

California Network of
Mental Health Clients
2012 19th Street, Suite 100
Sacramento, CA 95818
Phone: 916-443-3232
Fax: 916-443-4089

25 Years: Celebrating the Past; Building the Future

Client Forum
February 8 - 10, 2008

Holiday Inn Sacramento Capitol Plaza
300 J Street
Sacramento CA 95814



Conference Program Includes:

- Conference Schedule
- Workshop/Institute Preview and Room Assignments
- Acknowledgements
- Keynote Speaker Introductions
- HOSPITALITY SUITE OPEN—
See Inside for More Information
- Spanish Language
Interpretation Available

Sponsors

California Department of Mental Health
Protection & Advocacy, Inc.
Service Employees International Union
California Institute for Mental Health
County Divisions of Mental Health
Local Mental Health Agencies
Turning Point Community Programs – Sacramento

Forum Planning Committee

Chair: Andrea Hillerman

Kevin Murphy
Gaines Lyons
Sally Zinman
Shebuah Burke
Georgia DeGroat

Staff Support

Laurel Mildred
Sadia Salim
Gulshan Yusufzai

Spanish Language Interpreters: Maria Ostheimer, Brenda Trujillo

Real Time Captioner: Jane James

The Client Forum 2008 Theme: 25 Years: Celebrating the Past; Building the Future

What will the next 25 years bring? Will there be a mental health system that is truly based on choice and self-determination, in which forced treatment has been replaced by voluntary community alternatives? Will community based services that are holistic be the norm? Will self-help and peer support programs within and throughout the mental health service system be central to any service system? Will human rights in the mental health system be the foundational philosophy for systems? Will people with psychiatric disabilities live and work in the communities of their choice without prejudice and discrimination; will clients be leaders in and at the center of all decision-making of the mental health system, at every level of policymaking, implementation, oversight and evaluation? Most important, will recovery be a reality for everyone? **We must build this future.**

Deriving strength from our past, we can build this future.

In September, 1983, twenty-one individuals whose lives had been dramatically affected by psychiatric diagnoses and histories came together in Sacramento to develop a client-run state organization. In this way, the California Network of Mental Health Clients (CNMHC) was created. We were the first client-run statewide advocacy organization in the nation. Many states have since followed our lead, culminating in a National Coalition of Mental Health Consumer/Survivor Organizations.

Throughout our twenty five years, the CNMHC has been part of, and a motivation for, major progress in the rights of mental health clients and the growth of client-driven and respectful services. Clients now sit on mental health-related planning bodies, oversight committees, and advisory groups throughout the state. In 1983, clients were not at the table; in fact they were not in the room. Self-help initiatives, from wellness recovery and drop-in centers to support groups, are seen as an important component of a system of care. In 1983, self-help and mutual support groups were a pipe-dream, under construction, in campgrounds where national client conferences were held and to which clients hitchhiked. Today there is a system of rights protections and advocates in place; in 1983, advocates were fighting for these changes. Today, recovery is increasingly the goal of mental health systems. In 1983, success meant maintenance as a mental patient. Today, the Mental Health Services Act, either explicitly or implicitly, promotes the basic values that clients articulated in 1983 in small and large groups throughout the State. **We should celebrate our history and the journey we have taken.**

Client Forum 2008 will celebrate the CNMHC's past, seeing it as both a base and a beacon for the present and future, weaving the past, present, and future into the workshops and activities of the Forum.

Important Times to Remember

Registration Begins:

Friday, February 8 at 10 am and will continue until
Sunday, February 10 at 10 am

Program Begins Daily:

Friday, February 8 at 1pm
Saturday and Sunday, February 9 & 10 at 9am

Workshops/Institutes:

Friday and Saturday, February 8 & 9

Caucuses:

Friday, February 9 in the evening

Networking/Talent Show/Entertainment:

Friday and Saturday, February 8 & 9, evenings

Membership Meetings:

Sunday, February 10 - Open to all interested participants

Peer Drop-In Center:

Throughout Conference - Hours and Rooms in conference schedule
Peer Support, Refreshments, Quiet area and Social time

Conference Concludes:

Sunday, February 10 at 4pm

Final Conference Schedule

Friday, February 8, 2008

1:00 pm – 2:30 pm Plenary – **Past, Present, Future Panel** Main Plenary Room

Facilitator: *Sharon Kuehn*

Panelists: *Ron Schaiber, Sally Zinman, Juan Bernardo Gonzalez, Catherine Bond*

2:45 pm – 5:45 pm Workshops and Institutes (Breakout Rooms)

Institutes (2:45 pm—5:45 pm):

Peer Self-Help Support Institute

Hermosa

Presenters: *SPIRIT Program, Hope House, and CNMHC*

Description: *This workshop explores the opportunities and challenges faced in developing peer self-help programs, including Contra Costa's SPIRIT Program and Hope House of Madera County. Learn how to engage in the recovery process by understanding how these programs evolved into therapeutic environments.*

Workshops (2:45 pm—4:15 pm):

Healing Racism Workshop

Fresno

Presenters: *Mertice "Gitane" Williams*

Description: *An interactive workshop creating a safe place where people can openly explore themselves, their feelings, experiences, or reactions in relation to race. We will discuss the many dynamics triggered by differences in cultures and/or lifestyles.*

Soliciting Membership Response: "What Do You Want?"

Granada

Moderators: *Kevin Murphy and Carol Patterson*

Description: *Looking to the future and your involvement. Join members of the CNMHC Board to brainstorm what the Network can do for you, and what you can do for the Network. Possible topics include networking regionally, creating a membership drive, finding ways to provide real-time information about what's happening in your region.*

The Phenomenon of Laughter in Recovery

Diablo

Presenters: *Grace Sweet*

Description: *A first-person perspective, tied into a discussion of how we can benefit from unconditional laughter, including the benefits of laughter and how it affects us. Introduces Laughter Yoga as well as the history of its origin. The lecture will be followed by an Interactive Laughter Yoga Session!*

Self-Help, Peer Support and Consumer Run Services

El Dorado

Presenters: *Jerry Rinehart and Davon Aberle and Linda Viani*

For More Information, please contact us.

Conference Schedule Continued

Description: *This workshop will address how the Merced County Wellness Center came to be and how they continue to support the move toward recovery based services that are client driven and client centered.*

Network of Care

Balboa/ Calaveras

Presenter: *Paul Cumming*

Description: *Use of the Network of Care Community Announcements section, local MHSA information and posting meetings, agendas and minutes; use of the legislative tool for tracking of pertinent bills, and easy feedback to the legislature; introduction to WRAP, introduction of the NOC Recovery channel.*

Workshops (4:30 pm—5:45 pm):

Depression, Spirituality, Religion:

The Interfaith Depression and Sadness Support Group

Granada

Presenters: *James "Scotty" Scott*

Description: *This workshop will describe experiences and challenges of people in a client-focused support group in Fremont, California as they attempt to use religion and spirituality to help with long-term depression related to serious emotional and physical difficulties, as well as shorter-term sadness related to grief caused by deaths or broken relationships.*

Torture and Treatment: How to Advocate

Diablo

Presenters: *Andrew Phelps, Delphine Brody, Sharon Clausen, Maureen Mina, John Pacheco, Syl Plowright, Sue Poole, Jose Rangel*

Description: *This workshop's premise is that "Treatment" is often confounded with torture and that we are often faced with "learned helplessness" (identified as either too strident or too passive) in advocacy against torture. A "freedom train" path to confront and address these issues is introduced.*

Client and Family Member Taskforce

Balboa/ Calaveras

Presenters: *Tina Wooton, Gitane Williams*

Description: *This workshop will show a video that was filmed with the California State Department of Mental Health's Client and Family Member Task Force. The Task Force advises the department on Client and Family member issues and trends. This video will provide the members with information about the Client and Family Member Task Force and Task Force members will share information about Client and Family Member Culture.*

6:15 pm – 7:30 pm Dinner – Plenary

Main Plenary Room

Keynote Speakers: *Dr. Stephen Mayberg, Director, California Department of Mental Health*

Jay Mahler, Consumer Relation Manager, Alameda County Behavioral Health Care Services

Susan Gallagher, Executive Director, Mental Health Association Sacramento

Introduction of CNMHC Board and Staff.

Conference Schedule Continued

Caucuses (7:30 pm-9:00pm):

Client Leadership Caucus	Presenter: Paula Communelli	Hermosa
Accountability Caucus	Presenter: Andrew Phelps	Granada
CalMEND	Presenter: Steve Leone	Balboa/ Calaveras
MHMiR Meeting	Moderator: Sharon Kuehn	Diablo
LGBTQ Caucus	Facilitator: Gail Green	Fresno

7:30 pm Talent Show



Talent Show/ Open Mic Grand Event

Featuring **YOU** - the conference attendees doing your Music, Comedy, Magic, Poetry, Dance...

Also Featuring **KRITICAL MASS** (a 4 piece rock & roll band)

STEVE THE MAGICIAN and **KARAOKE** for all.

(All levels of talent and audience are welcome).

An Acoustic/Electric guitar will be available for any who might wish to play it.

This event is hosted by David Kiesz.



For More Information, please contact us.

Conference Schedule Continued

Saturday, February 9, 2008

8:00 am Continental Breakfast Main Plenary Room

9:00 am – 10:40 am Plenary – **Diversity Panel** Main Plenary Room

Facilitator: *Linford Gayle*

Panelists: *Eduardo Vega, Gitane Williams,
Khatera Aslami, Andree Reyes*

10:40 am - 10:55 am CNMHC Awards Ceremony

11:00 am – 12:30 pm Workshops (Breakout Rooms)

Mental Health Services Act: What, Why and How to Participate Hermosa

Presenters: *Delphine Brody, Patricia Gainer*

Description: *This workshop provides an introduction to California's Mental Health Services Act (Proposition 63) by and for mental health clients/survivors. We will explore the basics of the act, its history and how it works, as well as what's in it for clients and why they should get involved. We will provide an overview of opportunities for meaningful and effective participation in county and state-level stakeholder processes.*

LGBTQ and Suicide Prevention: the Movement within the Movement RiverCity View

Presenters: *John Woodruff*

Description: *This topic focuses on building the future and opening a dialogue about resources for this often marginalized group of clients, focused on diversity outreach and eliminating gender discrimination in the client movement.*

Maintaining the Integrity of Transformation through Client-Run Services Granada

Presenters: *Catherine Bond, Michael Bottomley, Lynnette Peraza, Bill Slocum*

Description: *An interactive workshop that addresses the challenges of honoring the importance of preserving and enhancing the philosophy of self-help in an era when client-run services are receiving MHSA dollars, and with them pressure from counties to conform to expectations to produce outcomes that may not be fully congruent with the principles of peer support.*

BestNOW! Consumer Training Program Diablo

Presenters: *Katrina Killian, Barbra Lewis-Clarke, Jamie Sanders*

Description: *A consumer-run organization that trains consumers to work as Peer Providers / Peer Recovery Specialists within the Mental Health System. This 16-week training program includes Self-Help Principles, Wellness and Recover, and Employment Supports.*

Wellness Tools for Mental Health Trauma Balboa/ Calaveras

Presenters: *Sharon Kuehn, Maureen Mina*

Description: *In this workshop, you will learn about a set of simple body-mind techniques that can be used to help heal from trauma and to increase the ability to stay balanced, whole, and well. The movement techniques are from a multi-*

Conference Schedule Continued

cultural wellness curriculum called "Capacitar," which means "to empower" in Spanish. Includes a wide variety of calming, balance, and stress-relief techniques.

State Mental Hospitals: Lack of Resident Care Shows Need for System Change El Dorado

Presenters: *Andrew Phelps, Delphine Brody, Vernon Montoya, Jasenn Zaejian*

Description: *California's state mental hospital system does not provide adequate resident care. More discussion is needed regarding the nature of the problem. Professional compassion and dedication to client wellness and recovery is essential if the system is not to become even worse.*

12:45 pm – 2:00 pm Lunch – Plenary Main Plenary Room

Keynote Speaker: *Stephen Pocklington, Executive Director,
Copeland Center for Wellness and Recovery*

2:15 pm – 5:30 pm Workshops and Institutes (Breakout Rooms)

Institutes (2:15 pm—5:30 pm):

Mental Health Services Act: Current Issues Hermosa

Presenters: *Delphine Brody, Joyce Ott-Havener, Bob Quinn, Sue Watson, Patricia Gainer, Tracy Love*

Description: *In this institute we will discuss current issues relating to the Mental Health Services Act (MHSA) that impact mental health clients' lives, well-being and direct involvement in shaping and implementing public policy. A panel of state-level agency representatives will respond to questions. We will hear from client leaders on current Statewide and Regional MHSA issues and brainstorm new strategies to strengthen local client involvement.*

Suicide Alternatives Institute El Dorado

Presenters: *Trish Cotrell, Ruth Needham, Richard Needham, Susan Carns, Elizabeth Tjader, Al Brotke, Rob Chittenden, Henry Willey, Joyce Ott-Havener*

Description: *In November 2007, clients led a community forum in Eureka, CA to address Humboldt County's escalating suicide rate, the highest per capita rate in the country. This workshop covers how and why a community united to strategize "Alternatives to Suicide."*

Mary Ellen Copeland's WRAP Crisis Planning RiverCity View

Presenters: *Stephen Pocklington*

Description: *This institute presents an overview of Mary Ellen Copeland's WRAP Crisis Planning, which proactively addresses crisis contingencies and empowers supporters to provide effective supports and make critical decisions confidently. Emphasizes how to develop a network of supporters and carefully negotiate effective supports.*

Workshops (2:15 pm—3:45 pm):

The Next Generation Granada

Presenters: *Dave Schroeder, Kenn Logan, Stephanie Ramos*

For More Information, please contact us.

Conference Schedule Continued

Description: *An interactive discussion of Transition Age Youth (TAY) culture and the needs of this overlooked group. Advocates and clients will discuss this culture and their need for services and how those needs differ from traditional services.*

Building the Future Through Consumer Organizing: The Pool of Champions Diablo

Presenters: *Khatera Aslami, Juan Bernardo Gonzalez, Madlynn Johnson, Jay Mahler*

Description: *How clients in Alameda County organized the “Pool of Champions” over the past year in order to transform the public mental health system.*

Partnering with Psychiatrists: Towards Real Informed Consent Balboa/ Calaveras

Presenters: *Carol Patterson*

Description: *Berkeley Mental Health consumers and advocates met with psychiatrists to open a dialogue and began working on the issue of real informed consent. This workshop will present the issues and results, including a brochure “Making the Most of Your Medication Appointments” based on the work of Pat Deegan.*

Workshops (4:00 pm—5:30 pm):

California Memorial Project Granada

Presenters: *Rob Chittenden, Alicia Mendoza*

Description: *This workshop will review the history, goals, current status and future plans of the California Memorial Project (CMP). This project is a collaboration between the CNMHC, California People First, and the Peer/Self-Advocacy Unit of Protection & Advocacy, Inc (PAI).*

Transforming Our Mental Health Systems; Balboa/ Calaveras

How to be Better Advocates and Helpers for Ourselves, Others and for System Change

Presenters: *Christopher Camilleri, Audrey Hall*

Description: *Recovery from mental illness has inspired us to become involved as helpers and advocates. We will discuss ways in which the mental health system has been both helpful and harmful, and suggestions for improvement. By using our experience, gifts and knowledge, we are transforming our respective mental health agencies and systems. Role plays will be used to stimulate discussion. Audience participation is encouraged.*

Healing Stigma from the Inside Out Diablo

Presenters: *Louis Williamson, Eric Zuniga*

Description: *This workshop’s goal is to instill an enhanced sense of hope and teach methods of overcoming self-stigma, focused particularly on recognizing an individual’s capacity for mental wellness.*

5:30 pm – 7:00 pm

Dinner On Your Own

Conference Schedule Continued

7:00 pm

Celebration of Sally Zinman &
Pioneers of the Movement
Reception and Karaoke (Open Mic Event)
Keynote Speaker: *Gaines Lyons, Sally Zinman*

Main Plenary Room

All Attendees are invited to participate in the Saturday night Event of:



Celebration of Sally Zinman &
Pioneers of the Movement

Come Join Us for an Open Mike Event including a Reception and Karaoke Fun!



Conference Schedule Continued

Sunday, February 10, 2008

9:00 am – 11:00 am	Plenary – CNMHC Membership Meeting Policy Focus: CNMHC Employment and Training Agenda Speaker: <i>Kevin Murphy, Laurel Mildred</i>	Main Plenary Room
11:00 am – 12:00 pm	Brunch – Plenary	
12:00 pm – 2:00 pm	Regional Meetings	(Breakout Rooms)
	Far North Regional Meeting	Diablo
	Central Valley Regional Meeting	Fresno
	Bay Area Regional Meeting	El Dorado
	South Regional Meeting	Balboa/ Calaveras
	Far South Regional Meeting	Hermosa
2:00 pm – 3:00 pm	Verbal Evaluation of Conference (Open Mic Event)	Main Plenary Room

Additional Information

Come Visit Our Exhibitors!!

There are exhibitors and vendors set up in the hallway outside the main plenary room and workshops. Stop by and check out what we're sharing.

Hospitality Suite

Peer Support
Quiet Time
Refreshments

10 a.m. – 7 p.m. Friday and Saturday
8 a.m. – 9 a.m. Sunday morning
Room location to be announced

Hosted by: Sacramento Consumer Self-Help Center
Sponsored by: Association of Mental Health Contractors of Sacramento County

Please Note:

CNMHC requests all participants to refrain from wearing scented products such as cologne, perfume, shaving lotions, scented skin products, hair dressings etc.. People with chemical/environmental disabilities can become quite ill or experience extreme discomfort from being exposed to scented products.

Thank you for your courtesy.

For More Information, please contact us.

**Thank You for Attending
the 2008 Client Forum**

**We Hope to See You
Next Year!**

If you are not already a member of the California Network of Mental Health Clients, we would really like you to join so we have a strong network across California. Pick up a membership form from the Information Table in the registration area. Thank you.—CNMHC Staff
