

Mental Illness Awareness Week 2013: Oct. 6-12 It's Time To Make A Difference

**NAMI Butte County
GENERAL MEETING**

DATE: Thur. October 17th

TIME: 6:30 p.m.

PLACE: **Butte County Library**
1108 Sherman Ave., Chico
(Corner of East First Ave
and Sherman Ave)

INFO? CALL Cathy: 228-7100
OR e-mail:
namibuttecosecretary@gmail.com

*We are open to the public
Everyone is welcome*

Meetings are held 3rd Thur. each month

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BCBH BOARD MEETING

BUTTE COUNTY BEHAVIORAL
HEALTH BOARD

October 16, 2013

3:00 p.m.

Administrative Support Division
Conference Room
109 Parmac Rd., Ste. 1, Chico, CA
95926

The Behavioral Health Board minutes,
current agenda, and membership
application can be accessed at:
www.buttecountybehavioralhealth.net

FUNDRAISER

*Celebrating M.I.A.W. (Mental
Illness Awareness Week)!*

**NAMI Butte County
encourages you to invite
your family and friends and
join us for a fundraiser at
Round Table Pizza (964
Mangrove) on October 7th
from 5-9 p.m.
(See coupon on last page)
There will also be a bake sale.**



A percentage of your purchase will go to NAMI Butte County. Money raised will be used to purchase equipment for printing the white card. The white card is a card that is carried by individuals living with a mental illness that will provide information about their illness to first responders and law enforcement in case of emergency. These cards will only have the information the individual wants on them. The white cards are currently being carried in other counties with great results. Local law enforcement agencies know about the white card and are in support of it being used in our area. Please help us raise the needed funds to implement this project.

SUPPORT GROUP

**NAMI BUTTE COUNTY'S
Family and Friends Support
Group Meeting**
First Tuesday each month.
6:30 p.m.
109 Parmac, Suite 1, Chico CA
Info: Call Linda (530) 520-0862

EDUCATION COURSES

**Peer-to-Peer Education
Course**

The next free Peer-to-Peer course will be held in January— time and place to be announced. **Peer-to-Peer** is a unique, experiential learning program for people with any serious mental illness who are interested in establishing and maintaining their wellness and recovery.

For more information or to get on the waiting list, please call (530) 343-7775 or email melinda@NAMIButteCo.com.

**Family-to-Family Education
Course**

The next free 12 week course for family caregivers will begin in February, 2014 at the Enloe Conference Center on the Esplanade. The course will meet each Wednesday evening at 6:30. *Please contact Linda Nelson (520-0862 or 343-8012) or Cathy Gurney (228-7100) for more information and to register.*

Go to www.namibutteco.com for more information on all the programs we offer.

LAURA'S LAW

ARE YOU INTERESTED IN
ADOPTING LAURA'S LAW IN OUR
COUNTY?

Join us on November 6th at 5:30 for
a planning meeting! (*500 Cohasset,
Chico- tentative*)

Laura's Law is a bridge to recovery
from mental illness by providing
structured treatment outside of
acute care hospitals or jails.

Laura's Law provides court-
ordered, intensive treatment in the
community providing consistent
supervision for those individuals
with mental illness for whom other
community services are not
working

Governor Jerry Brown signed SB
585 into law. The bill was
authored by State Sen. pro Tem
Darrell Steinberg and supported
by NAMI California. The new law
establishes the Mental Health
Services Fund, continuously
appropriated to and administered
by the State Department of Health
Care Services, to fund specified
county mental health programs,
including programs funded under
the Adult and Older Adult Mental
Health System of Care Act.

NAMI California, in its letter
supporting the bill, wrote, "SB585
puts to rest the argument about
whether the mental health
services associated with
implementation of Laura's Law
may be included in counties'
MHSA Plans. The bill reiterates
that such services should meet
MHSA criteria by being client
directed and employing
psychosocial rehabilitation and
recovery principles."

*Questions? Contact Colleen at
894-8551 or e-mail
cmphipps@csuchico.edu*

SCHOLARSHIP

Lilly Reintegration Scholarship
Applications Available for 2014-2015
Academic Year

*16th annual scholarship program for
individuals living with severe and
persistent mental illness expands to
include those living with major
depressive disorder*

INDIANAPOLIS – Eli Lilly and
Company (NYSE:LLY) today
announced that applications for the
2014-2015 school year are now
available for the 16th annual Lilly
Reintegration Scholarship. Since its
inception, the program has directed
more than four million dollars in tuition,
books and laboratory fees to hundreds
of colleges, trade and vocational
schools and high school equivalency
programs across the United States to
fund educational pursuits of students
living with bipolar disorder,
schizophrenia or schizo-affective
disorder. This year the program
expands to include the diagnosis of
major depressive disorder. Further
information is available at
www.reintegration.com.

"Our goal when the program was
established in 1997 was to
demonstrate that when proper
community resources are in place,
individuals battling mental illness can
reintegrate into society," explained
Robert Baker, M.D., vice president,
global medical affairs, Lilly Bio-
Medicines. "Based upon graduation
rates today, it is clear that these

dedicated students are achieving well
beyond preliminary program goals.
They are excelling in the classroom
and predominantly graduating with
honors. As part of our continuing
commitment to the neuroscience
community, we are pleased to expand
the program to include students living
with major depressive disorder."

Lilly Reintegration Scholarship students
have pursued their educational goals at
the University of Chicago,
Massachusetts Institute of Technology
and Stanford University, to name a few,
as well as at more than three hundred
state and private universities,
community colleges and trade schools.
Recent areas of study include
architecture, business administration,
medical lab technology, animation arts
and cosmetology. An independent
judging panel comprised of psychiatric
care professionals review applications
annually and select scholarship
recipients.

About the Lilly Reintegration Scholarship

The goal of the Lilly Reintegration
Scholarship is to help people with
schizophrenia, schizo-affective
disorder, bipolar disorder or major
depressive disorder acquire the
educational and vocational skills
necessary to reintegrate into society,
secure jobs and to improve their lives.
Through the program, Eli Lilly and
Company furthers its ongoing
commitment to providing tools that
enhance the reintegration continuum,
allowing people to move their lives
forward and achieve their individual
potential. Further information is
available at www.reintegration.com.

BOOK CORNER

Positive Psychology

Therapies June 26, 2013

by [Antoni Adsera](#) (Author)

Positive psychology is a new approach within the broader field of psychology that focuses on improving human quality of life and well-being, and studying the qualities, behaviors, attitudes and positive emotions of human beings: optimism, creativity, hope, sense of humor, laughter, resilience, courage, positive affect, self-esteem, assertiveness, empathy ... However, positive psychology is also very useful in improving mental health. Positive mental states act as barriers to psychological disorders. This book is about the practical application of positive psychology to enhance health, increase well-being and to tackle the most common psychological disorders today. The first part of the book deals with some fundamentals of positive psychology. It is a set of chapters on the positive qualities of human beings that the author thinks are most useful therapeutically. The second part of the book presents a generic treatment applicable to a wide variety of psychological disorders. Finally, the third part focuses on how to deal with five types of disorders that are common at present: 1) depression, 2) anorexia nervosa and eating disorders, 3) schizoid disorder and schizophrenia, 4) drug addiction, and 5) anxiety disorders. In summary, although addressing positive psychology and psychopathology together may at first seem like a contradiction, by the end of the

book the reader will see that it actually is possible to effectively implement positive capacities to prevent or limit the effects of a variety of disorders—a perspective that favors optimism and seeks to avoid despair.

The book *Positive Psychology Therapies* is available at the [Amazon store](#).

(Positive psychology is the study of happiness. Psychology traditionally focused on dysfunction—on people with mental illness or other psychological problems and how to treat them. Positive psychology, by contrast, is a relatively new field that examines how ordinary people can become happier and more fulfilled.)
Psychology Today

GOOD VIBRATIONS

Rick Hanson, PhD, provides tools to help reduce stress, fear and sadness and promote well-being. This exercise focuses on a concept called "taking in the good."

Settle your body. Sit or lie comfortably, with your eyes open or closed. Take a moment to simply notice your body. Next, get a feeling for your breath. Notice your body breathing fine on its own. If you feel uncomfortable, put your attention on your feet or something in your surroundings.

Summon a positive experience. Recall or imagine a place you like being ... reading in bed, at the beach, in a mountain meadow, or anywhere you like. Or think of someone you like being with ... a friend, family member, child, a teacher, or anyone you like. You can also try recalling or imagining doing something you enjoy ... eating something delicious, smelling something you find pleasant such as oranges or wood smoke, engaging in some satisfying activity such as cooking or playing a sport, or anything you like.

Try to open up to the positive feelings

that come with being in that place (or with that person or from that activity), such as a comfort, contentment, belonging, or safety.

Take in the good: Now sense the positive feelings sinking into you, perhaps like warm sun on your face or golden light settling into your core. You might imagine a treasure going into your heart, or sensations settling into your back or any other part of your body. Try to feel the positive feelings becoming a part of you, woven into the fabric of yourself.

Be kind to yourself: You may notice some resistance to feeling good, perhaps expressed simply as a tightening in your body. Becoming more aware of that resistance is part of the exercise. But as much as you can, try to be on your own side and let the good feelings grow inside your mind and heart and body.

<http://www.hopetocope.com/Item.aspx/964/power-to-the-positive>

DAILY TIPS-LIVING W, ADHD

Check Your Planner 3 Times a Day
Start Organizing -- One Room at a Time
Keep Small Items Together
Have a Rotating Menu
Follow a Mail Routine
Write Down What You Spend
Use Electronic Reminders
Tune Out Distractions at Work
Fight Boredom
Simplify Your Life with Fewer Tasks
Get More Exercise
Start Tasks With 15-Minute Blocks
Use Color Coding

Learn From Your To-Do Lists

If you see a lot of unfinished tasks left on your "to-do" lists, try to figure out why. Did you try to get everything done at one time? Did you list big tasks that could have been broken down into smaller ones? Or did distractions keep you from completing your tasks? Use this information to help arrange future "to-do" lists, or to find ways to work more efficiently.

<http://www.webmd.com/add-adhd/ss/slideshow-adhd-living-tips>

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

YOU'RE INVITED TO A Royal Pizza Feast



No other coupons or discounts are valid
in conjunction with this fundraiser.

Bring this invitation when you order and
Round Table will donate a percentage of
your purchase to our group. Please save
your coupon for your next visit and help
support your community!

Host NAMI Butte County

Date 10/7/13 Time 5-9 p.m.

Store Address 964 Mangrove, Chico



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