

NAMI Fresno Newsletter

NAMI Fresno
Newsletter

April 2012

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Minkler

Vice President-

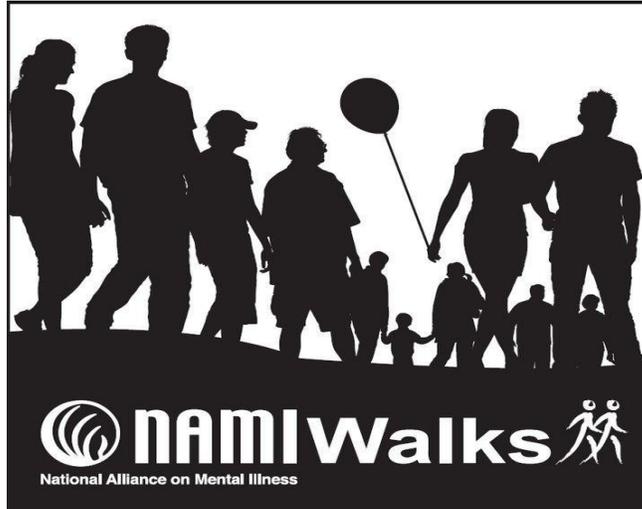
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Save the Date May 12, 2012

Thank You to Our 2012 Sponsors

Presenting Sponsors:	Brooks Health Care, Valley Controls
Gold Sponsors:	KMJ Radio, Roz Group
Silver Sponsor:	Community Behavioral Health Center, Stan and Darlene Spano, Wiebe, Hinton, Hambaleck, LLP.
Awards Reception:	Fine Print, Gar Tootelian Inc., Kings View
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Kilometer Sponsors	On walk path

Walk Team Information

A walk message from
Kaelyn

I named my team "Dandelions" because it signifies the stigma the dandelion flower has, much like the stigma of mental illness. Create a team name that tells your message!



I am so excited for this year's walk! We have so many new online prize incentives, including a 32" flat screen television, a Kindle e-reader, an iPod Shuffle, Starbucks gift cards and so much more. The Team Captain Grand Prize, however, is going to knock your socks off! This year, we are offering an Ultimate Cruise Vacation Passport WITH an additional 3 Day/ 2 Night Getaway. Isn't that AmAzInG!?!? How awesome that I can win a great vacation just by supporting a cause I feel so passionately about!

I have already set up my team— Dandelions— as I hope you have. If you haven't, sign up online to be considered for our raffle prizes. Visit www.nami.org/namiwalks and select Fresno, CA to start your own team, join an existing team, or to register to walk as an individual. Get your friends and family involved too! NAMI Walks is all about raising awareness and funds to provide support to families and individuals who suffer from mental illness.

If you need any help at all, don't be afraid to ask! Call Kaelyn at the NAMI office, 559-224-2469, or email at info@namifresno.org. I look forward to seeing you on May 12th at Roeding Park, Umbrella Grove!

Kaelyn Yoder, *Walk Team Manager*



Your Ultimate Cruise Vacation Passport Includes:

3, 4, 5, or 7 Night Complimentary Cruise Getaway-

All your delicious meals and exciting shipboard entertainment are included during your cruise. You'll be cruising on Carnival, Royal Caribbean or Norwegian Cruise Line to fabulous ports and destinations such as:

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3 Day/ 2 Night Vacation Getaway Offer-

Choose your 2 night vacation getaway in locations such as: Orlando, Las Vegas, Branson, Williamsburg, and more.

NAMI 2012 Kickoff-Luncheon



Connie, Rita, David, Georgia

The NAMI kick-off luncheon was a beautiful sight, as it is every year due to our volunteers. Volunteers show up early in the morning, are the last to leave, and make sure everything is in order and ready for everyone to enjoy. This group of volunteers puts a new meaning of volunteerism: the act or practice of doing volunteer work in community service. “The act of giving the most priceless gift you possess- your time. Given without expectation of tangible reward. The most natural response of a heart so used to giving that it knows no other way,” (James B. Russell, 2011). Thank you for help making another luncheon a success and for all your help every other day.

Another special treat was keynote speaker, Dr. Fred Frese, who spoke about his trials and tribulations starting in the 60’s when the care for persons suffering from schizophrenia was much tougher than it is today. Through tears and laughter Dr. Frese made us all feel that anything can be achieved.

Dr. Frederick J. Frese is a psychologist who served for fifteen years as Director of Psychology at Western Reserve Psychiatric Hospital, one of Ohio's largest psychiatric hospitals. He is presently Coordinator of the Summit County Ohio Recovery Project. Thirty-five years ago, while a young Marine Corps officer, Fred was diagnosed with schizophrenia. Over the next ten years, he was in and out of mental hospitals, often on secure wards. Despite his disability, he earned a degree in International Business Management from the American Graduate School of International Management in Phoenix, as well as Masters and Doctoral degrees in psychology from Ohio University. He has served on the boards of several health care and consumer organizations, including the National Alliance for the Mentally Ill (NAMI), The National Institute for the Seriously Handicapped (NISH), the American Occupational Therapy Association, and the Ohio Psychological Association. Fred showed us, despite the battles he had to overcome, hope for recovery is possible and we need to **Expect Recovery** with mental illness. It **is** a sustainable goal.

Cynthia Wells, *Executive Director*



A Message From Your President

NAMI Fresno has gone through incredible growth and changes under the leadership of Kelly Brooks as president these last nine years. Kelly brought the NAMI Walk to Fresno eight years ago, and initiated our education classes: Family-to-Family, BASICS, and Peer-to-Peer. And in 2011, NAMI on Campus was established.

With Kelly Brooks at the helm, and after our first WALK, NAMI Fresno opened its first office and hired our first, part-time staff, Kristen Martinez. Since that time, the NAMI has moved twice to larger offices and has hired more staff, including a full-time Executive Director, Cynthia Wells.

Kelly's Vision brought this growth and depth to NAMI Fresno and MUCH more, and we Celebrate his generous contributions to NAMI Fresno!

As your new President, I look forward to guiding NAMI by reinforcing our foundation and grant readiness in preparation for new growth:

- Family-to-Family in Spanish will be offered in 2012
- "In Our Own Voice" new trainees will be making presentations in the community sharing personal stories of recovery
- Increased community outreach to family physicians, schools, the mental health community, and to other cultures
- NAMI on Campus expansion to CSUF and Fresno City College by the dedicated students at Alliant University in 2012 and in the years to come

Always at our core, NAMI strives to facilitate **SEARS: Support, Education, Advocacy, Recovery & Wellness** and the reduction of **Stigma** about mental illness for the families and their loved ones with mental illness.

So **JOIN** us by becoming a member, becoming a volunteer, taking a class, attending our monthly Board meetings—3rd Tuesday of the month at 2:30 – 4:30 at the NAMI office, join a team and walk to raise awareness at the NAMI Fresno Walk -- May 12.

GET INVOLVED by helping NAMI enhance a positive impact in the mental health community on behalf of all those suffering with mental illness and their families.

Mary Lou Brauti-Minkler, President

NAMI on Campus



NAMI on Campus is an extension of the National Alliance on Mental Illness. NAMI has affiliates in all 50 states plus Washington DC and Puerto Rico, as well as over a thousand local affiliates. There are 23 NAMI on Campus clubs, plus a large number of groups in the initial stages of development. NAMI dedicates itself to improving the lives of all those affected by a mental illness, ending the stigma associated with mental illness, and the ultimate goal of eradicating mental illness.

NAMI on Campus serves these goals as well, but with a focus specifically on college campuses and students. NAMI on Campus clubs are student-run, student-led organizations that provide mental health support, education, and advocacy in a university or college setting. NAMI on Campus looks to fulfill these broad goals by:

- Educating and increasing students', faculty, and administrators' awareness of mental health Issues Promoting early detection, providing intervention and resources, and encouraging students who are experiencing mental health problems to get help
- Combating the stigma that surrounds mental illness by breaking the silence, shame, secrecy, myths, and ignorance that create barriers to seeking help.
- Ending the seclusion students feel when faced with a mental illness
- Promoting existing mental health services on campus and assisting students in receiving care from these services.
- Advocating for enhanced support and counseling services, and for equitable services and treatments for students

Please Call NAMI Fresno at (559) 224-2469 for more information

NAMI on campus held their first open house in tribute to Chelsea Atherton's life. Chelsea's parents and friends from Turlock paid tribute as well as many family and friends from Alliant. Thank you to Andria Robbins, Shauna Papenbrook, and the rest of you for making this happen. It was a joyous occasion which provided time to share memories of Chelsea for others to enjoy. The smiles, tears, and laughter brought to her family and friends said it all. Mental illness hits all families but we can all pull together to make the loss of a life a positive experience by helping others in Chelsea's honor. This is something she would have done and her legacy will continue.

NAMI FRESNO Education Courses

Call NAMI Fresno office (559) 224-2469
For more information on the next classes available.

NAMI Basics:

NAMI Basics is the signature education program for parents and other caregivers of children and adolescents living with mental illness. This course is taught by trained teachers who are the parent or other caregivers of individuals who developed the symptoms of mental illness prior to the age of 13 years. This free course includes an introduction to the normative stages of emotional reactions of the family to the trauma of mental illness. It also offers insights into an empathic understanding of the subjective, live experience of the child living with the mental illness and updated information about the many mental disorders that children are affected by.

Family to Family:

Call NAMI Fresno office (559) 224-2469 for information on the next class available.
This is a free 12 week, experimental education course on the topic of recovery for family caregivers of individuals with severe mental illness. The course uses a combination of lecture, interactive exercises and structured group processes, and the diversity of experience among course participants affords for a lively dynamic that moves the course along. The course is designed to offer an opportunity for growth to any individual who may have a family member or close friend that has been diagnosed with a mental illness. The course is taught by two trained family members who are themselves family members of an individual with a severe mental illness.

NAMI FRESNO Support Groups

Beautiful Minds Family Support Group

3rd Tuesday of the month from 7-9 p.m.

Location: The home of Curt & Jeanine Thornton

They can be contacted for directions to their home at 439-0853. *This is a faith based adult support group which studies biblical principles helpful to family members of those who suffer from mental illness. This group offers peer support, referrals and the opportunity to be with others who can pray for you with understanding.*

Adult Support Group Meetings

2nd Tuesday of the month from 7-9 p.m.

Location: Trinity Lutheran Church located at 3973 N. Cedar Avenue in Fresno

These confidential meetings provide a safe place where family members and friends of individuals with a mental illness are invited to share experiences and explore possible solutions. The group is facilitated by Psychologist, Dr. Rick Adams.

Parents/ Guardians of Children and Adolescents Support Group

3rd Tuesday of the month from 9:30– 11:30 a.m.

Each quarter the group will meet from 7-9 p.m. and have a speaker (April, August, & December)

This group provides a safe place for parents, guardians, grandparents, and close friends of children/ adolescents affected by mental illness to share their frustrations and suggestions and hopefully find some strength by sharing with other parents. We are facilitated by Patricia Carver, LMFT. Please do not bring children as you need time for yourself.

Educational Meetings

4th Tuesday of the month from 7-9 p.m.

Location: Trinity Lutheran Church located at 3973 N. Cedar Avenue in Fresno

At the educational meetings community professionals offer their expertise on a variety of subjects related to medical, social, and legal issues pertaining to biological brain disorders.

To get more information on topics for the upcoming meetings, call the NAMI Fresno office at 224-2469.

Updated Mental Health Advisory Board

Chair Carolyn Evans

Vice Chair – Ricky Miller

Secretary – Betty Jo Dickie

As mandated by state law, the Mental Health Board (MHB) is the public advisory board on children's and adult mental health issues. Members are appointed by the Fresno County Board of Supervisors to represent each district. At least 50% of the Mental Health Board members are consumers and/or consumer family members

MEETING DAY: 3RD WEDNESDAY AT THE BLUE SKY WELLNESS CENTER

Board meetings are open to the public and are scheduled for the **third Wednesday of each month at 2:30 p.m.** Please call (559) 253-9180 for further information.

The Board includes the following committees chaired by Board members and open to the public

Committee & Chair	Time & Location of Meeting
Adult Services and Housing Committee Ricky Miller, Chair	1st Monday of the Month, 10 AM Blue Sky Wellness Center 1617 E. Saginaw
Children and Family Services Laura Tanner-McBrien, Chair	4th Thursday of the Month, 9 AM Comprehensive Youth Services 3795 Shields
Executive Committee/Membership Committee Kathleen Garabed, Chair	1st Monday of the Month, 4 PM Blue Sky Wellness Center 1617 E. Saginaw
Justice System Committee Carolyn Evans, Chair	1st Monday of the Month - Quarterly, 1:30 PM Blue Sky Wellness Center 1617 E. Saginaw
Consumer Liaison Ricky Miller, Chair	Tuesday 10 AM Blue Sky Wellness Center 1617 E. Saginaw
Cultural Competency Committee VACANT	4th Wednesday of the Month, 2:30 PM Blue Sky Wellness Center 1617 E. Saginaw

Children's Mental Health Working Together To Keep Our Kids Safe FREQUENTLY ASKED QUESTIONS

Location:

Children's Mental Health Outpatient

3133 N. Millbrook
Fresno, CA 93703
CCAIR
3147 N. Millbrook



How can I contact Children's Mental Health?

Outpatient - (559) 600-8918
Crisis - (559) 600-6760
Rural Services - 1-800-654-3937

How do I know if my child has a problem?

- ◇ Making statements about wanting to die, “You won’t be seeing me again,” “it’s no use, “I feel rotten inside,” etc.
- ◇ Change in eating or sleeping patterns.
- ◇ Withdrawal from friends, family and regular activities.
- ◇ Violent actions, rebellious behavior or running away.
- ◇ Use of alcohol or other drugs.
- ◇ Unusual neglect of personal appearance or hygiene.
- ◇ Marked change in personality.
- ◇ Loss of interest in pleasurable activities.
- ◇ Persistent boredom, difficulty concentrating or a decline in the quality of schoolwork.
- ◇ Frequent complaints regarding physical symptoms often related to emotions, such as stomachaches, headaches, fatigue, etc. Giving away favorite possessions, throwing away important belongings, etc.
- ◇ Suddenly cheerful after a period of depression.
- ◇ Bizarre thoughts, seeing or hearing things that are not there.
- ◇ Hyperactivity, extreme hostility, aggressiveness, serious risk taking and promiscuous sexual behavior can all “mask” depression.
- ◇ Overwhelming guilt or self hate.
- ◇ Self-injury: scratching, cutting, biting, hitting, head banging, burning, etc.

I feel that my child needs help. Where do I begin?

Call Outpatient Services. They will guide you on your path toward mental health services. Currently many that provide Mental Health Services are undergoing vital transformations. DCFS's Children's Mental Health is participating in the process. The major goal is oriented toward welcoming everyone and helping them to find as quickly as possible, the services that they need.

Everyone is telling us to take responsibility for our own health. We hear it on TV and read it in magazines. Prevention is the message of the day.

Unfortunately, family caregivers as a rule do not always do a good job of taking care of themselves. We are always putting our loved one's health and wellbeing first. After that there is not much time or energy left for ourselves.

The research is clear! The extreme stress that many family caregivers experience has been shown to affect our immune systems making us more prone to chronic illnesses ourselves. It can cause premature aging and in some cases result in premature death.

- ◇ **If you are run down, tiring more than usual, will you be able to provide good care?**
- ◇ **If you have a cold or the flu, will your loved one catch it from you?**
- ◇ **If you become depressed will you be able to make good decisions, will life become unbearable?**
- ◇ **If you are not well, who will fill your shoes, whether temporarily or permanently?**

These are not questions to be taken lightly. Your own good health is the best present you can provide to the person you care for.

As caregivers it is important we recognize and not ignore the physical and emotional symptoms which may impact our own health and wellbeing. We need to guard against caregiver burnout and avoid becoming overly tired and exhausted which can reduce our own body's ability to ward off illness.

It is important to remember to create balance between caring for others and caring for ourselves. But how? You begin by believing – truly believing – that protecting your health is an absolutely critical thing to do for yourself and your loved one. You may not be able to do this easily, especially if guilt tends to get in your way; but, it is vital that you try.

- ◇ **Take a daily vitamin supplement**
- ◇ **Get exercise – make it a priority for both your mental and physical well-being.**
- ◇ **Get regular check-ups and do not ignore possible symptoms of ill health.**
- ◇ **Take a break from care giving – respite time is crucial.**
- ◇ **Get a flu shot**
- ◇ **Watch for signs of depression**
- ◇ **Stay involved in hobbies**
- ◇ **Laugh with a friend**



If you are currently on Medicare, caring for someone on Medicare, or you will soon be eligible for Medicare, there is a new educational pamphlet, [Medicare's Preventive Care Services](#) which contains information on free or low-cost preventive services and screenings as well as advice on managing cholesterol and ensuring heart health for you and your loved ones. To request a printed brochure via mail, send your request to NFCA, 10400 Connecticut Avenue, Suite 500, Kensington, MD 20895 or call 800-896-3650.

Healthcare Checklist for everyone 50 or Older

The Agency for Healthcare Research & Quality (AHRQ) offers a checklist for men and women over 50 years old regarding screening tests, prevention medicine, and healthy lifestyle behaviors. Family caregivers of those 50+ may want to have this checklist to be sure that their loved one is addressing all the necessary healthcare issues as well as for family caregivers to care for themselves. The women's checklist is available at:

www.ahrq.gov/ppip/women50.htm or www.ahrq.gov/ppip/men50.htm.

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Fax 559-438-6630
E-mail: namifresno.org

We're on Facebook:
www.facebook.com/NAMIOfficial
& Twitter: NAMI Communicate



Donations/Gifts/Memorials Membership Application

Donor or Applicant:

NAME: _____ PHONE: _____
ADDRESS: _____ CITY/ZIP: _____ -- _____
E-MAIL ADDRESS _____

Gift or memorial presented to: NAME: _____ ADDRESS: _____
CITY/ZIP: _____ In honor of: _____

Membership Fees and Contributions are tax deductible

- Membership.....(.\$35.00 family per year).....(Jan – Dec).....{ }
- Membership Renewal...(\$35.00 family per year).....(Jan-Dec).....{ }
- Your \$35.00 donation includes membership to NAMI Fresno, NAMI California & NAMI National
- Professional Sponsor.....(\$50.00 - \$200.00 per year).....{ }
- Donation.....{ } ·Gift.....{ } ·Memorial Gift.....{ }

- I am interested in receiving more information on NAMI { }
- (an informational packet will be sent to you)
- I am interested in volunteering some of my time { }
- Contact number _____
- I am interested in participating in the NAMI walk { }
- Contact number _____

Thank you for your support!