

NAMI Butte County

For more information:
(530) 894-8551
www.namibuttecounty.org
& on Facebook

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BUTTE COUNTY
BEHAVIORAL
HEALTH ADVISORY BOARD

3rd Wednesday ea. Month
 3:00pm-5:00pm
OPEN TO THE PUBLIC
 Currently, these meeting are held
 virtually via Zoom.
 For details visit
<https://www.buttecounty.net/behavioralhealth/advisory-board>

The Butte County Behavioral Health
 Advisory Board is accepting
 applications for current and
 upcoming vacancies. The Behavioral
 Health Board acts as an advisory
 board to the Butte County
 Behavioral Health Department. Call
 530-891-2850 for an application.

CHICO C.I.T. TRAINING

Excerpt from Chicoer 1/19/2022

CITY COUNCIL
Police chief gives update on training

By Jake Hutchison
jhutchison@chicoer.com

CHICO » Officers and other personnel with the Chico Police Department have been undergoing training, specifically for de-escalation and crisis intervention, in recent years.

Chico Police Chief Matt Madden provided the Chico City Council with an update during Tuesday's meeting that broke down what the training was as well as provided information on the department's current state. The goal, Madden said, is to have all sworn officers complete 40 hours of training within a two year time period. According to Madden, 117 officers have completed de-escalation and crisis intervention training.

In addition to sworn officers, public safety dispatchers and public service officers also received training. Madden said he also attended part of the training. "It was enlightening on where we're going and evolving as a law enforcement profession," Madden said. "The Commission on Peace Officers Standards

and Training), last year, put out a very significant document called Strategies and Techniques on De-escalation and I did notice that there was a lot of reference to that document and this training was designed to tailor around what the POST guidelines are when it comes to de-escalation. Madden said one newly implemented training aspect was the use of virtual reality, which he said was expensive but had programs that place officers in various scenarios while trainers can aid and watch. A demo of the virtual reality training is set to go to the department in order to test it out. "You can take an officer and put them into virtual reality," Madden said. "You can have a trainer there and you can walk them through all kinds of various scenarios like a mental health crisis, domestic violence situations and whatnot. And you can capture that information so you can go back and evaluate."

ANOSOGNOSIA

Anosognosia, also called "lack of insight," is a symptom of severe mental illness experienced by some that impairs a person's ability to understand and perceive his or her illness. It is the single largest reason why people with schizophrenia or bipolar disorder refuse medications or do not seek treatment. Without awareness of the illness, refusing treatment appears rational, no matter how clear the need for treatment might be to others.

WATCH THE VIDEO AT:
www.treatmentadvocacycenter.org

LAURA'S LAW ALTERNATIVE

Effective July 1, 2022 Butte County will implement an alternative to Laura's Law. The **REST** Project. *Following are excerpts from this project and to read the full proposal go to www.buttecounty.net/behavioralhealth - click on the MHSa icon to the right,*



then scroll down to Innovation and click "Resiliency Empowerment Support Team Innovation"

The Resiliency Empowerment Support Team (REST) project will build a collective framework to promote engagement in services which will reduce negative outcomes of untreated mental illness and or co-occurring disorders (poor health outcomes, incarcerations; unemployment; prolonged suffering; homelessness). REST will provide intensive outreach and engagement in the community to build trust and promote engagement in Behavioral Health services

Target Population Individuals who qualify for mental health and/or substance use treatment who are struggling to engage in treatment services. These individuals will be homeless or at-risk of homelessness and most likely be high utilizers of Butte County crisis services, local emergency departments and frequent contact with law enforcement. High Utilizers of Crisis Services and Inpatient Services To better understand the utilization of crisis and inpatient services for those who are not engaged in outpatient treatment, BCBH has identified a subset of unserved individuals (individuals who

may have a serious mental illness and/or co-occurring disorders). The Department identified these individuals through the following thresholds: 1) individuals experiencing at least three crisis episodes within a 4-week span of time, or, 2) individuals with multiple (2 or more) inpatient hospitalizations in a one-year period, who were not engaged in outpatient services at the time of hospitalization and did not follow up with outpatient services post-hospitalization.

Intensive Outreach and Engagement
An integral part of this Innovation project is the homeless Intensive Outreach Team (IOT), which will operate 7 days a week. This team will be made up of counselors and peer support specialists who will offer a physical presence in the homeless community to provide supportive counseling, education, and assistance in accessing services. They will work to build rapport and trust with homeless individuals, linking them to medication, shelter care, housing, and other community supports. Intensive outreach and engagement services are for mentally ill individuals (age 18 and over) who are likely to benefit from intensive outreach 3-4 times a week. Individuals facing chronic homelessness typically do not self-refer to behavioral health services due to stigma, fear, or lack of insight into their condition. Flexibility will be the norm rather than the exception for IOT interventions. Typically, the first 30 days of outreach and engagement are used to triage and determine eligibility, however, this team may triage beyond the initial 30 days and up to 6 months, as appropriate. The flexibility of this program is a significant differentiation between Assisted Outpatient Treatment (AOT), also known as Laura's Law. REST will have most of the characteristics of AOT, but most importantly, the ability to serve a wider range of

community members, in addition to those who would qualify for Laura's Law.

LEGISLATURE

B 221 (Wiener): Health care coverage: timely access to care. Requires Medi-Cal Managed Care plans, as of July 1, 2022, to provide a follow-up appointment for non-physician mental health and/or substance use services within 10 business days of an initial appointment. The bill does not limit the number of visits within 10 days nor require an appointment every 10 days for those in treatment for ongoing mental health or substance use conditions.

SB 224 Health classes in California high schools will soon cover more than nutrition and exercise. Thanks to a new law that went into effect Jan. 1, students will learn about depression, schizophrenia, mood disorders and other serious mental health conditions. Senate Bill 224 requires all school districts that offer health classes to include mental health as part of the curriculum. The California Department of Education has until Jan. 1, 2023 to incorporate mental health into the state standards, and districts have until Jan. 1, 2024 to begin teaching the new material.

EMBRACE SOLITUDE

Embrace Solitude

It takes skill to benefit from time alone.

KEY POINTS

Although many struggle with being alone, it is part of the human condition. Recent findings suggest that adults who frequently seek solitude time use specific strategies to make time alone enjoyable and constructive.

Time alone gives us a chance to direct our attention to self-care and self-discovery.

www.psychologytoday.com

MOVIES-BIPOLAR

9 Must-See Movies about Bipolar Disorder

There are many worthy films about mental illness that inspire, inform, and entertain. Here, we narrow down the list to nine movies featuring a lead character with bipolar disorder that you don't want to miss!

- [#1 *The Ghost and the Whale* \(2016\)](#)
- [#2 *Touched with Fire* \(2015\)](#)
- [#3 *Infinitely Polar Bear* \(2014\)](#)
- [#4 *Repentance* \(2013\)](#)
- [#5 *Silver Linings Playbook* \(2012\)](#)
- [#6 *The Informant!* \(2009\)](#)
- [#7 *Michael Clayton* \(2007\)](#)
- [#8 *Mad Love* \(1995\)](#)
- [#8 *Mad Love* \(1995\)](#)

To read more and to watch the trailers go to www.bphope.com/9

BOOK CORNER

Understanding Rules and Programs for Persons with Mental Illness By Baron L. Miller, J.D. There is a new book out of LAWS WE NEED TO KNOW: Understanding Rules and Programs for Persons with Mental Illness. Written by San Francisco attorney and long-time NAMI member Baron Miller, it covers such topics as government programs and benefits, estate planning, the criminal court system, hospitalizations, restraining orders, and family liability, and also suggests strategies to use with authorities. The book explains Federal laws, procedures, and programs pertaining to persons with mental illness, and it also

explains and uses pertinent California laws as a model for most states' laws. The book is available for purchase in print or digital form, both from online booksellers such as Barnes and Noble and Amazon, and by order at bookstores. Print copies are also available at www.baronmillerlaw.com where special pricing is available as needed. What reviewers have said: "It reads like an excellent travel guide. As a family member and attorney, Miller knows the landscape intimately and also has the technical training, expertise, and experience to navigate the difficult terrain. In a clear conversational writing style the book reflects this, and it will be a valuable primer on a deeply complex, confusing, and often gut wrenching subject." Gary Chang, Attorney, Director of Legal Affairs for PLAN of California (ret.) "Miller more than delivers, in concise and clear prose which is well organized and aided greatly by a detailed table of contents. I only wish I had the benefit of Miller's book when (my son) was on the cusp of adulthood...Baron Miller has been serving others since his distinguished legal career began when this reviewer was still in high school. With this volume, his legacy of service is sure to continue for many years to come." The Honorable Timothy B. Taylor, Judge of the Superior Court, San Diego County "A very well written article about ABLE accounts. Anonymous parent of a mental health consumer "A useful book, written in clear, logical, layperson's language carefully points out legal rights and resources, options and consequences of various choices. As parents of a child with mental illness, we found it full of comfort and helpful information."

"PLAN" SPECIAL NEEDS TRUST

PLAN of California Master Pooled Trust safeguards public benefits for individuals with disabilities and also provides family-like personal support services for beneficiaries with mental illness and other brain disorders.

Protection: Proxy Parent Foundation assures each individual beneficiary's trust is used solely and exclusively for their special needs. Whether your trust is established by a family leaving a disabled family member an inheritance or by an individual's own funds from a settlement or an unexpected inheritance or court judgment, the grantor can be assured that Proxy Parent Foundation provides that trust with a strong, professional, compassionate and experienced nonprofit trustee who understands each beneficiary's special needs. *"Proxy Parent Foundation provides Special Needs Trusts that combine expert financial resources with compassionate concern."* www.proxyparentfoundation.org

Proxy Parent Foundation
15243 La Cruz Drive #889
Pacific Palisades, CA 90272
Toll Free: 888.574.1258
Phone: 714.997.3310
Email: info@proxyparentfoundation.org

RUMINATION

4 Strategies to Overcome the Cycle of Negative Thinking

By Robin L. Flanigan
Last Updated: 14 Jan 2022

Bipolar depression can fuel negative thought loops, and hypo/mania can flood your mind with rapid flights of ideas. Find relief from rumination with these strategies.

Rumination can make you feel like a prisoner, trapped in a tiring cycle of negative thoughts.

Breaking the cycle of rumination takes some practice but learning to manage your mind can free it up for more positive pursuits.

Here are four strategies to overcome destructive thoughts:

#1 Disentangle Yourself

Interrupting a pattern of negative thinking is a skill, and it starts with acknowledging your feelings and thoughts for what they are—and what they are not. Change your relationship with your thoughts and feelings, which are not facts, even though they're often treated as such.

Back away and drop the effort to argue, comfort, or deal with repetitive worries, advises licensed psychologist Sally Winston, PhD. Tell yourself not to spend time exploring "mind junk." Says Winston: "Thoughts and feelings pass on their own if they are simply acknowledged and not fueled, paradoxically, by the effort to make them go away."

Reminding yourself that your thoughts are not facts is a good first step to creating some distance between your conscious mind and a habitual thought loop.

#2 Use Mind Imagery

When peer specialist Stephen N. wants to interrupt a period of rumination, he visualizes himself on a riverbank, watching leaves float down a river.

"They're big when they're up close," he says, "but they get smaller and smaller as they disappear in the distance."

Harnessing your creativity to imagine an immersive, meditative experience can help to break the pattern of obsessive thought loops.

#3 Try Breathwork

Yogic breathing can help to calm an overanxious mind. Christine E. uses free meditation apps that calm the sympathetic nervous system (responsible for the fight-or-flight response) and provide a sense of safety.

She also relies on guided chants to soothing music.

What they all have in common:

There's not one word about leaving worries behind.

"When a meditation tells me to stop thinking about something," she says, "all that does is make me start wondering what it is I'm supposed to stop thinking about, and suddenly there I am *thinking* about it!"

Not all meditative and mindful experiences need to be completed while seated and silent, though; mindful movement in the form of intentional activities and exercise can make a big difference.

#4 Share the Burden

When the mind won't calm down, sometimes it helps to unload with someone you fully trust.

"You need someone who will be there for you no matter what," says Becky. "Sometimes, depending on the situation, they need to put you

first."

This kind of support can come from your close relationships—friends and family—or from members of a peer support group or a counselor, talk therapist, or psychologist.

Excerpted from "Rumination: Finding the OFF Button," Winter 2022

www.bphope.com

IN MEMORIUM

VAL (Valerie Anne) KOHLBUSH, passed away peacefully last May 5, 2021. A faithful NAMI member since 1998, she was a NAMI "Peer-to-Peer" teacher and advocated for building better lives for herself and others through education and support.

NAMI EDUCATION

NAMI Family-to-Family Education Course is an education program for family and friend of people with mental health conditions.

NAMI Peer-to-Peer Education Course is an education program for adults with mental health conditions.

NAMI Basics is a 6-session education program for parents, caregivers and other family who provide care for youth (ages 22 and younger) who are experiencing mental health symptoms.

Visit www.namibuttecounty.org or call 530-894-8551 for more information.

NAMI SUPPORT GROUPS

NAMI BUTTE COUNTY'S Family Support Group Meeting

This is an opportunity for families with loved ones who struggle with mental illness to share, listen and learn through a mutually supportive audience in a safe and supportive environment.

The free NAMI Family Support Group will be meeting, this time via the Zoom online meeting platform. If you are interested in joining us, please contact Deborah at dpburfeind@comcast.net to register and get zoom information, and to ask any questions you may have.

1ST TUESDAY EACH MONTH

TIME: 6:30 PM to 8 PM

NAMI BUTTE COUNTY'S Connection Support Group Meeting

NAMI Connections Recovery Support Group is a free, peer-led support group for people, over the age of 18 living with mental illness. The groups are led by trained facilitators living in recovery themselves.

The NAMI Connections Recovery Support Group will be meeting via the Zoom online meeting platform

4TH MONDAY EACH MONTH

TIME: 5:30 PM to 7 PM

If you are interested in joining us, please email namichicoconnection@gmail.com to register and get Zoom information, and to ask any questions you may have.

Friends for Survival, Inc. Support for people who lost loved ones due to suicide. Jennifer and Tim Heck, 530-566-5202, Second Monday

RESOURCES

*BUTTE COUNTY BEHAVIORAL HEALTH

Behavioral Health Crisis Situation?
Call [800.334.6622](tel:800.334.6622) or [530.891.2810](tel:530.891.2810)

Non-Crisis: Call our office at 530.891.2810.

*CCAT

Crisis Care Advocacy & Triage: 24/7 Mobile Street Outreach - Need help?
CCAT hotline at (510) 396-5109

*DBSA

Depression & Bipolar Support
Ken Snyder at 530-566-4380 or email: kensnyder1999@gmail.com

*ENLOE BEHAVIORAL HEALTH

Voluntary patient-centered inpatient psychiatric care 530-332-5250

*SHALOM FREE CLINIC

Mental healthcare every Sunday from 1:00 PM – 4:00 PM

1010 Mangrove Avenue, Suite D, Chico, CA 95928 **530-342-2445**
www.shalomfreeclinic.org

*THERAPEUTIC SOLUTIONS

530-899-3150 Our mental health services are designed for adults dealing with a variety of mental health problems

*WWW.NAMI.ORG

The NAMI HelpLine can be reached Monday through Friday, 10 am–8 pm, ET. 1-800-950-NAMI (6264)

National Suicide Prevention Lifeline ó

Call 800-273-TALK (8255)

If you or someone you know is in crisis ó whether they are considering suicide or not ó please call the toll-free Lifeline to speak with a trained crisis counselor 24/7.

Crisis Text Line ó Text NAMI to 741-741 Connect with a trained crisis counselor to receive free, 24/7 crisis support via text message.

National Domestic Violence Hotline ó

Call 800-799-SAFE (7233)

Trained expert advocates are available 24/7 to provide confidential support.

National Sexual Assault Hotline Call 800-656-HOPE (4673) 24/7

Connect with a trained staff member.

988 CRISIS HOT LINE

This dialing code will be available to everyone across the United States starting on July 16, 2022.

When people call, text, or chat 988, they will be connected to trained counselors that are part of the existing National Suicide Prevention Lifeline network. These trained counselors will listen, understand how their problems are affecting them, provide support, and connect them to resources if necessary.

In [California](#), the state Department of Health Care Services [announced](#) in September it would spend \$20 million to help launch the 988 system. [AB 988](#) is legislation that would tack on up to 80 cents a month on phone lines in the state ó both wireless and landline services ó to provide ongoing funding for the system and associated services. The bill has faced opposition from the telecommunications industry, which argues the fee should be capped at 10 cents and fund only the cost of routing 988 calls to an appropriate crisis center. The bill has passed the Assembly and is expected to be taken up by the Senate next year.

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



Butte County

MEMBERSHIP Application

I want to join NAMI as a new member _____ I want to renew my membership _____

Please check your membership type:

_____ *Household: \$60.00 (multiple people at one address).

_____ Individual: \$40.00

_____ Open door: \$5.00 (open to anyone who is experiencing financial constraints)

_____ Donation Amount (optional)

_____ Total Enclosed Date: _____

Name: _____ Phone: _____

Street: _____ City, State, Zip _____

Email Address: _____

*Additional names for Household Membership:

Name: _____ Email: _____

Make check payable to and mail to NAMI Butte County P.O. Box 1364 Chico, CA 95927

NAMIBUTTE
NEWSLETTER
333 W. 12th Ave.
Chico, CA 95926