



**NAMI**

National Alliance on Mental Illness

**Southern  
Santa Barbara County**

## Santa Barbara NAMI News

October 2017 E-News

### **NAMI SPEAKER MEETING**

Thursday, October 26, 6:30-8:30 P.M.

Fellowship Club at the Mental Wellness  
Center, 617 Garden Street, Santa Barbara

Free – Open to Public

Please join us for coffee and dessert at 6:30  
P.M.; Program at 7:00

Topic: Navigating The Maze – The Types of  
Mental Health Housing in Santa Barbara

Speaker: Jeff Gaddess, Residential Services  
Manager, Mental Wellness Center

For individuals living with a mental health  
disorders in our community, finding safe,  
affordable housing is a daunting challenge  
and critical to the recovery process. In our  
community, there are no quick or easy

solutions. Nonetheless, as clients or family members we need to understand the types of mental health housing as well as requirements of each. Jeff will describe the various levels of mental health housing ranging from emergency shelter to transitional housing to permanent housing, running the gamut from intensely supported to fully independent. He will also describe the purpose and general admission requirements for each type of housing. Following the presentation, he will take questions from the audience.

For more information: contact Ramona Winner, Family Advocate at 884-8440, ext. 3206; [rwinner@mentalwellnesscenter.org](mailto:rwinner@mentalwellnesscenter.org)

### **MEETINGS WITH MAYORAL AND CITY COUNCIL CANDIDATES**

In September, members of the NAMI/Mental Wellness Center Public Policy Committee met with individual Santa Barbara mayoral and city council candidates in anticipation of the upcoming election.

Four of five mayoral candidates we contacted -- Hal Conklin, Angel Martinez, Cathy Murillo, and Bendy White -- responded to our invitation to meet. (We were unable to meet with Mr. White before the deadline for this newsletter). We also were granted interviews with Kristen Sneddon, 4th District City Council candidate, and Eric Friedman,

5th District candidate.

We began each meeting by highlighting the [Cottage Population Health Listening Tour Survey](#), the responses to which identified mental health as the health concern of most significant need and urgency in the perception of stakeholders. Interestingly, this shocked none of the candidates.

All those we met with were keenly interested in mental health issues and initiatives, especially those related to chronic homelessness, restorative policing, and services for children and youth.

Cathy Murillo shared her perspective as Vice Chair of C3H (Central Coast Collaborative on Homelessness) on the problem of chronic homelessness, voicing a commitment to the generation of more affordable housing, and housing options for persons with serious mental illness. Angel Martinez stressed the need for collaboration among city and county departments, hospitals, and non-profit organizations, and noted the role the local philanthropic community could play in funding valuable programs. Kristen Sneddon shared awareness of mental health issues of children and youth, and the need to expand mental health expertise in the schools, having been employed by Santa Barbara Community College and serving on the board of the Peabody School.

Hal Conklin expressed strong interest in the information we had to convey, including Crisis Intervention Team training (CIT), and the critical housing need for homeless persons with disabilities. He is strongly supportive of restorative policing, having recently taken part in law enforcement “ride alongs.” Eric Friedman favored an approach to homelessness that focuses on referral to resources and treatment. Having served as Congressman Salud Carbajal’s aide covering mental health issues on the Board of Supervisors, Eric expressed a commitment to securing more intensive outreach to homeless persons downtown suffering mental illness. All candidates were keenly interested in Assisted Outpatient Treatment (known as Laura’s Law in California) as a program that reduces homelessness and incarcerations of persons with serious mental illness.

We in NAMI urge all Santa Barbara residents committed to mental health issues to vote in the November election. A small number of votes makes a big difference, given the relatively small number of votes traditionally cast.

Thanks to Mari Mender, Linda Ness, Suzanne Riordan, Manny Casas, George Kaufmann, and Lynne Gibbs for meeting with the candidates.

**TOPICS FOR UPCOMING FAMILY**

## **DISCUSSION GROUPS**

Each week, from 7:00 to 8:30 P.M. in the NAMI Conference Room on the second floor of the Mental Wellness Center, 617 Garden St., NAMI Family to Family facilitators will lead discussions on various topics of interest to families who struggle with issues related to a family member's mental health disorder. Each week a different topic is discussed using informational handouts as a discussion guide. These sessions are free, open to the public and don't require advanced registration. Upcoming topics are:

October 17: How to Communicate Effectively with Police when Making a 911 Call

October 24: How to Understand Smoking and Mental Health and How to Encourage Loved Ones to Quit

October 31: Understanding Dialectical Behavioral Therapy (DBT): Who and How It Can Help

November 7: How Does an Ill Relative Experience His/Her Illness?

November 14: Understanding the Role of Cognitive Behavioral Therapy (CBT) in Serious Mental Illness

November 21: How to Understand the Role of Sleep in Maintaining Health and Tips on

## Sleep Hygiene

November 28: Understanding Inpatient and Crisis Management Services in Santa Barbara County

For more information, contact Tom Franklin:  
[tefrfc@gmail.com](mailto:tefrfc@gmail.com)

### **LOANER COPIES OF DVD ON TRAUMA RECOVERY NOW AVAILABLE**

If you missed the September NAMI Speaker's Meeting at which Academy Award-winning film maker Margaret Lazerus screened her short documentary, "Strong at the Broken Places: Recovery after Trauma," she has graciously donated two copies of the DVD to NAMI Southern Santa Barbara County, and they are available for viewing on short-term loan. The film describes how four individuals, each having suffered devastating, traumatic events, found a path forward to recovery from the trauma. Since many people living with serious mental illness also have a history of trauma, this film is a must-see for anyone with lived experience or having a family member with lived experience. To borrow a copy of the DVD for home viewing, contact Ramona Winner, Family Advocate, at 884-8440 ext. 3206, [rwinner@mentalwellnesscenter.org](mailto:rwinner@mentalwellnesscenter.org)

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