCAN  
11:00-12:00 AM 469-0462

#### **Creative Writing Salon with Phil**

1051 Cayuga, Santa Cruz, MHCAN  
1:00-2:45 PM 469-0462

#### **Dual Recovery Education with Ron**

1051 Cayuga, Santa Cruz, MHCAN  
7:00-8:00 PM 469-0462

**For complete MHCAN schedule call 469-0462.**

## Family to Family Offers Help for Families of Mentally Ill

A spouse is in and out of mental hospitals suffering from schizophrenia. An adult child returns home to live with his parents because his bipolar disorder prevents him from living on his own and holding down a job. A young daughter is diagnosed as suffering from major depression and attempts suicide. A college-age son suffers a psychotic break, leaves school, enters the mental health system, and confronts a future forever altered.

What can/should family members do in these circumstances? How can they sort through the myriad problems, heartaches and confusion of dealing with a family member with a serious and persistent mental illness?

NAMI is offering a free, 12 week family education course called Family to Family, which participants have universally described as "a life changing experience". The course helps parents, spouses, siblings, friends and significant others understand and support their ill relative while maintaining their own well being. Family to Family is taught by trained, volunteer family members who know what it's like to have a loved one struggling with a major mental illness, and covers:

- major depression,
- bipolar disorder,
- schizophrenia and schizoaffective disorder,
- borderline personality disorder,
- panic disorder,
- obsessive compulsive disorder,
- co-occurring brain disorders, and
- addictive disorders.



The course balances education and skill-training with self-care, emotional support and empowerment - and was designed by a family-member mental health professional. Over 80,000 family members from all over the world have taken the course to date.

**Starting on Saturday, January 22, 2005, Family to Family will meet from 9:00 -12:00 Noon** under the direction of co-teachers Ellen Adams and Cherry Maurer. We invite you to call 688-3385 for more information and to register. It is a twelve week commitment that will both challenge and reward you. You'll be glad you did.



**NAMI-SCC**  
 P.O. Box 360  
 Santa Cruz, CA 95061  
 www.namisc.org

NON-PROFIT  
 ORGANIZATION  
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**Psychiatric Emergency Phone Numbers:**

- Adult Day (8-5; Mon.-Fri.) . . . . .(831)462-7644\*
- 24 hour . . . . .1-800-952-2335\*  
 (during the day the 800# would get access team)
- Youth North County (24 hr.) . . . . .(831)425-0771
- South County (24 hr.) . . . . .(831)728-2226
- Children’s Day (8-5; Mon-Fri) . . . . .(831)454-4900
- After hours call . . . . .(831)462-7644\*

\*Dominican Hospital; adult 24 hour 800# goes to Dominican after hours)

**Suicide Prevention Service**

- 24 Hour . . . . .(831)458-5300
- 24 Hour Toll Free . . . . .(877)663-5433

**Patients Rights Advocacy Program**

- Santa Cruz (8-5; Mon-Fri) . . . . .(831)429-1913

**Legal Services**

- Calif. Rural Legal Assistance (under 55 yrs.) . . . . .458-2089
- Sr. Citizens Legal Services (over 55 yrs.) . . . . .426-8824

**NAMI-SCC Board of Directors:**

- Judy Williams, President  
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- Frank Steinmuelle, Vice President  
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- Ellen Adams, elenji@earthlink.net

**Friends:**

- Nancy Karges, Interfaith Compeer  
 nancy@interfaithcompeer.org

**NAMI-SCC Board Meetings:**

2nd Monday of the Month. Time and location can vary. Open to anyone interested. Please join us.  
 Meetings are held at the Community Foundation of Santa Cruz County, 2425 Porter Street, Soquel, California. Call for times (427-8020).



**If you are an ongoing member of NAMI-SCC your dues are due!**

*Thank you for your support!*

**Yes, I would like to join NAMI-SCC!**

Make check payable to NAMI-SCC, PO Box 360, Santa Cruz, CA 95061. Your Contribution helps pay for your membership in NAMI California and NAMI National.

<input type="checkbox"/> \$45	<input type="checkbox"/> Annual \$35	<input type="checkbox"/> (free)
<input type="checkbox"/> \$50	<input type="checkbox"/> Member \$500	<input type="checkbox"/> Director \$100

Donation \$ \_\_\_\_\_

**Dues and donations to NAMI-SCC are tax deductible.**

Name \_\_\_\_\_

Address \_\_\_\_\_

City, State, Zip, Phone \_\_\_\_\_

**Call 427-8020 for more information.**