

NAMI Butte County**GENERAL MEETING****DATE:** Thur. February 21st**TIME:** 6:30 p.m.**PLACE:** 295 E. Washington Avenue (First Christian Church) Koinonia Hall Chico**AGENDA:**

1. Welcome & Announcements
2. **Topic:** Laura's Law
3. **Speaker:**
Randall Hagar, director of governmental affairs for the California Psychiatric Association.
4. Questions & Answers

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

& on Facebook

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Randall Hagar, director of governmental affairs for the California Psychiatric Association, said that counties reluctant to adopt Laura's Law often cite studies that equivocate about the benefits of the law. "In both the scientific literature and in California, the outcomes have been demonstrated," Hagar said. "The outcomes are superior to voluntary treatment programs for those individuals. There is no doubt about it."

In the state legislature he was deeply involved in the campaign to get the assisted outpatient treatment (AOT) law known in California as Laura's Law. As an unpaid volunteer, he helped draft the law and then lobbied for its passage.

The Treatment Advocacy Center in 2010 recognized Randall Hagar's advocacy by naming him winner of the Torrey Advocacy Commendation, which honors the courage and tenacity of individuals who selflessly advocate for those too severely disabled by mental illness to secure their own care.

LAURA'S LAW

Laura's Law is a **California state law** that allows for court-ordered assisted outpatient treatment. To qualify for the program, the person must have a serious mental illness plus a recent history of psychiatric hospitalizations, jailings or acts, threats or attempts of serious violent behavior towards self or others.

INTRO TO LAURA'S LAW

Laura's Law is California's version of Assisted Outpatient Treatment (AOT). It allows courts, after extensive due process, to order a small subset of people with serious mental illness who have been noncompliant with treatment and meet very narrowly defined criteria to accept treatment as a condition of living in the community. It also allows courts to order the recalcitrant mental health system to provide treatment. National research shows AOT works. Research in California shows it works.

Read more at: <https://mentalillnesspolicy.org/states/lauraslawindex.html>

BLACK HISTORY MONTH



February is Black History Month

As we celebrate Black History Month, NAMI California realizes the disparity facing African Americans in the mental health system.

Sharing Hope: An African American Guide to Mental Health provides mental health information in a sensitive manner through personal stories. Recovery is possible, and this booklet tells you where to find more information, seek help and be supportive. You can buy hard copies through the [NAMI Bookstore](#).

(Editor's Note: If you are interested in purchasing contact me at cmphipps@csuchico.edu)

BUTTE COUNTY BEHAVIORAL HEALTH ADVISORY BOARD

Wednesday
February 20, 2019
The 3rd Wednesday of each month, 3:00 PM – 5:00 PM
109 Parmac Road
Chico

WHITE CARD

(A free photo identification card that will list information like diagnosis, medication and contact numbers.)

AVAILABLE at The Iversen Center
492 Rio Lindo Ave, Chico, CA
1st Wednesday each month
from 10:00am to 11:30 am

SPRING FUNDRAISER



Paint away the stigma of mental illnesses and join us in May.

DATE & TIME TBA

Every day brings new hope. Every day, we have an opportunity to help create broader understanding of mental health, overcome stereotypes and break down barriers. We can all do a little bit more each day to eliminate stigma and replace it with help and hope. Together, we will turn the tide on stigma by spreading awareness, support and understanding for every person who experiences mental illness. Together, we can make a difference for the better.

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

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.

Spring Class starts MARCH 13th!

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

NAMI BUTTE COUNTY'S Peer-to-Peer Education Course

A free, 8-session program for adults with mental illness, to better understand their condition and journey toward recovery.

Spring Class starts MARCH 21st!

For more information or to register:
Contact Colleen at (530) 894-8551
cmphipps@csuchico.edu

NEW NAMI PROGRAM

NAMI Butte County will be offering new NAMI seminars later this year.

NAMI Family & Friends

NAMI Family & Friends is a free 90-minute or four-hour seminar that informs people who have loved ones with a mental health condition how to best support them. It's also an opportunity to meet other people in similar situations and gain community support.

What You'll Learn

The seminar is led by trained people with lived experience of supporting a family member with a mental health condition. They will walk you through the following topics: Understanding diagnoses, treatment and recovery; Effective communication strategies; The importance of self-care; Crisis preparation strategies; NAMI and community resources

www.nami.org

Remember Your "Why"

When you have a sense of purpose -- why you work, exercise, or do something good for someone else -- it gives your life meaning. In the hurry of a busy day, it's easy to lose sight of that. So take a moment to bring it to mind. Happiness is about more than momentary pleasure. It's also in the satisfaction of pursuing your goals.

BOOK CORNER

The Anguished Prince, which is available on Amazon.

In this whimsical fairy tale about a tough subject—bipolar disorder—Prince Tim is a humble and ordinary boy who never wanted to be the prince. After neglect and abuse at the hands of the royal family, he wanders away from the palace and meets Emma, a compassionate peasant girl. They strike up a secret friendship, and years later, they fall in love. When Tim begins to suffer from Too Happy-Too Sad sickness, the unethical and distant Doctor Bull makes things worse, until Emma comes to the rescue, guiding Tim to his true path to health and happiness.

EDITOR NOTE: If you are interested in reading this novella in PDF form you may contact me and I will send to you via email (cmphipps@suchico.edu) See authors comment below:

I, the author, Peter D. Weiler, would be happy to receive positive feedback, and to keep in touch with you, to the best of my ability, at the following email: PDWEILER28@gmail.com. I just ask that you be civil and sensitive. I, on my end, will not spam you. I wrote this fairy tale because I care.

CRIMINALIZATION

Jerri Clark, whose son suffers from bipolar and schizoaffective disorder, said it best:

"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. You can't get help until you are violent, but if you are violent you can't get help....our sons, daughters, sisters, brothers, mothers, fathers, are in jail because nobody would listen until somebody got hurt, robbed, or annoyed because our family member finally lost it so completely."

We cannot let this inhumane treatment of people with mental illnesses become normalized in our society.

We are fighting in Jerri's home state of Washington, and across the country, to improve laws and keep those in need out of jail. You make this possible - *your* donations, *your* stories, *your* willingness to fight. All help us as we work to fix this broken mental health care system.

The system that denies care until somebody gets hurt. The system that focuses on voluntary care while leaving the most vulnerable to suffer. The system with too few beds, too few mental healthcare workers, and too little funding.

We do not accept this system. Neither should you.
www.treatmentadvocacycenter.org

DRUG TRIALS

NIMH Reduces Drug Trials for Schizophrenia Treatments

In the *Journal of Clinical Psychiatry*, members of the Treatment Advocacy Center board of directors, including E. Fuller Torrey, MD. The piece, criticized the National Institute of Mental Health (NIMH) for markedly reducing treatment trials of new drugs for the treatment of schizophrenia, noting that, between 2005 and 2017, NIMH, effectively stopped new drug trials. Sadly, the National Institute of Mental Health's failure to fund sufficient research on severe mental illness is something that we have been highlighting for more than 15 years -- and it is a policy concern that we will continue shedding light on vigilantly.

Our efforts prompted [this post](#) by Pete Earley, the award winning writer and advocate for improved mental health treatment options. Our outreach also prompted hundreds of letters to members of Congress, urging NIMH to reverse course, and fund ways to improve treatment options for the millions of people with severe mental illness. To call attention to this critical issue, write your federal representative.

SUPPORT ANIMALS

5 Celebs Who Depend on Their Emotional Support Animals

An Emotional Support Animal (ESA) is a companion pet that offers support to an owner who has a mental or emotional health condition by reduce their owner's anxiety and the feelings of alienation.

#1) Bradley Cooper
The "Silver Linings Playbook" actor can often be found taking his beloved Chow-retriever mix, Charlotte, for a walk. He rescued her during an adoption drive in Santa Monica, California. "I fell in love with her immediately," he said. He has also been known to bring Charlotte to his movie sets.

#2) Selena Gomez
The singer, who recently opened up about her struggles with anxiety and depression after canceling the remainder of her Revival tour in 2016, has six dogs for comfort and support—most are rescues. She said of Chip, a Corgi mix, "He just wants to be loved. It doesn't matter who you are." (Photo source: www.instagram.com/beatacollins)

#3) Miley Cyrus
Miley has had multiple dogs that she can be seen cuddling on Instagram. The star, who has been open about her struggles with depression, adopted a Rough Collie named Emu Coyne after her Alaskan Klee Kai, Floyd, passed away in 2014 and later posted on Instagram including the phrase: "It's taken some time to be ready for this next step and loving again." (Photo source: www.instagram.com/mileycyrus/)

#4) Ryan Gosling
Ryan's late dog George went practically everywhere with him, including TV appearances. Ryan was able to fly with George (thanks to his Emotional Support Animal registration) and often talked about him as a trusted friend: "George is way more interesting than me. I'd much rather talk about him." (Photo sources: commons.wikimedia.org/; [instagram.com/evamendes](https://www.instagram.com/evamendes))

#5) Britney Spears
The pop princess has five dogs for emotional support, including an adorable Yorkie named Hannah. When she first got the dog, Spears tweeted, "I want you all to meet my

new little baby girl Hannah Spears. How cute is she?!?!?" and "Hannah" replied from her own twitter account: "Aww thanks mommy—I love you." (Photo source: [Twitter.com/BritneySpears](https://twitter.com/BritneySpears))

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

24/7 MOBILE STREET OUTREACH MENTAL HEALTH ADVOCACY WRAPAROUND SERVICES

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)**

Warm Line (4:30pm-9:30pm) 855-582-5554

National Suicide Prevention Lifeline

800-273-8255

Friendship Line (older adults)

800-971-0016

Crisis Text Line

Text LISTEN to 741741

Trevor Lifeline (LGBTQ+)

866-488-7386



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

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