

NAMI Butte County**GENERAL MEETING****DATE:** Thur. April, 19th**TIME:** 6:30 p.m.**PLACE:** Conference Room, 109
Parmac, Ste. 1, Chico**AGENDA:**

1. Introductions
2. Speaker: Joel Chain,
Assistant Director,
Administration (*Butte
County Behavioral
Health*)
3. Questions & Answers

REFRESHMENTS**JOIN US****Everyone is Welcome**For more information:
(530) 343-7775www.namibutteco.com

& on Facebook

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DIGNOSIS-BIPOLAR****NAMI BUTTE COUNTY'S
ANNUAL FUNDRAISER
PRESENTS:*****"CAREGIVING AND THE
MENTALLY ILL"*****FEATURED SPEAKER:****Pete Earley**Pete Earley is a storyteller who has penned 17 books including four *New York Times* bestsellers. His book *Crazy: A Father's Search Through America's Mental Health Madness* was nominated for a Pulitzer Prize.**Raffle, Door Prizes,
Refreshments!****Saturday, May 5th
1pm - 3pm****Sierra Nevada Big Room
1075 E. 20th Street Chico***Thanks to our major sponsors:
Passages; Butte County Department of
Behavioral Health and MHSA funding;
Sierra Health Foundation; Crisis, Care,
Advocacy & Triage (CCAT);
Therapeutic Solutions***\$25 Suggested donation****ALL PROCEEDS TO BENEFIT
NAMI BUTTE COUNTY****INFORMATION: 530-343-0777****IMPLEMENT AB 1421
"LAURA'S LAW" IN BUTTE
COUNTY****Now Is The Time****AB 1421** was signed into state law in 2002 and became effective January 1, 2003. Known as Laura's Law, this statute allows court-ordered, intensive outpatient treatment for a small population of individuals who revolve in and out of jails, hospitals and homelessness. Typically, these individuals are too paranoid, too disabled, too sick or too insight-impaired to realize they are sick and engage in treatment.**Planning & Strategy
Meeting****Thursday, May 3rd
6:30pm - 8:00pm
295 E Washington Ave
Chico****NAMI (National Alliance on
Mental Illness) & CCAT
(Crisis Care Advocacy &
Triage)**Info?: Lisa 510-396-5109
bridginggapsbutte@gmail.com

MHSA

The Butte County Department of Behavioral Health invites you to provide input into our countywide MHSA Annual Update plan. We will discuss various issues including public desire for services, funding, unmet needs, services currently provided, and the state of mental health in Butte County.

COMMUNITY MEETINGS

Chico Library, 1108 Sherman Avenue

Thursday, April 26th . 12:30 PM

Oroville Library, 1820 Mitchell Avenue

Thursday, April 12th . 3:30 PM

Wednesday, April 25th . 3:30 PM

Paradise Library, 5922 Clark Road

Wednesday, April 25th . 11:30

Gridley Library, 299 Spruce Street

Thursday, April 19th . 10:30 AM

FOCUS GROUP MEETINGS

Monday, April 11th . 12:00 PM Chico Wellness Center: Iversen Center 492 Rio Lindo Avenue, Chico

Thursday, April 12th . 1:00 PM Hmong Cultural Center (Hmong-Speaking Meeting)

1940 Feather River Boulevard, Suite H, Oroville

Thursday, April 19th . 1:00 PM

Oroville Wellness Center
18 County Center Drive, Oroville

Monday, April 23rd . 5:30 PM

Stonewall Alliance
358 E 6th Street, Chico

Thursday, April 24th . 11:00 PM

Paradise Wellness Center: The HUB
5910 Clark Road, Suite T, Paradise

Tuesday, April 24th . 5:30 PM

African American Family Cultural Center
3300 Spencer Avenue, Oroville

Thursday, April 26th . 10:00 AM

Promotores (Spanish-Speaking Meeting)

1666 Vista Verde Avenue, Chico

BUTTE COUNTY BEHAVIORAL HEALTH ADVISORY BOARD

Wednesday

April 18, 2018

Regular Meeting at 3:00 will be Preceded by a 2:30 Site Visit

Hope Center

1950 Kitrick Ave., Ste. A.,
Oroville, CA 95966

EDUCATION COURSES

NAMI BUTTE COUNTY'S

Family-To-Family Course

A free, 12-session educational program for family, significant others and friends of people living with mental illness.

Sign up now for future classes!

For more information or to sign up:

Call Mary 530-518-7983

mneuman@csuchico.edu

NAMI BUTTE COUNTY'S

Peer-to-Peer Education Course

Spring course starts April 26

A free, 10-session program for adults with mental illness, to better understand their condition and journey toward recovery.

For more information or to register:

Rocio at (530) 343-6219

program.director@namibutteco.com

or Colleen at (530) 894-8551

cmphipps@csuchico.edu

SUPPORT

NAMI BUTTE COUNTY'S

Family and Friends Support Group Meeting

NAMI Family Support Group is a monthly support group for family members and friends of individuals living with a mental illness.

1st Tuesday ea. month at 6:30pm.

109 Parmac, Suite 1, Chico

For more information call Deborah:

530-680-5847

LEGISLATIVE

AB 1971 (Santiago & Friedman) Gravely Disabled

AB 1971 will change the definition of %gravely disabled+to consider urgently needed medical treatment as a basic human need when assessing an individual's need for conservatorship or need for a 72 hour hold while maintaining all statutorily protected safeguards and civil liberties.

Support this Legislation by writing a letter:

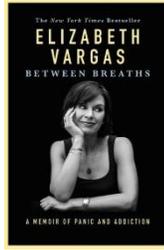
The Honorable Jim Wood, Chair
Assembly Health Committee
State Capitol, Room 6005
Sacramento, California 95814
RE: AB 1971 (Santiago and Friedman), Mental Health Services and Gravely Disabled

NAMI California sponsored bill SB 1363, which would allow NAMI CA to provide CIT training for law enforcement through a NAMI CA fund listed on state tax forms, went before the Government and Finance Committee April 4th. The bill passed this committee 6-0. Stay connected for updates as this bill moves through committees in the Legislature www.treatmentadvocacycenter.org

BOOK CORNER

Between Breaths: A Memoir of Panic and Addiction

by [Elizabeth Vargas](#)



Winner of the Books for a Better Life Award in the First Book category | Instant *New York Times* and *USA Today* Bestseller

From the moment she uttered the brave and honest words, "I am an alcoholic," to interviewer George Stephanopoulos, Elizabeth Vargas began writing her story, as her experiences were still raw.

Now, in BETWEEN BREATHS, Vargas discusses her accounts of growing up with anxiety-which began suddenly at the age of six when her father served in Vietnam-and how she dealt with this anxiety as she came of age, to her eventually turning to alcohol for relief. She tells of how she found herself living in denial, about the extent of her addiction and keeping her dependency a secret for so long. She addresses her time in rehab, her first year of sobriety, and the guilt she felt as a working mother who had never found the right balance.

Honest and hopeful, BETWEEN BREATHS is an inspiring read.



DIAGNOSIS-BIPOLAR

6 Things to Do After a Diagnosis of Bipolar Disorder

After settling in with the news you will be dealing with a life-long brain disorder, there are ways you can help yourself right away:

#1 Find the right therapist for you

This is an important first step; but don't feel badly if it takes a few times to find the right therapist for you. It's critical that you can build a [trusted relationship](#) with this person and you feel completely comfortable. After learning about the different treatment orientations and their experience, it's time to interview potential therapists. Ultimately, trust your gut and the connection you feel good about.

#2 Find the right treatment plan for you

There's no one-size-fits-all when it comes to emotional, behavioral and psychological protocols. All [treatment](#) - pharmacological, therapy, lifestyle - needs to be designed specifically for you. Perhaps for you, focusing on therapy for the mind, as much as you do on medication for the brain, will help or maybe it's something you haven't yet considered. This is where a trusted therapist relationship is important.

#3 Seek support from others

Depending on your situation, talk to your family and close friends about your diagnosis to explain what you have been struggling with and what it could mean going forward. Seek the support from someone you trust to help

in the event you can't help yourself. Many have found it constructive to join a [support group](#), whether online or in person to have like-minded people to share this emotional time.

#4 Become self-aware

Discover your red flags. What incites euphoria: poor sleep, excessive stress? What brings you down: negative thinking, bad relationships? Being aware of [what triggers your mood swings](#) can help minimize mania and decrease depression. It will be an ongoing learning experience.

#5 Eat, move and sleep

Eat brain-nutrient and heart-healthy foods (think Mediterranean diet) and remove toxic items like simple sugar (dextrose, fructose and glucose) from your diet. Next, get exercise each and every day; it's good for both your heart and your brain. Finally, since sleep is so important to moods, and can trigger either a manic or depressive episode, carefully regulating your sleep is vital. Experts recommend a [strict routine](#) where you go to bed and rise the same time every day.

#6 Never stop learning

Being knowledgeable is key to getting well. These days, the Internet makes it easier than ever to gain insight. Learn common triggers, [coping mechanisms](#), medications and possible side effects. If you're educated there is less chance you'll settle short and instead will set your sights for full recovery high.

"Your illness does not define you. Your strength and courage does."

SCHIZOPHRENIA

What Is Schizophrenia?

It's a serious mental illness that can be disabling without care. About 1% of Americans have it. People with the condition may hear voices, see imaginary sights, or believe other people control their thoughts. These sensations can frighten the person and lead to erratic behavior. Although there is no cure, treatment can usually manage the most serious symptoms. It is not the same as multiple personality disorder.

What Are the Symptoms?

They include:

Hallucinations: hearing or seeing imaginary things

Delusions: wildly false beliefs

Paranoia: the fear that others are plotting against you

Some signs, such as lack of enjoyment in everyday life and withdrawal from social activities, may mimic depression.

How It Affects Thoughts

People with schizophrenia may have trouble organizing their thoughts or making logical connections. They may feel like the mind is racing from one unrelated thought to another.

Sometimes they have "thought withdrawal," a feeling that thoughts are removed from their head, or "thought blocking," when someone's flow of thinking suddenly gets interrupted.

Effects on Behavior

The disease has a major impact in many ways. People may talk and not make sense, or they make up words. They may be agitated or show no expression. Many have trouble keeping themselves or their homes clean. Some repeat behaviors, such as pacing. Despite myths, the risk of violence against others is small.

Who Gets Schizophrenia?

Anyone can. It's equally common among men and women and among ethnic groups. Symptoms usually start between ages 16 and 30. It tends to begin earlier in men than in women. Schizophrenia rarely starts during childhood or after age 45. People with schizophrenia or other psychotic disorders in their family may be more likely to get it.

What Causes It?

Scientists don't know the cause. A person's genes, experiences, and setting may all be involved. Theories include how active and how well certain areas of the brain work, as well as problems with brain chemicals such as dopamine and glutamate. There may be structural differences, too, like loss of nerve cells that result in larger fluid-filled cavities or "ventricles" in the brain.

How Doctors Diagnose It

There are no lab tests to find schizophrenia, so doctors usually base a diagnosis on a person's history and symptoms. They will first rule out other medical causes. In teens, a combination of family history and certain behaviors can help predict the start of schizophrenia. These behaviors include withdrawing from social groups and expressing unusual suspicions, but that's not enough for a diagnosis.

Medicines That Treat It

Prescription drugs can reduce symptoms such as abnormal thinking, hallucinations, and delusions. Some people have troubling side effects, including tremors and gaining lots of weight. Drugs may also interfere with other medicines or supplements. But in most cases, medication is a must to treat schizophrenia.

The Role of Therapy

Counseling can help people develop better ways to recognize and handle their problem behaviors and thoughts, and improve how they relate to others. In cognitive behavioral therapy (CBT), people learn to test the reality of their thoughts and better manage symptoms. Other forms of therapy aim to improve self-care, communication, and relationship skills.

Navigating the World

Rehabilitation programs for schizophrenia teach people how to do everyday things, like use public transportation, manage money, shop for groceries, or find and keep a job. These programs work best when someone receives proper medications and also gets therapy.

Staying on the Plan

People with schizophrenia sometimes quit their medications because of side effects or not understanding their illness. This raises the risk of serious symptoms returning, which can lead to a psychotic episode (in which someone

loses touch with reality). Regular counseling can help people stick with their treatment and avoid a relapse or the need for hospitalization.

Challenges at Work

People with schizophrenia often have trouble finding or keeping a job. This is partly because the disease affects thinking, concentration, and communication. But it also stems from the fact that symptoms start in young adulthood, when many people are starting their careers. Vocational and occupational rehabilitation can help people develop practical job skills.

When a Loved One Has It

Relationships can be rocky for people with schizophrenia. Their unusual thoughts and behaviors may keep friends, co-workers, and family members away. Treatment can help. One form of therapy focuses on forming and nurturing relationships. If you are close to someone who has schizophrenia, you may want to join a support group or get counseling yourself, so you can get support and learn more about what they are going through.

Alcohol, Drugs Are a Risk

People with schizophrenia are much more likely than other people to abuse alcohol or illicit drugs. Some substances, including marijuana and cocaine, can make symptoms worse. Drug abuse also interferes with treatments for schizophrenia. If you know someone who's dealing with that, look for substance abuse programs designed for people with schizophrenia.

When It's a Relative

It can be hard to convince someone with schizophrenia to get help. Treatment often begins when a psychotic episode results in a hospital stay. Once the person is stabilized, family members can do these things to help prevent a relapse: Encourage the person to stay on medication - Go with them to their follow-up appointments -Be supportive and respectful

Where to Learn More

To learn more about schizophrenia, contact the National Institute of Mental Health (NIMH) or the National Alliance on Mental Illness (NAMI). NAMI can put you in touch with local support groups for patients and their families.

For more information about this newsletter and to submit articles please contact:
Colleen Phipps, Newsletter Editor 530-894-8551 / cmphipps@csuchico.edu

NAMI Butte County in accordance with the direction of the NAMI (National) Board of Directors, has elected to add a Household membership category to its membership structure as well as increase the dues for Individual and Open Door memberships. These changes become effective as of July 1, 2017

Membership will continue to support all three levels of NAMI and will be split between NAMI (National), NAMI California and NAMI Butte County. Specifically, the split in dues received through any of the three sources will be:

* Household \$60 (\$20 to NAMI National; \$20 to NAMI California; \$20 to NAMI Butte County)

* Individual \$40 (\$10 to NAMI National; \$15 to NAMI California; \$15 to NAMI Butte County)

* Open Door \$5 (\$1 to NAMI National; \$2 to NAMI California; and \$2 to NAMI Butte County)

Thank you!



NAMI Butte County

MEMBERSHIP Application

I want to join NAMI as a new member _____ I want to renew my membership _____

Please check your membership type:

_____ *Household: \$60.00 (multiple people at one address).

_____ Individual: \$40.00

_____ Open door: \$5.00 (open to anyone who is experiencing financial constraints)

_____ Donation Amount (optional)

_____ Total Enclosed Date: _____

Name: _____ Phone: _____

Street: _____ City, State, Zip _____

Email Address: _____

*Additional names for Household Membership:

Name: _____ Email: _____

Make check payable to and mail to NAMI Butte County P.O. Box 1364 Chico, CA 95927

