



THE WINDMILL

MHA YUBA SUTTER

SYMBOLIZING LIFE'S CONTINUING CYCLES OF RENEWAL

May June 2007

** Mental Health America * Annual Salad Luncheon **
** July 12, 2007 * — * 11:00 A.M. until 1:30 P.M. **

** Summerfield Care Center **

** 1224 Plumas Street, Yuba City **

Tickets \$6.00 — Raffle Tickets \$1.00 @, 6 for \$5.00

Salads And Deviled Eggs Needed

Please leave food on front counter July 11, or, if on July 12, before 10:00 AM.

MHA Yuba-Sutter Board Members:

- PRESIDENT- REBECCA BLUMLING
- TREASURER- JOAN HOSS
- SECRETARY- LINDA KESTERMONT
- DAN BARTLETT
- TOM LONG
- SANDY PALMER
- JOHN FLOE
- LAVON NOVAK
- SUE SHAFER
- WES ESTES
- BARRY MAYO
- NANCY LEE
- STEVEN BRADLEY
- LES LERCH
- LILLIAN STAFFORD
- JEFF HAYNES
- DANETTE HARRISON
- RUTH BUCHANAN

The Seven Habits of Highly Effective People

Habit 1: Be Proactive

Are my actions based on self-chosen values or upon my moods, feelings, and circumstances?

Habit 2: Begin With The End In Mind

Have I written a personal mission statement which provides meaning, purpose and direction to my life? Do my actions flow from my mission?

Habit 3: Put First Things First

Am I able to say no to the unimportant, no matter how urgent, and yes to the important?

Habit 4: Think Win—Win

Do I seek mutual benefit in all interdependent relationships?

Habit 5: Seek First To Understand, Then To Be Understood

Do I avoid autobiographical responses and instead faithfully reflect my understanding of the other person before seeking to be understood?

Habit 6: Synergize

Do I value different opinions, viewpoints, and perspectives of others when seeking solutions?

Habit 7: Sharpen The Saw

Am I engaged in continuous improvement in the physical, mental, spiritual and social/emotional dimensions of my life?

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What's Going On In Our Area

Danette Harrison

We would like you to welcome Danette Harrison as our new Vocational Resource Specialist. Danette is one of four new Resource Specialists, and they all have their specialty, Vocational, Housing, Parents Education and Consumer Resources.

Danette says she is really excited about working here. She worked for another program for 10 years. During this time, she also served people from our Mental Health area. Danette is excited to see how motivated people are to explore their options and to make the choice to experience training and to seek employment opportunities.

"It makes my job enjoyable to see people excited about work, going to school or just open to new ideas," Danette says. "We try to give them information so they can make their own choices. If you don't know, you can't do."

The Vocational Resource Program is open to anyone who receives services at Sutter Yuba Mental Health Services.

We, too, are looking forward to people becoming involved in the world of work.

You can contact Danette at Sutter Yuba Mental Health Services at 822-7200, Monday through Friday.

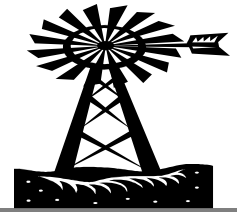
LaVon Novak, Support, Advocacy & Recovery

Network Of Care

There is a new game in town, one that intends to ensure that there is "no wrong door" through which to seek help. It is a web site, national in scope with links to agencies and services in California, and in our local area. First, log on to "networkofcare.org. Move the cursor to "Mental Health" and a list of states will appear. Click on "California" and you will be transferred to a list of counties. Click on "Sutter" or "Yuba" and a directory page will appear. You can access programs or services by name, by category, or by the first letter of their name. Unfortunately, our agency is still listed as "National Alliance for Mental Illness of Yuba Sutter", but we are there. We will soon get our name changed.

You will find an unbelievable kaleidoscope of agencies and groups. Anyone who has anything remotely to do with behavioral issues is listed. A person doesn't even have to know what he or she is looking for to find help. This is truly the "magic door" we have all been looking for in regards to psychiatric or behavioral challenges, as well as many other agencies and services, covering dozens of subjects.

Thomas Long, MHA Support Staff



We're out to change a lot of minds!

M H A Y U B A S U T T E R

MHA Yuba-Sutter
1965 Live Oak Boulevard
Yuba City, CA 95991

Nonprofit Organization
U.S. Postage
PAID
Yuba City, CA 95991
Permit No.255

**If you are interested in getting
involved with Mental Health
America**

Please contact us at:

(530)822-7178

mhays@syix.com

or visit

www.mhacalifornia.org

www.co.sutter.ca.us

MHA MEMBERSHIP

Would you like to receive "THE WINDMILL" Newsletter

Join us, we need you....

Membership to MHA Y-S includes a newsletter from the local chapter. Annual membership dues are payable each January, new members who pay after October 1st will have their dues applied to the next year. All dues are tax deductible as provided by law.

Please complete the following and mail with your check payable to MHA:

MHA Y-S, P.O. Box 1520, Yuba City, Ca 95992.

Individual annual membership \$ 20.00

Family annual membership \$ 25.00

Supporting Membership Free



**Consumers are welcome to
submit pieces for the Con-
sumer's Corner at the office in
the Mental Health Services
building, 1965 Live Oak Boule-
vard, Yuba City by the fourth
Thursday of the month.**

Name _____

Address _____

City _____

Phone(____) _____ - _____

SYMBOLIZING LIFE'S CONTINUING CYCLES OF RENEWAL

Consumer's Corner:

Why am I afraid?

To me, being free is being independent.

Why is it so hard to be independent?

It's not much to ask.

But, I shouldn't have to ask to be free...Isn't it supposed to be up to me?

But, it is hard for me to be free.

I just don't seem to have what it takes in me.

So, how am I ever going to be happy?

Sure, go sit at a bar and pick up a guy and see if he can help me be free.

Ya, right...that isn't going to be...that's not for me!

I don't want to feel like a prisoner shackled down with chains.

Chains from my childhood...holding me down.

See, children are like sponges they absorb all things, but you can't put this kind of sponge in the dishwasher to get rid of the dirt.

It remains in my mind..they say it's called PTSD PTSD? Do you see...do you see?

It is like a disease inside of me.

There isn't a cure...to turn a childhood taken away into what should have been innocent and pure.

That time is gone...now there is only the future and never a cure.

Anonymous

MAY 2007

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
6	7	8	9 Family support	10	11	12
13	14	15	16	17	18	19
20	21 MHA Board Meeting	22 CAC	23 Family support	24	25	26
27	28	29	30	31		

June 2007

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5	6	7	8	9
10	11	12	13 Family Support	14	15	16
17	18	19 CAC	20	21	22	23
24	25 MHA Board Mt	26	27 Family support	28	29	30

SCHEDULE OF EVENTS

- **2nd & 4th Wednesdays**
Family Support Group—
6:00—7:30pm, SYMHS,
1965 Live Oak Blvd, Yuba
City, in the Gold Rush Room
- **May 21 and June 25**—MHA
Board Meeting-12:00pm
1965 Live Oak Blvd in the
Pacific Flyway Room.
- **3rd Tuesday** — Consumer
Activity Committee 1965 Live
Oak Blvd.

Please note that our e-mail
address is now

mhays@syix.com

SYMHS is offering a

Family Support Group

for people who have a loved one with a mental health disorder. This group will provide you with the support, resources, & information you need to care for your loved one & yourself.

Please join us. See calendar for details.