

MEMBER GROUPS

Advocates for Mentally Ill
Los Angeles County
17140 Burbank Blvd, Unit 107
Encino, CA 91316

American Schizophrenia Association
Alameda County
2401 Le Conte Avenue
Berkeley, CA 94709

Families and Friends of Adult Mentally Ill
Stanislaus County
201 Stewart Road
Modesto, CA 95350

Families and Friends of Mentally Disabled
Santa Cruz County
315 Laguna Street
Santa Cruz, CA 95060

Families Group of Mental Health Association
Alameda County
1801 Adeline Street
Oakland, CA 94607

Families Group of Mental Health Association
Fresno County
1759 Fulton Street
Fresno, CA 93721

Families for Mental Recovery
Yolo County
926 Plum Lane
Davis, CA 95616

Family Effort - Mental Health Association
Sacramento County
2241 Rossmoor Drive
Rancho Cordova, CA 95670

Family Support Group
San Joaquin County
2853 Calariva Drive
Stockton, CA 95204

Friends and Families of Mentally Disabled
Riverside County
44981 Veijo
Hemet, CA 92343

Families and Friends of Mentally Disabled
Tulare County
15860 Avenue 327
Ivanhoe, CA 93235

Alliance for Mentally Ill
Humboldt County
P.O.Box 4404
Arcata, CA 95521

Marin Parents for Mental Recovery
Marin County
P.O.Box 501
Ross, CA 94957

Parent Advocates
Marin County
P.O.Box 1039
Ross, CA 94957

Parents of Adult Mentally Ill
Santa Clara County
84 South Fifth Street
San Jose, CA 95112

Parents of Adult Schizophrenics
San Diego County
5820 Yorkshire Avenue
La Mesa, CA 92041

Parents of Adult Schizophrenics
San Mateo County
P.O.Box 3333
San Mateo, CA 94403

Parents of Mentally Disabled
San Benito County
#24 1156 San Benito Street
Hollister, CA

Parents and Families of Schizophrenics
Napa County
P.O.Box 3494
Napa, CA 94558

Parents for Mental and Emotional Recovery
Contra Costa County
1149 Larch Avenue
Moraga, CA 94556

Mt. Diablo Schizophrenia Association
Contra Costa County
868 Audrey Court
Pleasant Hill, CA 94523

San Francisco Schizophrenia Association
San Francisco County
290 Seventh Avenue
San Francisco, CA 94118

South Coast Schizophrenia Association
Orange County
2437 Winward Lane
Newport Beach, CA 92660

Westside and Coastal Friends
Los Angeles County
P.O.Box 49773
Los Angeles, CA 90049

Relatives and Friends Group of
Metropolitan State Hospital
11400 Norwalk Blvd
Norwalk, CA 90650

CALIFORNIA ASSOCIATION FAMILIES OF MENTALLY DISABLED

An organization of
Family support groups



P.O. Box 3333
San Mateo, Calif.
94403

PURPOSE

To promote the general welfare and better treatment of the mentally disabled everywhere.

A. To disseminate information pertaining to the mentally disabled for the purpose of constantly improving their status.

B. To promote job availability, training, and placement for the mentally disabled persons capable of employment in the community.

C. To promote the establishment and improvement of treatment facilities including hospital and residential facilities at both the community and state level.

D. To work toward removing the stigma of mental disabilities.

E. To promote research and alternative treatment modalities.

F. To encourage the inclusion of family members in the decision making in the mental health system and in the care and treatment of their family members.

G. To solicit and receive funds for the accomplishment of the above purposes.

POSITION STATEMENT

FAMILY ROLE The family can contribute valuable information about the patient, and can be an effective advocate for him. Helping professions should consider families as partners in care.

DECISION MAKING Family organizations should have prominent roles in decision making and program planning by participation on committees and boards.

PRIORITIES The most severely disturbed and psychotic should be given first priority for care for the protection of the patient and the community.

DIAGNOSIS The diagnosis of mental illness now rests principally upon the methods of psychoanalysis. A new approach is needed which includes the results of a battery of physiological testing.

TREATMENT Alternative treatment modalities such as orthomolecular, should be made available. Psychoanalysis has not been effective with psychotics. Psychotropic drugs have not proved to be a cure-all and have serious side effects. We encourage that drug-limits be adopted for the community as has been done for state hospitals

JOB TRAINING Job Placement and meaningful re-entry programs are needed to change one's self-image from "patient" to "productive" person. Sheltered workshops are important for chronics.

SUPPORT SYSTEMS There is a need for more support service to residential care homes. Families who care for patients at home need advice concerning techniques for managing difficult behavior, available community resources, particularly respite care.

STATE HOSPITAL The State Hospitals are needed for certain difficult patients, such as seriously disturbed and violent young adults, brain damaged, and certain childrens and adolescent programs.

CONSERVATORSHIP If a parent or family member wants to be conservator of a patient and the patient agrees, the family member should be given help and instructions as to the duties of a conservator.

RESEARCH A California Mental Health Research Institute should be created for clinical research on the effects of psychotropic drugs and drug reactions, on persons with multiple problems, on alternative treatment modalities, and into the correlation of physical and mental conditions of mental illness.

FAMILY RIGHTS Families must be given information as to patients place of hospitalization and his legal status. A family member must be given the opportunity to communicate with provider of care concerning the patient's prior medication and other medical history. Family members must be notified of patient's transfer or release.

PATIENT'S RIGHTS Patient's Rights handbooks must be given to all patients. The patient's rights advocate should be someone outside the system.

RESIDENTIAL CARE Equitable payment for residential care operators is important. Less cumbersome licensing and regulation rules are necessary. Support services must be available.

OFFICERS

President: Anthony Hoffman

Vice President: Evelyn Robison

Treasurer: Ralph Bushey

Recording Secretary: Helen Teischer

Corresponding Secretary: Fran Hoffman

Phone: (415) 345-2745

Meetings: 3 Conferences yearly

Held in Southern, Central,
and Northern California

Membership dues:

Groups under 10 members	\$ 5.00
under 25 members	10.00
under 50 members	25.00
over 50 members	50.00

Mental illness ranks as the No. 1 health problem in the United States, affecting 32 million persons.

Our role is to join together statewide to initiate and support legislation to improve care and treatment of mentally ill; protect rights of parents and patients; and share in program planning by participating on planning committees and advisory boards.

Parents of Adult Schizophrenics, San Diego County
4120 - 30th Street, #103
San Diego, CA 92104

Parents of Adult Schizophrenics, San Mateo County
P.O. Box 3333
San Mateo, CA 94403

Parents of Mentally Disabled - San Benito County
1156 San Benito Street, #24
Hollister, CA

Parents and Families of Schizophrenics
Napa County
P.O. Box 7494
Napa, CA 94558

Parents for Mental and Emotional Recovery
Contra Costa County
860 Paradise Court, No. 111
Lafayette, CA 94549

Mt. Diablo Schizophrenia Association
Contra Costa County
2857 Ptarmigan Drive, No. 2
Walnut Creek, CA 94595

Relatives and Friends of Mentally Disabled - Long Beach
P.O. Box 16052
Long Beach, CA 90806

Relatives and Friends of Mentally Disabled - Montebello
2217 Victoria Avenue
Montebello, CA 90640

Relatives and Friends of Mentally Disabled - Pasadena
530 Royce Street
Altadena, CA 91001

Relatives and Friends of Mentally Disabled - Santa Ana
Orange County
2110 E. First Street or 2323 Bayside Drive
Santa Ana, CA Corona del Mar, CA
92700 92625

Relatives and Friends Group - Metropolitan State Hospital
11400 Norwalk Blvd. OR 12228 S. Julius Avenue
Norwalk, CA 90650 Downey, CA 90242

San Francisco Alliance for the Mentally Ill
1740 Broadway
San Francisco, CA 94109

San Francisco Schizophrenia Association
San Francisco County
290 Seventh Avenue
San Francisco, CA 94118

South Coast Schizophrenia Association - Orange County
2437 Winward Lane
Newport Beach, CA 92660

Mental Health Support Group of Kern County
727 Kentucky Street,
P.O. Box 3163, Station A
Bakersfield, CA 93305

Foothill Families and Friends for Mental Recovery
Auburn County
P.O. Box 234
Penryn, CA 95663

Westside and Coastal Friends
Los Angeles County
P.O. Box 49773
Los Angeles, CA 90049

Families and Friends of Mentally Disabled - Riverside Co.
44981 Viejo
Hemet, CA 92343

NAMI Board member:
Anthony Hoffman
32 Eastwood Dr.
San Mateo, Ca. 94403
(415) 345-2745

*new brochure
is being printed
similar to above -
but with names
of all new
groups.*

MEMBER ORGANIZATIONS

Advocates for Mentally Ill
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17140 Burbank Blvd., Unit 107
Encino, CA 91316

Assn for the Mentally Ill of
Napa State Hospital
P.O. Box 3333
San Mateo, CA 94403

American Schizophrenia Association
Alameda County
2401 Le Conte Avenue
Berkeley, CA 94709

Families and Friends of Adult Mentally Ill
Stanislaus County
1039 Princeton
Modesto, CA 95350

Families and Friends of the Mentally Disabled
Santa Cruz County
315 Laguna Street
Santa Cruz, CA 95060

Families and Friends of Mentally Disabled
Desert Community
39180 Palm Greens Parkway
Palm Desert, CA 92260

Families and Friends of Mentally Disabled
Tulare County
15860 Avenue 327
Ivanhoe, CA 93235

Families for Mental Recovery
Butte County
16 La Palma Drive
Oroville, CA 95905

Family Effort, Mental Health Association
Sacramento County
2241 Rosemoon Drive
Rancho Cordova, CA 95670

Families Group of Mental Health Association
Alameda County
1801 Adeline Street
Oakland, CA 94607

Families Group of Mental Health Association,
Fresno County, 1759 Fulton Street
Fresno, CA 93721

Families Group of Mental Health Association
2017 Chapala
Santa Barbara, CA 93105

Family Support Group of North County San Diego
P.O. Box 27386
Escondido, CA 92027

Family Support Group - San Joaquin County
2853 Calariva Drive
Stockton, CA 95204

Families for Mental Recovery
Alliance for the Mentally Ill
Humboldt County
P.O. Box 4404
Arcata, CA 95521

Families for Mental Recovery
Yolo County
926 Plum Lane
Davis, CA 95616

Marin Parent Advocates for Mental Health
Marin County
P.O. Box 1039
Ross, CA 94957

Marin Parents for Mental Recovery, Marin County
P.O. Box 419
Woodacre, CA 94973

Parents of Adult Mentally Ill - Santa Clara County
84 South Fifth Street
San Jose, CA 95112



Illustration by Victor Juhasz To the membership of The California Association of the Mentally Ill from Helen Teisher, President:

... PUBLIC AFFAIRS COMMITTEE ...

In Bakersfield on March 7, 1981 the delegates to the spring conference of the California Association, Families of the Mentally Disabled voted to add a Public Affairs Committee to the regular standing committees.

This action was taken in an effort to make our advocacy more effective in the state and nation.

- ▶ This committee, it is hoped, will be a mechanism through which the membership in the family groups throughout the state can be mobilized to communicate the needs of families to the policy and decision makers in mental health law and procedures.
- ▶ It is not the purpose or intent of the Public Affairs Committee to sponsor a lobbyist in the legislature. The work of the committee will be to inform the membership throughout the state of bills which do affect the delivery of mental health services, of hearings, task-forces, committees, boards and all other mechanisms so dearly loved by the bureaucrats. If we have a way of knowing in advance of these meetings our members can then be asked to represent the interests of our families.
- ▶ Such a committee will make it possible for us to gain visibility, identity, and credibility with those who are charged with making the decisions. In other words, we can then really

become a viable constituency with influence to ask for and receive consideration for our family members. In other words, we will then have DIRECTION and COHESIVENESS.

- ▶ Without this help we will continue to wander alone in the jungle of misinterpretation, misinformation, no-information, and no-direction trying to avoid the pitfalls of ignorance, and the entangling vines of frenzied, purposeless activity.
- ▶ VOLUNTARY contributions are to be made by individuals on a monthly basis to the Family Journal of Mental Health, the editor of which, John Murphy, will then act as our monitor, liaison agent, co-ordinator to keep the Association and its members informed about state ~~and national~~ affairs which affect us and our relatives.

In this capacity John Murphy will only be doing on an expanded scale what he has been doing all along with his publication. With our added financial support coming from throughout the state he will be able to do a more complete and credible job for all of us. The Public Affairs Committee will constantly evaluate and monitor these activities.

- ▶ VOLUNTEERISM is still the name of the game.

MORE INFORMATION AT ALL THE MEETINGS
of the California Ass'n, Families of Mentally Disabled

April 8 , 1981

Dear PAS Member:

At the last California conference of Families of the Mentally Disabled, in Bakersfield, CA, it was decided that we need to be kept better informed and more closely monitor what goes on at the State level as it relates to mental health issues. Please see the enclosed article by Helen Teisher, President of the CAFMD.

We must educate and make our needs and wishes known to the decision makers. We must more effectively make our presence felt in Sacramento.

It was felt by the body that all of this could best be accomplished by supporting the FAMILY JOURNAL OF MENTAL HEALTH. A Public Affairs Committee is being set up to work with John Murphy, Editor and Publisher of the FAMILY JOURNAL.

Some family members in the State have already made pledges of five, ten, twenty-five dollars (tax deductible) or more per month, but many more pledges are needed.

Please fill in and mail the attached pledge form with whatever amount you are able to contribute. Thank you.

CALIFORNIA ASSOCIATION,

FAMILIES OF MENTALLY DISABLED

4120 30th Street, San Diego, California 92104
Telephone 714/463-3672 or 714/284-3749

PLEDGE

I/We wish to pledge \$ _____ per month to the FAMILY JOURNAL OF MENTAL HEALTH.

I/We understand and approve that this donation will furnish additional funds needed

1. To provide effective means of informing (AFMD) members of current mental health issues, legislative activities, trends and direction of mental health programs,
2. To inform (AFMD) membership of bills before the legislature affecting mental health programs.

I/We understand that this monthly contribution is separate from and in addition to individual subscriptions mailed to the FAMILY JOURNAL OF MENTAL HEALTH in San Jose.

I/We understand that the (AFMD) Public Affairs Committee will monitor and evaluate the use of this contribution and report progress to the membership.

NAME/NAMES _____

ADDRESS _____

TELEPHONE # _____

CITY _____

ZIP CODE _____

NAME OF LOCAL ORGANIZATION _____

SEND CHECK TO:

FAMILY JOURNAL OF MENTAL HEALTH c/o Don Richardson
3139 Colby Ave.
Los Angeles, Ca.
90066

Families of Mentally Disabled

P.O. BOX 3333, SAN MATEO, CALIF. 94403

415-345-2745

By Laws

Article I Name and Purpose

Name: The name of this organization shall be California Association, Families of Mentally Disabled

Purpose: To promote the general welfare and better treatment of the mentally disabled everywhere.

A. To disseminate information pertaining to the mentally disabled for the purpose of constantly improving their status.

B. To promote job availability, training, and placement for the mentally disabled persons capable of employment in the community.

C. To promote the establishment and improvement of treatment facilities including hospital and residential facilities at both the community and state level.

D. To work toward removing the stigma of mental disabilities.

E. To promote research and alternative treatment modalities.

F. To encourage the inclusion of family members in the decision making in the mental health system and in the care and treatment of their family members.

G. To solicit and receive funds for the accomplishment of the above purposes.

Article II

Membership

Section 1: Membership is composed of affiliated organizations of families of the mentally disabled. Each organization is entitled to three votes, each vote to be exercised by a delegate appointed by such organization to represent it at a meeting of this organization. The recording Secretary of this organization shall be notified of the appointment of delegates and alternates by each respective member organization.

Section 2: Alternate delegates may attend meetings and vote in the absence of representative delegates. These alternate delegates ~~shall~~ may be sent by each organization.

Section 3: To be eligible to vote, a delegate must be a consumer, (one who has received mental health services) or family member.

Section 4: Membership is open to any organization described in Section 1 of this article, which applies in writing to this organization, and whose application is approved by the Board of Directors, by a majority of those present at a regular meeting.

Article III Meetings

Section 1: There shall be three regular meetings a year as called by the officers, one meeting to be held in southern California, one meeting to be held in northern California, and one meeting to be held in central California. Notice of meetings shall be given in the official newsletter and/or by letter. At a membership meeting a quorum shall be deemed to be present if one-fourth of member organizations are represented by at least one delegate or alternate.

Section 2: Special meetings may be called by the officers by *written notice to the President of each member organization, mailed at least ten days prior to the date of the meeting.* The agenda for special meetings is restricted to the purpose for which they are called.

Article IV

Officers

The officers shall be members of the Board of Directors and shall be: President, Vice-President, Treasurer, Recording Secretary, and Corresponding Secretary.

Election of officers and a five member nominating committee shall be held at the third regular meeting, and a majority vote of the voting members present shall be required for election. Written notice of the coming election and a slate of nominations, including space for write-ins for the current election, shall be mailed to all members at the time of notice of the third regular meeting of the year. Nominees must have consented to serve if elected.

The term of all officers shall be for one year or until their successors shall have been qualified.

The President may appoint (from the delegates) an Executive Secretary to assist him/her in the performance of the duties of the office. This person shall serve without pay.

Committees shall be appointed by the President as needed.

Article V

Parliamentary Authority

Robert's Rules of Order shall govern the conduct of business in all cases in which they are applicable, and not in conflict with these By-Laws.

Article VI

~~Expenses~~ Finances

Section 1: The officers shall prepare an annual budget for submission to the members for approval at the third regular meeting of the year. Such budget shall be mailed to the President of each member organization at least 30 days before the date of such meeting.

Section 2: At the third regular meeting, by a two-thirds majority, the voting membership shall determine the annual financial support plan and implementation thereof and the support level by each affiliated organization of the state organization.

Article VII

Board of Directors

Section 1: The Board of Directors shall number not less than five nor more than fifteen members, as determined from time to time by the members at one of the regular meetings. Their terms of office shall be as fixed by the members at the time of their respective election, but in no case more than three years. The immediate past President of the organization shall serve as a member of the Board for the term of his/her successor.

Section 2: Elections of Directors shall be held at the same meeting and with the same conditions of nomination and notice to the members, as for officers.

Section 3: A quorum shall consist of one-third of the Directors then in office but in no case less than three Directors.

Article VIII

Amendments

These By-Laws may be amended by a two-thirds vote of those present at any regular or special meeting, provided notice in writing has been given to all member organizations at least thirty days prior to such meeting.