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2007 Quarterly Newsletter

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2007 FOURTH QUARTER

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



INSIDE THIS ISSUE

- 2** Personal
 - 4** Word Citizens Ministries
 - 4** Tri-City Mental Health Center
 - 6** Planning Council Meeting
 - 8** CALMHB/C
 - 10** Updates
 - 11** Last Note
-
-

Newsletter Goals

The goals (where we want these ministries to be) 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 web site that has been provided above and which in brief are:

- Reassessment of the oppressed
- Changing society's perspective on oppression (ridding the stigmas)
- Utilization of the skills of the oppressed to the advantage of society and the oppressed
- Educating society on the subject of oppression
- Reduction of stress among the oppressed
- Turning oppression into an ongoing economic and ecologic experiment to the advantage of the oppressed and society in general
- Creation of storehouses for the oppressed to be used as found in the web site and my book "An Economic Proposal: Fact Becoming Reality"
- Agricultural restoration
- Turning neediness into the central point of uniting communities
- Forming valuable communities among the oppressed

Newsletter Objectives

The objective (who and what our specific targets are to our goals) are:

- Self-sustenance (Independence) of the Oppressed homeless, impoverished, and individuals with special needs
- Industry (Vocational Management/Wilderness Survival) for the Oppressed who are able bodied
- Thrift (Resource Management) to guide the Oppressed through financial independence
- Teaching participants of the SIT Program to teach others the same principals.

Negligence is a form of abuse; and, as a former homeless person who has been physically and psychologically traumatized by his own experience with homelessness, your positive contributions mean more than my life itself.

Personal

A REVIEW OF MY NEWSLETTER GOALS

Part One of Ten, Reassessment of the Oppressed

This goal was inspired by a letter I received from President George W. Bush when I complained about the homeless situation in America. While the media was reporting that homelessness in America was increasing, President Bush was reporting in a letter to me that it was decreasing significantly more than in the Bill Clinton Administration.

As President Bush came into office, my business prospects changed as the result of businesses moving out of the country to make their corporate survival more possible. It was not until his second term in office that I discovered that I was not alone in my field. There were many just like me becoming displaced, and throughout his administration people like me have suffered tremendously.

Since Linda and I first became displaced as early as May or June 2000, I encountered a world in America that I never really understood or even knew about. I knew of it; I knew about it; but I never really understood or even truly knew about it as I had thought prior to experiencing it. I was so judgmental of mothers who prostituted their children and themselves out to put food in the belly and clothes on the back of their children; I was so critical of what is now known as a Soccer Mom; I was very critical of those men and women standing at busy intersections begging; and I had no clue about the behind the scenes of those panhandling at local grocery and other stores.

Now... World Citizens SIT Ministries has the goal of reassessing homelessness, poverty, and individuals with special needs from the perspective of those experiencing these situations versus statistics that do not really tell the whole story. Because of what we have experienced firsthand, I pray for your support in every way and anyway possible. I seek grants, grant writers, government intervention, social intervention, spiritual and social ministries, surveyors, ad hoc committees and standing committees, volunteers, and many other types of donations. Cash donations are great, but they don't cut it when the community expects someone else to shoulder all the responsibilities by himself.

In order for me to reassess the circumstances faced by the oppressed, I need people to physically interact with them, do firsthand and interactive observation reports, and share with me to share in this newsletter what your findings are. You each make a difference whether for the good or for the bad, whether you engage or sit back. Negligence is a form of abuse; and, as a former homeless person who has been physically and psychologically traumatized by his own experience with homelessness, your positive contributions mean more than my life itself. Please help me with this ministry to the Oppressed... *somehow*.

ON A PERSONAL NOTE

Our move into our new place that was supposed to transpire on October 23 was moved to November 1. Now that we are in our new place, we awaited another two weeks for the pod with all our personal affects to come. It was frustrating enough to wait a month to move in, so we are grateful to finally be settling in again. The apartment is smaller than the last one. We had an onsite handyman, but he wound up back in jail. Our landlord, though, is definitely not a slumlord as our last landlady was. Unlike our last experience, we were provided with blinds for our windows and a shower curtain for our bathroom. Instead of a parking space with a broken down storage unit that the homeless drug dealers lived in by night and urinated beneath by day, we have a full size garage which is actually a four car garage that is not used by anyone yet, except us. Not having our pod, however, was expensive, so we did not have enough money to do laundry until December 3, two months worth. Overall though, we are quite miserable here because of how lonely it is and how strange people are and because of how far away we are from the resources that we were so tremendously blessed with down the hill.

The disadvantage of living here that exists is the fact that there are no close bus routes to where we live, and the people here are very different than down below. The train station is about a mile away, and there is no bus that takes us down there, so because of our physical disabilities we have to really prepare for a long walk before going down the hill or arrange transportation through Access Paratransit. Shopping requires that you know the bus routes and that you have a hand cart which was in storage when we first went shopping. Fortunately, our savings at Winco were so significant that we were able to afford a cab home. Due to our limited budget, all fresh produce that we receive is always appreciated. It's very difficult to purchase fresh produce throughout the month on \$211/month on food stamps while waiting for your SSDI to kick in.

Finally, we do have personal needs which many of you have inquired about since the last quarterly report. I am extremely proud of my ability to do sit-ups after four years since my back injury. My next goal is to be able to run like I used to, but this requires running shoes which I cannot afford yet (size 7). I also need dress shoes for my business meetings and for when I go to mosque. Other than that, we will advise you by email if any other needs arise. Fresh produce is always very much appreciated.

Word Citizens Ministries

In our website, we are now able to contribute to the goals and objectives of World Citizens Ministries through PayPal. We are still working on acquiring non-profit status, but first I have to find a means of funding the goals and objectives of the Organization. Once it is SIT, instead of requesting grants, it should be in the position of being able to provide qualified grants to related organizations with appending goals and objectives. I anticipate speaking with the governor and Dr. Mayberg on this subject sometime in the near future if Dr. Mayberg will be so kind as to make this happen.

As for updates, I am getting positive reviews from fellow Muslims and have spoken with a couple of friends of mine from the Baha'i Faith who seemed quite interested in the ideas I presented to them. I look forward to more support in this mission to serve and support the oppressed by helping them become S.I.T.

Tri-City Mental Health Center

THE TRI-CITY MENTAL HEALTH COMMISSION

This quarter, the Commission provided me with disappointment through another setback concerning the need to redo the bylaws. The reason this is a setback is because our commission has by consensus agreed that we needed to revise the bylaws since before I came on board. Nothing has been put on the agenda yet that has passed that evidenced that "Tri-City" has had a productive commission for years, but we have been working on cutting out all the politicking and wearing of double hats at our meetings. Those who have read my Commissioner's Handbook will see my comment about putting matters of interest on the back burner indefinitely to be rehashed and moved indefinitely again. In my book, I also refer to the need to reduce NAMI membership in the Commission to 20% because of their inability to ever take the NAMI hat off at Commission meetings. Then again, the training from CIMH scheduled for October 25 was also indefinitely put on the back burner as well and replaced by an in-service provided the vice chair. Commissioner Krieger presents herself very well and does a very good job with her in-service, but those who have read my Commissioners' handbook know that I have a much simpler and much different approach which is being adopted by the Planning Council and CIMH, per Mr. Diksa, as I mention below.

Interestingly, at our last commission meeting, our chair person gave a report on the accomplishments of the Tri-City Mental Health Commission per my request, in which she reported that we are working on the bylaws while the minutes clearly stated that this motion was put on the shelf indefinitely for the third time. I leaned over to another commissioner to clarify what this was all about. She said that she and I were on the bylaws committee... hmmm.

Fortunately, our savings at Winco were so significant that we were able to afford a cab home.

On another note, we had two resignations. The resignation of our long time chair person was due to a career related change.

Meanwhile, the MHSa Delegates process has caused us to focus on the governance of Tri-City Mental Health Center and its bankruptcy and has provided us a gateway in moving forward.

TRI-CITY MENTAL HEALTH CENTER

Tri-City continues to serve their constituents faithfully to the extent resources are available. The battle continues, however, to survive the budget cut, but that is where my proposal called "An Economic Proposal: Fact Becoming Reality" needs to be looked into much deeper by all branches of government. I know it sounds totally whacked, but the reality is that we need change in our outlook and save the future of all healthcare, whether medical or mental, an example of which I provide below with regard to Amtrak. The important thing is that we take ideas that come in seriously and without feeling a need to put our personal agendas first at all costs because as Clinical Director Mary Baron says, "There is no room for arrogance in what we do." In that light, just as we have found in her most amazing leadership at Tri-City Mental Health Center since I have been a consumer, it is of utmost essence that all stakeholders in mental healthcare facilities review my proposal and apply their own ideas of the concepts therein.

Speaking of the cut, I cannot see how Governor Schwarzenegger was able to violate the law when the Mental Health Services Act is very clear that the funds were not to be touched. It reads:

The funding established pursuant to this Act shall be utilized to expand mental health services. These funds shall not be used to supplant existing state or county funds utilized to provide mental health services. The state shall continue to provide financial support for mental health programs with not less than the same entitlements, amounts of allocations from the General Fund and formula distributions of dedicated funds as provided in the last fiscal year which ended prior to the effective date of this Act. The state shall not make any change to the structure of financing mental health services, which increases a county's share of costs or financial risk for mental health services unless the state includes adequate funding to fully compensate for such increased costs or financial risk. These funds shall only be used to pay for the programs authorized in Section 5892. These funds may not be used to pay for any other program. These funds may not be loaned to the state General Fund or any other fund of the state, or a county general fund or any other county fund for any purpose other than those authorized by Section 5892. (MHSa Section 5891)

For now, however, 933k has been allocated to Tri-City to hopefully secure us for the year as a replacement of the AB 2034 funds that were cut. When the year is up and the funds are out, I worry that we will be homeless again due to the priorities of our current governor.

Planning Council Meeting

JANUARY 17

Policy and System Development Group

At the Policy and System Development Group, Beverly Abbot, DMH Consultant, spoke on the Full Service Partnerships. She spoke about the origin of the concept of FSP and elements about it important to consumers and families. CSS requirements were based in large part on the successful models of AB 2034 and Wraparound. Consumers and stakeholders wanted a different type of partnership. CSS requirements included concepts important to consumers and families.

Abbott went over concerns regarding the two-tiered system and what transpires when someone no longer needs intensive services. She also noted that core elements in FSP which she addressed in her slide presentation included the facts that Responsibilities go both ways and we don't want the mental health system to be consumers' whole life. She also provided an enhanced definition of FSP.

Susan Sherry, Executive Director, Center for Collaborative Policy, gave a "Threaded Discussion Training." She talked about how to run a meeting and gave some excellent pointers. She advised that we make sure our issues are laid out and that we verbalize what is going on with the group. She recommended that we do pre-discussion preparation so that we don't get off track and suggested a "parking lot" idea where you note what needs to be discussed at a different point of the discussion. She also recommended that we do visual cues to answer questions, for example, standing name plate up on its side. She also recommended that we know the end goals of the discussion as well as know when you need to change your end goal.

Levels of Care Discussion

Rod Kennedy, Manager, Adult mental Health Division, Sacramento County Health and Human Services, and Debbie Innes-Gomberg, District Chief, Adult Systems of Care, Los Angeles County Department of Mental Health, discussed multi-levels of Care and Services.

Benefits of this transformational approach presented were that it creates a common language, understanding service level intensity, matches resources to consumer circumstances, avoids "fail first" system where the system fails the consumer (recidivism and re-entry) and where the consumer is not failing the system, and promotes success and recovery. They covered the Level of Care Principles, Processes, and Structure.

Their presentation was followed by Dave Pilon, Vice President for Training, Consultation and Evaluation, Mental Health America of Greater Los Angeles. In his presentation, he stated that there's a need behind every want, a safety net. He bullet-pointed a measuring recovery process called The Milestones of Recovery Scale (MORS).

Review and Approve Recommendation on Veterans Mental Health Issues

Dale Mueller, EdD, RN, went over the goals of this recommendation namely: 1) Strengthen Prevention and Early Intervention; 2) Build Federal, State, and Local Partnership; 3) Reducing Eligibility and Enrollment Barriers; and Strengthen Family Support Networks for Families of Reserve and National Guard Service Members.

Other Speakers

Carol Hood, Assistant Deputy Director, Community Program Development, DMH, gave us an update on MESA.

Warren Hayes, Chief, Education and Training, DMH, gave a review on a Education and Training 50-Year Plan.

Due to a small seizure, I missed the presentation on the Project Implicit by Shama Chaiken, PhD. I went to go rest before my CALMHB/C meeting.

JANUARY 18

We received a report from Dale Parent, President, CALMHB/C, that the website through Network of Care is busy with other contracts currently, so she at least requested a URL.

Diane Koditeck, MFT, Director, Kern County Mental Health Services, reported that her organization is analyzing the reduction in DMH services and working with other organizations on strategizing this effort.

AB 900

Robin Dezember, Chief Deputy Secretary, Health Care Services, California Department of Corrections and Rehabilitation (CDCR) gave us a history of the very important Assembly Bill 900, The Implications of Prison Reform for the Public Mental Health System. He stated that "The environment in correction is consistent with what is in the media and dynamic." He bullet pointed several aspects of the result of population pressure on CDCR and on the state and discussed the prison bed development. He went over the first phase of AB 900. He also discussed the impact on County Mental Health by noting that there exist many issues on funding. An issue that still needs to be addressed was that not all incarcerated individuals with mental illness will be released from re-entry facilities. Another impact on County Mental Health, homelessness and no resources, especially when mentally ill, is a major issue.

Stephen W. Mayberg, PhD., Director, DMH, gave his report from the Department of Mental Health, but it was mostly inaudible; however, I did have the opportunity to chat with him before he spoke and gave him my contact information. He said that he would definitely be contacting me to toss around some ideas from my World Citizens SIT Program proposal with Governor Schwarzenegger. Hopefully, I'll have the opportunity to meet him and the governor in Sacramento and possibly provide a possible positive contribution to social service issues in the State of California.

CALMHB/C

JANUARY 18

At the Friday meeting, Adrienne Cedro-Hamel updated the delegates of CALMHB/C on what transpired in the Planning Council meeting. She stated that the Planning Council has the legislative platform and how the Planning Council intended on transforming itself.

Then we received from Ed Diksa, PhD., CIMH, discussed the website as well. Paul Cummings wants to show the CIMH new link because CALMHB/C has a place on it. Beth Connelly wanted to do a part on housing. Diksa stated that CIMH's role and duty on performance outcomes involved addressing performance outcome data on disparities, penetration, and retention.

I was rather excited to learn that my Tri-City Mental Health Commission Manual has been considered in the adoption of the CIMH, MHPC workbook for CALMHB/C. CIMH wants to do a 25 - 35 minute video on TAY, but they are being affected by the Writer's Strike.

The CALMHB/C has requested a list of our commission/local mental health board members.

Suicide Task Force; MHSA Programs in San Diego

We had the honor of listen to two very presentations from two gentlemen who put together a suicide task force for San Diego County. They made me think of how I can build World Citizens.

Alfredo Aguirre, LCSW, and Philip Hanger, PhD., discussed prevention and early prevention which began by collecting data from the community. They noted four councils, namely: Older Adult, Adult, Children, and Housing. At the advent of Prevention and early prevention, they educated the community. During the process, they went to the Mental Health Board for financial support and went to community meetings for outreach. They took information to councils, assessed community needs, and made sure outcomes were solid.

They narrowed their focus to eight groups, namely: Early childhood, education, co-occurring (dual diagnosis), veterans and their families, domestic violence and community violence population, Rural East population, older adults due to isolation, and first break in mental illness for the most serious mental illness, namely schizophrenia. All these focus groups overact with each other.

JANUARY 19

Taking Care of Yourself & Improving Relationships

Kim Fuller, MFCC, presented six essential processes on changes toward success in your life, namely: make contact with your; validate what is happening within ourselves;

become aware of your behavior, what elements of your life motivate you to be where you are in life; acceptance of where you are in life or difference in the way you do things; figure the new possibilities; and giving and receiving Support/Mentoring.

We engaged in little exercises to think about the things we want to change in our lives and to improve our listening skills. She noted that change involves sacrifice of “something” and that “informed decisions give you more awareness on possibilities and better choices.” In her little brochure, there was a Courage Lifeline exercise where we are to track our history of courage, past, present, and future. She also covered the subjects of active listening versus reflective listening. Her whole presentation in my opinion was so good that it would have seemed too short regardless of how long it went.

THE COMMUTE HOME

After spending days of planning my trip to San Diego, calling one company after another and even 1800 USA RAIL, I was so proud of the savings I provided CALMHB/C. After speaking with the customer service at Amtrak regarding the current agreement about monthly MetroLink train passes, I was advised that because my Access Paratransit Card allowed me on the MetroLink for free as does a MetroLink Monthly Pass, I could “definitely” use it the same way on Pacific Surfliner. Just as I thought, I made it to San Diego on my card and paid only \$2.00 for trolley and bus fare to the hotel.

On the way back, however, that was a different story. The conductors had never seen nor heard of an Access Paratransit Card and kicked me off in Solano Beach. Due to my physical and mental health condition, the transit officer, Officer Griffen, would not let me walk home from there. He called Tri-City’s emergency line, and initially Sonny Alino who was on call seemed to be under the impression that I wanted him to pick me up or pay for transportation when in fact as I advised him he needed to hook up with the San Diego County Mental Health system to see if they could help me. His response was that I had no open case with them as I did with Tri-City, so since I was unable to get help to get home, I told him that I would just walk home since there were no other options available to me and that I would see them all next month. I told him to let my wife know what was happening. Granted, I was frustrated, but this is an example of how California needs to be able to hook into Mental Health resources for consumers of various counties somehow to make sure consumers of Mental Health programs and services are not placed at risk. This is partially one of the goals of CALMHB/C.

As a result of Amtrak leaving a physically disabled and mentally ill consumer of Mental Health programs and services to fend for himself as they did me was placing me in the way of harm had I not asked the conductor to call 911 and advise them of who I am and what was transpiring. I have filed a complaint with ACLU about this, but let’s see if this leads anywhere. I truly doubt it, but I really believe that the disabled who have the credentials that they are under the ADA in need of special arrangements for the ability to get around should be provided with those special arrangements. In my

case, Amtrak misinformed me and should have prevented this six hour debacle from happening.

Fortunately, Officer Griffen called Tri-City back and handed me the phone, and Mr. Alino said, "I'm so glad you called back." Paul Crane, his supervisor purchased a ticket for \$19.55 to get me to Union Station, and I arrived just before midnight. My next MetroLink train did not leave until 12:00 Noon, so I called Linda from a pay phone and she arranged for a courtesy ride home through Access Paratransit Service which cost me \$8.10. They picked me up at 8:00 AM, Sunday morning and I arrived home at 9:10 AM.

As a result, since I received a ride to the train station, saving \$2.00, my fare home was \$27.65, making my total fare to and from San Diego \$29.65, still quite a savings.

Apparently, all Saturday, I was suffering from a bacterial infection, so this entire nightmare did not help me feel any better. I did not eat or drink anything all Sunday and Monday and spent most of the time in bed and in the bathroom. I am still recovering from the physical and mental trauma this experience caused me as well. I think the worst of it was being treated as if I was trying to avoid paying my fare.

Updates

- We are slowly settling into our new place, but we still welcome all the financial help to help us catch up on deposits and the costs that come with settling into a new place. The cost of this move was actually prohibitive, but Providence in His Wisdom has us here for a reason. In the Website under "About Us" there is a place that allows you to contribute to this assistance via PayPal as well. All other contributions can be sent to our address above.
- Since my injuries in 2002, I have been extremely limited in what I have been able to do. Now that I can do sit-ups, I look forward to being able to run and ride a bike again. I need help acquiring some good running shoes, so your contribution there is always welcome as well. (Size 7)
- For the most part, we are doing well health-wise, but we have both been without our Psyche meds. When we went to get them at Tri-City Mental Health Center, although the staff knew how long the commute is for us, they were unable to have the dispensary staff who were present provide us with our very much needed Psyche Meds. As a result, I woke up in the hospital recently sitting in a chair in a sub-waiting room at the Antelope Valley Hospital. Linda on the other hand has been an extremely emotional roller coaster which brings me down more than I already am.
- The end of January we will be changing our telephone number because Verizon has become like Pacific Bell where the attitude is "You need us more than we need to provide you with good customer service." Pacific Bell as many of you recall could not fare well after treating their customers with so much arrogance and that arrogance proved to be their downfall. They were bought out by Southern Bell who adopted the same attitude and was then bought out by AT&T. As I told the Verizon rep, I have been a customer in excellent standing with you for years, and I

just make one small, insignificant request ten years later and get treated like I do not deserve fair and equal treatment with no particular favors above and beyond what any other customer deserves. To begin the process, I dispensed with my high speed internet with Verizon and signed up for the same service through Warner Cable. Warner Cable and several other companies provide local and unlimited long distance telephone service through high speed internet service, so the competition is getting tougher for your local telephone company. They need to learn to treat their customers better or else... the cable company monsters will get them.

Last Note

Linda and I sincerely wish to thank all of you who have been with us through these very challenging times; those who have stayed posted on my newsletters over the years; and those of you who have offered your homes, your resources, and other kindness, especially your patience. We both share in the belief that somewhere in the cycle of life your generousities, patience, and words of comfort will not go unrewarded.

Please stay in touch; you all make a difference in our lives. May the blessings of Providence continue to be recognized with our warmest wishes and love always.

The Kingston Family

Nolan, Linda, Bobby, and Trixie

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permission is granted to distribute it
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Thank you.

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