

Family Service Coordination

Buckelew Programs Sonoma

Community Agency Highlight: NAMI Sonoma County

NAMI, or the National Alliance on Mental Illness, has been serving communities since 1979. Here in Sonoma County, our grassroots affiliate has been officially running since 1982!

NAMI Sonoma County works with public agencies, private businesses, and the community to promote awareness and advocate for improved services for all affected by mental health challenges.

While working towards decreasing stigma in our community, NAMI Sonoma County provides direct support and educational services, and offers hope to families and individuals living with mental illness.

These programs are for peers, families, and community members BY peers and family members.

Whether it is through the *Family-to-Family* course, *Peer-to-Peer, Connection Support Group, Family Support Group*, or the *Warmline* information and referral service, you can find the understanding that only those with the lived experience of mental illness can provide.

Trained peer and family leaders use their expertise in their own experience to provide empathic support and practical resources for other peers and families.

Sonoma County is proud to collaborate with partner agencies such as Buckelew Programs, joined together as we work towards the mission of mental health.

We're here, and you are not alone.



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Upcoming Events:

Buckelew Programs
Sonoma Food Drive –
See Flyer on page 3

Mental Health
Awareness Week! –
October 5th – 11th

October 11th: NAMI
presents:
Of Two Minds; 3 p.m.
screening and Q and A

NAMI Sonoma: Family Resources

There have been a few updates to NAMI Sonoma Support Groups over the past month.

There is now a second Santa Rosa based Family Support Group. This group will be held each 2nd and 4th Tuesday of every month from 6-8:30

p.m. at 182 Farmers Lane, Suite 202 in Santa Rosa. There is no need to register for this free group.

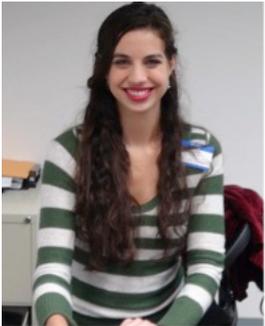
West County Care & Share, a NAMI and Buckelew collaborative group, is now being held each 4th Friday of

every month. Please join us for our next support group on Friday, October 24th from 3-4:30 p.m.

Keep your eyes open for the next Family-to-Family course registration!

Story of Hope: A Family Perspective – By Lauren Peterson, NAMI

“This booklet became pretty important to our friendship.”



There are many stories; this is part of mine.

I tell a lot of folks about my diagnoses. Anyone who will listen really! It's important to me that people know mental illness happens and I am one version of what a person living with it looks like. It's important to me because for a long time, I really had no clue. Eventually, I learned that I might have a family history, which interested me. But I also learned that mental health can be a personal matter and my family didn't necessarily want to share their diagnoses, challenges, or treatment plans.

For a teen seeking a mental health role model, this was tough, but I learned what I could, bit by bit.

In contrast, when I was about 12 years old, I found out that my best friend from diapers had Bipolar Disorder. Her mother shared this with me, and handed me a booklet “For Friends & Family – Bipolar Disorder”. This booklet became pretty important to our friendship. For example, when I began experiencing depression and symptoms of worthlessness and the tendency to believe I was un-liked or unloved, that booklet allowed me to

believe that if she was having a bad day, it was just that – a bad day, nothing personal.

I believe she and I thrived because, while our families might not have always known what to do and might have made very different choices, they always did their best.

Everyone is different. I know that now. Some are more comfortable sharing, and others find comfort and safety in being selective about who knows what.

For me, the connection, validation, and possibility to spark some hope for someone else are invaluable. So I will continue sharing my story. And that works for me!

Buckelew Programs – Family Service Coordination Expands Latino Services

Maria Zavala, MSW and Assistant Family Service Coordinator, continues to make a major impact to our team since her joining us in December of 2013.

Maria brings with her an innate understanding of our Latino (a) population, and the ability to expand our services to a wider array of community members in need of support and resources.

Maria will be providing services in Spanish at the second Tuesday Resource Clinic of each month. Be sure to join us from 3-4p.m. for our drop-in clinic where

you can receive support and resource information for both you and your loved one.

Next on Maria's agenda: Family Member Support Group en Español in conjunction with collaborating agencies in East & West County. Please contact Maria directly for more information.

You can also contact Maria for more information, to refer families in need of bilingual support at:

Maria Zavala
Assist. Family Service Coordinator
Buckelew Programs Sonoma County
707-571-8452 Office
707-583-5284 Mobile
mariaz@buckelew.org

Bucklelew Programs Sonoma: Food Drive

Bucklelew Programs Sonoma is holding a Food Drive!

This food drive is intended for the benefit of Buckelew Sonoma members, and all donations will be stored on our “food bank bookshelves” for those who might be in need.

A couple of suggestions are canned beans and vegetables, cereal, bags of rice and beans and pasta or other grains, canned/bottled salsas and/or sauces, fruit juice drinks, etc.

This is sometimes a good way for the neighbor or friend who wants to help out to contribute.

Thank you everyone for your help.

-Bucklelew Programs Sonoma, Staff & Members



HELP THOSE FACING
EMPTY CUPBOARDS
THIS YEAR

**Bucklelew Programs Sonoma is holding a Food Drive!
Running through September and October**

Help Us Help Others!

Due to budget cuts and food stamps being cut down, it has been difficult to keep cupboards stocked.

Example donations: canned soup, macaroni & cheese, peanut butter, Chef Boyardee etc.

**Donations can be dropped off at the front desk of Buckelew Programs
Sonoma, 144 South E Street Suite 200, Santa Rosa CA.
Monday – Friday, 9am-5pm**

Buckelew Programs Sonoma
Family Service Coordination
144 South E Street
Suite 200
Santa Rosa, CA 95404

This newsletter will be issued on a quarterly basis, and will continually highlight an agency within Sonoma County as well as other supportive services for families and peers.

For more information on Buckelew Programs Sonoma, Family Service Coordination, including support group information and additional support, please contact us at (707) 571-8452.

www.buckelew.org

In addition to Family Service Coordination, Buckelew Programs offers a variety of supportive services for the mental health community in Sonoma County. Some of these services include: Independent Living Programs, Transitional Age Youth Programs, Employment Services and the Forensic Assertive Community Treatment Team. For more information on these services, feel free to contact us at (707) 571-5581, or join us at a weekly Resource Clinic held every Tuesday from 3p.m.-4:30p.m. at 144 South E Street, Suite 200 in Santa Rosa.

Enhancing the quality of life of individuals and families in our community by providing mental, emotional, behavioral health and addiction services that promote recovery, resilience and hope.

