



# THE WINDMILL

MHA YUBA SUTTER

SYMBOLIZING LIFE'S CONTINUING CYCLES OF RENEWAL

September October 2007

## Network of Care Website

Sutter-Yuba Mental Health is proud to announce the Network of Care Website. This Website is a valuable resource for individuals, families and agencies. It provides information about local resources; in addition more specific information about mental health services, laws, and related news, as well as communication tools and other features. Regardless of where you begin your search the Network of Care helps you find what you need — it helps ensure that there is “No Wrong Door” for those who need services. The Network of Care for Mental Health provides a comprehensive Service Directory of the community-based service providers in each California County putting people in touch with the right services at the right time. Network of Care also provides easy-to-search libraries and vital information about specific disorders, pending legislation and advocacy, as well as daily news articles from around the world concerning mental health, psychological disability and substance abuse. The direct Web site addresses for our two Counties are [www.Sutter.networkofcare.org](http://www.Sutter.networkofcare.org) or [www.yubanetworkofcare.org](http://www.yubanetworkofcare.org). If you are an agency that would like to be added to the directory of services, list a community event announcement or to update your information please contact John Floe at (530) 822-7513 to post your information on the Network of Care Website.

*John Floe*

## Cultural Competency Committee

Not to toot my own horn, since I am on the committee, but I would like to mention the good work done by the Cultural Competency Committee. If you come in to the building, you have no doubt noticed the art works of many cultures on the walls. That is one outgrowth of the Committee. Another is trainings given translators, and the clinicians who use translators in their work. Staff is given regular trainings to help them understand how cultural customs and beliefs affect their approach to mental health. Some apparent symptoms and pathologies are actually cultural beliefs and customs. Trainings in client culture are held to let staff know what people’s needs are, how we are interacting with mainstream culture and how we are affected by the therapy we receive.

The Committee has also found new and more effective ways to reach out to people who need help, but find it difficult to cross the cultural and language barriers. Mental health outposts have been established to serve people who do not feel able to come to the mental health building for cultural reasons.

Surveys have been created and distributed to enable us to learn what the barriers are by asking the real experts — mental health consumers. Once collected and processed, these surveys are discussed and acted upon.

All in all, the CCC is constantly examining the gaps in service created by differing cultures and languages and doing our best to close them.

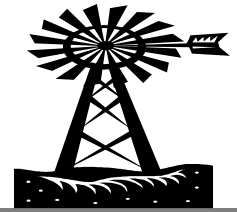
*Tom Long, Support Staff*

## MHA Yuba-Sutter Board Members:

- PRESIDENT- REBECCA BLUMLING
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- JEFF HAYNES
- DANETTE HARRISON
- RUTH BUCHANAN

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**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.**

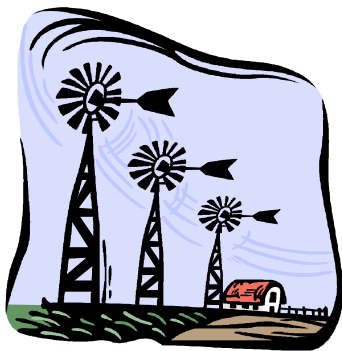
**Please complete the following and mail with your check payable to MHA:**

**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 Consumer's Corner at the office in the Mental Health Services building, 1965 Live Oak Boulevard, Yuba City by the fourth Thursday of the month.**

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

Phone(\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

# SYMBOLIZING LIFE'S CONTINUING CYCLES OF RENEWAL

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## Building Independence

One afternoon, while going through some old files from my college years, I found some notes from a developmental psychology class that I used to teach. One story, used to illustrate the importance of striving for excellence in our lives, is as valid today as it was twenty years ago.

An old carpenter had decided to hang up his tools and retire. He explained to his boss that he wanted to spend the rest of his days enjoying the fruits of his labor and, most importantly, spend time with his wife and family. His retirement would be enough to get by on.

The boss was sorry to lose his best worker but said he understood and asked the man if he could stay on long enough to build just one last house as a personal favor. The carpenter said he would be glad to. As the work on the last house progressed, it was obvious that his heart was not in his endeavor. His work was shoddy and his materials second rate. All in all, it was a sad way to end a lifetime of work.

When the house was complete the contractor came to inspect the house. Handing the front door key to the carpenter he said, "This is your house, my gift to you for your years of service."

The carpenter was shocked and ashamed. Had he known he was building his own house, he would have taken the time to do it right. Now he would have to live in the home he built so poorly.

Many of us do the same thing when striving for our independence. Reacting instead of acting, willing to do the minimum to get the job done. Then, in shock, we look at the situation we created and find ourselves living in the house we have built, wishing we had done it right the first time.

Independence takes work. Think of yourself as the builder of your dreams. Each day as you work toward your independence, build wisely. This is the only life you will ever build. Even if you only live one day more, that day deserves to be lived with dignity.

Life is a do-it-yourself project. Your life today is the result of choices you made in the past. Your life tomorrow is the result of the choices you make today.

*By Jerry Towne — Taken from NAMI Shasta County Newsletter*

### **Parity News:**

Before the Senate adjourned for the August Congressional Recess, several Senate offices asked the Leadership to "fast track" a new "manager's amendment" to Senate Bill. 558, the Paul Wellstone Mental Health Parity Act of 2007. This amendment represents a significant agreement because the special preemption rule has been deleted by the sponsors of the parity bill. The perfecting language that was sought over the last several weeks by state officials wishing to more clearly protect their state from preemption seems to have caused more problems than it solved. By deleting Section 4 of the bill, preemption would defer to the HIPAA model, wherein state laws more protective of consumer rights are allowed to prevail. This change makes S. 558 a floor (as opposed to a ceiling) as it pertains to state-regulated health plans, and makes the Senate bill more like the House bill on parity, H.R. 1424, although other differences still exist. \*"Preemption" refers to the Federal Government overruling the state laws by "preempting the field", passing laws that are more restrictive than state laws.

*Taken from News From National, nmha.org*

# SYMBOLIZING LIFE'S CONTINUING CYCLES OF RENEWAL

## Consumer's Corner—

To my father: Mr. Edilburgo Chalarria

AFTER YOU DIE!

After your gone...you'll no longer breathe. You will be in a safe quiet place. You're worries will be gone. You'll be at peace. No longer will you long for what is earthly.

Left behind will be my hurt, my pain, my need to talk to you. You're my best friend. The best dad I could of ever had. You made me feel special, you pacified my cries. Life with you was of quality. It was the answer to my every problem. It was the look on your face of understanding.

I will miss you. I already shed tears for the day you'll be gone. How do I prepare for the rest. Help me to know that my life will go on.

I love you dad..... Carmen Chavarria McCue II

### SEPTEMBER 2007

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

### October 2007

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

## SCHEDULE OF EVENTS

- Every Wednesday C.A.R.E Group (See Below)
- **2nd & 4th Wednesdays**  
Family Support Group—  
6:00—7:30pm, SYMHS,  
1965 Live Oak Blvd, Yuba  
City, in the Gold Rush Room
- **July 30 & /August 27—**  
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](mailto: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.

Steven Bradley, MFT

(530) 749-4811

C.A.R.E. Consumers Advocating for  
Recovery & Empowerment

Meets in Gold Rush Room 2:00 pm

At Mental Health Building