

## Crisis Intervention Talk

By Laurie Classen

NAMI Monterey County hosted a speakers’ panel on March 12 that described Crisis Intervention Training for peace officers in the region.

Sand City Police Chief Michael Klein introduced the discussion with a brief history of Crisis Intervention Training (CIT). The program was introduced in 1998 in response to fatal encounters with individuals who lived with mental illness, Klein said. Most of these crisis situations were medical situations, not necessarily criminal situations. The public demanded more and better training for law enforcement and interested parties.

Klein said that CIT training has helped to make Monterey County a safer place. While police-involved shootings are naturally high profile events that hit the front pages of the newspapers, CIT trained officers have successfully defused potentially explosive situations without injury — and without publicity. “Our common goal is always a good patient outcome,” he said.

CIT education provides first responders with training to recognize symptoms of an individual in a situation and to act appropriately to defuse a potentially tragic situation.

Different facets of the program include site control transport (ambulance is the best option to deal with medical situations), a designated facility for individuals, inter-hospital transfers to locked/unlocked facilities, commitment for continuing education, agreement with the dispatch centers that have access to a database of CIT trained officers, hygiene services for the homeless, and medical approval of Versed, a chemical restraint sedative that provides for better medical care of the patient and safety of medical staff in violent emergency situations.

Since CIT’s founding in Monterey County, hundreds of local law enforcement officers have attended a 40-hour academy and have been certified to handle and defuse crisis situations involving consumers with mental-health issues.

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### Monterey County Family Support Groups

**Marina (English)**  
2nd and 4th Wed of each month  
5:15 – 6:30 p.m.  
299 12<sup>th</sup> Street  
831-647-7652

**Salinas (English and Spanish)**  
1st and 3rd Tue of each month (Eng)  
2<sup>nd</sup> and 4<sup>th</sup> Wednesday of each month  
(Span)  
4:00 – 5:00 p.m.  
1441 Constitution Blvd  
Bldg 400, Suite 202

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***CIT- continued***

The training of first responders in Monterey County will be a pilot program, and its success could result in state legislation to provide similar trainings throughout California. Devon Corpus, Crisis Team Supervisor for Monterey County, said that CIT training of peace officer includes an explanation of medical conditions, such as traumatic brain injury, Alzheimer’s and mental illness; a tour of a mental health unit; exposure to real-life scenarios where participants can practice their skills; and a presentation from NAMI.

NAMI has long been an advocate for CIT in Monterey County, and sponsors an annual CIT Peace Officer of the Year award, which is presented each year at the Fiesta of Hope dinner.

Corpus emphasized that CIT training is not meant to replace officer safety. CIT is an added tool for officers to use. Successful resolution to crisis situations requires cooperation from many different groups, including peace officers, social workers and police dispatchers.

Last year’s CIT Officer of the Year, Chris Johnson, said that the CIT training has made him a better officer. Johnson, a Carmel police officers, said that techniques he learned at CIT helps him in response to all calls, including those that are not involving mental-health issues.

“The course helps immensely and the training has helped break barriers between different areas of law enforcement an medical attendants,” he said.

## Holiday Giving Event a Big Success

Volunteers at last year’s Holiday Giving event were able to distribute almost 800 gift boxes to mental-health consumers throughout Monterey County. The number of consumers receiving gifts in 2014 surpassed all previous years.

The event, sponsored by NAMI Monterey County, has become a holiday tradition and a labor of love for the dozens of volunteers who gather each year to prepare and distribute the baskets. Recipients this year included clients of the Monterey County Behavioral Health Department, Interim Inc., Safe Place, Drake House, and residents of various board-and-care facilities throughout the county.

Several dozen volunteers gathered at the Monterey Youth Center on December 8 to prepare and wrap the gifts, which were delivered to consumers in time for Christmas.

Special thanks to NAMI’s Holiday Giving Committee, including Laurie Classen, Mark Lopez, Donna Costanza, Tab Gunderson, Joyce Blevins, Lori Grant and Julie Bernardi.

<b>NAMI MONTEREY COUNTY BOARD MEMBERS</b>	Joe Livernois .....President	Sue Ellen Stringer.....Board Member
	Mark Lopez .....Vice President	Steve Costanza.....Board Member
	Donna Abbott.....Secretary	Maiko Schran .....Board Member
	Laurie Classen.....Treasurer	Al Schran .....Board Member
	Tiffany Ho.....Board Member	Megan Caskey.....Board Member
	Bonnie Bufkin.....Board Member	

## Consumer Support Groups

### **DBSA Monterey County**

Depression & Bipolar Support Alliance

Monday 6-7:30 p.m

First Presbyterian Church, Rm. 11  
830 Padre Drive, Salinas  
831-915-7654

[dbsafpcmontereyco@yahoo.com](mailto:dbsafpcmontereyco@yahoo.com)

### **Monterey – Our Voices**

Monday – Saturday

12:00 – 4:00 p.m.

608 Pearl Street, 831-649-4399  
Adults 18 and older

### **Salinas – Pajaro Wellness Center**

Monday – Friday

11:00 – 4:00 p.m.

1033 South Main St. 831-754-3838  
Adults 18 and older

### **Dual Recovery Anonymous**

For those suffering from addiction and mental illness

Saturday 12:30 p.m.

Martinez Hall, 12<sup>th</sup> St. Marina  
[dramonterey@gmail.com](mailto:dramonterey@gmail.com)

### **NAMI Connection**

Connection is a weekly consumer recovery support group for people living with mental illness in which people learn from the experiences of others, share coping strategies and offer one another encouragement and understanding.

Meetings are held the 2<sup>nd</sup> Saturday of each month at Our Voices in Monterey.

Meetings are from  
2:00- 3:30 PM.

## Message From the NAMI President

By Joe Livernois

President, NAMI Monterey County

NAMI Monterey County has been incredibly active in recent months. And we expect to be even busier throughout the balance of the year as we reach more consumers, parents, loved ones and professionals.

NAMI is growing by leaps of bounds in Monterey County. Due mostly to the efforts of our dedicated staff — Anna Lowery, Laura Hollien and Deanna Rivas— we continue to introduce new and unique programs and workshops to a growing and diverse population.

Most notably, in January NAMI launched its first-ever Providers Education course in Monterey County. The Providers Education classes are an exciting opportunity for professionals in the mental-health field to get a unique perspective from consumers and family members. NAMI presents the 15-hour course for free, and professionals can earn continuing educational units for participating.

The next Providers Education class is scheduled to begin May 14 in Monterey.

We are also excited that 13 family members recently completed the first *Familia a Familia* class offered in Monterey County since 2006. Thanks to the teachers, Rosa and Deanna Rivas, every single graduate of the Spanish-language class became NAMI members.

In our continuing and conscious effort to expand our reach into Monterey County, NAMI is sponsoring a series of bilingual workshops during three consecutive Tuesdays in May at the Cesar Chavez Library in Salinas. NAMI is also holding two Mental Health 101 presentations — one in English and the other in Spanish — in King City in May. *See Upcoming Events on Page 5 for more details.*

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**PRESIDENT – continued**

NAMI also graduated about a dozen other family members from its special Family-to-Family Saturday classes in Carmel earlier this year, and its volunteer instructors, Al Schran and Nina Parris, have graciously agreed to conduct a new course in Carmel starting May 2.

In addition to its programs and workshops, NAMI Monterey County continues to advocate on behalf of consumers and families.

Specifically, we are pleased to announce that, partly as a result of our advocacy, the Monterey County Behavioral Health Department will soon offer its Crisis Intervention Training (CIT) to emergency first responders. CIT has been tremendously successful in providing peace officers with empathetic tools in their approach to mental health consumers in crisis, and we are excited that first responders will also receive the training.

Meanwhile, the NAMI board is taking the steps necessary to achieve independence. Interim Inc. has graciously and effectively served as NAMI Monterey County's fiscal and administrative sponsor for almost two decades, but the NAMI board now believes it is in a position to stand alone in its role as an effective nonprofit in Monterey County.

This is an exciting time for NAMI — and a great time for you to get involved. Our volunteers are our strength. Please help us help others. Your financial contributions are always welcome, but we also welcome your time.

May is Mental Health Awareness Month, and we will have our hands full with programs and workshops all month long. We could use your help.

Please call us at 375-6264 if you'd like to volunteer for NAMI.

**Make a Difference:  
Adopt a Program**

All the educational programs offered by NAMI Monterey County are free of charge to attendees. But they do come with costs.

Each of our educational programs — NAMI Family-to-Family, Peer-to-Peer and Provider Education — require the preparation and distribution of class materials, including binders, class handouts and resources that NAMI Monterey County pays for out of its own budget.

On average, a typical 12-week NAMI Family-to-Family course, with 15 class participants, costs \$480. A 5-week NAMI Provider course costs approximately \$1,500, and a 10-week NAMI Peer-to-Peer course costs \$780.

NAMI supporters can help defray those costs by “adopting” one of our upcoming programs. Financial support of our educational programs will allow NAMI to offer training to more volunteers who can lead more programs in the future.

We believe that the information and support gained in our programs are of value and should remain free to those in need.

Please consider a tax-deductible contribution to cover the costs of running a program of your choice.

To discuss donation opportunities, please contact Laura Hollien, NAMI Monterey County's Program Coordinator, at 375-6264.

***"Mental health... is not a destination but a process. It's about how you drive, not where you're going."***

— HealthyPlace.com

## Upcoming Events

**Family-to-Family:** Free six-week sessions for family, partners, friends and significant others of adults living with mental illness. From 10 a.m. to 3:30 p.m. on Saturdays beginning May 2 in Carmel. Pre-registration required. Call 375-6264 for details.

**Fiesta of Hope:** Eleventh annual gala sponsored by the Monterey County Behavioral Health Commission. Exhibition and consumer arts sale starts at 5:30 p.m. May 7 at the Embassy Suites on Monterey Bay, Seaside, followed by dinner at 6:30 p.m. Tickets are \$45. Call 755-4510 for details.

**Mental Health Resource Fair:** Series of free bilingual workshops and information sessions sponsored by NAMI Monterey County and the Monterey County Behavioral Health Department on May 12, May 19 and May 26 in the Cesar Chavez Library in Salinas. From 5 to 6:30 p.m. Childcare and food provided. Call 402-4940 for details.

**Peer-to-Peer:** Free 10-session course for any adult experiencing mental health challenges. From 2 to 4 p.m. on Thursdays beginning May 14 in Marina. Pre-registration required. Call 375-6264 for details.

**Mental Health 101:** Free introductory workshop about NAMI and mental-health issues presented in Spanish. 3 p.m. May 14 in the Monterey County Behavioral Health Office in King City, 200 Broadway, Suite 70.

**Provider Education:** Free five-week education course for staff of public and private agencies that work with individuals with mental-health challenges. From 1:30 p.m. to 4 p.m. Thursdays beginning May in Monterey. Pre-registration required. Call 375-6264 for details.

**Mental Health 101:** Free introductory workshop about NAMI and mental-health issues presented in English. 3 p.m. May 21 in the Monterey County Behavioral Health Office in King City, 200 Broadway, Suite 70.

**Special Needs Trust Seminar:** May 27 at the Pajaro Wellness Center, 339 Pajaro Street, Salinas. See [www.interiminc.org](http://www.interiminc.org) for details.

**NAMI National Convention:** July 6-9 in the Hilton San Francisco Union Square. See [www.nami.org](http://www.nami.org) for information.

**NAMI California Annual Conference:** Aug. 21 and 22 in the Marriott Newport Beach Hotel and Spa. See [www.namicalifornia.org](http://www.namicalifornia.org) for information.

**Hoedown for Housing:** Fundraiser for Interim Inc., Oct. 17 at the Hyatt Regency Monterey. See [www.interiminc.org/hoedown/](http://www.interiminc.org/hoedown/) for details.

## **Volunteers are the Heart of NAMI's Success**

Volunteering for NAMI Monterey County is a fulfilling and educational experience. Better yet, volunteers can make a profound difference in the lives of consumers, families and loved ones.

NAMI is recruiting volunteers to teach classes, to share recovery stories or to help those in need of support as NAMI expands its educational programs to reach more consumers and their families living with mental illness. Education is critical in the fight to reduce stigma, judgment and fear, and to increase understanding, compassion and opportunities.

NAMI provides (and pays for) the training of instructors for a variety of classes and programs, including Family to Family, Peer to Peer, Basics, In Our Own Voice, Connections and Provider Education.

Each of these programs gives consumers, their families and the professionals they work with the self-empowerment to stay on the road to wellness and recovery and to reach families in need.

Volunteering for NAMI is a terrific opportunity to pay it forward in a life-changing way!

For more information, visit [www.namimonterey.org](http://www.namimonterey.org), or call our Monterey office at 375-6264 or our bilingual line in Salinas at 831-402-4940.