

Connections

NEWS FOR THE CAMINAR COMMUNITY – SERVING THE SAN MATEO, SOLANO, AND BUTTE COUNTIES

SUMMER 2012

In Concert with Caminar: Challenging the Stigma

A magical night at the Carolands Chateau



Caminar's second annual fundraising event, *In Concert with Caminar: Challenging the Stigma*, held at the beautiful Carolands Chateau, was a tremendous success, thanks to the wonderful support from our friends.

The evening began with cocktails and hors d'oeuvres; a silent auction in the grand dining room; and both scotch and signature cocktail tastings in the library. Guests had the opportunity to move from room to room to appreciate the extraordinary beauty and exquisite detail of the historic mansion.

In the main ballroom, Board President John Clinton greeted the guests to begin the program. On behalf of the Board, he thanked all the key people who made the event possible, particularly the Charles and Ann Johnson family; sponsors; auction donors; in-kind donors; program participants; Carolands staff, and Caminar staff.

Caminar CEO Chip Huggins then introduced featured artists Livingston Taylor and jazz pianist Shelly Berg, who followed with the first of two musical sets in which they captivated the audience with their lively performance and musical artistry.

Continued on page 2.



 Caminar
for Mental Health

Helping people with mental
illness become independent

Elizabeth, a 24 year-old who was diagnosed with bipolar disorder and was in and out of hospitals and suicidal as a late teen, told her story about the impact YAIL has had on her life.

In Concert with Caminar Continued from page 1.



Livingston Taylor, Chip Huggins, Pam Huggins, and Shelly Berg

The live auction featured active bidding for coveted items that included a catered dinner for 18 at the Carolands Chateau; a 49ers VIP package; a private photo shoot with renowned photographer Michael Collopy; a personal tour of the U.S. Capitol and lunch with Congresswoman Anna Eshoo; and a one-week stay at a lovely vacation home in Santa Fe, New Mexico. The goal for the *Fund-a-Need* auction item

was to support Caminar's Young Adult Independent Living (YAIL) program, which assists young adults, ages 18-25 who have severe mental health disabilities and co-occurring substance abuse issues. Elizabeth, a 24 year-old who was diagnosed with bipolar disorder and was in and out of hospitals and suicidal as a late teen, told her story about the impact YAIL has had on her life. After entering YAIL and its Seeking Safety program, she recently graduated from Notre Dame de Namur as a first-generation college graduate in her family and is now living independently with a full time job. After listening to her account of her journey, the audience responded with a lengthy standing ovation and gave generously to support the YAIL program to help others like Elizabeth succeed in the community. All in all, it was truly a magical evening.

Thank you to all who attended the event or lent their support to Caminar in so many other equally meaningful ways. Now that this event is behind us, we are beginning to plan for next year's event, with the hope that you will be able to join us once again in our fight against the stigma of mental illness.

Thank You to Our Event Sponsors

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Caminar: Moving Forward

As the name Caminar suggests, our mission is to help our clients move forward toward independence. We also aspire to continuously move forward and evolve as an organization. In doing so, we strive to strike a balance between accountability and autonomy, by being accountable to our funders through uniformity and consistency in our programs while maintaining autonomy to design innovative ideas and solutions focused toward the needs of our community.



We recently took an important step in maximizing Caminar's accountability by being awarded a three-year accreditation by CARF, the Commission on Accreditation of Rehabilitation Facilities, for meeting their international standards for quality and commitment to excellence. Following a rigorous review process including numerous on-site visits by a review panel, CARF has

granted Caminar its highest level of accreditation that can be awarded to an organization such as ours.

In an equally important step toward enhancing our effectiveness while constantly looking for ways improve, we have hired a new Director of Quality Improvement, Marcy Fraser. Holding both an RN license and an MBA, Marcy has extensive nursing experience which she has integrated with various leadership positions in the healthcare industry. For the last eight years, she had worked at UCSE, most recently in their Cancer Research Center. Prior to joining UCSE, Marcy served as executive director of Continuum, a social service non-profit providing HIV health services in San Francisco. With her unique skills, knowledge, and experience, Marcy brings new perspectives and expertise in advancing the mission of our organization.

In our expanded efforts to diversify available funding sources, Caminar has

increased its revenue by 16% over the past three years while maintaining overhead costs at 11.2%. Concurrently, we have been able to assist and support many more clients like Pearl, whose story is featured in this newsletter, become self-sufficient and live independently.

While these are exciting times at Caminar, our true success is in a future where we continue to partner with our clients and supporters in ways that are mutually empowering. We thank all of you for your support in enabling us to continue to move forward in helping our clients achieve independence and in responding to the needs of our community.

Best regards,

Charles "Chip" Huggins, JD
CEO, Caminar

UNDERSTANDING VOICES

Dr. Judith Ford on Auditory Hallucinations

On March 18, 2012, Caminar Board member Rich Van Doren and his wife, Shelby, hosted the first of a series of events for Caminar's friends featuring guest speakers specializing in the mental health field. Dr. Judith Ford, a professor and co-director of the Brain Imaging and EEG Laboratory at UCSF and a renowned scholar whose research focuses on schizophrenia, led a fascinating discussion on her study of auditory verbal hallucinations, or "voices."

People diagnosed with schizophrenia have a wide variety of symptoms, but with 75% of them experiencing auditory hallucinations, it is one of the most common. According to Dr. Ford, auditory hallucinations are close to concepts of thinking and perception and they are something that can be studied with brain imaging. Dr. Ford has found that the parts of the brain that regulate speech and hearing are active during auditory hallucinations.

Auditory hallucinations are unbidden thoughts; that is, they cannot be willed. Everyone has unbidden thoughts, but unlike individuals with schizophrenia, people with normal brain function have a sense that these thoughts are coming from themselves. Because of a malfunction in their self-monitoring system people with schizophrenia are unable to distinguish between hallucinations and voices coming from others.

Self-Monitoring System Dysfunction

Likewise, all animals have built-in mechanisms to tag their own physical sensations. For example, when a nematode swims forward and feels pressure on its nose, it needs to decide whether it's a result of its own actions or whether something is coming to eat it. Because it has a self-monitoring system, it knows that the sensations are a result of its own actions. As we walk on the floor, we ignore sensations of our feet moving on the floor. There is a mechanism in the brain that tags sensations as coming from oneself. But if this self-monitoring system is not functioning, these sensations may be perceived as alien, resulting in motor awkwardness, at a minimum, and the sense that actions are controlled by alien forces. It has been suggested that although this mechanism evolved for the motor-sensory system, it may also apply to "the motor act of thinking," such that we recognize our thoughts as coming from ourselves.

Dysfunction of this system might result in thinking that thoughts are coming from external sources, or "voices."

Responsiveness in the Auditory Cortex

In support of this notion, brain imaging shows that the same regions that are activated in talking are also activated in thinking. Dr. Ford and her team study and analyze how the brain responds to its own production of speech by utilizing neurophysiological techniques to measure how the auditory cortex responds to the sounds we make. The auditory cortex suppresses responsiveness to self-produced sounds. When we move, touch, or walk across the floor, we're automatically suppressing the brain's response to sensations resulting from

our actions. People with schizophrenia, however, do not suppress responses to their own generated speech or movements. They're more likely to react to sensations in response to their own actions.

Dr. Ford is also looking at the connectivity of the brain when it is in "idle." She and her team found that in people with schizophrenia, parts of the brain are overly connected to the auditory cortex, as well as the part that retrieves memories. In moments of idleness, the over-connectedness causes people with schizophrenia to think that thoughts are coming from the outside.

After her talk, Dr. Ford answered questions on a variety of topics, including different methods of treatment for schizophrenia and approaches in other countries; prodromal symptoms and diagnoses; and differences in onset between men and women.

Dr. Ford earned her undergraduate degree and doctorate at Stanford University. She was a professor at the Stanford University School of Medicine until 2004, when she joined the faculty of Yale University and the lab of Dr. Daniel Mathalon to study electrophysiology

and neuroimaging collaboration. In 2007 the two moved their research laboratory to UCSF. Dr. Ford's research at UCSF continues to focus on using the physiological metrics to unlock the origins of psychiatric symptoms. She is specifically exploring the neurobiological basis of self-monitoring failures in schizophrenia, resulting in the inability of someone with schizophrenia to monitor reality.



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RECOVERY

A Sister's Experience

Marci's and her family's reaction to learning of her sister's diagnosis of schizophrenia was not unlike most other families when they first hear the news. "My parents and I were devastated," she said. "There wasn't a lot of hope back then for treatment or recovery." Also like most others with a family member newly diagnosed with a serious mental illness, they desperately needed guidance and support. "We felt hopeless and helpless," says Marci.

Looking back at their childhood, Marci says that there were indications that something was amiss with her older sister. She recalls that her sister had trouble getting along at school and struggled in her studies. When Marci would come home from school, she never knew whether she was going to be greeted by a "good" or "bad" sister. "I always felt like I had to walk on egg shells," Marci says.

It wasn't until Marci's sister was in early adulthood that she was diagnosed with bipolar disorder, and more recently, with schizoaffective disorder.

Following the diagnoses was the stigma. "We kept a family secret," she says. "We didn't tell a lot of people what was going on. I was told not to tell."



Marci

When a family member has schizophrenia, families struggle with a range of emotions, including guilt, frustration, anger, fear, and hopelessness. The uncertain course of the illness, unsettling behavior, lack of reciprocity in relations, grieving for the family member's lost potential, and fear of unpredictable mood swings all contribute to a massive shift in a family dynamic. Often, some of the developmental needs of siblings, like Marci, may not be met because the focus is on the needs of the sibling with the mental illness.

For most of her adult life, Marci's sister has been in board and care facilities, but Marci has taken her in periodically, between stays in various residences. "There was no consistency," Marci says. "She was placed in some good ones, and some bad ones. She was never in a good place long enough."

Marci first learned of Caminar at a NAMI (National Alliance on Mental Illness) meeting. When she heard Caminar case manager, Tammi Guidi, describe the programs, Marci says, "I started to get a little bit of hope. I got in touch with Caminar as soon as I could."

Since Marci's sister has been with Caminar, Marci sees that her sister is finally receiving the kind of care that she had long hoped for her sister. "She receives consistent care through her case manager, and seeing the doctor regularly every week has really helped a lot. She has calmed down, is much easier to deal with, has less anxiety, and is able to self-soothe. Overall, she is in a much better place."

Recently, Marci wrote a letter to Parivash Mottaghian, Director of Services at Caminar Solano County, to express her appreciation for the help her sister has received. In the letter, Marci says, "I have so much hope for my sister since Caminar has taken her under their umbrella. The safety net you are providing my sister enhances her life, but also enhances my life and health. It allows my life to be less desperate. I will always be grateful!"

Asked if she has any advice for other family members who are trying to seek help for their loved ones, Marci says, "My advice is to get involved. Get as much information as you can, and don't let people tell you there is nothing that can be done because there are great resources like Caminar out there."

We kept a family secret. We didn't tell a lot of people what was going on. I was told not to tell.



CAMINAR SOLANO COUNTY

First Annual Cammie Awards Ceremony

Caminar Solano celebrated "Mental Health Month" with its first annual Cammie Awards Ceremony on May 25, 2012, at the Foley Cultural Center in Vallejo. Over 120 people, including consumers, families, Caminar staff, and other Solano County mental health stakeholders gathered to celebrate achievements in wellness and recovery. Special guests included Solano County Board Supervisor and current Board President Linda Seifert, Solano County Mental Health Director Halsey Simmons, and Caminar CEO Chip Huggins.

Award winners were recognized in seven categories: clean and sober living; maintaining independent housing; wellness and recovery skills; social skills/abilities; achievements in education; achievements in employment; and achievements in healthy lifestyle. Award recipients received a "Cammie" Award and a Certificate of Recognition from their local U.S. Congress and State representatives.

Supervisor Seifert, Simmons, and Huggins each congratulated the seven award winners and thanked the Caminar staff for their service. Huggins also expressed his gratitude for Caminar's close partnership with Solano County Mental Health and appreciation of Caminar's continued collaborative relationship with Solano County. The masters of ceremony of the event were two consumers who both spoke candidly about their struggles with mental illness.

Accompanied by Caminar staff member Ken Langill on flute, Caminar Wellness and Recovery Center consumers followed with a recital.

The fun afternoon was capped off with a special lunch and numerous door prizes. A good time was had by all, with everyone agreeing that a new yearly tradition was born for Caminar in the Solano region.

A Shining Pearl: A Story of Growth, Pride, and "Success"



Everyone has their own meaning of “success.” For some, it can be earning enough money to buy a home; for others, having enough willpower to kick a bad habit. For Pearl, the word represents a sequence of accomplishments that have resulted in a level of self-esteem, pride, and self-confidence that would define success in every sense of the word.

For much of her adult life, Pearl lived in group care facilities for individuals with developmental disabilities or shared apartments in Butte County. A couple years ago, Caminar located a small, affordable house in a safe neighborhood and for the first time, experienced what it was to have a home of her own. Looking back to that time, Pearl feels that was it the joy and pride of having her own place that became the impetus for a dramatic turn of events in her life.

One of the first things that changed was that she became motivated to learn basic life skills that are necessary for

independent living. In fact, until recently, Pearl needed help with tasks such as housecleaning, meal preparation, and laundry. Thanks to support from Mat Del Fave, Caminar’s Supported Living Services (SLS) instructor, Pearl learned to do all of these things, and more, on her own.

Part of becoming independent also means being able to manage money. Once Mat helped Pearl acquire personal money management skills, she became motivated to seek income opportunities. As a lifelong craftsperson and artist, she decided to see if she could sell some

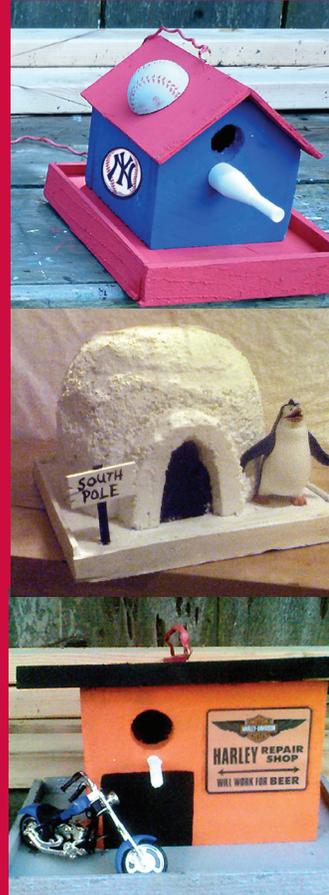
of her crafts. After months of planning, support, and encouragement from Mat and others, Pearl recently launched her own business, designing and building creative birdhouses and birdfeeders.

Starting with just some scrap lumber and paint, her eye for color and detail, and skilled craftsmanship, Pearl has developed an impressive inventory of distinctive birdhouses. As her reputation and clientele have grown, the birdhouses have become popular gifts, particularly because she customizes her creations to her clients’ requests.

If that weren’t enough, Pearl’s newfound success triggered a desire to fulfill her lifelong desire to learn to read and write. With Mat’s help, she has learned to read, and has since earned enough income from her business to buy a computer and printer that she uses to create her own advertising flyers and business cards.

It doesn’t stop there. Once she became personally and financially independent, her self-esteem soared, as did her desire to feel healthier and to look better. Pearl now sees a nutritionist regularly, has joined a local health club, and has lost over 25 pounds in just the past few months.

Her story stops here, but for only for this moment, because if the past couple years have been any indication, Pearl will continue to redefine the meaning of “success” for a long time to come.



CARF, the Commission on Accreditation of Rehabilitation Facilities, has awarded Caminar a Three Year Accreditation, for meeting their international standards for quality and commitment to excellence. According to CARF, “This accreditation decision represents the highest level of accreditation that can be awarded to an organization and shows the organization’s substantial conformance to the CARF standards. An organization receiving a Three-Year Accreditation has put itself through a rigorous peer review process and has demonstrated to a team of surveyors during an on-site visit that its programs and services are of the highest quality, measurable, and accountable.”

EMPLOYER SPOTLIGHT

Chipotle Mexican Grill

Most fans of the Chipotle Mexican Grill know it as a place that has tasty, healthy, and affordable food with speedy and friendly service. Others, like Denise, also know Chipotle as a special place that gives people, whom some employers may consider tough hires, a chance to demonstrate their potential and experience success.

Denise is a young, single mother who has battled adversity for most of her adult life. She is learning to deal with multiple mental health challenges, as well as dual diagnoses. She came to Jobs Plus, Caminar's jobs program, after having been unemployed for four years. Now clean and sober for over a year, she received the support of Caminar's job developer, Maritza Ortiz-Sanchez, who helped her secure a position with Chipotle. According to Mike Nabi, Denise's manager at Chipotle, the philosophy of Steve Ells, the founder and CEO of the popular restaurant chain, is to give motivated and hard-working people a chance to succeed, even if they lack skills or experience, and also to give people a second chance, including those who may have made an error in judgment in the past that has resulted in a blemished record.

Mike, himself, was also given a chance to succeed at Chipotle. He started as an apprentice/assistant manager four years ago in San Francisco and has quickly risen up the ranks to be named general manager in the Redwood City branch two years ago. Now a "restauranteur," he oversees all aspects of business operations, including policies, procedures, training,

and hiring in two stores, one in Redwood City and the other in Palo Alto.

According to Mike, the company takes pride in hiring people from within the community and providing them with on-the-job training. Every employee is trained in every station; they all wash dishes, clean floors, make tortillas, chop vegetables, grill meats, and serve. They record their progress in a development journal that they share with their manager on a regular basis. And like Mike, they grow and prosper with the company.

In fact, 97% of Chipotle's current general managers have been promoted internally, from their own crew.

When Mike was first approached by Maritza for employment opportunities three years ago, he was receptive to interviewing her clients. He was told that there may be some initial challenges in hiring someone who is dealing with mental

health issues, but he also learned that Caminar's job coaches would provide support throughout their employment. To Mike, what was more important than such challenges was hiring good people with ambition, enthusiasm, and a sense of responsibility and teamwork. He found those qualities in a number of Caminar clients, including Denise. Given the chance to prove themselves, Mike feels that they have shown they can rise to the challenge to become a manager someday.

Thanks to employers like Chipotle, people with mental illness have been given an opportunity to not only have a job, but to have a real chance at independence. Caminar and Jobs Plus are very grateful for proactive employers like Chipotle who, by partnering with us and giving people like Denise a chance to prove themselves, are helping to break the stigma toward mental illness in our community, one step at a time.



8th Annual NAMI Walk

On June 2, seventy-five Caminar consumers and staff walked together in the 8th annual NAMI Walk San Francisco Bay Area in Golden Gate Park to show their support for mental health awareness, along with thousands of others from the counties of Alameda, Alameda County South, Contra Costa, Marin, San Francisco, San Mateo, Santa Clara, Santa Cruz, and Solano.



Eunice Kushman

A TRUE CHAMPION
FOR MENTAL HEALTH

It's safe to say that Eunice Kushman leaves lasting impressions on most everyone she encounters. Over the course of her long career as an advocate for individuals with mental illness, she has succeeded in capturing the attention of friends, neighbors, colleagues, legislators, and just about everyone she's had a chance to meet, and motivating them to act. In doing so, she has helped to change the course of mental health care in San Mateo County and has positively impacted the lives of countless individuals with serious mental illness.

Last month, after 32 years of service on Caminar's Board of Directors, Eunice announced her retirement. At the board meeting, Adrienne Tissier, president of the San Mateo County Board of Supervisors, presented a resolution congratulating Eunice on her retirement from the Caminar board, as well as for her years of dedicated service, as past president of NAMI San Mateo; director and past president of the San Mateo County Mental Health Board; and numerous other leadership positions, locally and nationally.

Eunice first became involved in the mental health arena when her son began therapy as a nine year-old. She took him to various specialists who couldn't give her a clear diagnosis. It wasn't until her son was in high school that he was diagnosed with schizophrenia. It was a period of time when thousands of individuals who had been institutionalized in state mental facilities were being released with little or no support system in the community. It was also a time when parents, particularly mothers, were blamed for schizophrenia, and were also told that total separation was better for their children's prognosis.

When Eunice and her husband, Bernard, sought a support group, they were referred to Tony and Fran Hoffman, who had just started a group called Parents of Adults with Schizophrenia. What was initially a vehicle for sharing stories of their challenges soon turned into a grass roots movement that sought to change public policy and increase funding and awareness of schizophrenia. They traveled across the country to spread the word on the need for policy change and increased funding. The efforts ultimately led to an era of dramatic advances in understanding, treatment, and research of schizophrenia and a national organization

The late San Francisco Chronicle columnist Art Hoppe responded apologetically to one of her letters in which she cited the common misuse of the word "schizophrenic."

that is now known as NAMI, the National Alliance on Mental Illness.

Throughout much of the last half century, Eunice has been driven by her desire to help break the stigma and obtain more assistance for individuals with mental illness. She wrote countless letters to editors. The late San Francisco Chronicle columnist Art Hoppe responded apologetically to one of her letters in which she cited the common misuse of the word "schizophrenic". She spoke in front of the City Council to advocate for the opening of Eucalyptus House, Caminar's transitional home in Daly City, a proposition that was initially met with a great deal of opposition by residents who were concerned with its proximity to a park.

In 1991, Eunice's efforts to garner public support for realignment, which would move much of the funding for mental health to the counties, ended successfully. She also worked unrelentingly on Prop 63 (Mental Health Services Act), going door-to-door, speaking publicly, and advocating at countless gatherings. After the proposition was passed in 2004, she continued to work; this time on the steering committee to come up

with a plan on how the county would distribute the funds.

As Louise Rogers, Deputy Chief of the San Mateo County Health System, reflected, "Eunice was involved in shepherding through some of the most significant changes in community mental health: realignment, managed care, and the Mental Health Services Act. She has been a tireless advocate with a gift for politely and persistently continuing to make her point on behalf of consumers and families long after everyone else grew weary! We thank her for dedicating herself to this work and helping us to transform the mental health system." Likewise, Caminar thanks Eunice for her years of service and leadership in guiding the organization to where it is today, and for helping to advance the understanding and acceptance of mental illness.



**Supervisor
Adrienne
Tissier, Eunice
Kushman, and
Louise Rogers**

Design + Production: Alexander Atkins Design, Inc.

HOW YOU HELP

- Visit www.caminar.org to learn more about our services and give online.
- Prefer email? Visit our website to sign up for our e-newsletter.
- Donate your used car. Visit www.caminar.org.
- Donate used bicycles to Sensible Cyclery. Call 877-725-6319.
- See our wish list on Amazon.com.

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Wish List

ITEM	COST
Van for YES (Youth Empowerment and Safety Program)	\$30,000
Commercial dishwasher	\$3,000
Commercial washing machine	\$1,000
Commercial clothes dryer	\$1,000
Smokerlyzer® CO monitor for the smoking cessation program	\$650
Play, musical, or symphony tickets for YAIL (Young Adult Independent Living)	\$400
Dresser	\$300
Industrial hand truck	\$100
Emergency motel vouchers	\$150
Cases of hand sanitizers	\$150
Shower bench	\$75
Bed protector sheet for a full/queen sized bed	\$60
Bedroom lamp	\$50
Vouchers for haircuts	\$50
Taxi vouchers	\$25