

NAMI Butte County**GENERAL MEETING****DATE: Thur. August 16th****TIME: 6:30 p.m.****PLACE: Conference Room, 109
Parmac, Ste. 1, Chico****AGENDA:**

1. Introductions & Announcements
2. Speaker:
Scott Nichols, MD
Psychiatrist, Medical Director Enloe Behavioral Health
3. Questions & Answers

REFRESHMENTS**JOIN US****Everyone is Welcome**For more information:
(530) 343-7775 OR (530) 894-8551www.namibutteco.com

& on Facebook

ASIST

ASIST (Applied Suicide Intervention Skills Training) at the Red Bluff Community Center.

ASIST is a two-day workshop that teaches how to intervene and save a life from suicide.

Dates: August 16, 2018 - August 17, 2018

Time: 8:30 AM to 5:00 PM
Registration is free and you don't need any prior training to attend ASIST —just a willingness to make a difference.

Please take the time to register today at the link below.

Link to register:

<https://www.eventbrite.com/e/asist-applied-suicide-intervention-skills-training-tickets-47435038477>

If you have questions or need to cancel a registration please contact Colter Diehl at Colter.Diehl@tchsa.net or Rebecca Connell at Rebecca.Connell@tchsa.net.

CHICO PRIDE**STONEWALL CHICO PRIDE 2018****AUGUST 23 – 26****Stonewall Chico Pride****2018's theme is Seeds of Change.** This reflects our

dedication to improving our environmental sustainability this year, while continuing our commitment to confronting racism and increasing accessibility as in years past. Chico Pride is working with a variety of local organizations, sponsors and volunteers to make this our greenest Pride ever- from eliminating single-use cups and bottles, to introducing a waste-zero compost and recycling program, to hosting a bike valet at each event so that fewer people need to drive a car. Please join us in making this year the most important yet.

www.stonewallchicopride.com**IN THIS ISSUE:****ASIS
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CRISIS****BUTTE COUNTY
BEHAVIORAL HEALTH
ADVISORY BOARD****Wednesday
August 15, 2018****The 3rd Wednesday of each
month, 3:00 PM – 5:00 PM
Chico Community
Counseling Center
109 Parmac Road
Chico**

Our thoughts are with Californians impacted by the recent wildfires across the state. NAMI California thanks first responders for getting so many to safety, and we want to stress the importance of attending to both the immediate and long-term mental health needs of all affected community members during this crisis.

www.namica.org

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.

Fall Class starts Aug 15th!

For more information or to sign up:
Call Mary 530-518-7983
mneuman@csuchico.edu

NAMI BUTTE COUNTY'S

Peer-to-Peer Education Course **FALL CLASS TBA**

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:
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

KNOWLEDGE IS POWER

CRIMINALIZATION

NEWS HIGHLIGHTS: 'My Son Is Mentally Ill'; So



Listen Up!

We were impressed with the story of a Washington mother, Jerri Clark, who has a young adult son with bipolar/schizoaffective disorder. She shared it with our friend and bestselling author, Pete Earley, and with her permission we re-posted it on our website: www.treatmentadvocacycenter.org

"Our systems institute punishment when help is desperately needed," Clark writes. "They deny access to services and then blame individuals who are severely impaired for not solving their own crises. They push people to a precarious edge and then kick." So true!

We applaud Mrs. Clark's advocacy and continue to follow reforms in Washington. But her perspective is a valuable one, and worth reading no matter what state you live in.

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The Catch-22 in our medical/legal system that criminalizes mental illness

I'm an active participant in NAMI programs and therefore have met many family members who are struggling to find intelligent help in the medical and legal systems of Washington State.

Most of the stories I hear come from other mothers.

We are struggling to rescue our children from medical and legal systems that don't make any sense.

Mental illness has become a crime.

I'm compelled to speak in all our behalf, and this appeal is a compilation of our stories and fears. Through our dismay, we appeal to government leaders to listen and learn and to actively seek a better way.

As family members we know first hand what happens if a severe mental illness goes untreated.

Yet we find ourselves in a constant debate over why our loved ones can't get help from a medical system that adamantly protects the civil right to self-destruct in an extreme state of impairment. That same system again withholds care when people finally meet the criteria because the qualifying behaviors usually get them arrested.

This iniquitous system means that our family members have to meet a narrow threshold of violence to get hospitalized or face the 10 times more likely probability that they will go to jail, where they lose nearly all of their freedoms.

As parents fighting for the lives of our children, we feel like victims from a cruel slight of hand.

(excerpt from story . view entire story at www.treatmentadvocacycenter.org)

MARIAH CAREY-BIPOLAR DISORDER

Mariah Carey: My Battle with Bipolar Disorder

One of the most successful singers of all time, with 18 No. 1 hits and more than 200 million records sold, Carey spent many of her years in the spotlight suffering in silence.

She is now in therapy and taking medication for bipolar II disorder, which involves periods of depression as well as hypomania

(less severe than the mania associated with bipolar I disorder, but can still cause irritability, sleeplessness and hyperactivity). “I’m actually taking medication that seems to be pretty good. It’s not making me feel too tired or sluggish or anything like that. Finding the proper balance is what is most important,” Carey tells PEOPLE. “For a long time I thought I had a severe sleep disorder,” continues Carey, now back in the studio working on an album due later this year. “But it wasn’t normal insomnia and I wasn’t lying awake counting sheep. I was working and working and working ... I was irritable and in constant fear of letting people down. It turns out that I was experiencing a form of mania. Eventually I would just hit a wall. I guess my depressive episodes were characterized by having very low energy. I would feel so lonely and sad — even guilty that I wasn’t doing what I needed to be doing for my career.” Carey, who co-parents her 6-year-old twins Monroe and Moroccan with ex-husband Nick Cannon, says she decided to come forward because “I’m just in a really good place right now, where I’m comfortable discussing my struggles with bipolar II disorder. I’m hopeful we can get to a place where the stigma is lifted from people going through anything alone. It can be incredibly isolating. It does not have to define you and I refuse to allow it to define me or control me.”

DWAYNE JOHNSON- DEPRESSION

Dwayne Johnson Opens Up About His Depression

Dwayne Johnson, aka The Rock, overcame his depression to scale the heights in pro wrestling and

Hollywood. Meditation and gratitude help him stay positive.

In public appearances, Dwayne “the Rock” Johnson exudes energetic confidence. Whether he’s greeting fans, visiting children in a hospital, or promoting his movies, the hulking actor is warm, engaging and outgoing, flashing his neon smile.

Success may be especially sweet for a man whose family was evicted from their apartment when he was 14, who fell into a serious depression when his dreams of playing pro football crashed after college, who ended up naming his entertainment company Seven Bucks Production because that’s how much cash he had in his wallet when he was sent home from training camp.

“Anything I’ve accomplished is the result of having great self-belief and determination to succeed in life. I had to pick myself up off the floor and work very hard to make my way back in life,” he says now.

Johnson, 45, embraces his role as an inspirational figure. When a 19-year-old fan tweeted that he took hope for his own future from seeing Johnson’s achievements after battling depression, Johnson shot back a tweet of his own: “Battled that beast more than once. Us men [too] prideful to ask for help. Speak up, ask for help & you’re never alone. See [you] at the top one day.”

Johnson was a freshman at University of Miami on a football scholarship when the beast took its first big chunk out of him. Sidelined by a serious shoulder injury, he spiraled down into lethargy and despair.

“I didn’t know what it was,” he told the *Hollywood Reporter* in a 2014 interview. “I didn’t know why I didn’t want to do anything. I had never experienced anything like that.”

With encouragement from a coach, he played out his college career and got picked up by a team in the Canadian Football League. But it was déjà vu all over again when the Calgary Stampeders let him go after two months—and his relationship with then-girlfriend Dany Garcia (later his wife) imploded under the strain.

Financially broke and emotionally broken, Johnson ended up retreating to his parents’ apartment in Tampa, “crying by myself on my sofa and feeling that my life was finished.” As a guest on *Oprah’s Master Class* in 2015, the actor recalled cleaning obsessively, day after day, because, “It was the only thing I could control.”

Johnson pulled himself through by setting his sights on a new goal: Following his father into pro wrestling. That led to fame and fortune as The Rock. By 2000, as he began to transition into acting, he was recognized as a top pop-culture celebrity by *Entertainment Weekly*, *Access Hollywood* and *People*.

That shows no signs of changing. He has seven new film projects in the pipeline, including a second *San Andreas* disaster movie and planned superhero franchises featuring *Doc Savage* and *Shazam!*

On the personal front, Johnson went through another depression as his marriage was ending, although the split in 2007 was amicable, by all accounts. He and Garcia continue to raise their daughter, now 16, and her media

firm manages his career. Johnson has long since resettled with girlfriend Lauren Hashian. They live in Los Angeles with their 2-year-old daughter and have another baby girl on the way.

Excerpts from "esperanza" Winter 2018.

NOVEMBER BALLOT

Prop. 2: Mental health money for housing

What it does

Give the state permission to borrow \$2 billion to fund supportive housing for those suffering with mental illness and to repay the cost of that bond with money set aside for mental health services.

How it got on the ballot

In 2004, voters approved Prop. 63, which hiked the income tax on millionaires by 1 percent in order to fund mental health services and related programs. Twelve years later, state lawmakers passed a bill to spend \$2 billion on permanent supportive housing for those suffering from mental illness and to fund it out of the Prop. 63 account. But a Sacramento lawyer sued, arguing that voters didn't sign off on housing construction or servicing new debt in 2004. Counties are now sitting on millions of dollars reserved for the homeless and unsure how to spend it. Rather than wait out the court battle, state lawmakers are taking the question to voters.

Estimated cost

Based on typical long-term bond costs, this likely will increase state costs by an extra \$100 million per

year for the next 40 years on average.

Supporting arguments

Providing housing paired with social and health services is one of the most effective ways to help the chronically homeless who suffer from mental illness. This is entirely within the spirit of Prop. 63, which is why the co-author of that proposition, Sacramento Mayor Darrell Steinberg, supports this initiative.

Opposing arguments

If the state wants to fund new supportive housing, it shouldn't come at the expense of basic mental health treatment. And while supportive housing may be a noble idea in theory, cities often drag their heels when it comes to approving new housing for the mentally ill, making it less likely that the money will be spent on its intended purpose.

LEGISLATION

Policy Platform

NAMI California establishes this policy statement to advance its mission through advocacy and education. This is an evolving document.

2018 NAMI California Bill List

Bills are selected for support based on how well they match 2018 affiliate and member priorities as well as NAMI California's policy platform. The finalized list goes through a multi-step approval process in which it is reviewed by staff, NAMI California's policy committee, and NAMI California's full board.

NAMI-California Sponsored Legislation

[SB 1363](#) Crisis Intervention Training for Police Officers, Voluntary Contribution Fund
Information on Important Legislation

[SB 906](#) Creating Certified Peer Support Specialists

[SB 968](#) Increasing Mental Health Counselors on University Campuses

[SB 1010](#) Supportive Housing Pilot Program for Parolees

[SB 1125](#) Allowing Same Day Visits for Healthcare and Mental Health Treatment

[SB 215](#) Creating a Pretrial Diversion Program ^A

[B 2022](#) Increasing Mental Health Professionals on K-12 Campuses

[AB 1971](#) Redefining Gravely Disabled

[AB 1795](#) Transporting Patients in Crisis Directly to a Behavioral Health Facility

[SB 1045](#) Expanding Conservatorship in Certain Cases

[SB 1101](#) Establishing Mental Health Statewide Objectives

www.namica.org

CRISIS

How should I talk to a person in crisis?

- Stay calm. Talk slowly and use reassuring tones.
- Realize you may have trouble communicating with your loved one. Ask simple questions. Repeat them if necessary, using the same words each time.
- Don't take your loved one's actions or hurtful words personally.
- Say, "I'm here. I care. I want to help. How can I help you?"
- *Don't say, "Snap out of it," "Get over it," or "Stop acting crazy."

- * Don't handle the crisis alone. Call family, friends, neighbors, people from your place of worship or people from a local support group to help you.
- * Don't threaten to call 911 unless you intend to. When you call 911, police and/or an ambulance are likely to come to your house. This may make your loved one more upset, so use 911 only when you or someone else is in immediate danger.

Crisis Planning

Some people find it helpful to write down mania prevention and suicide prevention plans, and give copies to trusted friends and relatives. These plans should include:

- A list of symptoms that might be signs the person is becoming manic or suicidal.
- Things you or others can do to help when you see these symptoms.

A list of helpful phone numbers, including health care providers, family members, friends and a suicide crisis line such as 1-800-273-TALK.

A promise from your friend or family member that he or she will call you, other trusted friends or relatives, one of his or her doctors, a crisis line or a hospital when manic or depressive symptoms become severe.

- Encouraging words such as "My life is valuable and worthwhile, even if it doesn't feel that way right now." "Reality checks" such as, "I should not make major life decisions when my thoughts are racing and I'm feeling 'on top of the world'. I need to stop and take time to discuss these things with others before going through with them."

DBSA Depression and Bipolar Support Alliance

SOME RESOURCES WHEN IN A CRISIS:

CCAT (Crisis Care Advocacy & Triage): Do you or does someone you know need help? Call the CCAT hotline at (510) 396-5109

BUTTE COUNTY BEHAVIORAL HEALTH CRISIS LINE: 530-891-2810.

911:

- 1. A Mobile Crisis Team (Dispatched to a scene by Chico PD) is available 7 days a week, 8am-6pm**
- 2. Request a C.I.T. (Crisis Intervention Team) trained officer)**

National Suicide Prevention Lifeline
1.800.273.TALK (8255)

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!



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

NAMIBUTTE NEWSLETTER
333 W. 12TH AVE.
CHICO, CA 95926