



GRAPEVINE

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NAMI CONFERENCE Educates and Entertains

The theme was hope and transformation and the entertainment was Latino and first class.

Aztec dancers danced to the beat of a 5 foot drum. Women dancers wore elabo-



rate headdresses adorned with snake heads. Snakes are es-



teemed as a symbol of wisdom because the snake is close to the ground or Mother Earth. Conference attendees were pulled on-stage and given dance lessons.

Later dancers from different regions of Mexico clicked their heels and swirled their embellished skirts. Although the entertainment was spectacular, the real treat was the line up of renowned speakers. The topics included Genetic Research, dual Diagnosis and more. See page 7 for more

Distinguished Child Psychiatrists to Speak at NAMI mtg.

Have you ever wanted just a little more time with your child's psychiatrist? How would you like to have not one but three distinguished child psychiatrists to answer your questions and update you on the leading treatments in mental illness?

Sept 18 from 6:00-7:30 is the time. Come early for a good seat at the UC Merced

Bldg., 2000 K Street. **Dr Albert Ma, Dr. Mohammed Molla, and Dr. Ruby Byan** will give a panel presentation and then entertain questions.

Dr Albert Ma is the Associate Program Director, UCLA-Kern Psychiatry Residency program, Assistant Clinical Professor, UCLA, and Staff Psychiatrist, KMC and KCMH.

NAMI Meetings

1st Tuesday
Support Group for Family members
Memorial Center
5201 White Lane
6:30-8:00 pm

2nd Tuesday
Support Group for Family members
Anne Sippi Clinic
2916 Eye Street
5:00 Potluck
6:00-7:30 Support Group

3rd Monday
NAMI Meeting for Family and Consumers
UC Merced Building
2000 K Street
6:00-8:30
4:30 Supper Club
Mexicali
631 18th Street

4th Monday
Support Group for Family members
Memorial Center
5201 White Lane
6:30-8:00 pm

Have you been to a NAMI Support Group yet? Facilitator led groups are the latest service provided by NAMI Kern. Come for help, hope, encouragement. For a full listing of NAMI Kern meetings, see pg 10

(Continued on page 3)

NEWS

FLASH

- Ask the Doctor Sept 18
- Walk Go ahead pg 8
- Meet Alan pg 3

Thank you , Kern County Mental Health, for printing this newsletter

NAMI KERN BOARD

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859 1612

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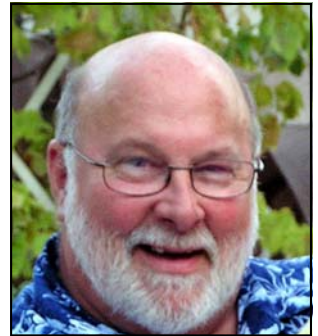
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*"The County's Voice on
Mental Illness"*

Message From Your President

This month I would like each of you to look inside your heart and see if there is room for more active participation in NAMI. Your heart is the first place to look, because if you look at your calendar, you'll probably see that you're too busy. Then it would be so easy to beg off, and say you just don't have the time. So look in your heart, because if it feels a little empty, nothing fills it like serving others. We need you to help us.



Bob Hawkes, NAMI President

Next year will be exciting and filled with challenges. Two of our officers are stepping down after years of service to us and our loved ones. We will have room on our board for people who are willing to take on a role of leadership and responsibility. If NAMI is to continue to grow and provide the help and healing we all need, we need strong hearts and hands to guide the way.

On September 30, we are having a retreat to develop a strategic plan for NAMI Kern County. The present Board will be there and if you are willing to work with us now and in the future, you are welcome, too...but only if you're ready to pitch in. Call me at (661) 859 1612 and let's talk about it..the U.S. Marines need a few good men..NAMI needs a few good people, with big hearts.



National Alliance on Mental Illness
The Nation's Voice on Mental Illness

What is NAMI?
NAMI is the National Alliance on Mental Illness, the nation's largest grassroots mental health organization dedicated to improving the lives of persons living with serious mental illness and their families.

Founded in 1979, NAMI has affiliates in every state and in more than 1,100 local communities.

NAMI Kern is an affiliate of NAMI National and NAMI California.

NAMI Kern Bakersfield Meetings

When: Third Monday of the month

Time: 6:00pm to 8:30 pm

**Place: UC Merced Building
2000 K St. corner 20th and K**

Next Meetings:

September 18

Call: Bob Hawkes 859-1612

Mailing address is:

P.O. Box 9144

Bakersfield, CA 93389-9144

868-7176
namikern@yahoo.com
www.namikern.org
Www.namicalifornia.org

NAMI Meetings are for members, non-members, consumers, mental health professionals, families and friends.

Open to all

People in the News

Three New Peer-to-Peer Mentors



Karen Graves, Jennifer Stewart, and Joey Nidever are the newest graduates from NAMI's Peer to Peer Mentor Training. The training qualifies them to lead the nine week Peer

Recovery course, following in the footsteps of Dan McClure, Shannon Johnson, Gabe Carlota, and Susan Medlin.

The demand for Peer to Peer rose sharply from 12 in the spring of 2006 to over 30 in August. Many applicants were turned away from the class that just started in August. NAMI's new graduates will help meet the need.

Congratulations on your accomplishment and desire to help others!



Alan Stillman joins Anne Sippi

According to **Alan Stillman**, new Administrator/Clinician for Anne Sippi, "You don't have to be a therapist to be therapeutic." Alan himself is an LCSW, and is accustomed to wearing many hats. He brings a wealth of experience to his role.

"He has a very rich background," says boss **Michael Roseburg**, Co-Director and owner of Anne Sippi Clinics. Alan worked for many years in Philadelphia as director of seven out patient mental health clinics that specialized in forensics, dual diagnosis and court related cases.

Down to earth and knowledgeable

"Alan is awesome—he brings a lot of life experience to the table. He's dedicated and he's really a mentor. He talks to you on your own level. One of the best, if not the best,"

by family members, NAMI members and Kern County Mental Health employees. Guests included **Darlene Prettyman** and



Alan Stillman, Administrator, and Michael Rosberg, Co-Director

son **Mel, Russ Sempell, Coleen Peters, Donna & Duane Pockrandt** of Ridgecrest, **Sherri Burns, Bill and Liz Davis** of Tehachapi and others. Tasty hors d' oeuvres included crab rolls, giant red strawberries and fresh fruit served by **Jarrett Mitchell, Joey Nidever, Marshall Anderson** and other Anne Sippi clients.

Guitar player

Alan says that in his long haired student days, he played the blues to work his way through college. Rumor has it he is a good pool player, too, although

Jarret wants proof and has challenged him to a game.

Many first met Alan at the Celebration of Life picnic early in the season. Alan was overheard to ask "how long does (hot weather) this last?"

Came here for love

Alan came to Bakersfield to be with his fiancé, Evelyn, who works for KCMH as a social worker. Following her here led to the opportunity at Anne Sippi.

Michael Roseburg is very supportive of NAMI Kern and interested in partnering with

The September 6th Reception held at Anne Sippi was well attended

(Continued on page 6)

(Continued from page 1)

Child Psychiatrists

Dr. Mohammed Molla, is Assistant Clinical Professor, UCLA, Staff Child/Adolescent Psychiatrist, KMC and KCMH system of care, Psychiatrist, KMC.

Dr. Ruby Bayan is the Medical director for Kaiser Behavioral Health, Pediatric Psychiatrist. Dr. Bayan is the recipient of the Southern California Permanente Medical Group Physicians' Exceptional Contribution Award.



Cindy Gill has been hired by Anne Sippi Clinic as the Family Liaison. Anyone who knows Cindy knows she will add some Cindy charm to Anne Sippi.



Apparently this has already happened. At the welcoming reception for herself and Alan Stillman, she had several consumers willingly making and serving delicious hors d' oeuvres.



Only a life lived for others is a life worthwhile

[Albert Einstein](#)

US (German-born) physicist (1879-1955)



Susan Rajal, CEO, Anne Sippi, and Bob Hawkes

Jarret, consumer.

"He knows a lot about drugs and alcohol," says Marshall, consumer.

Welcoming Reception

The September 6th Reception held at Anne Sippi was well attended

NAMI Conference entertainment offered spectacular visual treats with a Latin Flair



NAMI
WELCOMES
NEW MEM-
BERS..

- Dave & Evelyn Albright
- Marshall Anderson
- Ravi Glokane, M.D., & Mita Glokane
- Joyce Kane
- LeeAnn Mitchell
- Liane Schaeffer
- Hector & Lisa Villareal
- Rick & Gina Williams
- Raymond Dannunzio
- Dessey, Ronald & Fawn
- Joan Florence
- Pam & John Swanson

Welcome !
Together we are changing
the

.. AND
THANKS RE-
NEWING
MEMBERS

face of mental illness and
helping families like our-
selves in Kern County.



NAMI CONFERENCE MAKES NEWS



NAMI Kern was able to send two consumers

to the state conference, thanks to the **Mike and Marilyn Gifford Scholarship Fund**. Mike Gifford established the fund one year ago through a matching funds program offered by his employer, Borax.

Mike and Marilyn designated the funds to be used for sending consumers to the conference. **Mary Helen Cordova** and **Dan McClure** were the first to benefit from the scholarship.



Old friends ..



And new friends ..

GENEROUS DONATIONS

Several made very generous donations to the Peer-to-Peer Class Fund



Linda Jones
Miguel & Cathy Nidever
Susan Stewart
John Smith
Cindy Gill
Jane Roberts

NAMI KERN is able to offer life transforming classes such as Peer-to-Peer because of the generosity of its' members.

Thank you on behalf of many consumers who will benefit from this course that can only be found in NAMI.

And in the Very Special Giving Category

The newly formed Spanish speaking Family- to- Family Class taught by **Laura Diaz-Winterset** and **Maria Zavala-Waterman** graciously insisted on making a group donation to NAMI after being told the class was free.

Kern hopes that the Family -to-Family class will bring you and your loved ones hope and help as it did for many of us.

Usted no Esta Solo
Welcome to the NAMI

Muchas Gracias! NAMI

NAMI KERN ADVOCATES

NAMI..
A force for change
in Kern County



Membership cost:
\$40.00 per year-
which is only..
\$3.33 per month.
Make a difference
Join today

**NUMBERS
COUNT
JOIN NAMI
KERN**

Are you missing out on NAMI StigmaBusters Alerts?

To receive FREE electronic StigmaBusters Alerts go to www.nami.org and click on Fight Stigma

Join 20,000 advocates who no longer wish to tolerate offensive, outdated, stereotypical portrayals of mental illness in the media.

Parents and Teachers as Allies

(Continued from page 3)

Alan Stillman

Q. Anxiety in children is manifested by:

- Absenteeism
- Will not join groups to play
- Agitation

Answer at bottom of column.

Tehachapi Family-to-Family Starts

A new Family-to-Family class started in Tehachapi Sept. 11 from 6:00 – 8:30pm at St. Jude’s Episcopal Church. The class will be held every Monday night for 12 weeks.

Contact Susan or Bob Stewart (661) 822 4966 for information. There is still time to get into this life-changing class.

NAMI on joint projects.

NAMI thanks Anne Sippi for providing Family to Family and Support Group accommodations for over 3 years.

Welcome, Alan!

Call Now to Speak Up

UC Berkley will be interviewing consumers (individuals receiving services from Kern County Mental Health) and family members for a study on MHSa (mental health services act). Act now, they will be in town 9/21 and 9/22. Call (661)859-1612 for details and registration information.

Parents and Teachers as Allies

A. The answer is Absenteeism. Parents and Teachers as Allies is a powerful NAMI education program designed to educate teachers about essential information about mental illness in children. This program could be offered by NAMI Kern as we continue to grow.

Bob Hawkes was recently appointed to the Behavioral Health Board. Kern County Mental Health reports to the Behavioral Health Board, which in turn reports to the Board of Supervisors.

Bob received a personal letter of congratulations from **Barbara Patrick**, Supervisor, District 1. Bob hopes to provide a voice for those who suffer silently from mental illness in our community.

Annie’s Mailbox

Dear Annie: I read with great interest the letter from “Struggling in Wisconsin,” who is deal-

ing with a bipolar daughter. What a great opportunity for you to have mentioned the National Alliance on Mental Illness.

I am a new member and have just completed a free, 12-week course called “Family to Family,” which teaches families about mental illness and helps them share their difficulties and experiences.

My nephew was denied the type of treatment he needed and deserved for his mental illness. However, after he was charged with a crime committed while he was psychotic, they made sure to treat him — hospitalizing him in a state mental facility for the purpose of making him well enough to sentence him to death.

I urge any family member to check out NAMI and join the nation’s voice on mental illness. — Angry Uncle

Dear Uncle: We have mentioned NAMI many times in this space, and we appreciate the opportunity to do so again. The Web site is www.nami.org or call 1-800-950-NAMI (1-800-950-6264).

Annie’s Mailbox is written by Kathy Mitchell and Marcy Sugar, longtime editors of the Ann Landers column. Please e-mail your questions to anniesmailbox@comcast.net, or write to: Annie’s Mailbox, P.O. Box 118190, Chicago, IL 60611.

The above letter was published recently by Annie’s mailbox, a syndicated column which reaches thousands of readers.



Unlocking the Genetic Key to Transmission of Schizophrenia

Genetics and schizophrenia; how is schizophrenia transmitted? Not merely one gene, but to date multiple genes have been implicated. How does what about gene to gene communication?

These are the questions that the world renowned **Dr. Tsuang** is working to solve. Dr. Tsuang is the foremost authority on genetic research.

Pre-expression for schizophrenia includes the presence of latent traits, including cognitive memory function, difficulty planning for the future, and difficulty with social interaction. These may be present in degree in both individuals who develop the disease and those who do not. The next logical step is to then identify these latent traits in the prodromal stage and intervene before disease onset.

Schizotaxia, a term coined by Dr. Tsuang, is the genetic predisposition. 70% of susceptibility to schizophrenia is attributed to genetics. The remaining causative factors come from 'environmental hits', such as lack of oxygen at birth, possible viral infections (herpes may be implicated), and hormonal "bath" (puberty).

Paraphrased excerpts from

Ming Tsuang, MD, PhD, DSc, Professor, University of California; Distinguished Professor of Psychiatry and Director, Institute of Behavioral Genomics, Department of Psychiatry, University of California, San Diego; Director, Harvard Institute of Psychiatric, Epidemiology and Genetics

COGNITION IN SCHIZOPHRENIA

Experts educate conference attendees on latest developments in gene and cognition research

According to **Michael Green, PhD.**, the FDA currently has no experts in cognition and schizophrenia, therefore there is no consensus in order to define cognition, therefore no drugs can be approved for a condition that is not defined. It is his life's work to contribute to this body of knowledge.

'The (task) is to develop drugs which don't exist for a condition which is not defined' Michael F. Green, PhD, Professor, UCLA Neuropsychiatric Institute

In contrast to hallucinations, which are a weak indicator of functional outcome in schizophrenia, cognitive deficits are a strong indicator. Cognitive deficits are a core feature of schizophrenia and not a drug side effect, as commonly thought.

The National Institute of Mental Health has made cognitive functioning a priority and funded research at several leading universities.

Key domains of cognition are:

- Memory
- Inhibition
- Verbal language
- Ability to acquire, store and retrieve verbal information for more than a few moments
- Attention/Vigilance
- Ability to respond to targets, and not respond to non targets. For example, identify relevant information in social interaction, such as reporting information to MD
- Working memory, for example, carrying on a social conversation, switching between different tasks.
- Problem solving
- Speed of processing

To that end, UCLA and UC San Diego may be looking for you. Relatives are thought to have some of the same cognitive risk factors in lesser degree, including memory, attention, problem solving. Families are needed to help further this research, and NAMI families are asked to participate. Family members interested in learning more are urged to contact:

UCLA: Karen Cornelius, PsyD (310) 478-3711 ext. 43929 or **USCD:** (619)543-7201

Eligibility for Study

To be eligible, you must meet the following criteria:

- Aged 18-65
- Have a current diagnosis of schizophrenia OR have a close relative with a current diagnosis
- At least two other relatives that may be interested in participating
- Willing to give blood and urine sample
szresearch@ucsd.net
www.schizophreniaresearch.net

Dr. Tsuang and Dr. Tsuang Both Speak at Conference Father and Son Psychiatrists

Dr. John Tsuang, MD, MS, is Director of the Dual Diagnosis Treatment Program, Harbor/UCLA Medical Center. Dr. Tsuang is a popular repeat speaker at the NAMI conference and specializes in dual diagnosis.

Listening to him speak, you feel his commitment to those who suffer doubly from mental illness and substance abuse. Dr. Tsuang does not expect immediate withdrawal. He believes the physician has a responsibility to engage the patient and do whatever it takes to support the treatment process.

At the close of his lecture, Dr. John Tsuang explained he had to hurry and finish on time so as not to make his father mad by taking any of his time. Dr. Ming Tsuang followed his son and spoke on schizophrenia.

Dr. Ming Tsuang, Senior is a world renowned expert in Genome theory.



KCMH NEWS



New Support Group starts in Lake Isabella

A new Support Group is starting in Lake Isabella. Led by long time NAMI member and Past President **Mary O'Rullian** and **Jennifer Arnold, KCMH Family Advocate**, the first meeting will be held the end of September.

Call **Jennifer Arnold**, KCMH Family Advocate, at (661) 868 6109, or **Mary O'Rullian**, NAMI Vice President, at (661) 588- 8355 for more information.

Where: Lake Isabella Library, Community Room

Time: 6:00– 7:30 pm

Date: September 25th

The Support Group will meet the 4th Monday of every month.

Committees at Work

From the Prevention Services Committee– according to the Surgeon's Generals' report on Mental health (1999) - 21% of US children ages 9-17 experience the signs and symptoms of a mental disorder during the course of a year .

(Kern children = 24, 169).
 11% experience significant impairment **(Kern children =12,660).**
 5% experience extreme functional impairment **(Kern children = 5,755)** and according to the National Health Interview Survey (1999) 3.7 % of children were unhappy or depressed **(Kern-children = 4,258).**

From Minutes, Preventions Services Committee July, 2006.

Bob Hawkes was recently appointed to the Behavioral Health Board, District 5, as a representative of Supervisor Michael Rubio.

The mission of the Board is to act in an advocacy role for individuals suffering a mental illness, serious emotional disturbance, and/or addiction in order to identify special needs, develop strategies to meet those needs, and make appropriate recommendations to the Board of Supervisors for action.

Next meeting is September 25, 2006 at 5:30 PM at the Salvation Army (hosted by College Community Services), 151 North Downs Street, Ridgecrest.

Leadership and Hope

"I love progress– I just didn't think I had to change," **Stephen W. Mayberg, PhD**, Director, California Department of Mental Health, referring to many within the system who are grappling with the huge changes wrought by MHS and Recovery Model concepts.

Dr. Mayberg is leading the transformational implementation of California's Mental Health Services Act (MHS). MHS is the result of Prop 63, voted in 2004, which provides for additional monies to be spent on mental health services in CA.

This year, that amount equates to over 1 billion dollars, distributed by county throughout CA.

The nation is watching as CA transforms its' system. Dr. Mayberg spoke at NAMI's conference in San Francisco in August.

NAMI Kern Approved for 2007 WALK

NAMI Kern was given the green light to hold a Walk in 2007 by NAMI National.

Darlene Cronin, NAMI WALK Coordinator and past President of Orange County, traveled to Bakersfield to meet with NAMI Kern representatives. Darlene will provide expert guidance every step of the way.

Russ Sempell is the Walk Chair and is busy learning and leading.



Darlene Cronin, Regional Walk Manager, listens carefully and educates group about NAMI Walks for the Mind of America Program.



NAMI KERN UP CLOSE

QUIPS & BITS



GEMS FROM NAMI CONFERENCE

Dr Michael Green, on cognitive function "The most cognitively demanding time of day for me is ..when I walk in the front door at night." (*when memory, attention, and problem solving abilities are most taxed*) "therefore, we should not be surprised when persons with mental illness have difficulty with tasks such as getting on a bus."

Dr. Ming Tsuang, in explaining hereditary tendencies "**In my family there are many doctors. Some might therefore conclude that being a doctor is inherited; that is not so.**" Unfortunately, schizophrenia does carry a significant genetic component but does not explain why one identical twin develops the disease and one does not. There is something else at work– and we must find it (*paraphrased from presentation at conference*).

NAMI San Diego Sweeps Awards Luncheon at Conference



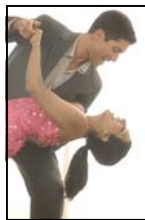
Kudos to **NAMI San Diego**, winner of the Affiliate Recognition Award for excellence in advancing consumer participation and largest increase in member ship. Both the President and Treasurer are consumers. **Sally Shepherd**, President, also received the Consumer of the year Award. Now that's what it's all about!!

September is Life Insurance Awareness month. 48 million people in the US have either no insurance or not enough. Remember to call NAMI member **Mary Helen Cordova** at (661) 319-5910 for your insurance needs.

Couple Care

*but call after Sept. 17, when she and JR will be back from a week long getaway – JR told **Mary Helen** "No laptop on this trip" he probably doesn't want business calls, either..?*

Chris and Jerry Conrad have been taking Ballroom Dancing lessons together. Jerry may soon be in trouble with other husbands.



*What would you do if it was a Friday evening and you just realized you had run out of meds?
Go to the nearest Emergency Room and try to convince the MD to prescribe 5 different psychotropic meds?
Then search for an all night pharmacy that stocked your meds?
Then pay (probably \$100s of dollars) for enough meds to get you by over the weekend?
Or call your doctor who arranges to have his office manger meet your mother at his clinic and give her your meds?*



Thanks to Anna & Dr. Calvin Flowers. Recently one of his patients missed an appt to p/u their meds and ended up in a panic on Friday evening. Anna drove to the clinic at 8:30 at night (with her parents visiting from South America in tow) and cheerfully met Mom at the clinic.

Thank you, **Anna & Dr. Flowers.**

Questions?
Questions about children's' services?

Call the knowledgeable **Susie Baker**, Parent Partner, at 868-8339

Need a ride to NAMI meetings?
Call **Susan Medlin** at 868- 7176

Questions in general?
NAMI 868-7176

Need a ride to join in activities at CFLC?
Call **Tracy** at 868-7175 or **Willie** at 868-7186

NAMI relies on the generous contributions of members and donors to help improve the lives of people living with serious mental illnesses.

Good job, **Bob Hawkes**, on article published in the Bakersfield Californian August 12 under *Community Voices*. Bob wrote about mental illness, NAMI, and Family-to-Family.

NAMI KERN SUPPORTS

CONSUMER GROUPS

RECOVERY INC

Every Saturday

Time:

Place: 1st Presbyterian Church 7th and H St.

Call: 763-1755

MOOD DISORDERS

Every Monday

Time: 5:15- 6:15

Place: Consumer Family Learning Center 3715 Columbus St.

Call: Willie Fields 868-7186 *

SCHIZOPHRENICS

ANONYMOUS

Every Wednesday

Time: 10:00-11:00

Place: Consumer Family Learning Center 3715 Columbus St.

Call: Willie Fields 868-7186 *

DOUBLE WINNERS

Dual diagnosis

Every Tuesday

Time: 5:15-6:15

Place: Consumer Family Learning Center 3715 Columbus St.

Call: Willie Fields 868-7186 *

TEHACHAPI

Every Wednesday

Time: 6:00-7:30

Place: St. Jude's in the Mountains
1200 South Curry St.,

Call: Jane Roberts 822-5391

* call for transportation

PRINCIPLES OF SUPPORT



- We will see the person first, not the illness
- We recognize mental illnesses are brain disorders
- We aim for better coping skills
- We find strength in sharing experiences
- We reject stigma in ourselves and others
- We won't judge anyone's pain as less than our own
- We forgive ourselves and reject guilt
- We embrace humor as healthy
- We accept we cannot resolve all problems
- We expect a better future in a realistic way
- We will never give up hope!



FAMILY GROUPS

PARENTS OF CHILDREN & TEENS

1st Monday : 7:00- 9:00

Consumer Family Learning Center
3715 Columbus St.,

Call: Chris Conrad at 873-1828
or Susi Baker at 868-8339

NAMI SUPPORT GROUPS FOR FAMILY MEMBERS

1st Tuesday of month

6:30-8:00 pm

Memorial Center, White Lane

Call: Beth Hawkes 859-1612

2nd Tuesday of month

6:00 - 7:30pm (5:00 for bite to eat)

Anne Sippi Clinic 2916 Eye St.

Call: Russ 303-1416

4th Monday of month

6:30 - 8:00 pm

Memorial Center, White Lane

Call: Beth Hawkes 859-1612

EASTERN KERN RIDGECREST

2nd Wednesday 5:00-7:00

Place: 1300 N. Norma St., Suite 113

Call: Donna (760) 377-4633

TEHACHAPI

1st Wednesday 6:00-7:30

St. Jude's in the Mountains

1200 South Curry St.,

Call: Jane Roberts 822-5391

For information re: MICA ANON, a 12 step program for friends and families of individual with mental illness and substance abuse, call Bev Monji at (661)322-3344

NAMI KERN ACTS

Peer to Peer

Kern County's next Peer to Peer course starts soon. Contact Susan Medlin at 868-7176

Peer-to-Peer is a free nine week experiential education course on the topic of recovery for any person with serious mental illness who is interested in establishing and maintaining wellness.

The National Alliance for Research on Schizophrenia and Depression (NARSAD) offers original, museum quality art (cards, notes, postcards) by artists with mental illnesses. Proceeds benefit the artists, NARSAD and NAMI Kern.

Contact Cindy Gill at 398-8907. Cindy displays NARSAD Artworks products at NAMI meetings. Each year Cindy presents NAMI Kern with a check from her efforts and your support.



All NARSAD Artworks are created by artists who have or have had a mental illness. They are paid at prevailing commercial rates. Packaging has been done by persons with brain disorders working in paid rehabilitation programs.



EVENTS

Annual Events

- ✓ May Board of Supervisors Proclamation National Mental Health Month-May
- ✓ May Academy Awards Luncheon
- ✓ May Housing Conference Visalia
- ✓ May Celebration of Life Picnic
- ✓ June NAMI Bingo Event Annual Fund Raiser
- ✓ June 28-July 2 2006 NAMI National Convention Washington, DC
- August 25 -26
- ✓ 2006 NAMI California Conference San Francisco
- Oct. Residents Reception.
- Dec. Holiday Party

Family to Family

12 week courses offered twice a year. in English and Spanish. Four classes starting in August.. The waiting list has been started; call Bob at 859-1612 now to secure a spot.

Family-to-Family is a free 12 week course for families and friends of individuals with brain disorders called mental illness. The course is taught by trained family members who have lived with this experience.

NAMI WALK 2007

NAMI's signature fund and awareness raising walkathon program. NAMI Kern 's first walk is scheduled for Fall 2007. Contact Russ Sempell at 303-1416 to participate in this exciting project.

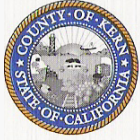
NAMI
BOARD MEETINGS
Second Monday of the month
Time: 5:30pm -7:00pm
Place: Health South, 5001 Commerce Dr.
Next Meeting:
October 9th

Open to all members



FAMILY TO FAMILY





KERN COUNTY MENTAL HEALTH

Kern County Mental Health Provides:

- The Most Effective
- Highest Quality
- Culturally Appropriate combination of treatment and support to persons with mental illnesses, serious emotional disturbances, and/or addictions.

Administration Office

3300 Truxtun Ave., Suite 200, 2nd Floor, Bakersfield

Kern County Parent Partner

Susie Middleton-Baker
868-8339

Family Advocate

Jennifer Arnold, MFT
868-6109

Patients Rights Advocate

Day Altair & Steve Musick
661-868-6633

Employment Services for Consumers

On Track and *All Aboard!*
Orientation Meeting
Every Wednesday
9:00 a.m. to 10:00 a.m.
At 1721 Westwind Drive,
Bakersfield
For further information call:
661-868-8369

Crisis Stabilization Unit

2151 College Ave
868-8000

CSU is a 23 hour voluntary unit that provides crisis intervention and stabilization services.

CSU offers an alternative to hospitalization.

CSU is open 24 hours a day, seven days a week.

For urgent mental health services, go to CSU at the Mary K. Shell building.

For emergencies, call 911 or go to Kern Medical Center Emergency Department.

Access Center

2151 College Ave
868-8111

The Access Center is the center point of access into Kern County Mental Health System of Care.

If you or a loved one needs services, call the Access Center. They can help determine your service needs and eligibility.

Consumer Family Learning Center

3715 Columbus St
868-7174 868-7186

CLFC was established to assist consumers, family members, mental health professionals, and the community to better understand recovery.

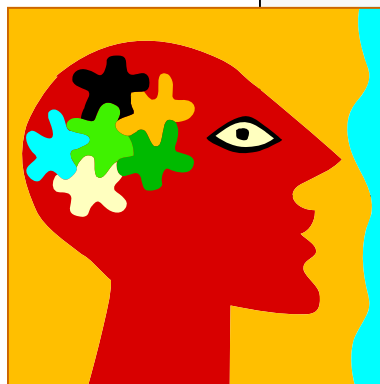
Several support groups meet here regularly.

NAMI Kern office is here.

Crisis Stabilization Unit: 661-868-8000
Toll Free Crisis Hotline: 1-800-

For access to mental health services from anywhere in Kern County, call:

1-800-991-5272
Crisis Hotline: 868-8000



"Whatever it takes" (is what we'll do)
Verbage from MHSA Workplan



NAMI CARES



Empowering Relationships

Nurture belief in their future. "When you're better, you will.." "When you have a family someday" "When you get a job.." Remember how valuable praise can be. Tell them how proud of them you are for their courage in getting up each day and facing what most of us cannot even imagine. Demonstrate hopefulness. Refocus and gain perspective. "You have felt this way before, but remember, it passed." Remind them of gains. "You are so much better than last year."

HOW TO SET LIMITS GUIDELINES

Guidelines for setting limits:

1. Simply state what you can do now and what you won't do now. ex.:
 - I won't have you live here unless you stay on your meds.
 - I won't listen to this conversation any more.
 - I have heard what you said about this being difficult for you.
 - Since I can no longer listen, I am going into another room at this time.
 - I will take you to see the movie you want if you go to day treatment again today.
2. Repeat this limit over and over again so that your loved one can internalize what you have said.
3. Mirror back your loved one's frustration, anger, or sadness over your stated limit. ex.:
 - I can see you're angry over this. I know it's hard for you to stay on your meds.
 - I know you want to come home from your program now.
 - It sounds like you are threatening to kill I to kill yourself.. But people's feelings change all the time .. In a few minutes it will feel differently.
4. Make space for their anger. Encourage it. Listen! Don't react ex:
 - I can see that you're still very angry, tell me about it.
 - So what you are saying is that you'll run away.. Did I get that right?
 - Tell me how you feel right now.
 - I think if I were you, I'd feel the same way.
5. state clearly what you will or won't do about the situation. Be very clear about what choice you are making. You may have to repeat your limits again and again. Stand firm and repeat the same statements. It may not be an immediate solution but it will help your loved one contain their emotions and behavior. They are asking for someone to provide limits because they are unable to.
6. Acting to protect our mentally ill relative is the highest form of caring, even if it involves force or involuntary commitment. To keep them safe, we must let them go, even if they hate us. We cannot hang back because we think they will no longer love us.

Suppression

Avoidance or inhibition of particular memories, desires, or thoughts

Sublimation

Redirecting of unacceptable impulses the channeling of impulses or energies regarded as unacceptable, especially sexual desires, toward activities regarded as more socially acceptable, often creative activities

Altruism

Selflessness; an attitude or way of behaving marked by unselfish concern for the welfare of others Belief in acting for others' good The belief that acting for the benefit of others is right and good



QUOTE

"It is not you who are at fault (for having a mental illness) it is an accident."

Dr. Ming Tsuang, at NAMI Conference

If you don't help, who will?

Question posed by NAMI Board looking ahead with concern to 2007. Will NAMI Kern continue to flourish? It's up to you. Please serve.

Some really tragic things have happened in my life, and some wonderful things. One doesn't make up for the other.

[Katie Couric](#)

Interview in Parade magazine August 2006

..but it's all rich ! And in life, no one gets by unscathed. Beth Hawkes, mother who has never been interviewed but has lived a rich life

NAMI Kern Membership Form

September 2006

Name _____ E-mail _____

Phone: _____

Address _____ City, State, Zip _____

Household Membership \$40.00

Consumer \$5.00

Professional \$100.00

**NUMBERS
COUNT
JOIN NAMI
KERN**

Make check payable to NAMI Kern County

Mail to: P.O. Box 9144 Bakersfield, CA 93389

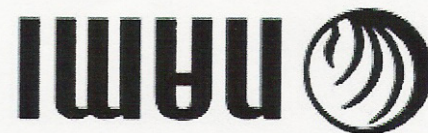
Thank you for your support!

The County's Voice on Mental Illness

Bakersfield, CA 93389-9144

P.O. Box 9144

NAMI Kern County Chapter



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