

QUARTERLY NEWSLETTER

2007 SECOND QUARTER

- January 1 through March 31
- April 1 through June 30
- July 1 through September 30
- October 1 through December 31

Volume 1, Issue 1

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WORLD CITIZENS SIT MINISTRIES LLC

NEWSLETTER GOALS

The goal of this quarterly newsletter is to present my efforts in the project I have been advising friends and family of for about ten years, which goals can be found in the website that has been provided above and which in brief are:

1. Reassessment of the oppressed
2. Changing society's perspective on oppression
3. Utilization of the skills of the oppressed to the advantage of society and their advantage
4. Educating society on the subject of oppression
5. Protection of the oppressed
6. Reduction of stress among the oppressed
7. Turning oppression into an economic and ecologic experiment and advantage for the oppressed and society in general
8. Creation of storehouses for the oppressed to be used as found in the website
9. Agricultural restoration
10. Turning neediness into the central point of uniting communities
11. Forming valuable communities among the oppressed

NEWSLETTER OBJECTIVES

As with all newsletters I have written, my objective (who and what our specific targets are to our goals which objectives include:

1. Self-sustenance (Resource Management)
2. Industry (Career/Business/Employment Management/Wilderness Survival)
3. Thrift (Money Management)
4. Teaching Participants of the SIT Program to teach others the same principals

UPDATE

Due to time restraints, this effort has been a difficult undertaking, and it still is. Therefore, this Quarterly Newsletter covers the first two quarters of 2007. For ten years, I have been giving updates to “Dear Friends and Family.” This newsletter will be replacing those emails, letters, and website communications from here on out and I encourage each of you to print out and disseminate a copy to your mosque members, local congregations, organizations, friends, and families in order that World Citizens can fulfill her goals and reach her objectives.

Now that I am involved in the commission and CALMHB/C, there is a lot more to share with you. Since I was elected to the Tri-City Mental Health Board of Commissioners, a lot has happened in my life, much of which supports my goals in trying to establish World Citizens. One of the important things about World Citizens is that it manifests, whether it happens through me or not, I am not concerned, so long as it manifests and does not manifest at the risk of forming a cult or dictatorship.

PERSONAL

- On January 18, the Tri-City Mental Health Governing Board approved the election to my becoming a Tri-City Mental Health Commissioner.
- On May 16, I was officially sworn in as a public official at the Joint Governing Board/Tri-City Commission meeting.
- On June 23, I was elected to be a Director to Southern California Region for CALMHB/C
- Linda has been my sidekick, playing a most important role by reminding me about and helping me get off to my meetings, making sure I take my medications, making me do my stretching exercises, and making sure that I eat which I would neglect to do quite easily if not for her reminders. While I work diligently in finding ways to meet the goals and objectives of World Citizens, Linda is busy making telephone calls on my behalf and setting up appointments which I would probably never make due to my current focuses being spread in so many ways. Currently, for example, why I work on this Quarterly Report, she is calling around for a bigger place so that we can adopt two children after having lost six children in four miscarriages. For the most part, when I cannot help, Linda also helps make our home a sanctuary to those who visit us. When you come to visit, just remember, you cannot move in. (That includes you, Luis.)
- We thank you who have provided so much support in my callings as well - the cards, emails, telephone calls, and attendance at the swearing in. This support is very much needed as I take on this project that is bigger than I ever will be.

WORLD CITIZENS SIT MINISTRIES LLC

WCSITM has not taken off yet because I still need to get grants, sponsors, and funding. Before I establish the Organization as a non-profit and LLC officially, I need to find the financial assistance and the government support to make this happen because my ultimate campaign is to establish the Organization as a department of FEMA.

TRI-CITY MENTAL HEALTH CLINIC

TCMHC is in the process of coming out of bankruptcy, but, in meeting with numerous clients, I am discovering that the services they provide are very much appreciated. Tri-City is a varied-encompassing Mental Health Clinic from successfully helping the homeless with mental illness/disability get back on their feet to successfully helping substance abusers become sober. TCMHC has had amazing leadership through some of the most challenging times, and I am honored to have been a part of their recent history. The various group sessions that consumers attend have also helped consumers to access resources in many ways. Such resources are housing, financial, employment, budgeting ideas, programs, counseling, etc. They are also busy bridging the gap between the mental health consumer and the community which need arises as the result of ignorance about mental health issues.

The programs and services of Tri-City are very much needed and may be the focal point in the future of America and World Citizens, in my opinion, in resolving many of the economic and ecological challenges in our society that impose the seeming need to participate in violent street gang activities and crime in general. As consumers, Linda and I appreciate the direction our lives are going as the result of the hands up that we find in Tri-City. If we can educate society on mental healthcare issues, it is certain that our elected officials will be able to find more productive ways of resolving many of the other issues that exist in our society.

One of the things I love about having Sabrina as my caseworker is that she places the burden of my mental health progress on me. I think it's important for us to focus on the role of the consumer more than anyone in order that the consumer "owns" his or her progress. Therefore, if anything needs to be identified, it should be the fact that our focus should be more on the time management of the consumer.

TRI-CITY MENTAL HEALTH COMMISSION AND GOVERNING BOARD

Since I have received the honor of being a member of Tri-City Mental Health Commission, I have taken copious notes for this newsletter, some of which I will be sharing in this quarter and the next due to the fact that my notes consist of two quarters.

JOINT GOVERNING BOARD AND COMMISSION MEETING UPDATE – FEBRUARY 21

On February 21, we had a Joint Governing Board and Commission meeting. In that meeting we discussed trust issues with regard to Tri-City Mental Health Clinic leadership that seem to exist as the result of the bankruptcy but a recent study shows that trust issues pre-dated the bankruptcy. My opinion is that this trust issue was the result of political bureaucracy by those with personal agendas rather than a passion for serving the needs of the mentally ill and the mentally disabled.

- It was reported that as the result of the reduction in staff, the quality service was not reported which I have not learned of per consumers I have personally interviewed. Then again, I have not reviewed the research done either, but when I receive it and review it I will update you further.
- It was reported that Tri-City sustained trauma from the bankruptcy and trust issues, but I questioned what these traumas were about because there is a wide variance on what the role of Tri-City is and what they offer to the community and due to the fact that the 50 +/- years that Tri-City has been in existence it has existed because consumers require and appreciate the services provided; otherwise, I cannot see how it would not have been taken over by another organization, committee, or special interest group interested in making a dollar from

our hard earned tax dollars. Trust issues could be worse if we allowed that latter to ever happen again.

- I am of the opinion that the governing board and commission need to clarify our roles, who we serve, and how we serve those who we serve.
- I am of the opinion that personal agendas related to your role on a board or commission should be made public as my agenda has been made in the link above before serving on boards and commissions in a way that is easily accessible to the public.
- I am of the opinion that politics and policies should be geared toward helping constituents to become self-sustaining, which will be evidenced by the amount of re-employment and re-entry to society, projects that make the Organization itself self-sustaining through the works of the consumer, and the number of sponsors utilizing the consumers requiring employment toward the time management aspect of their mental healthcare and consumers who have skills that need to be put to use.
- We need to consider the fact that the level of challenges should not be minimized regardless of how difficult it is to overcome.
- Further facts will be provided as we dialogue with the community and as conversations develop and healing is created.
- The three city council was advised in this meeting to clarify the following:
 - What is the mission of Tri-City given the reality that exists now?
 - What should the Board Structure be?
 - What should the appropriate role of the new Executive Direct be?
- In a recent focus meeting, I remember stating that the MHSA programs are there for us to make them work for us as consumers, so in the meeting I asked, “Are there more ways to maximize services in a way that brings money into the Organization?” I further stated that we need to get out of BK, but we also need to reduce our focus on it and redirect our focus on developing sponsorship in the community to bring in more dollars. For examples of what I mean refer to my website.

Paula Lantz, Madame Chair, Tri-City Mental Health Governing Board said, “It takes infrastructure in order for us to get services.”

COMMISSION MEETING UPDATE – FEBRUARY 22

At this meeting, we reviewed applications for membership on the commission. There were many questions addressed which I’m not at liberty to discuss in this newsletter, but the members of the board are all active and busy. For example:

- Bertha reminded us that May is Mental Health month. She also invited us to meet with LACC.

- I was asked to help Arlene get assistance with getting sponsors for the Mental Health Symposium. I'm not sure how to help her with this, but here are some things she is working on.
 - a. Looking to put together a symposium co-sponsored by NAMI, TCMHC, etc.
 - b. Looking for corporate sponsors in Southern California
 - c. Usually held during the summer, but may be moved to the fall.
 - d. Need speakers

COMMISSION MEETING UPDATE – MARCH 22

At this meeting a motion was approved to have Mary and Charles be on the committee for filling all position vacancies in the commission, but we are still short one person to make a complete committee on this. I would have volunteered but being new and not being familiar with the members and their histories yet, I would not be qualified enough to make a selection. Plus, I wanted to focus my attention on other things of which become CALMHB/C.

At this meeting, it was approved by formal consensus to have Ed Diska facilitate a CIMH Special Training hopefully on a Thursday in September.

We were honored to have Mary Baron, Clinical Director, as our visitor. I was most grateful for her review of how things at Tri-City were done; so much clarification was provided and a lot of information was presented. Lolita expressed her appreciation of her wonderful leadership. Dick discussed how well Ms. Baron did as a speaker on PTSD at a NAMI event and announced a speaking engagement with Paul Barry as a guest speaker coming up. I went to it and it was really good.

Just for the sake of brevity, I will conclude this part of my report by saying that our commission is busy, multi-focused, and doing well in serving our constituents. Our constituents have no complaints to my knowledge, and when they do the matter is addressed in a manner that presents a positive outcome. Our meetings are packed with opportunities to make changes in policy as needed and I believe that everyone is fairly heard. The public has opportunity to speak as well to address concerns or make comments or present new or pressing issues. We have a very good commission

CALMHB/C

At the May 16 Joint Governing Board/Commission meeting, I was honored to be elected to go to the Oakland CALMHB/C meeting. I went, took copious notes, and had a total blast. At that meeting we had tremendous interaction and Dale Parent chaired the meetings in a manner that made participation enjoyable. A lot was covered in the meetings.

We were honored to receive a report from California DMH Director, Dr. Mayberg, PhD. In his report he stated two schools of thought: 1) Keep them in the dark and grow mushrooms and 2) Give the process a whole lot of sunlight and make it a more vibrant system. He preferred the latter because it creates more vibrancy, better outcome, and less stigmatism. In his report, he stated that we are the eyes and ears of the system.

He told us that the budget is stuck in the legislature and that AB2034 money has been put back into the budget and housing funds have increased.

Regarding MHSAs, he advised us that 30 day review is helpful, but he complained that money doesn't go out fast enough. We need to balance the stakeholder process with MHSAs. 50 plans were approved. Six plans that are out have political issues regarding whether they wanted to do the MHSAs. People are moving forward on that.

Dr. Mayberg also discussed Prison Reform versus Mental Healthcare Reform. He said that in California alone we spend \$10 billion on 177,000 inmates in California alone. He presented the fact

that the prisons are about punishment, not rehabilitation, so a culture shift is very much needed. One concern I brought up was re-entry. There seems to be a vicious cycle and a lack of support for those coming out so that they do not re-enter the system which is our evidence that the system does not work as is.

Karen Hart gave her report from the Planning Council. She discussed the Juvenile Mental Health Courts and Care, California Judicial Blue Ribbon Commission on Foster Youth Commission, the Governor's Committee, and CalMEND. Most of which was discussed in the Executive Committee.

Ed Diska reported that the recent Regional Training was very appreciated on one extreme and totally sucked on the other extreme. He reported that we are working on decreasing re-hospitalization, staff training about who 5150s are and how to deal with them, and how to discharge them. The data is looking good, he reports.

Janssen Pharmaceutical, a Mental Health Company through Johnson & Johnson, allowed each of us the opportunity to use the Virtual Hallucination Machine. I had no clue at first what it was, but from the sound of it my first response was "I want some of that!" This device provided us with the opportunity to experience the audio-visual hallucinations that are experienced by many with mental illness. It was actually quite incredible.

On Saturday, we discussed the groups in brief with the exception of our group which we engaged intensely in. For the sake of brevity, it was recommended by the Conference Committee to hold the training meetings in Sacramento due to political ambience, less expensive accommodations, and access to politicians and speakers to discuss healthcare issues. Goals for next year were discussed. We then had a very fruitful roundtable report from each county about how their commissions were doing. As a result of all the fantastic information provided, I recommended that a monthly newsletter update be provided from and for each of us to take to our boards and commissions. My notes are copious, so for the sake of brevity, I'm not going to discuss what each county reported.

We had elections afterward. The results are as follows:

1. Executive Officers
 - 1.1. Dale Parent for President; motion accepted
 - 1.2. Dale Fuller for First VP; motion accepted
 - 1.3. Susan Wilson for Second VP; motion accepted
 - 1.4. Charmaine Quinlin for Secretary; motion accepted
 - 1.5. May Farr for Treasurer; motion accepted
2. Southern Local Region
 - 2.1. Faye and I are officially Directors for the Southern Region.
 - 2.2. Moses is Coordinator.
 - 2.3. Charmaine is Executive Secretary.
 - 2.4. May Farr is Executive Treasurer.
 - 2.5. Nardine is Alt Director 1
 - 2.6. David is Alt Director 2

As you can see, there is a lot going on. Progress is being made in the area of Healthcare and advocacy for the mentally ill and mentally disabled in California. It is my hope and prayer that in my service to my constituents, results will manifest quickly and in a manner suitable to the oppressed and to society in general.