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Prop 63 4 Me

News

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Based in Santa Barbara, California, Prop 63 4 Me is a consumer advocacy organization. For more information, send e-mail to Chuck Hughes, chas96099 or call Maureen Mina, 966-4245.

Consumers Participate In Advocacy Training

By Chuck Hughes

The California Network of Mental Health Clients (CNMHC) Office of Self-Help/Technical Assistance and Support Center coordinated leadership training for leaders in local self-help/peer-support organizations for those who have been involved in the planning and policy-making for the Mental

Health Services Act (MHSA).

The first of a series of two-day trainings was held on September 20-21 in Culver City.

Bob Quinn and I were selected from Santa Barbara County for this unique training. The focus of the training was to mobilize client leaders to return to their

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Prop 63 4 Me Awarded Grant from Fund For Santa Barbara

Prop 63 4 Me has received a \$5,000 grant from the Fund for Santa Barbara through the sponsorship of the Independent Living Resource Center, a 501 (c) (3) nonprofit organization.

The funding will be used to help Prop 63 4 Me establish an office and provide consumer training and transportation to meetings.

We are grateful to the Fund for Santa Barbara for supporting consumer-run initiatives and to Jo Black of the Independent Living Resource Center for sponsoring the project. Maureen Mina, Bob Quinn and Chuck Hughes developed the successful funding proposal.



Bob Quinn (left) accepts the award from Diahna Núñez of the Fund for Santa Barbara.



By-Laws For Prop 63 4 Me Approved

Initial by-laws for Prop 63 4 Me have been approved and will be reviewed annually.

Highlights include:

ARTICLE I.

There shall be a Mental Health Consumers' Advocacy Infrastructure in Santa Barbara.

A. Name. This shall be named PROP 63 4 ME.

B. Purpose. The purpose of 63 4 for Me Organization is to be a gathering of Santa Barbara County Mental Health Consumers/Clients who are working together towards becoming an active, contributing part of the MHSA planning process.

C. Vision. Providing; Consumer empowerment and advocacy training, strategies for consumer involvement at all levels of planning and implementation of recovery programs to all reachable mental health consumers in Santa Barbara County.

ARTICLE II

MEMBERSHIP

A. Qualification and Privileges.

The only qualification for membership is to be or have been a current or former mental health consumer anywhere and who upholds the 63 FOR ME purpose and vision. Qualified individuals will may receive full membership. Full members will be eligible to hold any office and to vote on any

matters at meetings of the Membership. All matters incidental to the calling or dismissal of a Coordinator or to the amendment of these By-laws shall be reserved to a vote of the full members. A vote by two-thirds of the full members, at a meeting called for that purpose, may direct that any permanent funds or other property, held by the Trustees or officers, be applied in such manner as is consistent with the purposes of the 63 organization, but no such vote shall be effective if the proposed application would be inconsistent with the trusts or other restrictions to which the property in question may be subject. A vote by two-thirds of the full members shall be required for disposition of any property.

New Location for Monthly Meetings

Prop 63 4 Me holds meetings on the last Friday of the month at 4:30 pm at the Fellowship House, 2017 Chapala Street, Santa Barbara.



Clausen's Corner

The Beauty Path for Lunatics

Us lunatics - the moon can set us off - Off to intuit our neighbor's insincerity, our boss's dishonesty - Off to explode with TRUTH, forget discretion - Off to wail and witness injustices the world over.

We crazies - thinking, organizing - all are crazed - Crazed by politics that punish illness and praise corporate welfare -

Crazed by communities that make sleeping and sitting against the law -

Crazed by professionals that outlaw ciggies and caffeine, then force toxic meds on patients, in the guise of help. Those normies - they call us crazy!

Call us "inappropriate" with taunts, takedowns, and tie downs -

Call us "noncompliant" and sneak their smokes, drinks, donuts -

Call us "violent" and violate our space, our dignity, and our rights.

Shall we embrace our lunacy, and insist: On compassionate communities?

On honest interactions?

On learning to be humane - like animals?



Sharon Clausen

*Shall we go crazy and demand:
Care not incarceration?
A stake as citizens of the community?
Attention, not assault, from the system?
Shall we tell normies that:
They won't convince us to conform?*

*They won't change habits with coercion?
They won't cure with violence?*

The beauty path to good health for us all:
Compassion and care and cultural diversity -
Honesty and fairness and a new paradigm -
Humanity and empowerment and non-violence.

Is that insane - or what??

We'd Like to Hear from You!

You are welcome to submit articles, comments and suggestions about consumer empowerment, the Mental Health Services Act and related concerns. Send e-mail to chas96099@hotmail.com or to Editor, P.O. Box 21511, Santa Barbara, CA 93121.



Advocacy Training (continued from page 1)

It took a surprisingly short time for us to reach a consensus about what kind of mental health services we consumers want.

communities and effectively advocate for client-run programs and client-centered policy. Such programs/services are prescribed by the MSHA as being a vital component in mental health wellness/recovery approaches.

Understanding the MSHA

We learned a lot in a short time. The training presented by the National Empowerment Center in conjunction with California Network was quite intense. Participants dissected the Mental Health Services Act practically word-for-word, gaining a much better understanding of its intent and meaning. Much of the training was focused on how consumers can gain effective involvement with local MSHA decision-making boards and meetings.

On the second day of the seminar, the attendees broke into four practice workgroups.

Our assignment was to write a request for proposals (RFP) for a consumer-run mental health service of our choosing. Despite the representation of consumers from several counties, it took a surprisingly short time for us to reach a consensus about what kind of mental health services we consumers want.

A peer-counseling center and a chat or friendship line were the number one priority of most of the workgroups, and all of them wanted to turn their practice projects into reality.

Much of the remainder of the seminar was devoted to how to make that happen. The *hows* and *whys* of accomplishing our goals and dreams were discussed.

Continuing Support

The training will continue with two more two seminars and three teleconferences to keep us connected and supported during our



Michelle Curran with the CNMHC organized the training and made presentations.

engagement with MSHA.

My first night back I sat cross-legged beneath the branches of my favorite palm tree on the rolling hills of Goleta overlooking the Channel Islands.

With a warm Santa Anna breeze gently caressing my cheeks, visions (*not* hallucinations) of everything that I learned from the two - day training and everyone I know from the Santa Barbara consumer movement were running through my head.

I concluded that the next step is to take what we have learned and share it with our peers to strengthen the consumer movement.

Join us to ensure that your voice is heard before decisions are made that affect your life.

Prop 63 4 Me Offers Advocacy, Support

Inspired by the passage of the Mental Health Services Act (MHSA), Prop 63 4 Me is a grass-roots movement of local clients of mental health services. This organization seeks to ensure clients' involvement in mental health services decision-making county-wide. A number of contacts have been made and relationships with principal participants with MHSA have been established.

Dogging the System

Dogged persistence on the part of activist clients has led to a place for clients at the decision-making table. Initial involvement was not only accepted but encouraged by county officials at the highest levels.

Prop 63 4 Me has already achieved unprecedented success in mobilizing local consumers. Now it is essential that we take the next step forward by solidifying our infrastructure, especially by establishing a central office to continue organizing. Prop 63 4 Me will be operating under the nonprofit umbrella of the Independent Living Resource Center (ILRC) at 423 West Victoria Street at the Santa Barbara West Side Community Center. In addition, Prop 63 4 Me has been invited to have representatives on the ILRC Board of Directors.



A dedicated workplace is essential for continued growth of this critical movement, not only to advance communications about consumer concerns, but also for day-to-day organizing operations. It is our goal to ultimately expand our headquarters to accommodate a support and advocacy drop-in center.

Prop 63 4 Me conducts monthly membership meetings to identify the needs, wishes and concerns of mental health clients. This information, in turn, will be regularly communicated to county officials responsible for MHSA program development. This will help ensure that the voice of consumers is reflected in programs and services.

PROP 63 FOR ME

P.O. Box
21511
Santa Barbara
CA 93121
PHONE:
(805) 966-4245

E-MAIL:
chas96099@yahoo.com
Editor: Chuck Hughes



We're on the Web!

See us at:
<http://groups.msn.com/prop63forme>

Next membership meeting ...

AN INVITATION

Monthly Meeting
Friday, December 29
4:30 PM
Fellowship House
2017 Chapala Street
Santa Barbara
Open to all current/former
consumers of alcohol, drug &
mental health services

P.O. Box 21511
Santa Barbara
CA 93121