



# NAMI

## National Alliance on Mental Illness

# NAMI Humboldt County News

*The Newsletter of NAMI Humboldt County*

*Find Help. Find Hope*

August 2020

### Local Resource Information

#### Humboldt County Mental Health Crisis Line:

707-445-7715

**HOPE Center:** 2933 H Street  
Eureka, Open M-Sat.8

441-3783

Hopecenter@gmail.com

#### Humboldt County Mental Health Facility

720 Wood St., Eureka 268-2900

#### Veterans Center

#### Counseling Services

2830 G St. Eureka 444-8271

Individual, group and family counseling for combat veterans and sexual trauma survivors

#### Waterfront Recovery Services

Medically assisted detox 269-9590

## Support Groups Continued Via Zoom

By Glenda Faben, NAMI member

NAMI-Humboldt's activities were underway as usual during the early months of 2020, including support group meetings and the first 12-week Family to Family class of the year. In the background, however, concerns about the novel corona virus were growing, and eventually we started to hear the words "COVID-19" and "pandemic" at every turn. NAMI meetings and classes came to a halt about March 16, along with other things that formed the routines of our lives. Our vocabulary increasingly included words such as "stay at home," unemployment," "lost income," "social distancing" and "U.S. deaths."

Nearly four months later, millions of people are struggling to manage their lives in the face of so many extraordinary difficulties. **Caring for loved ones with serious mental disorders is a complicated undertaking, and many of us were already facing plenty of stress long before this public health crisis made life even more difficult.** Such were my thoughts when the NAMI Support Groups stopped meeting.

However, thanks to Lea Nagy, who leads our weekly local support groups, we were able to resume Monday meetings in April, via Zoom. Everyone seemed glad to be back in familiar territory, readily trading introductions and stories. Some were in situations which made it harder to tend to their own needs. As the first on-line meeting was ending, there was a request to read (as usual) the Principles of Support. It surprised me to see how much we all missed and benefitted from hearing those eleven statements!

Given that our support group meetings no longer require commuting, but are sometimes subjected to distracting technology glitches, I've queried other attendees on whether they prefer meeting online or in person and what they are getting out of our meetings.

We all like meeting face to face, although some with busy schedules have enjoyed not having to race around. Being at home on Zoom makes it easier to attend to those who need us. Meeting in person allows us to more fully share and learn from others who have experienced so many of the same jarring events and emotions. We are able to vent our feelings in a confidential setting *without feeling judged*. This is so important, because families who are affected by mental illness sometimes feel isolated from friends and other family members who simply do not understand the reality of their lives. Within the support groups, we share resource information, offer feedback and suggestions when requested, and even manage to laugh together. **While most of us understand that the meetings are not intended to provide therapy, our sense of connectedness and empathy is therapeutic!** We each need support at times, and we also offer help when we can, which is a great feeling and a rare benefit of our lived experiences. By addressing the needs of those who support and care for individuals living with mental illness, and by doing so despite the challenges posed during a pandemic, NAMI Humboldt Support Groups are filling an especially vital need within the community. *THANK YOU!!*

***Eureka Support groups now are meeting in person and also via Zoom. Location is the Humboldt Plaza off 101 near the Harley Davidson shop. Please contact Lea Nagy at (707) 845-3233.***

**Current NAMI Humboldt Board and Committee Chairs 2020**

**President:** Angela Winogradov  
**Vice President:** Lea Nagy  
**Treasurer:** Brenda Flores  
**Secretary:** Vicki Zeitlin  
**Past President:** Tim Ash

**Board Members:** Ruby Bayan MD, Ira Blatt, Tim Doty, Debbe Hartridge Mary Lou Lowry

**Family to Family:** Angela Winogradov  
**Membership :** Mary Lou Lowry  
**Newsletter:** Debbe Hartridge  
**Webmaster:** Tom Travis  
**Support groups:** Lea Nagy

**NAMI Humboldt County**  
**P.O. Box 1225**  
**Eureka, CA 95502**  
**Tel:707-444-1600**  
**Nami-humboldt.org**

**Please help support NAMI with a donation this year. We had to cancel our Spaghetti Dinner due to Covid and could use your help.**

**Send a check to:  
P.O. Box 1225, Eureka  
95502**

**If you'd rather read this twice yearly newsletter via e-mail please send a brief message to nami.humboldt@gmail.com**

**Support Groups for Peers Who Identify as Disabled**

Tri County Independent Living Skills, a npr-profit based in Eureka Invites people to find support and share experiences through two current on-line opportunities.

Every Friday at 3:00 and Every Second Tuesday at 3:00

To join call 707-445-0484 or toll free 833-866-8494 or e-mail alissa@tilinet.org

**Make Your Voice Heard,  
Join the Behavioral Health Board**

*From Tim Ash, HCBHB*

The Humboldt County Behavioral Health Board advises the County Supervisors and the Department of Health and Human Services (including the Behavioral Health Branch) on matters related to mental health and substance use services. The BH Board has recently lost four members and is recruiting. At least half of the board members by law must be consumers of mental health services or family members of individuals living with a mental illness.

Meetings are by WebEx on the fourth Thurs at 12:15 until 2:15. Agendas are on county website. You can attend an on-line meeting and get a feel for how they work. If you are interested, contact Tim Ash at 499-7728 or Joe McManus of Humboldt County Behavioral Health at 268-2905. **The board could really use your help to let the County know how services for folks living with mental illness in Humboldt County can be improved.**

Meetings are once a month and board members are expected to serve on a committee; for example: Children Youth and Families, Adults and Older Adults, and Alcohol and Other Drugs and Dual Recovery (the Dual Recovery portion of the name recognizes that many individuals living with a mental illness also struggle with substance use and/or dependence).

**Board members have advocated** for more specialized services for first episode psychosis clients. Many of us remember how stressful and disorienting that first psychotic break was for the person experiencing it as well as the family members. They also have made recommendations as to the expenditure of Mental Health Services Act monies and for annual training for first responders when dealing with a person with mental health issues, known as Crisis Intervention Training.

## Three Good Books I Read Recently

By Debbe Hartridge, NAMI -Humboldt Member

NAMI folks may be interested in the following books, one by a local author:

The latest edition (7th-in 2019) of **Surviving Schizophrenia: A Manual for Families, Patients, and Providers** by **E. Fuller Torrey** is an extremely helpful, very family friendly book. It is laid out so that a reader can easily find sections of interest. I plan to go back and highlight some of the author's most pithy statements. He nicely skewers HIPPA, the confidentiality law that more often than not works against the interests of a person hospitalized for a psychotic break, whose family members are likely to be the ill person's best hope for support, yet can't find out where he is, when he will be released, etc. I have been told by a staff member that I had to have a Release of Information to talk to the social worker where my family members was hospitalized, which is incorrect. Fortunately I know that I can call and give info, even without a signed Release of Information, which was my intent. I have an earlier edition of this same book and am a supporter of the Treatment Advocacy Center, Fuller-Torrey's non-profit organization, but the purchase of the latest book is well worth while. The section on medication was very clearly presented, via a chart, that helped me sort out the many drugs that are offered and administered to people I know living with schizophrenia.

Another recent book was **Shrinks: The Untold Story of Psychiatry**, by Jeffery Lieberman, M.D. This is a well told history of a medical specialty that had little help to offer sufferers of serious mental illnesses until the last 40 or so years, when these disorders finally began to be understood as brain malfunctions, treatable by medication. I appreciate the way Lieberman places old style treatments, such as lobotomy, in the context of their times, when the alternatives seemed worse (such as a lifetime in a padded cell.) The information is presented in an accessible way, with occasional humor. Dr. Lieberman comes across as a caring and skilled physician. He has seen how treatment can produce dramatic results and is optimistic that the future holds potential for scientific advances that will provide new and better treatments. He doesn't touch at all on the fact that mental illness plays a huge role in homelessness and incarceration, which feels like a gap to me in an otherwise excellent and engaging book.

I also picked up a book at North Town Books in Arcata by local author and Hoopa tribal member Judith Surber, called **Reservation High**. It's a novel featuring a Native American woman who is working on recovering from addiction. During part of the book, this character is enrolled in a program that sounds a lot like Waterfront Recovery Services in Eureka, where she finds help. I bought a couple of extra copies and donated them to Waterfront Recovery and to the jail reading program via a friend of mine who volunteers with a project that supplies books to the jail.

**Page 4** *Thanks so Much  
for Recent Donations*

*Christina Allbright  
Aspen family  
Ann Barbata  
Ruby Bayan  
Bellairs Family  
Sharon and Joe Benda  
Jeanne Blonski  
Crestwood Behavioral Health  
Linda Doerflinger  
Jon and Cynthia Forsyth  
Sara Goosby  
Hartridge/Blatt Family  
Susan Hansen Trust  
Mark and Claudia Hapgood  
Jones Family Trust  
Eldon and Nancy Knauf  
Marianne Knox  
Mary Lou and Alan Lowry  
Mossman Family  
Lea Nagy in honor of  
Dora Hamilton Brandon  
Beverly Olson  
Marianne Pennekamp  
Judy Rencurel  
Tauber family  
Sara Turner  
Kathleen Vertar  
Vicki Zeitlin*

<b>2019 Income and Expenses</b>	
<b>Income</b>	
Donations/fundraiser	\$4,905
Member dues	\$1893
HAF Grant * **	\$500
<b>Total Income</b>	<b><u>\$7,298</u></b>
<b>Expenses</b>	
Insurance I	\$1,668
NAMI Dues	\$1,500
Fundraising	\$1,721
Holiday and other gifts*	\$2,792
NAMI Conference	\$1,406
Outreach/operating**	\$1,794
<b>Total Expenses</b>	<b><u>\$10,881</u></b>
<b>Net</b>	<b>(<u>\$3,583</u>)</b>
**Outreach includes newsletters, phone line,** internet, P.O. Box, office supplies	
*Gifts include holiday gifts, bench for the Hope Center, support of CIT training, head sets for SemperVirens	
***HAF Grant for holiday gifts	
<b>Bank Balance 7/2020</b>	<b>\$22,125</b>

**Below is from a publication of The Treatment Advocacy Center, a national organization whose mission is “eliminating barriers to the treatment of mental illness”**

Every time police are forced to respond to a mental health crisis, the risk of tragedy increases. Research from the Treatment Advocacy Center, found that people with serious mental illness are 16 times more likely to be killed in an encounter with law enforcement than someone without a diagnosed mental health condition. Americans with mental illnesses make up nearly a quarter of those killed by police officers, according to The Post’s Fatal Force database. Meanwhile, a cumulative list shows 115 police officers have been killed since the 1970s by individuals with untreated serious mental illnesses. It doesn’t have to be this way. **The movement underway to “defund the police,” is a long-needed moment to shift responsibility for the seriously mentally**

**ill away from police and put it back to where it belongs: on social service agencies and the medical community.**

Forty percent of adults with serious mental illnesses will come into contact with the criminal justice system during their lives. Each year, 2 million of them are booked into jails. Most are charged with minor misdemeanor crimes and low-level felonies directly tied to their psychiatric illnesses. Jails and prisons currently hold more people with serious mental illnesses — 365,000 individuals — than hospitals. They remain in jail four to eight times longer than people without mental illnesses charged with the exact same crime.

Join NAMI Now-Fill Out and mail with your check to NAMI  
Treasurer, PO Box 1225, Eureka, CA 95502

Name\_\_\_\_\_

Address\_\_\_\_\_

City, State, Zip Code\_\_\_\_\_

Phone\_\_\_\_\_ E-mail\_\_\_\_\_

My membership is: New\_\_\_\_\_

Renewal\_\_\_\_\_

Are you interested in volunteering? \_\_\_\_\_

Individual Membership \_\_\_ \$40

Household Membership\_\_\_ \$60

Open Door /low income Membership\_\_\_\$5

Donation of \_\_\_\_\_ in memory  
of\_\_\_\_\_.

*We thank you in advance for your deductible donation. Your dues support and provide membership in our affiliate as well as membership in NAMI California and NAMI National. When you join NAMI Humboldt, you will receive membership in all three and will receive publications in the mail: The Advocate, the Connection and NAMI Humboldt News. Please let us know if your contact info has changed. **We do not share your information with any other group.** We welcome supporters who want to help or participate in our activities, but we also greatly appreciate our members who support the organization just by joining.*

***You may also join on-line at NAMI.org***

**Current and Ongoing Support and Education** E-mail nami.humboldt@gmail for information

*Family to Family:* An eight session class for family members with loved ones living with mental illness. Taught by trained NAMI volunteers. Contact Angela Winogradov @ 707-498-1258

*Support Groups* for family members: First and third Mondays in **Fortuna** at 5:30at 922 N St (First Methodist Church) For information call Sharon at 725-8853 or e-mail sharonbenda19@gmail.com. Mondays at 4:30 and Thursdays at noon (via Zoom) in **Eureka** at the Humboldt Plaza (near Harley Davidson shop) Drop-ins welcome. Contact Lea @845-3233. A group also meets in **Redway** every Thursday 5:00-6:30 at the Family Resource Center, 344 Humboldt. Ave. **Covid precautions in effect.** Contact Lea as well.

*Crisis Intervention Training* for First Responders: NAMI teams with local law enforcement to bring a mental health perspective to crisis situations. Currently offered about once a year.

*HOPE Center:* Peer support in a welcoming environment on the HC Mental Health Campus. 441-3783

*PTSD Support Groups:* (Post traumatic stress disorder.) For eligible veterans. At the Vet Center, 2830 G St. Eureka 444-8271

*Kunle Center:* Volunteer staffed peer support warmline: 707-599-2381 Open for callers Fri, Sat., Sun for 6pm to midnight-also offers support groups for suicide attempt survivors.

## Celebration of Semper Virens In -Patient Care

The fact that our county, unlike neighboring counties, has in-patient crisis care, stems from the efforts of individuals who worked to make it happen here in 1967. Last fall, NAMI members joined staff and community folks to celebrate the work done at Semper Virens, which is the only facility of its kind in 300 miles. One of the tireless visionaries of the 1960s was Gladys Strobe, a parent and volunteer who was featured in a video shown at the celebration.



Pictured l-r at the Humboldt County Mental Health Semper-Virens celebration are Peer Specialist Shelley Fitzgerald, Semper Virens Administrator Daryn Nimmo, and Nancy Starck, Legislative and Policy Manager for HCDHHS.

# Spaghetti Dinner Canceled

Due to the pandemic, we have had to cancel our annual fundraiser, scheduled for September. If you have not donated recently, help support our efforts by sending a check to P.O. Box 1225 Eureka, 95502. We plan to purchase holiday gifts this year as usual for 100 or more residents of facilities including Semper Virens and Crestwood as well as providing financial support for Crisis Intervention Training for first responders. You can help us stay in the black while continuing these and other projects.

**Eureka, CA 95502  
P.O. Box 1225  
NAMI Humboldt County**