

NAMI Humboldt



P.O. Box 1225 Eureka, Ca. 95502

707-444-1600

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August, Sept., Oct. 2007 issue

2007 NAMI Humboldt Board Newly elected officers:

President: Ira Blatt

Ph#: 707-822-4335

E-mail:
dharttridge@humboldt1.com

Vice President:

John Sisson

Treasurer:

Linda Doerflinger

Secretary:

Sharon Benda

Members at Large:

Jon Forsyth
Edith Fritzsche
Lea Nagy
Tim Ash
Sara Turner
Sheila Taylor

Committee Chairs:

Membership Chair:

Jon Forsyth
E-mail:
jforysyth@humboldt1.com

Volunteer Coordinator: HOW ABOUT YOU?

Newsletter Chair:

Sharon Benda
Ph# 707-407-8758
E-mail:
sharonbenda@cwnet.com

President's Message-Ira Blatt

Garr Nielsen, Eureka Chief of Police, was the speaker at our October 4th program. Approximately 50 people were present for the 2 hour program, including about 10 NAMI members, 10 student nurses from HSU, and Barbara Lelia, assistant director of Mental Health. Chief Nielsen advocates for all officers and dispatchers to have 32 hours training in recognizing mental illness and dealing appropriately with mentally ill individuals. He would like to increase training for all officers to two days per month. Nielsen took many questions from the audience and there was much spirited interchange. NAMI members shared stories about how Eureka and Arcata police officers had provided successful interventions and humane treatment of their family members. A number of people expressed concerns about recent situations in which individuals died at the hand of law enforcement. Chief Nielson agreed that the number of recent deaths was "off the charts."

In response to a question, Nielsen said the EPD will respond when called and will take the person to the crisis unit (SV) if circumstances warrant it. If needed they will use force. In the view of the police, SV is not able to take in all who need to be there. Neilson expressed a need to develop an alternative network of how to respond other than calling the cops. He invited anyone in the room to do a ride along with police officers.

NAMI board members present expressed enthusiastic approval of Chief Nielsen's openness. He encouraged the public to attend Eureka City Council meetings and express their needs and concerns during the general comment time on the agenda.

Page 1
Presidents Message !

Page 2
Meetings and Support Groups!

Page 3
NAMI meeting review..

Page 4
Helping Hand Open Doors

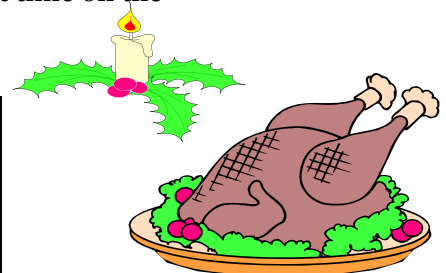
Page 5
Ask a lawyer!

Page 6
College of the Overwhelmed

Page 7
Fighting Stigma

Page 8
Invitation to join!

HAPPY HOLIDAYS
TO ALL!



EUREKA MEETINGS

Place: The 2nd floor of the Professional Building at 507 F St. For information on these items, **please call 444-1600**. Notices of programs and dates appear in The Times-Standard and other local media.

Monthly meetings: Held on the **First Thursday** of the month. We try to provide a program that will provide us with timely topical issues relating to mental health. **Hour: 5:30 to 7:pm.** **(If you have any special programs you would like to see, please contact us)**



As of January 2008, we will offering specialized programs of a topical interest replacing the monthly meetings. These programs will be listed in this newsletter, on our website, and in the local papers. Please watch for these very interesting formats.

NAMI Humboldt Board meets the **1st Tuesday** of each month from 5:15 to 7:30 pm. You are welcome to attend.

****County Mental Health Board** meets the **3rd Thursday** from 12-1:30 pm at 720 Wood St

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SUPPORT GROUPS

On the **Third Thursday** of each month, we hold an informal “Caring and Sharing” format, when we listen to & learn from each others’ concerns. Meet at the Professional Building at 507 F St. From 5:30-7 pm.

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Garberville: BIPOLAR SUPPORT GROUP meets on the **Fourth Thursday** of the month from 5:30-7:30 pm at the Hospice House, 464 Maple Lane in Garberville.

For details, please call Lea at 407-7059

Tuesday 2:00pm Fortuna Redwood Memorial Hospital Marian Center Conference Room
Contact Stephan at 443-0905

Thursday 4 pm Senior Resource Center (Age 50+) Multipurpose Room, Eureka 443-9659 (Henry)
Eureka Liquid Cafe, (Back of Store) Burre Center, Myrtle & West St. (Henry)

Saturdays at 2pm Salvation Army (two story Community Center) 2123 Tydd St (Stephan)

Meeting dates and times are subject to change without notice.

A HELPING HAND!

If you have always wanted to participate in helping to advocate for the Mentally Ill, we are providing you with the committees and chairpersons available through NAMI Humboldt. If there is another interest not named here, we can always make room.

1) **Executive Committee:** ByLaws, Rules or Order, Calls Meetings, Appoints committees including Nominating Committee

Contact Ira Blatt at 707-822-4335 or धारtridge@humboldt1.com

2) **Education Committee:** Availability and training for classes

Contact Lea Nagy at 707-407-7059

3) **Membership:** Updates membership list, handles membership drives, corresponds with NAMI California

Contact Jon Forsyth at 707-822-5114 or jforsythhumboldt1.com

4) **Programs and Publicity:** Organized programs, handles all publicity, including brochures and fliers

Contact Sara Turner at 707-822-0235 or smtturner7@sbcglobal.net

5) **Records and Secretarial Duties:** Record Board minutes, Historian or records

Contact Sharon Benda at 707-407-8758 or sharonbenda@cwnet.com

6) **Finance and Treasurer:** Handles all financial records, pays bills, assists in fundraising

Contact Sheila Taylor at 707-499-7495 or sheeraht@yahoo.com

7) **Community Liaison and Political Activity/ Legislation:** Liaison with County on Mental Health and community Mental Health agencies

Contact Tim Ash at 707-826-0323 or asharcata@humboldt1.com

8) **Volunteers:** Oversees the e-mail tree and the volunteer's list. Contacts volunteers for various interest they have indicated.

We have a strong need for this position at this time.

9) **Newsletters:** Designs, solicits submissions from other people and resources and writes articles for this newsletter that is published every 2 months. It is downloaded onto the website as well.

Contact Sharon Benda at 707-407-8758 or sharonbenda@cwnet.com

Ask a Lawyer About Social Security, by Ira Blatt, Attorney at Law

Query: My son recently received a notice that there was a \$500 overpayment of his benefits in 1998. Social Security notified him that he must respond in 60 days.

Answer: First you must respond within 60 + 5 days for mailing of the date of the notice. Social Security will presume that it was received within 65 days. If you do not respond on time, then any rights of appeal may be lost.

If more than 65 days have passed since the date of the notice you should appeal anyway. There may be a defense that the notice was not timely received. Your son may have moved or not comprehended what he needed to do. Social Security may have dated the notice but mailed it out at a later date. You should request a waiver of the overpayment on the grounds that a) the overpayment was not the recipient's fault and b) the repayment of the overpayment would be a hardship. You must prove both a) and b) examples of "not the fault of the recipient" by reporting to the local district office earnings and/or gifts received by your son or the fact that he was in a public institution (jail for a month or more). You may have previously reported these items but Social Security may have left them out of his record and of the calculation of his monthly benefit. Always retain a copy of the information reported to Social Security and have the copy stamped as received by Social Security.

Hardship is usually proven by submitting a monthly budget of income and expenses showing that all the income goes for necessities of life such as rent, food, car insurance etc. (with appropriate receipts and declarations.)

If you promptly pursue your right to appeal then ultimately an SS administrative judge will decide the matter at a hearing. SS does not usually pursue a hearing if the amount is less than \$600, because processing the case is not seen as cost effective.

If you do not pursue the appeal within the time allowed then the money will be deducted from ongoing benefits until paid in full. There is no statute of limitations for overpayments. Federal government programs are crossmatched to SS benefits including student loans and tax refunds.

Please your questions to NAMI, POB 1225, Eureka 95502 and I will try to respond to the general question. I will not give legal advice about the specific situation.

A SWEET LESSON IN HUMANITY

Years ago, a 10 year old boy approached the counter of a soda shop and climbed onto a stool. "What does an ice cream sundae cost?" he asked the waitress. "Fifty cents," she answered.

The youngster reached deep in his pockets and pulled out an assortment of change, counting it carefully as the waitress grew impatient. She had "bigger" customers to wait on.

"Well, how much would just plain ice cream be?" the boy asked. The waitress responded with noticeable irritation in her voice, "Thirty-five cents."

Again, the boy slowly counted his money. "May I have some plain ice cream in a dish then, please?" He gave the waitress the correct amount, and she brought him the ice cream.

Later, the waitress returned to clear the boy's dish and when she picked it up, she felt a lump in her throat. There on the counter the boy had left two nickels and five pennies. She realized that he had just enough money for the sundae, but sacrificed it so that he could leave her a tip.

The moral: Before passing judgement, first treat others with courtesy, dignity, and respect.

Adapted from A Lifetime of Success Pat Williams, Fleming H. Revell

COLLEGE OF THE OVERWHELMED

By Richard Kadison, M. D. and Theresa Foy Digeronimo



A book review by Sara Turner

At the time of the Virginia Tech massacre there was a great outcry and demand that mental health services in our schools and in our communities be increased so that this kind of tragedy could never happen again. How long has it been since anything has been in our various media about this subject? A book about this subject was published in 2004 and its title says it all.

Dr. Kadison and his colleague Theresa Digeronimo come from the Harvard University Health Service, which, one would suspect, have far better than average mental health services available to students, staff and faculty. Probably they do, but even there the demand exceeds their capacity to deliver what is needed.

We are not surprised to consider some of the reasons some kids are so unhappy at college. For some, there are unresolved normal developmental issues. For some, they face academic pressure and competition as never before. Then, there are racial and cultural differences and no family support to buffer problems. Add to that the financial worries and social apprehension and a perfect storm may be on the horizon.

In years past, some, but not all of the above existed. However, few of us past forty ever thought our school should or would provide help in dealing with our personal problems. We struggled privately and did always make it. We who have a middle-aged mentally ill relative know how often this condition manifested in late adolescence or early adulthood. Who can remember when confidentiality requirements meant that parents did not get grade reports, even if they were paying school bills! Certainly, they were not told if Johnny seemed disturbed in class or was missing many of them.

Funding for academic staff almost always takes priority over the Counseling Center. Maybe there is a better solution via community mental health services. However, for many communities there is a shortage of staff to meet needs of local citizens. They'd be hard pressed to deal with the "temporary" residents, i.e., students whose permanent home is elsewhere.

The authors provide good, thoughtful ideas well worth the consideration of all parents, regardless of the age of their children. It is very readable; it provides no panacea. It is being donated to the Humboldt County Library, Main Branch.

Mental Health Services Act Steering Committee report by John Sisson

The MHSA steering committee met October 25th. The acting Mental Health Director presided with Jaclyn Culleton reporting on the MHSA process.

- a. The public comment period ended Oct. 30th, in regards to the expanded funds for this year (07-08), with little public input. You may still contact Jaclyn at 441-3770.
- b. The nine MHSA programs are moving forward. Call 444-1600 and leave a message, including your address, if you would like John Sisson to send you a copy of that progress report (10/7).
- c. Wellness Center: A Mental Health liaison has been holding advisory group meetings and is responsible for representing the vision of the MHSA. The location, with a possible name change, will be the modular at 720 Wood St.

Rob Chittenden is keeping abreast of client advocate efforts at the state level. Reports possible litigation by several groups if MHSA money is diverted to non-MHSA activity. Rob Amerman is heading up a grant study regarding housing issues. They are trying to locate an office space. He is working with Bill Duncan, head of TRTF, to maybe locate at 14th & J. Rob will submit his findings to the Board of Supervisors. The intent is for one year, with the possibility of five. He seems enthusiastic and has the background for implementation.

I asked Jaclyn, "What part of the local MHSA program would guarantee creative local input and continuing program development into the future?" Her response was, "There is an education component as well as research and evaluation components being developed."

NAMI StigmaBuster Alert: October 4, 2007

Contact: smarch@nami.org

Help CANVAS Fight Stigma – No Matter Where You Live

During Mental Illness Awareness Week (Oct 7–13), the movie **CANVAS** will be released in five cities. Whether it succeeds will depend on how well it plays at the box office—in terms of tickets sold. The test will be in Chicago and New York on October 12, followed by Ft. Lauderdale, Los Angeles, and Phoenix on October 19. If Friday and Saturday ticket sales run high, the release will expand to 200 cities nationwide.

Starring award-winning actors Marcia Gay Harden and Joe Pantoliano, CANVAS is the story of a family's struggle with schizophrenia. The film educates as well as entertains. It will strike a blow against stigma, but only if enough people see it.

Modeling Straitjackets

On October 3, "[America's Next Top Model](#)" featured contestants "perfecting their runway walk" while wearing straitjackets, as part of a competition to prove they can make it in "the high-stress, high-stakes world of supermodeling." The set was a mock, abandoned psychiatric ward and the modeling coach, dressed as a nurse, scolded them not to walk "like the former patients of this hospital."

The CW Television Network needs to know:

- The episode was outrageous—mocking people with mental illnesses. Would the show ever use a cancer ward as the setting for a modeling test?
- Straitjackets represent extremely painful, traumatic experiences. Their image is hurtful to individuals and families who struggle with mental illness.
- Using straitjackets for entertainment demeans individual dignity and trivializes mental illness.
- Straitjackets are often associated with violence. Their image reinforces the kind of stigma that the U.S. Surgeon General has found to be a major barrier to people seeking help when they need it.

Rick Mater

Senior Vice-President for Broadcast Standards The CW Television Network

220 East 42nd Street New York, NY 10017 feedback@CWTV.com

Program Community Programs

For many years the NAMI board has invited speakers to share information about their areas of expertise at a public meeting on the first Thursday of the month. We've invited people to talk about all sorts of topics including medication, Social Security Disability, dual diagnosis, vocational services and more. Attendance has been low, consisting mainly of NAMI board members. We've decided to offer programs less frequently and would appreciate input from members about any speakers or topics they would find interesting. Please contact Sara Turner if you have any ideas.

smturner7@sbcglobal.net

November meeting was the showing of an interview (DateLine, PBS) with Jane pauley regarding her BiPolar diagnosis. It was very interesting and very well received.

We invite you to join NAMI Humboldt
Please complete this form and mail with check payable to :
Treasurer, NAMI Humboldt
P.O. Box 1225, Eureka, Ca. 95502

Name: _____

Memberships:

Address: _____

Mental Health Client/low income\$12 per year

City/State/Zip: _____

Individual/family membership.....\$30 per year

Ph#: _____

Professional Member\$50 per year

E-mail: _____

Donation of \$ _____

I prefer to have the newsletter e-mailed to me _____

In memory/honor of _____

New Member _____ **or Renewal** _____ **Date** _____

Thank you for your tax deductible donation. We are a 501 (c) (3) non profit. A portion of your membership dues is sent to NAMI National and NAMI California and includes their publications, the "NAMI Advocate", and "The Connection". **All donations are greatly appreciated!**

You are a valuable resource. Please mark the activities in which you feel you can help the most.

() Support Groups () Family to Family () Fundraising () Hospitality () Legislation () Media Watch
() Membership () Newsletter () Programs () Publicity () Socialization () Speakers Bureau () Special
Events () Computer Skills () Other suggestions _____



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