

Peer Voices Now!

By Persons with Lived Mental Health Experience, for Our Community

SPRING 2018

A Newsletter from the Consumer Relations Program in Sonoma County, California



WELCOME STATEMENT BY AMY

We are almost seven months past the wildfires which swept through Santa Rosa, Napa, Sonoma and Glen Ellen. The impact of a natural disaster can be long lasting and compounded by previous trauma or difficulties - public or personal. With massive budget cuts looming in mental health services, the recent horrific shooting at Marjory Stoneman Douglas High School in Parkland, Florida along with those who are needlessly victims of gun violence, we are impacted by the increase in suffering around us.



We are collectively in need of healing and self-care in a society which moves ever faster from one horrific event to another. Where can we go, personally or collectively, to restore our spirits and hold ground for our healing together? How can we look out for one another, so that we too, don't simply fall victim to our own suffering, which can become too much for us? What issues can we tackle in our peer community to support healing and justice for those who had few resources even before the fires arrived?

Amy Breckenridge, Consumer Affairs Coordinator



Funded by Mental Health Services Act (MHSA) funds through a contract from Sonoma County Behavioral Health Division, administered by Goodwill Industries of the Redwood Empire (GIRE)



What I Learned from the Fire

Noah M. Henderson (1/9/18)

The fire was unlike anything I have experienced before, and none of the rules by which I have understood myself seem to apply any more. This experience was different, and I am different because of the fire.

I escaped at 2am with a wall of flames 10' from my door, wearing jeans, a t-shirt, shoes without socks, my wallet and my car keys. My apartment burned to the ground and I lost everything I'd ever owned, including all my music equipment, clothes, tools, kitchen supplies, all the songs I'd ever written and all my family photos. Strangely, I felt at ease as I went to the Finley Evacuation Shelter. The whole thing felt unreal; it didn't belong in my world, it wasn't really happening.

At the Finley Center I trained to volunteer with the Red Cross. It was more chaos than I could handle, yet at the same time the volunteers were organized into more of a rigid, top-down structure; so I decided to just walk around on my own and visit with people, especially those who might be having a hard time. I talked with all kinds of folks, had great conversations and felt that sense of community I'd been wanting for so long. I hung out with the professionals from Behavioral Health, MFTs and LCSWs and the like; they were a blast! Two of them in particular were very good at challenging my "crap," and I enjoyed that, and them, immensely.

In the following weeks I went to Grass Valley to visit with my mother and reconnect with family after a long period of estrangement. I had a great time and my



mother was absolutely thrilled with how easy it was to be with me, how much fun I had with my brothers and her, and how well I was taking this traumatic event. I wondered if my being ok was fake and if I'd really escaped from my depression. I decided to take it as it came and accepted that I was ok, despite losing everything that comprised my life. Well, almost everything; I still had my friends.

I've been staying in a hotel in Santa Rosa, paid for by FEMA. My room has a mini-fridge with some missing shelves and no freezer door. I wash what few dishes I have bought in a tiny bathroom sink. I can't cook and there's no room to store much food, so I have to go "shopping" almost every day. It is

a curse that I have to look at so many things I cannot have! I love to cook, and I have to walk by aisles of kitchen supplies and foodstuffs marked "these are not for you." I pass other objects of need, even recliners (the chair in my room hurts my back). Shopping presents a world to me which I cannot inhabit, and that world has a name: HOME.

I think about the groups of people who need homes. There are those who were homeowners whose houses burned down, those who were renters like me, those who were living in transitional housing programs and those who had no housing at all. They all need something in common: HOMES. Not just housing, but homes.

Among ongoing major and minor epiphanies, here's what I have learned from the fire: A home is a universal need and our compassion also needs to be universal, with no one left out.



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LET'S TAKE THE "D" OFF, FOR NOW

Susan Stebbins Standen
(11/18/17)

It alarms me a bit when I see people diagnosing one another (or themselves) with PTSD so soon after a traumatic event like the North Bay fires. Not because people's reactions to it aren't personally horrific, frightening and serious (they are all three), but because they are NORMAL.

"Disorder" connotes an irregularity in behavior or response, one which is NOT in the expected pattern of recovery. Post-traumatic stress (PTS without the D) is a necessary and automatic human (mammalian) reaction to life-threatening danger, loss, or injury.



mechanisms that we often didn't know we had. It strips off our illusions of safety. Our sense of self and our perceptions of the world are rocked and rattled and thrown off center, if not downright crushed and shattered.

We are left with the knowledge that something has been irretrievably lost; our core trust (whatever we had to start with) has been battered and bruised. Our awareness of, and expectation of, danger is heightened—painfully so. Our sense of the world can become so altered that we feel disoriented, disassociated, lost and bewildered.

There are changes to our emotional and behavioral reactions to everyday situations. We feel blunted and numbed to some

Trauma
unblocks
us. It strips
away
protective
layers and

stimuli while over-sensitized, touchy, tearful, irritated or enraged at others. I say again, this is NORMAL. This level of stress is to be EXPECTED following trauma. There is no "D-for-Disorder" here.

Post-trauma reactions are there for a reason, and the reason is healing. Your world HAS changed. Your center has been rocked. You and your body have to assimilate the changes and find a new balance in order to continue to live.

Make no mistake: It is an exhausting, painful, bewildering process. You will NEVER be the same again. Do not expect to return to the same place on the table as before the complacently spinning top of your life was knocked sideways.

The healing of an emotional wound has similarities to that of a physical wound. Did you know that if your flesh is cut, brand-new cells are created to knit it up? Do not rely on the old things working: it is the new and unfamiliar which often will be the mechanisms of healing.

Experiencing the die-off of old cells is natural, normal, and necessary—as well as being supremely uncomfortable, painful, messy, ugly, and uneven. But it is the only way to make way for the new cells of healing to take place. Gangrene of the soul is to be avoided at all cost.

Perhaps the urge to use the D while observing post-traumatic stress is because it feels so Damned Different.

Do you know yourself anymore? You wake screaming up with nightmares; you snap at your closest friend offering you comfort; you feel inexpressible gratitude at someone handing you a cracker; you feel anxious and sedated at the same time; you startle at loud sudden noises or soft electronic beeps; high-pitched sounds



scrape your nerve-endings raw; you weep or laugh unexpectedly; experience guilt for being alive; second-guess your every decision; sleep all the time or sleep so lightly that a change of air in the room wakes you up.

You cannot eat—nothing tastes good—or you find yourself eating, eating more, and stuffing yourself continually. You find yourself wondering about—and doubting—your purpose in life. You think, even obsess, on death and other worst-case scenarios. You blame yourself for not “handling things better.” You feel profoundly lonely and—sometimes concurrently—are desperate to be left alone.

If any of the above sounds familiar in the days, weeks, months and years following a major trauma that you have experienced (or witnessed), then congratulations—you are healing normally. No “D” about it.

There is nothing you can do to prevent your life and worldview being changed, now and forever. There ARE things you can do—that we can do for one another—to prevent that “D” from occurring after PTS. I give you a list from my own experience.

The most basic need is human comfort. Seek it, even if you think you don’t deserve it. Give comfort, even when the person is cross or unpredictable; but don’t accept abuse.

Talk to others, even when you find yourself saying the same things over and over again. Listen, even when you’ve heard

it before, but be aware of your own limits and back off a bit when the intensity feels too much.

Get touch and hugs—but listen to your body and ask NOT to be touched when it feels invasive. Give touch and hugs when it is welcome and NEVER when it is not.

Find company that is non-judgmental and accepting. Be good company when you can; you don’t need to do or say much when you are offering your presence and being wholly WITH someone in distress.

Ask for practical advice only after you feel heard and understood. Validate someone’s feelings as real and true for them and wait to be asked before you give advice.

Show up for one another: keep promises where you can, but keep forgiveness equally at the ready.

Also seek and maintain some alone-time. Allow

someone else their solitude, without abandonment. Let them know you are still there, ready for however they will be when they emerge. (Healing requires some periods of solitary reflection—trauma forces us to review the changes in ourselves and come to terms with what is new and unfamiliar.)

Train yourself to be with your own discomfort: it has messages for you that you will never hear if you are continually avoiding it. What is that headache or upwelling of grief telling you? Before you rush to take the pill, stay with it for a few moments. Welcome it as an unexpected



guest; it might have some equally unexpected gifts if you let it have its say.

That being said, don't wait too long to take care of yourself. Eat, drink, rest, move, breathe. Rinse and repeat. The processes may feel difficult, but when you keep to normal rhythms you reassure your body that it is indeed safe.

And here's a last item to the list: Please don't put a time limit on PTS.

Don't judge yourself (or others) for "taking so long." There will be no final moment when you have "gotten over it." Your reactions and reactivity will ebb and flow... the healing process is not a smooth upward curve.

You may find yourself

Please don't put a time limit on PTS

six or nine months after the trauma feeling suddenly worse than you ever did before. This may be a sign that you are NOW ready to handle those feelings which have been submerged, which you didn't know existed.

Paradoxically, a delayed reaction or "relapse" into profound grief, despair, despondency, fear or rage can be a sign of INCREASED wellness. It means that you are now strong enough to process those elements of which your wise inner healer has heretofore kept you ignorant or numb.

A similar situation may occur with anniversaries of the trauma. Just like a dreaded birthday (say, turning 40 or 60 or 80), the significance of the event and all that has happened since re-occurs to you. Each anniversary can seem like a referendum on your progress, or lack thereof.

Yet your **HEALTHY** post-traumatic stress progression demands times of revisiting the trauma. You may find yourself once again

re-evaluating the "meaning of it all" and be tempted to judge yourself (or others) harshly in the unfair and artificial light of societal time-limitation.

Instead, I urge all of us to respond to new revelations and reactions to old trauma AS IF IT HAS JUST HAPPENED. (I refer you to the paragraph above.) In each crisis-stage of healing we will again be called upon to seek comfort, listen, and so on.

We can learn to lose our shame and gain in self-compassion... we can learn to never give up on ourselves or one another.

There are gifts to be had in this process, and though it may be hard to remember in the painful, strange, difficult, ugly mess of the moment, I hold firmly to the belief that the gifts of personal growth will reveal themselves over time.

That said, there is no shame in longing for a simpler, more innocent past—a recurring desire for the illusion of safety we once held, a rage against the vicissitudes of fate, loss of innocence, and the introduction of great harm. Such visits into magical thinking are necessary to keep us reminded of where we are now, to keep us located in past and present, to help us learn to accommodate the vast and painful changes that have occurred.



Allow yourself and others these moments... hold open the gate both ways,



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to go there and to return. A deeper sense of meaning and purpose may ensue.

With regards to finding meaning in trauma, I do not advise trying to “force” a meaning into existence, either with ourselves or others. It may be premature.

Nevertheless, it is human nature to eventually seek meaning from past trauma. I urge folks not to degrade the meanings that others find, and not to exhort others to encompass the same meaning YOU may have found.

I urge you to accept the possibility that you are exactly where you should be

Finding fault and looking for someone to blame can be part of the holistic process; it may be temporarily necessary to thrust outward what feels too damaging to seek inward. It is usually a passing phase, unless promoted or exacerbated in some way.

The force of rage and blame may evolve into a guiding passion to make life safer and less traumatic for others.

Spiritual, religious and nihilistic explanations can all come to the fore. Most often these will find balance in days to come, enriching and expanding our future worldviews, especially when treated with openness and given enduring, reliable sources of comfort.

Wherever you are in your process—from gratitude to recrimination to grief to numbness, I urge you to accept the possibility that you are exactly where you should be.

You are on that deeply disturbing and dislocating journey to finding your “new normal.”

Please know that you can avoid the “D” in your PTS by extending and receiving heartfelt nonjudgmental compassion, and that there is no “sell-by” date for healing.

Please know that I honor and accept you for the gravity and intensity of your experience.

And I implore us all to not pathologize and stigmatize one another with diagnosing humanity at its most fragile and brilliant state of emergence.

A footnote:

Please know that everything I have written is simply my own opinion, formed from years of personal experience with healing from trauma and subsequent reading on the subject. I make no claim to expertise or authority, except that of my best observation and upwelling of my heart.

Thus all the suggestions above may be taken (or not) as they fit.

Voices On The Inside

Eric Boehm,
Peer Support Specialist
(Goodwill Peer Support Program)

The Peer Support Project is a Mental Health Services Act and Sonoma County Behavioral Health program designed to provide 1:1 mental health peer support to individuals who have experienced a crisis situation that has put them in touch with law enforcement in some capacity.

The program partners with the Sonoma County Behavioral Health Mobile Support Team (MST) that responds to law enforcement requests and provides on the scene mental health crisis assessment, follow-up support services and referrals. One of those referrals can be to GIRE Peer Support.



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In October 2017, the program reach was extended and I began to provide peer support to those in custody at the Sheriff's Department Main Adult Detention Facility (MADF aka the jail) meeting with inmates through-the-glass in meeting rooms. When I talk with mental health peers, I listen and they share experiences, feelings and hopes. This program has been well received with the majority of those served reporting they felt more supported.

During my MADF visits, I met a man who learned something about self-care from a book while he was in custody at MADF. It's called "tapping" or Emotional Freedom Technique. He did it daily, using the fingertips of both hands to tap certain points on his head, face, and upper body. He said this relaxed him, stress and anxiety diminished, and he felt at peace with increased well-being.

At one of our last through-the-glass visits, we both did tapping on ourselves in the visiting booth. We both laughed and exchanged best wishes for the holidays. As is said in peer support – we walked our talk!

I enjoy making these connections and sharing views. Support and help go both ways, and we both move ahead, having enjoyed possibilities we could not have found had we had not been part of the creating.

What I Have Learned in Peer Support

Jon Sieberlich-Wheeler

To my peers living with mental health challenges and to anyone supporting my peers:

This article is in response to a request to share what I learned about peer support

during my time working for Goodwill Industries-Redwood Empire (GIRE) and to reflect on some valuable aspects of my work with GIRE.



I remember when I first started working at GIRE, I was called on to provide support to a peer who was in distress about hearing voices. I felt scared because I didn't know anything about hearing voices, the peer was yelling loudly, and that triggered my unconscious body-memory of being a small child in a home where there was a lot of loud violence among my parents and us seven children.

As a small boy, when I heard loud yelling, I would retreat to make myself safe. That strategy did not apply well with my peer who was yelling. I took a deep breath, stepped through the barrier of my racing heart, and said, "Hi, I'm Jon. How are you?"

I offered no cures that day, but my willingness to extend myself gave my peer and me an opportunity to connect. I offered care and a conversation that said, "I see you, and you are welcome here," to a person who is unwelcome in many places and mostly unwelcome in our culture.

My peer offered to me an opportunity to notice what arises in me when I stay present with something new, unknown, and scary and offered recalibration of my sense of danger, because connecting was safe



despite my fear. I believe these exchanges are mutually healing.

This is what peer support has taught me. There is no need to master a body of knowledge or interventions for specific problems. There is a need for me to show up as my authentic self, to bring whatever care and curiosity lives within, and to welcome those who are willing to join me. I enjoy this work, I believe it is often helpful to those living with mental health challenges, and to the extent I am open to it, I learn about myself and grow when I connect with peers.

Thank you to everyone I worked with while employed at GIRE. Though I've moved on, I will remain connected to the local peer community and look forward to continuing peer support in Sonoma County.



Meet the new Wellness and Advocacy Center Manager - Sean Bolan (as told to Amy)

How did you get involved in self-help?

I was in a class at SRJC and a panel from Interlink came in to speak and I felt really connected to that group. So about three years later when I was finishing my BA in psychology degree I decided to intern at Interlink. Ever since I heard the Interlink panel speak, I knew that I wanted to work with these people – to be in a community that could speak so freely about their experiences. They were always on my mind going through school.

I started interning at Interlink in January 2013 - I got credit with Sonoma State and once I graduated I stayed on as an intern.

Jenn Peoples and I started teaching the Peer Support Class while the new one was getting created. In August 2013 I was hired as staff at Interlink.

Tell us about your experience of teaching the Peer Support Specialist Class-what was most meaningful to you?

I was hired in September 2016 to teach the Peer Support Specialist class. While I was working at Interlink, I had started a Master's program at Sonoma State University to become a therapist and had finished a traineeship. I heard about the teaching position and decided to apply. What I really loved was the flexibility I was afforded because it allowed me the opportunity to bring in masters' level material because I knew the students could work with it.

I brought more information about the theory of peer support and about having awareness of all the different factors going on in one's own life to try to have a holistic view of peoples' experience thus seeing how things make sense in a person's life.

I liked working with the students in each cohort, watching them come together in their own way. The material was important but the interactions were more important because it gave me the opportunity to see whether the students were learning the material. Each cohort of students had their unique ways of interacting with each other.

Why did you take the job at Wellness and Advocacy Center? How do you see the Center evolving and improving over the time?

Understanding the emotional toll that this work takes on staff and the dedication it takes each day, to be their best selves and show up for others; I want to support staff in that process. To provide support that staff needs for the decisions that have to be



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made throughout their day and to foster a more trauma-informed workplace.

FICTION SECTION

"IMAGINE THAT" **A SPRINGTIME RANT**

Gene Rice

This paper just lies here plain, and all white all over, not caring what's written on it or if anything is written on it. But I'm adding these black lines to it – irregular, seemingly arbitrary lines that haven't drawn anything yet.

But given some time and a bit of fancy, we can draw with words, and imagine concentric circles of green on a blood-red backdrop, or three elephants doing a slow jig, or a tree rejoicing for the sunlight growing longer every day now, or the hearty fish-like critters that live in the salt-enriched waters of the Dead Sea, or tiny sparrows nesting in the cedars of Lebanon, or *Zubenelgenubi*, seventy some light years away, or the life of a flea, or the moss on the bucket behind the barn on a farm that's been idle since 1926, when the wind came though carrying sand that blasted everything in its path, or the path through the garden you're planning, or the births of babies, or

the tears of a guy who suddenly realizes he'll never see his wife again, or the laugh of a daughter whose daddy is swinging her in the air, or cattle placidly ruminating in the

upper twenty, or the ballerina stretching,



stretching before rehearsal, or the bored worker changing tires for other people who act like they have more money than he has, or his supervisor sitting quietly after her lunch, remembering the summer vacations her parents used to take her on, or the spider clinging to her web, waiting, waiting, waiting, waiting, or the raccoon dragging food through the woods for her family, or an eagle soaring high in the sky, looking, watching, searching the Earth beneath her for food, or a mole snuggling through the ground, finding tasty treats as he goes.

And given a little more time and a bit more fancy, these black squiggles can speak of beauty and health, goodness and growing; they can speak – so to say – of things holy or things hellish. They can point to things grand or things trivial with equal accuracy and energy.

They can speak of things that happened long ago as if we were there. These black squiggles can help us lose ourselves in imagining all kinds of things, which takes away the pain, and lets us feel human for a while.

Feeding the Monster

Alexis Wilson

There is a monster inside of me that consumes insecurity, lies, hatred and other types of negativity. I would like to stop feeding this monster until he dwindles into nothingness.

I would like to plant beautiful flowers to replace him instead. The flowers need forgiveness, compassion, love, self-worth and other types of positivity.

I will nourish these flowers so that they might grow. Even if the blossoms are imperfect, they are truly deserving of love.



Sometimes there might be weeds in the garden. Instead of giving these intruders power, I would like to get rid of them in a non-judgmental and accepting manner.

Imperfection is honest. Imperfection is human. Imperfection is a reflection of life. I am an "imperfectionist"; that is why I get so much done.

As a comical artist a crooked line has character. An asymmetrical blossom is real. The monster thrives on beautiful flowers that think they are weeds.

What a shame for a beautiful flower to not know it is beautiful until it is shriveled and gone.

I want to embrace my beauty now. Feed my garden joy, forgiveness, love, acceptance, and admiration. I would like to feed my garden these beautiful things.

Then, butterflies will be attracted to its pollen. Humming birds will feed on its rich nectar. Roots will go deep into the earth to create a solid permaculture of strength and perseverance.

The monster will leave and go elsewhere. There is nothing for him to eat here.
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## Kristina's Corner

### **About Me**

What I've learned in my life of 56+ years is that first, I needed to change what I ate before I could change how I exercised or overcome any health problems that I had, which were many. They included Type 2 diabetes, sleep apnea, heartburn and acid reflux. Along with these, I also had high blood pressure, high cholesterol, and shortness of breath while I walked down the street. To top these off, I also had major plantar fasciitis in my right heel, and severe knee pain in both of my knees.



Since I've lost around 213 lbs. - and have been keeping it off one-day-at-a-time - I no longer have any of the health problems I mentioned above, with the exception of occasional high blood pressure and a minor case of Plantar Fasciitis. These are miracles to me!

Listed below is just one of the meals I now eat to keep my mind, body, and spirit feel alive and well at all times:

### **\*My Lunch Menu\***

**(Rotate Every 3 Days) &  
Weigh Out on a Digital Food Scale**

#### **Day 1:**

- 6 oz. cooked Beans or Tofu
- 2 oz. cooked Brown Rice or Quinoa
- 6 oz. raw Tomatoes, Celery & Carrots (or 3 choices of Veggies)
- 6 oz. Salsa & cooked Vegetables w/1 Tblsp. Olive Oil
- 6 oz. Orange/Berries/Apple (Or 3 choices of Fruit)

#### **Day 2:**

- 1 oz. Unsalted/Roasted Sunflower Kernels & 6 oz. cooked Beans or Tofu
- 2 oz. cooked Brown Rice or Quinoa
- 6 oz. raw Tomatoes, Celery & Carrots (or 3 Choices of Veggies)
- 6 oz. Salsa & cooked Vegetables w/1 Tblsp. Olive Oil
- 6 oz. Tangerine/Berries/Apple (Or 3 choice of Fruit)

#### **Day 3:**

- 1 oz. Hard Block Cheese & 6 oz. cooked Beans
- 2 oz. cooked Sweet Potato, Brown Rice, or Quinoa
- 6 oz. raw Tomatoes, Celery & Carrots (or 3 choices of Veggies)
- 6 oz. Salsa & cooked Vegetables w/1 Tblsp. Olive Oil
- 6 oz. Orange/Berries/Apple



By rotating my Lunch Menu every 3 days, I don't only not get bored with what I'm eating, but these foods, with all of their vitamins, minerals, and antioxidants, keeps me from getting as many colds.

If you are interested, I encourage you to try eating these lunch foods, which I've discovered help to keep me feeling my best.

**Enjoy!**



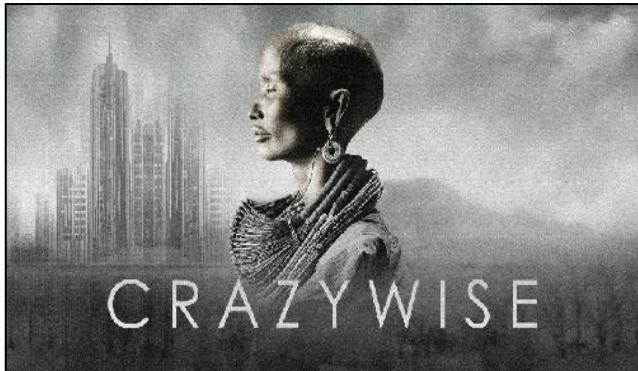
**Thanks to everyone  
who participated in writing  
for PVN Spring 2018**

# Events

## ***May is Mental Health Month***

### film screening & resource fair

On Thursday, May 3, 2018



For May is Mental Health Month, Goodwill-Redwood Empire and Sonoma County Behavioral Health sponsored a free screening of CRAZYWISE - a documentary which explores what can be learned from people around the world who have turned their psychological crisis into a positive transformative experience.

Ten community partners dedicated to furthering mental health and spiritual wellbeing participated in a successful and fun community resource fair before the event.

The Wellness and Advocacy Center Art Program had a very nice selection of member art works for sale. Refreshments were provided by the Good Eats Kitchen training program.

***The event was attended by at least 120 people and was well received!***

## UPCOMING FORUMS

### for June 2018

**June 8, 2018**  
**Friday, 12:00 - 1:30**  
**Wellness and Advocacy Center**

## Talking about the history of the Wellness and Advocacy Center

**June 22, 2018**  
**Friday, 1:00-2:30 p.m.**  
**Interlink**

## Voice and other Uncommon Experience

# **UPDATES** on County Initiatives

# California Hope (Helping, Outreach, Possibilities & Empowerment)

Providing Sonoma-Complex Fire survivors with crisis counseling and disaster education. Services available in Spanish.

California Hope Crisis Counselors will: meet you where you are-in a restaurant, home, school, business, church, park, neighborhood etc.



Funded by Mental Health Services Act (MHSA) funds through a contract with Sonoma County Behavioral Health Division, administered by Goodwill-Redwood Empire (GIRE)



To provide: Crisis counseling, resource navigation and disaster recovery education.

To help you with understanding your current reactions, reducing stress, providing emotional support, prioritizing needs and solving problems, choosing coping strategies and connecting with other people and agencies who can help.

***This program is funded  
until December 31, 2018.***

### **To contact California H.O.P.E.**

please use the following telephone numbers:

|                                   |              |
|-----------------------------------|--------------|
| Santa Rosa . . . . .              | 707 608-8805 |
| North County . . . . .            | 707 608-8807 |
| Sonoma Valley . . . . .           | 707 608-8806 |
| South County . . . . .            | 707 608-8806 |
| West County . . . . .             | 707 608-8807 |
| Adults age 50 or better . . . . . | 707 608-8804 |
| Project Manager . . . . .         | 707 565-4868 |

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### **NO PLACE LIKE HOME**

#### **Notice of Validation Action**

from

Director Ben Metcalf

**Department of Housing and Community  
Development**

[www.hcd.ca.gov](http://www.hcd.ca.gov)

Dated September 27, 2017

On July 1, 2016, Governor Brown signed landmark legislation enacting the No Place like Home (NPLH) Program to dedicate up to \$2 billion in bond proceeds for the development of Permanent Supportive Housing (PSH) for persons who are living with a severe mental illness who are homeless, chronically homeless, or at risk of chronic homelessness. The Department of Housing and Community Development (HCD) has been authorized to design and implement the Program.

On August 24, 2017, the California Health Facilities Financing Authority

(CHFFA) approved a resolution that authorized the issuance of one or more series of revenue bonds from time to time in an amount not to exceed \$2 billion to finance the NPLH Program.

The next step in the process is the filing of a validation action under the validation statutes to determine the validity of, among other things, the revenue bonds CHFFA authorized to be issued and sold for the purposes of funding the NPLH Program. The validation action was filed with the Superior Court of the State of California, County of Sacramento on September 12, 2017.

While the validation action is pending, HCD will be unable to answer any questions regarding the proceedings. However, the validation action is on file in the Superior Court of the State of California, County of Sacramento, and Case #2017-00219002. HCD's Legal Counsel in this action is the California Attorney General's Office.

Members of the public can go to the Sacramento Superior Court's website (<https://www.saccourt.ca.gov/>) to check on the status of that case.

### **Community Resources in Sonoma County**

#### **Consumer Relations Lending Library**

Have you been interested in learning more about a topic, and weren't sure where to look for it?

Check out the Consumer Relations list of titles on mental health recovery topics and see whether we have what you are looking for! We have some first-hand accounts about living with challenges as well as research into the latest paradigms in the field.



***A partial list of titles to choose from:***

- |                                                                                       |                                         |
|---------------------------------------------------------------------------------------|-----------------------------------------|
| <u>Darkness Visible</u>                                                               | William Styron                          |
| <u>An Unquiet Mind</u>                                                                | Kay R. Jamison                          |
| <u>The Center Cannot Hold</u>                                                         | Elyn R. Saks                            |
| <u>The Noonday Demon</u>                                                              | Andrew Solomon                          |
| <u>Hearing Voices, Living Fully</u>                                                   | Claire Bien                             |
| <u>Rethinking Madness,</u>                                                            | Paris Williams Ph.D.                    |
| <i>(Towards a Paradigm Shift in Our<br/>Understanding and Treatment of Psychosis)</i> |                                         |
| <u>Agnes's Jacket</u>                                                                 | Gail A. Hornstein                       |
| <u>Alternatives beyond Psychiatry</u>                                                 |                                         |
|                                                                                       | Peter Stastny, Peter Lehmann eds.       |
| <u>Resilient</u>                                                                      | Rick Hanson                             |
| <u>Psychosis as a personal crisis</u>                                                 | Romme and Escher                        |
| <u>Working with Voices II: Victim to Victor</u>                                       |                                         |
|                                                                                       | Ron Coleman and Mike Smith              |
| <u>Living with Voices</u>                                                             |                                         |
|                                                                                       | Romme, Escher, Dillon, Corstens, Morris |
| <u>Accepting Voices</u>                                                               | Romme                                   |
| <u>Intoxication and its aftermath</u>                                                 |                                         |
|                                                                                       | Leslie Jamison                          |
| <u>Madness</u>                                                                        | Marya Hornbacher                        |
| <u>Night Falls Fast</u>                                                               | Kay R. Jamison                          |
|                                                                                       | <i>(Understanding Suicide)</i>          |

## **To borrow a book**

from the Consumer Relations Library,  
please contact  
Kate Roberge, Consumer Education  
Coordinator at 707 483-7425 or  
email her at [Kroberge@qire.org](mailto:Kroberge@qire.org)

Interlink Self-Help Center

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**1033 Fourth Street, Santa Rosa**  
[www.interlinkselfhelpcenter.org](http://www.interlinkselfhelpcenter.org)  
**707.546.4481**

Petaluma Peer

## **Recovery Project (PPRP)**

**5350 Old Redwood Hwy, Suite 600  
(new address)  
Petaluma, CA 94954  
(707) 565-1299**

**We are open Mondays,  
Wednesdays, and Thursdays,  
10 am – 3 pm**

# Russian River Empowerment Center

**14520 Armstrong Woods Road  
Guerneville // 707.604.7264**  
**We are open**  
**Tuesday thru Friday**  
**12noon – 5pm**

# The Wellness and Advocacy Center

**3400 Chanate Road, Santa Rosa  
(NEW ADDRESS!!)**  
[www.wellnessandadvocacycenter.org](http://www.wellnessandadvocacycenter.org)  
**707.565.7800**

# Sonoma County Vet Connect

# Veteran's Building

**1351 Maple Avenue, Santa Rosa**

*Run by veterans for veterans*

## **Tuesday drop-in resource center 9:00 a.m. - 12Noon**

# North Bay Veteran's Resource Center

## *Housing, employment*

**2455 Bennett Valley Rd, C105, Santa Rosa  
707.578.8397 or 707.578.2785**



## **Disability Services & Legal Center**



Disability Rights Santa Rosa Office  
8:30 to 5:00 M-F (scent-free)  
521 Mendocino Ave.  
707-528-2745 (voice)

Deaf and Hearing impaired assistance via  
Contact@MyDSLC.org, or 711 video relay.



Funded by Mental Health Services Act (MHSA) funds through a contract  
with Sonoma County Behavioral Health Division,  
administered by Goodwill-Redwood Empire (GIRE)



## **Editor's Note**

**Thank you to everyone who contributed to the contents of this CRP Newsletter.**

**Amy Breckenridge,  
Consumer Affairs Coordinator**



This will be my last contribution to Peer Voices Now! produced by the Consumer Relations Program. Since the recent budget cuts have eliminated the Consumer Affairs Coordinator position, I will be leaving this role for new adventures.

I deeply appreciate all of you who have shared your writing and art with this publication and the community. It takes courage to put your work before an audience and I am grateful for having had the privilege to see and share your wisdom.

Thank you also to Elizabeth R. Stone, my silent collaborator, for her editorial observations and layout skills!



**Peer Voices Now! will continue – however, as an annual offering.**

**For more information,  
on how you can participate  
please contact Kate Roberge,  
Consumer Education Coordinator**

**(707) 483-7425**

**KRoberge@GIRE.org**



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