



**Steve Pitman**  
NAMI Orange County Board President

# ADVOCACY

## 3 Levels of Mental Illness (Stages of Emotional Response)

- 1) Dealing with catastrophic events-** crisis, chaos, shock, denial, "normalizing", hope against hope
- 2) Learning to cope-** anger, guilt, resentment, recognition, grief
- 3) Moving into advocacy-** understanding, acceptance, advocacy, action

## Kinds of Advocacy

- The Affordable Care Act
- VR5150

*Kinds of Advocacy*

## Small "a" Advocacy

Talk to a friend, attend a meeting, take/teach a class, get involved with the community

NAMI Orange County- [www.NAMIOC.org](http://www.NAMIOC.org) or 714-544-8488

- taking a Family to Family class
- Learn to tell your story (Ending the Silence and In Our Own Voice presentations)
- Volunteer at NAMI OC
- Attend NAMI events

Be Well OC- [www.BEWELLOC.org](http://www.BEWELLOC.org)

- Attend meetings or events

### Other Ways

- Attend the Mental Health Events here at Saddleback Church or other Churches
- Get involved somewhere in your community

*Kinds of Advocacy*

## Capital "A" Advocacy

Getting involved with legislation or speaking to policy makers

- National Toll Free #988
- (Kevin Hines)
- NAMI's WarmLine (714-991-6412)
- Mind OC (Maricopa County Navigation & WarmLine)
- LPS Conservatorship/5150- Inclusion of family & peers,  
"Nothing about us without us", Governors advancements
- Strengthening the Dept of Managed Care- MHSA  
reforms include working with state prisons and early intervention

## Final Thoughts

- I don't want to lead to believe that Capital "A" advocacy is any more important than small "a" advocacy
- Assisted Outpatient Treatment
- Cedar Farms