

NAMI Butte County**GENERAL MEETINGS**

Will not be held in April or May

**May is Mental Health
Month****WhyCare?**

Care is a simple 4-letter word, but a powerful way to change lives for people affected by mental illness.

It's an action. It's a feeling. It's a gift we give to ourselves and to each other. People feel loved when someone cares. People feel heard when someone cares. People recover when someone cares. Society changes when people care. Entire systems change when people care. For more than 40 years, NAMI has been a beacon of help and hope by providing the support, education and advocacy to ensure that all people affected by mental health conditions get the care they need and deserve.

For more information:
(530) 343-7775 OR (530) 894-8551

www.namibutteco.com

& on Facebook

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**ERASE THE STIGMA OF
MENTAL ILLNESS**

A COMMUNITY CONVERSATION
ABOUT MENTAL ILLNESS

FREE PUBLIC FORUM

Thursday, May 9th 7pm

**Elks Lodge, 1705 Manzanita Ave.,
Chico**

For more information visit
[sorooptimistchico.org/upcoming-
events](http://sorooptimistchico.org/upcoming-events)
(Flyer attached)

PAINT AWAY THE STIGMA

Join us for an enjoyable afternoon and paint away the stigma. Paint a picture and sip some wine at **NAMI Butte County's Fundraiser!**

Saturday, June 1, 3-5PM

**Studio 561, 562 East Lindo
Avenue, Chico**

530-894-8551 for more information
(Flyer attached)

**REGIONAL ADVOCACY
MEETING**

**NAMI-CA Regional Advocacy
Meeting Monday, May 20, 2019**

10 a.m. - 2 p.m.

Konionia Hall, First Christian Church
Fellowship Hall
295 E. Washington Ave.
Chico, CA 95926

Regional Advocacy Meetings are designed to engage family members, program leaders, and the general public in local planning and problem solving with county board members, city officials, and Affiliates. The meetings provide advanced opportunities for individuals to participate in processes impacting programs and service delivery. This is a free event, and lunch will be provided! For further details, please see the attached flyer.

We invite you to join us!

If you plan to attend, please be sure to register by copying and pasting this link in your browser: [Butte County Regional Advocacy Meeting Registration](#)

CONNECTION TRAINING

UPCOMING TRAINING FOR FACILITATORS

June 21, 22, 23 in Chico

NAMI Connection is a free and confidential support group for adults living with mental health challenges

NAMI Connection support groups meet regularly for 90-minutes

NAMI Connection offers a safe environment for adults who live with mental health challenges to express themselves without being judged

NAMI Connection support groups follow a flexible structure without an educational format

Reflecting NAMI's core values, NAMI Connection is inclusive-any adult with a mental health challenge is welcome, regardless of diagnosis

If you or someone you know is interested in becoming a facilitator you can request an application by contacting Colleen at cmphipps@csuchico.edu or call 530-894-8551

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

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.

For more information or to register for future classes:

Contact Mary 530-518-7983
mneumann@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.

For more information or to register for future classes:

Contact 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

Housing alone won't solve homelessness. Let's rethink how we treat mentally ill

BY DREW PINSKY *SPECIAL TO THE*

SACRAMENTO BEE

APRIL 13, 2019 07:01 AM, UPDATED APRIL 17, 2019 02:05 PM

As a young, motivated resident in internal medicine, I began to moonlight in a freestanding, full-service psychiatric hospital. I became fascinated with the medical care of the psychiatric patient and the management of substance use disorders. In time, I became a director of Medical Services and Program Medical Director for Chemical Dependency Services and spent the better part of three decades developing expertise in the care of psychiatric patients.

BUTTE COUNTY BEHAVIORAL HEALTH ADVISORY BOARD

**Wednesday May 15, 2019
3:00 PM – 5:00 PM
109 Parmac Road
Chico**

This is why I support a mental health reform bill, Senate Bill 640, by state Sen. John Moorlach (R-Costa Mesa).

Never did I imagine I would live in a state which would systematically allow patients with massive mental health needs to languish and deteriorate in the most unconscionable, abject circumstances. It was unthinkable to me as a young physician that, decades after I began my career, leadership in the State of California would in the name of some abstract, misplaced notion of compassion literally position the symptoms of major psychiatric illness as a guiding principle to be protected.

(See full article at:

<https://www.sacbee.com/opinion/california-forum/article229133294.html?fbclid=IwAR02mCJsdh0-eWAB37B3IeLI-4ttahIR5xT0-KxMKSDGq4kCImsA81Z9qE>

SB640 An act to amend Section 1799.111 of the Health and Safety Code, and to amend Section 5008 of the Welfare and Institutions Code, relating to mental health.

LEGISLATIVE COUNSEL'S DIGEST

SB 640, as amended, Moorlach. Mental health services: gravely disabled.

Existing law, the Lanterman-Petris-Short Act, provides for the involuntary commitment and treatment of a person who is a danger to themselves or others or who is gravely disabled. Existing law also provides for a conservator of the person or estate to be appointed for a person who is gravely disabled. Existing law, for the purposes of involuntary commitment and conservatorship, defines "gravely disabled," among other things, as a condition in which a person, as a result of a mental health disorder, is unable to provide for the person's basic personal needs for food, clothing, or shelter.

This bill would change the definition of "gravely disabled" for these purposes to read, in part, a condition in which a person, as a result of a mental health disorder, is incapable of making informed decisions about, or providing for, the person's own basic personal needs for food, clothing, ~~shelter, or medical care~~ *or shelter* without significant supervision and assistance from another person and, as a result of being incapable of making these informed decisions, the person is at risk of substantial bodily harm, dangerous worsening of a concomitant serious physical illness, significant psychiatric deterioration, or mismanagement of the person's essential needs that could result in bodily harm. *The bill would authorize this condition to be demonstrated by the person's treatment history and recent acts or omissions.* By increasing the level of service required of county mental health departments, this bill would impose a state-mandated local program.

The California Constitution requires the state to reimburse local agencies and school districts for certain costs mandated by the state. Statutory provisions establish procedures for making that reimbursement. This bill would provide that, if the Commission on State Mandates determines that the bill contains costs mandated by the state, reimbursement for those costs shall be made pursuant to the statutory provisions noted above.

http://leginfo.legislature.ca.gov/faces/billTextClient.xhtml?bill_id=201920200SB640

MINDSET

MINDSET FOR THE MASSES

Regardless of which therapy best helps a particular person, some strategies are useful for everyone.

COPE AHEAD OF TIME. As part of his DBT training, Bill Perun learned how to prepare for situations he knew would require him to be vulnerable—an emotion he avoids whenever possible. "It includes seeing yourself in the situation and coming up with a plan for how to behave and take care of yourself," he says.

BE MINDFUL. It can be as simple as noticing your breathing or the way you brush your teeth, or taking a moment to smell your cup of coffee before taking the first sip, according to psychiatrist Kenneth Fung, MD, FRCPC. "Allow yourself five minutes to not get distracted or think about what you're going to do next," he advises.

DEFUSE. Separate yourself from all-encompassing thoughts and emotions by describing in neutral terms what is happening—instead of how you feel about what is happening. For example, suggests psychologist Christine Sloss, PhD, instead of saying, "I'm anxious," try, "I'm noticing my heart is beating more quickly," or, "I'm noticing I'm having a thought about wanting to avoid and hide." This makes it easier not to take thoughts as fact.

www.bphope.com

CBT-PSYCHOSIS

CBT For Psychosis: Approaches Families Can Use

By David Kingdon, M.D. and Douglas Turkington, M.D. | Apr. 15, 2019

Cognitive Behavioral Therapy (CBT) is gradually becoming recognized and available as a psychological approach to mental health problems. But what exactly is it? Well, CBT works with thoughts (cognitions) and behaviors to help with mental health problems. It's becoming increasingly famous, particularly for teaching people what they can do to improve depression and anxiety. But it's also being used to help with symptoms of psychosis, such as hearing voices and paranoia. Schizophrenia occurs in about 1% of the population, but psychosis is a bit more common. In the U.S., as many as 3 in 100 people will have an episode at some point in their lives; of that number, approximately 100,000 young people experience psychosis each year.

Psychosis has many causes. In any person with the symptoms of hearing voices or paranoia, you will find a number of different things coming together to cause and maintain the symptoms. Every individual is different, but here are a few common contributors:

~ **Bereavement** is an important factor for some. If you lose a loved one, you may feel the presence of that person. You may see or hear them talking, smell a perfume or an aftershave, or you might feel a touch. These experiences are hallucinations, but they tend to only occur briefly and gradually become less common. They can be both comforting and confusing.

~ Sometimes at the time of birth, due to a **prolonged labor** or forceps delivery, a baby can experience a lack of oxygen. This can make psychosis more likely to occur in adult life.

~ **Migration** can be an important factor. For example, coming to the U.S. from a war zone like Syria can trigger psychosis. This is possibly because you feel as if your roots have been lost and because of the stresses that occurred before you left, in addition to the new stress you experience when you arrive in your new home.

~ **Lack of sleep** is very powerful in driving psychosis. In studies where people were kept awake for prolonged periods, most started to hear voices and/or see things that were not there. Finally getting sleep led to recovery.

~ **Trauma** can also be a cause of psychosis. Sadly, abuse in childhood, bullying and domestic violence can lead some to become and remain fearful and paranoid. These experiences are strongly associated with hallucinations related to the traumatic experience.

~ Then there are **illegal drugs**. There are some very powerful drugs available - and cannabis has become much more toxic in recent times. Similarly, cocaine and amphetamines can bring on psychotic episodes.

One or more of these issues can affect many people with serious mental illness. As psychiatrists and CBT therapists, we need to work out what they need in treatment. Does the person need work on bereavement? Do they need help to sleep better? Have they suffered a trauma that they haven't been able to talk about? Are drugs a problem? It will usually be some combination of factors.

If you know somebody experiencing psychosis, think about what might have caused it. Once you know that, you might be able to help by listening and trying to understand - and by using some CBT techniques to help.

Help Them Feel Heard And Supported

We have found that simply being friendly to someone experiencing psychosis seems to have a positive effect - even when symptoms have been present for years. Listen to their concerns, however strange they may seem, and say something like:

"Okay, we are in this difficult situation now, but there was a time before this started when I remember you were feeling much happier and doing okay at school and work. Let's remember the successes you have had. Let's see how we can work out a way to get back on track again."

That seems to be important to increase confidence and self-esteem. CBT is an approach that works toward jointly agreed upon goals. You decide the goal with your loved one; it won't work if they don't agree. You could try, "We will work on getting out for a walk today - or, if that's too much, why not come in and watch TV with us for an hour or two?"

Help Them Learn Their Triggers
CBT approaches are used to try to understand and explain what triggers psychosis and what keeps it going - so ask questions. A person might say, "The Mafia is watching my house all day long through cameras." Follow that up with reasonable questions like, "Can you see the cameras?" "Why do you think it is the Mafia doing this?" "Could something else be going on?"

If these discussions cause more distress, especially if they are leading to confrontation, it is certainly better to stop and talk about something else. There's also a limit to how much talking helps, especially if it's going around in circles, so you can always agree to disagree. But it's never a good idea to agree with or completely dismiss delusional beliefs. If the person says the Mafia is watching the house, it doesn't help to say,

That's simply not true. The approach is to listen, understand why they believe what they do and prompt with questions. The delusion might change, and more often, the conversation will simply improve the person's mood and behavior because they feel listened to, even if it's clear you're not convinced about their beliefs.

Help Them Understand That Their Delusions Aren't Reality

We might also try to investigate their beliefs to see if we can find reasons for their paranoia. This may seem like reinforcing them, but it also allows the person to explain and then test out their own delusions. In CBT, there's always some kind of homework, some simple task that you agree to work on for the next week. For psychosis, this might include keeping a diary of what's happening outside the home and what the explanations might be. The aim is never to convince the person they've got it wrong, but to understand and think of other possible explanations or to simply reduce the distress and interference in their life caused by their beliefs.

Help Them Cope

CBT can also be useful for auditory hallucinations, like hearing voices. If they seem to be hearing something when nobody is speaking, ask, "Could you tell me more about what you're hearing? Is it one voice, or is it several voices? Do you know who they are? What are they saying to you? Can you share that with me?" Being curious about their psychosis is good because when you have psychosis, you very often feel quite cut off from other people. We want to help a person feel less distressed and

isolated. There are lots of good coping strategies available, but often people who hear voices use unhealthy coping strategies, like alcohol or illicit drugs.

It's also important to score the severity of a symptom (e.g., on a 1-10 scale) with your loved one, as well as an improvement score after an achievement of a goal. For example, to see if the CBT technique is working. CBT techniques for psychosis go at a slow-but-steady pace because they're a gentle approach to psychosis. But it's crucial to also have access to expert help. With help from professionals and loved ones, some people get better quickly after their first episode, while some people get better later. This is the good news. People might feel depressed and defeated, stigmatized and hopeless, but recovery is possible.

Learn more about the symptoms, causes and treatment of psychosis by visiting nami.org/psychosis.

Note: This was originally published in the Winter 2018 issue of the Advocate.

Suicide loss support group

Friends for Survival | (530) 566-5859 Offers support for people, ages 15 and older, who have been affected by a suicide death. This group meets on the second Monday of every month at the Butte County Library, 4:30-6:00. Please call ahead of time. Fee: no fee Address: 1108 Sherman Ave., Chico

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

In accordance with our bylaws, our election of NAMI Butte County Board Officers for 2019-2021 will be held in June 2019.

Four (4) members are **elect** every 2 years to serve for the standard two-year term. Nominees to the Executive **Board** must be **NAMI** members. **These are un-paid volunteer positions.**

There are also 4 **Members at Large** positions on the Board who will be selected by the Executive Board. If you are interested or wish to nominate someone please contact Caroline at carolinecarey@att.net for an application.

Ballots will be sent out to all active NAMI members on June 1, 2019

NAMI Butte County Elections! 530-894-8551 / cmphipps@csuchico.edu



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

CHICO, CA 95926
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NAMI BUTTE NEWSLETTER