

NAMI Meetings are for members, non-members, people living with mental illness, mental health professionals, families and friends. Open to all.

General Meetings

- 470 Chadbourne Rd.
- Fairfield, CA
- 4th Monday, Monthly
- 6:30 p.m.

OCTOBER 22ND

DAVID WOODS BARTLEY, MOTIVATIONAL SPEAKER

LOCATION: 601 Texas St., Fairfield

NOVEMBER 26TH

NATALIA MARTINEZ, from ALDEA

DECEMBER 8TH

GIFT BAGS PACKING PARTY; NO GENERAL MEETING

JANUARY 28, 2019

TO BE ANNOUNCED

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National Alliance on Mental Illness

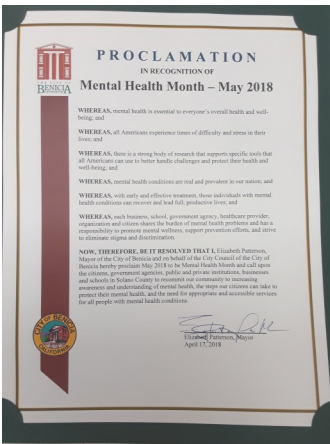
NAMI Solano County

Solano County's Voice on Mental Illness

NAMI SC News & Announcements

FALL is finally here—the Summer heat is gone! But NAMI Solano County has been "hot" these past few months with lots of events going on, and more still to come! Here's a brief re-cap:

General Meetings — We had a great celebration of Black History Month in **February**, complete with a delicious sampling of ethnic food from our presenters! **March** was our General Meeting, with the election of new officers, and a night of appreciation for all our wonderful volunteers! **April** saw a return of lawyer Frank Acuna, with his welcome presentation on Special Needs Trusts. In **June** we heard from two Kaiser representatives, Heather Nelson and Jamie Baskett, who taught us the importance of caring for ourselves while caring for our mentally ill loved ones. In honor of National Minority Awareness Month in **July**, Minister Monique Tarver raised our awareness of the unique challenges many Afro-American people face finding adequate services simply because they are black. In **August**, Michelle Zavoras from Sutter Center for Psychiatry educated us on the programs and services this facility has to offer. We were privileged to hear from the Hon. Judge Dan Healy in **September**, who



talked to us about starting a Mental Health Court in Solano County. We have more exciting General Meetings coming up this fall — you won't want to miss a single one! See our abbreviated schedule in the upper left hand corner of this page, and in the box on the right.

There was no General Meeting in **May** because of May is Mental Health Month, but we celebrated around the County in a variety of ways. The cities of Benicia and Vacaville issued official Proclamations, as did Solano County. Many of us participated in the annual NAMIWalk in Sacramento (see accompanying article, p. 2.) Our Outreach team is going great guns with our tabling efforts to "get the word out" about NAMI. This has included having a table at the

Solano County Fair, the Vacaville Farmer's Market, and many other venues around the County since then. As of August 26th, 1224 new people have learned about NAMI since February 2018! That is just amazing! A BIG thanks to Susan Douglass and her great team of outreach volunteers!!

Coming up in our Calendar of Events:

MONDAY, OCTOBER 22ND, 2018 - DAVID WOODS BARTLEY, MOTIVATIONAL SPEAKER. NOTE: THIS MEETING WILL BE HELD AT THE COUNTY EVENTS CENTER, 601 Texas Street, Fairfield.

MONDAY, NOVEMBER 26TH, 2018—GENERAL MEETING: NATALIA MARTINEZ, ALDEA "SOAR"

NO GENERAL MEETING IN DECEMBER — BUT REMEMBER: SATURDAY, DECEMBER 8th, 2018 will be our annual Gift Bags Service Project and Packing Party, from 9 am till noon!! This is always a fun event, where we gather and assemble bags full of toiletries, clothing items, and other goodies for people living with mental illness in our communities. Our goal this year is to fill 500 bags!! Put on your Holiday Spirit — We can always use more helping hands to accomplish this goal. To help or volunteer with this project in any way, please **contact our Volunteer Coordinator, Susan Douglass**

at susand@namisolano.org

Right: Susan Douglass with Lorraine Yount, former Gift Bags Coordinator



Hazel Bright and Dorothy Laney tabling an event at the local Food Bank in April 2018.



NAMI-Solano County Board Members

President

Dorothy Laney
dlaney@namisolanocounty.org

Vice President

Hazel Bright
hazellbright@gmail.com

Secretary

Patty Phillips
PattyP@NAMISolanoCounty.org

Treasurer/Membership

Myra Binstock
myrab@namisolanocounty.org

Members-at-Large:

Susan Douglass

Fundraising/NAMI Walks
Volunteers/Outreach
susand@namisolanocounty.org

Leslie Molera, Advocacy
lesliemoleraartist@gmail.com

Juanita Pena, Napa Citizens for Mental Health penaj1234@att.net

Bart Bright, Meeting Program Chair
bartjbright@gmail.com

Teena Miller, NAMISmarts Trainer
teenateach@comcast.net

Lencyce Williams, FaithNet
newbianmermaid25@gmail.com

Jules Hatchett, Local MH Board
juleshatchett01@gmail.com

Peer Programs Coordinator
Tonya Williams

Warm Line—support and info.
707-422-7792

NAMI-SOLANO COUNTY MISSION STATEMENT

NAMI -Solano County was incorporated under California law in 1985. We are a support group composed of people living with mental illness, their families, and friends. We have a three-fold mission:

1. To educate families and other interested parties about mental illnesses through lectures, discussion groups, literature, and videos about each of the mental illnesses;
2. To support families and their mentally ill loved ones through one-on-one help, referrals, financial aid, scholarships and the like;
3. To advocate for the rights of the mentally ill and their families on the local, state and national levels. Our members participate in several committees and boards to be sure that the needs of each person are heard and protected.

Our phone number is (707) 422-7792. See meeting times and locations in the box to the right.

NAMI Walks 2018

The NAMI Walks, Northern California walk on May 5, 2018, raised \$127,630 with 1,373 participants. It is a wonderful annual event that spreads awareness of Mental Illness and the services that are available to are available to help individuals and families with brain disorders.

We want to thank our local teams that participated!
Dream Walkers (Myra Binstock) \$1026 6 contributors
Circle of Friends (Jules Hatchett) \$250.00 About 8 walkers

Wholey Loved (Susan Douglass & Hazel Bright) \$1,688.94 6 contributors

Get Connected (Beth Cesena) \$540.00 4 contributors

Courage Walkers (Leslie Molera) \$1,545.00

Total contribution from Solano County Teams \$5049.94

NEXT YEAR'S WALK -- Saturday, May 4, 2019! Please mark your calendar!



Above: NAMI Walks Participants at the 2018 Northern California NAMI Walks at William Land Park, Sacramento

Donors and Sponsors

IN ADDITION TO THE INDIVIDUALS AND ORGANIZATIONS WHO DONATED TO OUR NAMI Walks THIS YEAR, WE WISH TO EXTEND A SPECIAL NOTE OF THANKS TO KAISER PERMANENTE.



Kaiser has very generously given NAMI Solano County a grant, which is being used to fund trainings and programs so we can offer more programs and services to our members and people like you. In addition to the grant, Kaiser has also made a substantial in-kind donation towards our annual 2018 Gift Bags Service Project. We also received a gift from Sutter Center for Psychiatry to help with our October General Meeting. Thank you so much, Kaiser Permanente and Sutter, for your kindness and generosity!

For the past two years, Girl Scouts has also been helping with the Gift Bags collection. Last year 65 girls donated a minimum

of 5 items each for a donation of over 330 items. This year the Girl Scouts will continue to participate with donations and service, and Scouts BSA is also going to participate!

We invite YOU to please consider making a contribution to NAMI Solano County. Monetary donations can be made directly through our website at www.namisolanocounty.org; go to the Donors and Sponsors page. Alternatively, you can mail a check made out to NAMI Solano County, to P.O. Box 3334, Fairfield, CA 94533.

If you are interested in making an in-kind donation for our Holiday Gift Bags service project, please contact our Project Manager, Susan Douglass, at susand@namisolanocounty.org. All donations help make it possible for NAMI Solano County and Napa Citizens for Mental Health to continue to offer our FREE, much needed services and programs to people living with mental illness and their families in our counties. We are very grateful for your continued support!



NAMI-Solano County General Meetings:

(Educational and Supportive)
4th Monday Monthly, 6:30 pm
(except May and December)

ALDEA Children and Family Services
470 Chadbourne Rd., Fairfield 94533
(First Floor)

Open to the Public — Bring a friend!!

NAMI-Solano County Board Meetings:

(Business Oriented)
1st Wednesday Monthly
6:00 p.m.

1225 Travis Blvd., Suite E
Fairfield

All Members are welcome.



NAMI Family-to-Family

National Alliance on Mental Illness

Our Spring 2018 Family-to-Family class in Vacaville had a record number of 20 graduates!! They all came every week and never missed a class. Thanks so much to our fabulous teachers, Patty Phillips and Myra Binstock for their knowledgeable and compassionate teaching. The class was very cohesive and many wanted to continue to keep in contact after the class was over! There is another class already in session this fall, with Patty and John Phillips as teachers, which is going well. If you missed out on these classes, **registration has begun** for the next Family to Family class! Veteran teacher Susan Reeve will be pairing up with Susan Waters to teach at a location yet to be determined in Fairfield. Start date: Monday January 7th, 2019. Time: 6:30pm - 9 pm. Call or email us right away to be put on a waiting list for this class!

This popular 12-week program offers 30 hours of free, valuable instruction, reflection and practice on mental health issues. It is designed to help family members, significant others and friends of people living with mental illness, such as major depression, bipolar disorder, schizophrenia, borderline personality disorder, and obsessive-compulsive disorder, better understand and support their loved ones with mental illnesses. Our Family-to-Family classes are taught by two trained co-facilitators who also have lived experience with a loved one with mental illness. NAMI Family-to-Family not only provides critical information and strategies for taking care of the person you love, but you'll also find out that you're not alone. Previous participants have been extremely grateful for the information and support they have received. We are also very grateful to all of the facilitators for our Family to Family classes. The time they spend in preparation for these classes, added to the invaluable knowledge, compassion and caring they impart to their students, is very much appreciated. We also appreciate all they do to get the classes organized, find venues, and work together to make sure everything runs smoothly.



If Family-to-Family is a class you would be interested in taking, please contact us right away as space is limited. Although this class is free, registration is required. Please call (707) 422-7792 or email us at info@namisolano.org for more information about this class.

Funding for these classes is provided by Solano County through grants from the Mental Health Services Act and Kaiser Permanente.



NAMI Basics is a free, 6-session class very similar to Family to Family, but is geared towards parents of school-aged children with behavioral challenges. The Basics class in Napa is just finishing, with 4-5 students. We are looking to have another class next Spring sometime. To be put on a waiting list for a future Basics class, please contact our Basics coordinator, Juanita at (707) 255-1624 or penaj1234@att.net



Proud Graduates of the Spring 2018 Family to Family class



Ending the Silence

National Alliance on Mental Illness

Our new Ending the Silence (ETS) program did very well last Spring. In May, we were able to do 6 Ending the Silence presentations at Fairfield High School, reaching a total of 299 students. We were also able to present to two classes at American Canyon High School, reaching 67 students at that location. The primary goal of Ending the Silence is to educate youth to recognize signs and symptoms, raise awareness and change perceptions of mental health conditions, and provide tools needed to access help when needed. **WE ARE IN NEED** of young people aged 18-35 who have lived experience with mental illness, who would like to be Ending the Silence presenters!! FREE training is provided. If you are interested in being a presenter, or in having an ETS presentation at your school or youth group, please contact NAMI Solano County at info@namisolano.org, or call us at (707) 422-7792.

Why Ending the Silence Matters:

- 1 in 5 young people experiences a mental health condition; but only 20% of them actually get help
- About 50% of students ages 14+ with a mental health condition will drop out of school
- Suicide is the second-leading cause of death for 15-24 year olds
- Ending the Silence helps empower students to not be afraid to talk about mental illness

NAMI On Campus

National Alliance on Mental Illness

High School Clubs

NAMI On Campus High School Clubs are student-led clubs that raise mental health awareness and reduce stigma on campus through fun activities and education, like ETS. Last December 2017, NAMI California and the California Department of Education collaborated together at Benicia High School to train High School students and their advisors on how to start a NAMI on Campus HS club. The event was attended by 26 students and 7 advisors from 6 different high schools in Solano and Contra Costa Counties. NAMI California and the California Department of Education are willing to help other interested High Schools learn about this process as well. Napa High School has also shown interest in the program. If your high school is interested in starting a NAMI on Campus High School club, please contact Margarita Garcia at margaritagarcia@cde.ca.gov, or (916) 319-0208.



NAMI Solano County's Peer-to-Peer Class is a FREE, 10-week educational course on wellness and recovery, designed for any person living with a mental health issue who is interested in establishing and maintaining wellness. The class is taught by two peer-mentors who have personal experience living well with mental illness. Classes cover a variety of topics, from education about various mental illnesses, to coping strategies and relapse prevention planning. Taught in once-weekly two-hour sessions, each class builds on the one before; therefore, attendance each week is required. Funding for this class is provided by Solano County through a grant from the Mental Health Services Act.

We had two very successful Peer to Peer classes in Napa County and Fairfield last spring. Another class is already underway in Vacaville, and is going very well. The next class will be held in January at Caminar, so please call right away to register if you would like to be put on a waiting list for this class! If you are interested, please contact NAMI Solano County at:

E-mail: info@namisolanoounty.org

Phone: (707) 422-7792

Mail: NAMI Solano County

P.O. Box 3334 Fairfield, CA 94533

Website: www.namisolanoounty.org

If leaving a phone message, please state that you are applying for Peer to Peer, leave your name, number and a good time to call you, and your call will be returned within 48 hours.



NAMI Connection is a FREE, confidential and safe support group for individuals living with mental health challenges. Individuals join a caring group of peers that offer support through their learned wisdom. Group members are no longer alone and have a renewed sense of hope. Led by trained facilitators living in recovery themselves, this support group strives to encourage, support and empower people living with mental illness. This support group has been very popular and is now held 4 times a month in Solano County: At Circle of Friends Fairfield on 2nd Mondays monthly, 12:30-1:30; at the new Circle of Friends Vacaville on 2nd Thursdays monthly from 10:30-11:30; and at Crestwood Vallejo on the 1st and 2nd Wednesdays from 1:00-2:00. If you would like to attend one of our Connection support groups, please contact Circle of Friends at (707) 694-5617, or send an email request for group locations to tyseymore@gmail.com. You can also contact NAMI Solano County at info@namisolanoounty.com.



NAMI In Our Own Voice is a unique presentation in which two trained speakers share their compelling personal stories of living with mental health challenges and achieving recovery. Audiences range from individuals with mental health challenges to students of all ages, law enforcement officials and faith community members, to veterans and health service providers. While audiences benefit from the inspirational stories of the speakers, presenters increase their confidence and develop leadership skills while helping to inspire and motivate others. These presentations allow audience members to connect on a personal level with the presenters via question and answer sessions, as well as giving them the opportunity to gain insight into the lived experience of life with mental illness. If you are interested in having an IOOV presentation for your group or organization, please contact us at info@namisolanoounty.org, or call our Warmline at (707) 422-7792.



Funding for the majority of NAMI Solano County's programs is provided by Solano County through a grant from the Mental Health Services Act.



NAPA CITIZENS FOR MENTAL HEALTH

- **Napa Citizens for Mental Health** is gradually getting more members on board, as they work towards forming a Board and starting their own affiliate. New members of Napa Citizens are Greg Williams and Shelley Hill. Others are also helping, notably Linda Georgett, Colleen Roberts, and Janeil Aultman. Greg Williams is taking Juanita's place on the Quality Improvement Committee after she had served there for 8 years. **Napa Citizens can always use more volunteers from Napa!!**
- Congratulations are in order for Sara Tirado, who became trained to be a Basics teacher in June 2018. This enabled NAMI to hold another Basics class in September 2018, which just finished. Not as many signed up as they would have liked. If you are a parent or caregiver of school-aged child with mental health diagnosis, this class is for you! Please spread the word to other parents or caregivers and let's get more people signed up for another class next Spring!
- Napa Citizens for Mental Health is working with the Napa School District, who wants NAMI on Campus involvement at the local high schools. Vintage HS is interested, and held an Open House event during May is Mental Health Month. Redwood Middle School is interested in having our Ending the Silence team come and give a presentation. However, we are in need of more Youth Presenters, aged 18-35. If you know anyone in this age range who has lived experience with mental illness, and who would like to share their story, they are welcome to contact NAMI Solano County. Training is free. See article on p. 3 for more information about Ending the Silence.
- Congratulations are in order also for Juanita Pena! Shereene Whitaker from NAMI California approached Juanita about sharing her story on a podcast. Juanita was brave and did it! Her story, along with about 10 other personal stories, will be shared in a Family Member Video Series, being produced by NAMI California.
- The next Peer to Peer class in Napa has been postponed until next Spring, due to new training from NAMI that will not be happening until November. Please see article at the top of this page for more information about Peer to Peer. Information about a NAMI Connection Support group in Napa can be found by contacting the Innovations Community Center, located at 3281 Solano Avenue, Napa 94558. Please contact Sara at Innovations, at (707) 259-8692, for more information.
- The **NAMI Family support group** is postponed for the rest of the summer and fall, but will start up again in January, at the Queen of the Valley Community Outreach Center in Napa. Stay tuned to your weekly emails from NAMI Solano County, and we will inform you of the exact address, times and dates once the new flyer is ready to send out.
- On Sept 20, Juanita tabled with Myra Binstock at Solano County's "Celebrate Recovery" event at the Solano County Events Center. For more information about this or any other topics mentioned in this article, please contact Juanita at (707) 255-1624 or penaj1234@att.net, or Sara at sara@innovationscommunitycenter.org.

CALENDAR OF EVENTS

Meetings sponsored by NAMI Solano County:

- **NAMI Solano County Board of Directors meeting**, MONTHLY, 1st Wednesdays (November 7th, December 5th, January 2nd, 2019), at 1225 Travis Blvd, Suite E., Fairfield; 6:30-8:30 pm. **All Members Welcome.**
 - **NAMI Family-to-Family Class (English)** — Next class starts January 2019. See p. 3 for more information. **Registration required** — contact info@namisolano.org or call (707) 422-7792.
 - **NAMI Basics Class** (6-week class for parents of school-age children, similar to Family-to-Family). **Registration required** — For more information, please contact Juanita at penaj1234@att.net.
 - **NAMI Peer to Peer Class** (10-week class for persons with mental health issues) — Next class starts January 2019. **Registration required** — please contact us at info@namisolano.org or call us at (707) 422-7792.
 - **NAMI Solano County General Meetings**, 4th Mondays Monthly — ALDEA Children and Family Services Building, 470 Chadbourne Rd., 1st floor, Fairfield, CA; 6:30—8:00 p.m. **Open to the Public; Bring a Friend.**
- Upcoming 2018 Meetings:**

October 22nd — DAVID WOODS BARTLEY, MOTIVATIONAL SPEAKER. **NOTE: THIS MEETING WILL BE HELD AT THE COUNTY EVENTS CENTER, 601 Texas Street, Fairfield, from 6:30—8:00 pm.**

November 26th — Natalia Martinez, from Aldea's "Soar" Program

Saturday, December 8th — Annual Gift Bags Packing Party, Fairfield Church of God, NE Corner of Madison and Empire Streets, Fairfield. 9 am till noon. (Enter from alley behind the church)

January 28th — Program TBA.

Solano County Health & Social Services Recurring Meetings:

- **Solano County Local Mental Health Board Meeting**, Third Tuesdays monthly, 4:30-6:00 pm, (October 16th, November 20th, December 18th, January 15th 2019. 2101 Courage Drive, Fairfield. **Open to the public.** Call Cindy Limerick for information at (707) 784-8336.
- **QIC (Quality Improvement Committee)**, First Thursdays, 1:30—3:30 pm, 275 Beck, Rm. 1 or 2, Fairfield, CA. **Open to the public.** Call Sheila for more information, at (707) 784-8338.
- **CFAC (Consumer & Family Advisory Council)** — Currently on hiatus. Contact Jeri Huey for more information, at (707) 553-5493 or jahuey@solanocounty.com with any questions.

Other Community Events and Services of Interest:

- **Faith in Action Senior Peer Counseling Program** offers counseling in three different ways for Solano County Seniors over 60 who are experiencing mental distress, such as depression and anxiety as a result of isolation due to frailty or chronic illness. **First** -- Weekly 1:1 peer counseling in the home for 1-hour counseling sessions for homebound seniors. **Second** -- For those seniors who desire group interaction, trained volunteers facilitate weekly, closed-group counseling sessions. **Third** -- homebound seniors unable to leave their homes but who still desire group counseling, the agency offers Senior Voices, a virtual counseling group that meets via teleconference. Seniors enrolled in this group will call an 800 number (toll free) and enter a code specific to that group. For information about any of these group times or locations, call (707) 469-6668 or (707) 425-6164, or email info@FaithInActionSolano.org.
- **AGAPE Counseling Center and Network** — AGAPE is a multi-service community organization providing dynamic counseling, training, education, and mental health services promoting well-being, empowerment, and stability of its clients. Location: 1234 Empire Street, Suite 2300, Fairfield, CA 94533. Contact: (707) 384-7303; fax (707) 247-4233. Website: <http://www.agapeccan.org/>Email: agapeccan@yahoo.com. locations, call (707) 644- 6612 ext. 221 or visit <https://www.solanoseniorspei.org/>.
- * **Coffee With Friends/Café con Amigas** — Spanish language group for Women/Un grupo de apoyo para mujeres. Call/llame a Mara León for more information/para más información, 707-784-8469.

RESOURCES

CRISIS:

- **CSU (Crisis Stabilization Unit) (707) 428-1131 (crisis line) or (707) 639-4675 (main line).** The Crisis Center is located at 2101 Courage Drive (in back, on the west side), Fairfield, CA 94533. Provides 23-hour stabilization for people with a mental health crisis. Operated by Crestwood.
 - **NAMI Solano County WARM line (707) 422-7792** — Leave a message and our trained phone monitor will call you back within 48 hours. (Provides support and direction about available services for mental illness as well as information about NAMI Solano County)
- SUICIDE PREVENTION LIFELINE — Call (800) 273-TALK (8255). Text line is 741741—text in the word HOPE.**

SELF HELP:

- **CIRCLE OF FRIENDS** — Fairfield Consumer Wellness and Recovery Center. 349 Travis Blvd., Fairfield. Hours: 8:00 AM—3:00 pm, Monday—Friday. **NEW LOCATION IN VACAVILLE!** Call Stacy Lopez at (707) 694-5617 for more info.
- **CAMINAR** — Vallejo Consumer Wellness and Recovery Center, 915 Tuolumne St., Vallejo, CA 94590. Multiple programs and services available: Call Jeri Huey at (707) 553-5493 or jahuey@solanocounty.com for more information.
- **SCMH Access Team** — 1 (800) 547-0495. Solano County Mental Health's information line for those seeking new services within the county, for persons living with mental illness, family members, and health care professionals. **Se habla español.**
- **VETERANS** — Unemployed or under-employed? Check out Veterans Retraining Assistance Program, <http://benefits.va.gov/vow/education.htm> For service information, call: Laura Brown, American Legion Service Officer: 707-437-1900
- **BACS (Bay Area Community Services)** — Provides mental health services and housing/homelessness services with four programs in Solano County: PEP (Prevention Engagement Program), a strengths-based, person-centered, harm reduction community case management program. SHAPE (Supportive Housing and Personal Empowerment) helps people move from case management to be in the community in a healthy and happy way. BACS also offers a temporary respite housing/shelter program as well as the Rosewood Crisis residential program. For more information, contact BACS at (510) 717-2726. Coordinator: Sarah Marie Pierce. Location: 236 Georgia Street, Suite 101, Vallejo, CA 94590.
- **AGAPE COUNSELING CENTER AND NETWORK** — Community counseling center providing mental health services. 1234 Empire St., Suite 2300, Fairfield, CA 94533. Phone (707) 384-7303; email: agapecan@yahoo.com; web: www.agapecan.org.
- **SOLANO PRIDE CENTER**, serving Solano County's LGBTQ community. Various resources available, including youth groups. Phone 707-689-4863; email: info@solanopride.org for general information. Confidential message line: 707-389-4520, or contact Nicole at Nicole@solanopride.org. Youth Coordinator: Jamey; 707-689-4863.

NAMI SUPPORT GROUPS:

- **NAMI Solano County Family Support Group—Napa:** For family members, friends and advocates of those with mental illness. An ongoing, drop-in group focusing on skill building and support through shared experiences, resources and comfort. Group is currently on hold until January 2019, New location will be at the Queen of the Valley Community Outreach Center in Napa. Exact times and dates TBA. Facilitator: Juanita; call her at (707) 255-1624 or penaj1234@att.net for more information.
- NAMI Solano County "Connection" Peer Support Group** — Peers leading peers in a supportive, safe environment. Four group meetings per month in Solano County; two in Napa County. See article on p. 4 for more information.

SOLANO COUNTY Health and Social Services Support Groups:

- **Fairfield Family Support Group** — For family members of those with mental illness. Meets every Wednesday, 6:00—8:00 pm, 2101 Courage Dr., Fairfield. **For questions about any of the family support groups, please contact Lorena Perswain, Solano County's Family Liaison, at (707) 553-5343.**
- **Vacaville Family Support Group** — Meets Tuesdays from 5:30—6:45 pm, Vacaville ICC, 1119 E. Monte Vista Ave., Vacaville.
- **Vallejo Family Support Group** — Meets Thursdays, 1:00—2:30 pm, 355 Tuolumne St., Conference Room 3122-A, Vallejo.
- **Rio Vista Family Support Group** — Meets **1st Tuesdays**, 10 am -12:00 noon, Rio Vista Library, 44 So. 2nd St, Rio Vista.
- **Wellness/Recovery Peer Support Groups** — **Meets at same times and locations** as Fairfield and Vacaville Family Support Groups. However, the **Vallejo Wellness/Recovery Support group meets on the third floor at 355 Tuolumne St., Vallejo.** Please contact Jeri Huey, Office Admin for the Wellness Recovery Unit, (707) 553-5493 or jahuey@solanocounty.com with any questions or for more information about Wellness Recovery.
- **Hidden Moods, Emotions & Feelings Group** — For people living with any emotional issue. Meets at Mare Island. Call Cris Hangman, Patient's Rights Advocate, for dates and times, at: (707) 553-5407 or 866-523-7128.

NAMI Solano County Focus Groups

Successful Education and Support Programs

Our Education and Support Programs continue to grow. As noted in the articles on p. 3 and 4, we now have or will have more people trained for our Family to Family, Basics and Peer to Peer classes, which enables us to offer more of these classes to those who need them. Our Connection support group is successfully happening four times each month in Vacaville, Fairfield and Vallejo. Our Family Support Group will be starting up again in January in Napa, and we are also hoping to start another family support group in Vacaville. Watch for more details!



Above: Sept 2018 F2F Teacher Training Grads

Record-breaking Outreach Efforts

Since February 2018, NAMI Solano County volunteers have introduced 1224 new people to NAMI and issues surrounding mental illness through participating in our many Outreach events. Our Outreach coordinator, Susan Douglass, says her passion is to "reduce stigma" by spreading the word about NAMI and the programs and service we have to offer. Judging by these numbers, her efforts have been very successful, as this surpasses our yearly total for 2017!! Also, our "In Our Own Voice" and "Ending the Silence" outreach presentations reached a total of 627 people between January and August 2018, in both Solano and Napa Counties. See p. 3-4 for more information about these presentations and how to schedule one for your group or organization. Another outreach event was our annual NAMI Walks in May, which included 5 Solano County teams who walked to stomp out stigma about mental illness. See article on p. 2 for more information.

Our annual holiday gift bag service project will be coming up on December 8th, 2018 at the Fairfield Church of God. This is another opportunity to erase

NAMI California Annual Conference

From NAMI California:

The NAMI California Annual Conference was held on June 1-2, 2018 at the Hyatt Regency Monterey Hotel & Spa in Monterey, California. This year's theme was "United Voices: A Stronger California". Several of our NAMI members attended and had a great time!

Conference keynote speakers included Chamique Holdsclaw, a Team USA Olympic Gold Medal winner at the 2000 Olympics in Sydney, Australia, and Wayne C. Drevets, M.D., an accomplished researcher in psychiatric neuroimaging. One of our own Board members, Teena Miller, taught a Conference workshop on Laughter Therapy, which was filled with many enthusiastic participants!



stigma by reaching out with small gifts during the holiday season to people living with mental illness in Solano County. See more information on page 1 if you would like to participate in any way. Another of our outreach efforts involves placing our NAMI membership brochures, newsletters and flyers about upcoming events in local businesses, Doctor's offices, and the like. Our core group of Volunteers to help with this and our many other outreach efforts has been growing, and is now over 100! THANK YOU SO MUCH — we greatly appreciate your help! We love our Volunteers!!



Intense Advocacy Activities

Our Advocacy team members have been extremely busy these past few months. There have been many bills before the legislature which concerned mental health, and our team members have been busy writing letters and speaking to our lawmakers to advocate for and promote the issues that are important to Mental Health. Unfortunately, SB 906 for Peer Support Specialists did not pass the Governor's desk; however, AB 1363, SB 1363, SB 972, AB 2369, AB 2325, SB 688, SB 2112, SCR 127 were all signed into law.

Some of our NAMI Solano County members supported various Advocacy events at the California State Capitol in Sacramento: These included Children's Mental Health Spring Advocacy Day; and Mental Health Matters Day, both in May 2018. More recently, others participated in an Advocacy Workshop on September 23-24th. We can all be advocates for better mental health services—

Write your Congressman and let them know that federal Tax Reforms should not hurt people with mental illness! For more information about California advocacy events, contact NAMI CA's new Advocacy Chair, Sasha Zaroyan at (916) 567-0163 or email him: szaroyan@namica.org.

Two of our local Board members, Hazel Bright and Teena Miller (right), attended the NAMI Smarts for Advocacy training in July, where they learned how to "tell their story" and promote issues important to Mental Health to State and local political and community representatives.



Want to be part of our team? If you are interested in volunteering for NAMI Solano County in any way, please share your talents by contacting us at (707) 422-7792 or email us at info@namisolano.org. You will be sent a volunteer application. Thank You!

WE HAVE A NEW OFFICE!

YES, WE HAVE MOVED — but not very far away, just next door — to 1225 Travis Blvd. Suite E, right down the breezeway next door to Suite D where we used to be. Watch for details in your email inbox from NAMI Solano County about our open house coming up early next winter! If you are not currently receiving our e-blast newsletters but would like to, please let us know by sending us an email at info@namisolano.org.

Left: Our happy painting crew, sprucing up the new office space.



Solano County's Voice on Mental Illness

HOW TO REACH US:

P.O. Box 3334

Fairfield, CA 94533

Phone: 707-422-7792

E-mail: info@namisolano.org

Website: www.namisolano.org

[Look for us on Facebook and Twitter!](#)

[Simply search for "NAMI Solano County" on either site.](#)

[NAMI California: www.namicalifornia.org](http://www.namicalifornia.org)

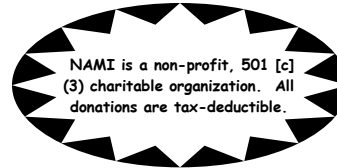
[NAMI: www.nami.org](http://www.nami.org)

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

Open to the public.

Please help us save money in postage.

If e-mail is easier for you than receiving a hard copy--Let us know!!!!



NAMI Solano County Membership Application

BECOME A MEMBER

Individual = \$40.00. Household = \$60.00. The "Open Door" rate (\$0) is available for those with limited financial resources, and entitles them to the full rights and privileges of NAMI membership. **NEW!! You can now either start or renew your membership ONLINE on our website, www.namisolano.org.**

To mail,

please detach this form and submit with your annual membership fee to the P.O. box address at the top of this page: (Please print)

NAME: _____

ADDRESS: _____

CITY: _____ ST: _____ ZIP _____

PHONE: _____

EMAIL: _____

* Membership benefits include: Periodic newsletters from NAMI Solano County, NAMI California and NAMI, plus access to "members only" section of nami.org, new friends and support from others who understand mental illness, access to FREE educational activities/classes, support groups, and advocacy opportunities to help raise awareness of mental illness and reduce stigma: Education, Help, Hope and Recovery.

- () Individual or Household
- () Open Door
- () One Time Donation

Membership Notice

Annual membership dues automatically make you a member of NAMI National, NAMI California, and NAMI Solano County, with all their accompanying benefits.*

If you are solicited for special donations from NAMI State or National organizations, give generously if you can, but all such donations are voluntary and funds **do not** directly benefit NAMI Solano County. We welcome your direct donations to our NAMI Solano County affiliate!

Memberships are granted on a calendar year basis, January to December. Fees received prior to October 1 are applied to the current year. Fees received on or after October 1 are applied to membership for the following year. Join or Renew for 2019 today!!