



Mental Illness: Why Should I Care?

Presented by: **George Kaufmann**

Two Wednesdays
October 18 & 25, 2017

9:30 am - 12:00 pm

Valle Verde - Social Room
900 Calle de los Amigos, Santa Barbara

Mental illness is one of the most common health issues in America, affecting one family in four. It is also among the most disabling afflictions, comparable to MS or quadriplegia, and it often affects people in the prime of life. Because of societal stigma and misconceptions about mental health, sufferers are often underserved. Even though treatment for mental illness does work and recovery is possible, only half of those affected get the help they need, and jails have replaced hospitals as the primary “inpatient” treatment facilities for serious mental illness. In this course we’ll discuss what distinguishes mental illness from “normal” difficulties we all encounter; explore how mental illness affects thinking, emotions, and behavior; and sort out myths and facts relating to this devastating health problem.

Just some of the questions that we will explore:

What distinguishes a mental illness from difficulties we all encounter in handling life challenges?

What causes mental health disorders?

What are the most common mental health disorders?

What do these disorders look like?

Why do so many people living with mental health disorder go untreated?

Why are the societal costs of mental health disorders so high?

What do we need to know about mental health disorders as we age?



Deadline for registration: October 11th

Enrollment Form: **Mental Illness - October 18 & 25, 2017**

VISTAS Members \$25 - Nonmembers \$37.50

Amount Enclosed \$ _____ Check# _____

Name(s): _____

Telephone: _____ Email: _____

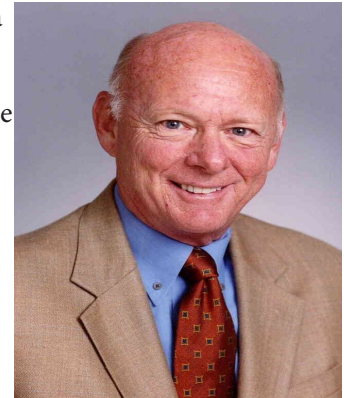
Mail registration form to:

VISTAS Lifelong Learning, Inc., P.O. Box 23228, Santa Barbara, CA 93121-3228

Or you may go to our website and pay by secure credit card through PayPal

<http://www.vistaslifelonglearning.org/upcoming.html>

Biography: George Kaufmann and his wife, Milly, moved to Santa Barbara from Kalamazoo, Michigan in 1999 after he retired from a career in pharmaceutical marketing with The Upjohn Co. He became interested in mental health after his son Patrick's 1994 diagnosis of schizophrenia, and in the years since, he has served on several boards of nonprofit service providers and other mental health organizations at the local and state level.



Since moving to California, he served on the Board of Directors of The Mental Wellness Center from 2001 to 2014, including a two-year term as Board Chair. He has also been an active member of NAMI Southern Santa Barbara County and has served as President since 2014. George is a certified teacher of the Family to Family course, a NAMI evidence-based practice designed to help family members of people living with mental illness to better understand and cope with the impact of mental illness on their family.

He currently serves on several advisory committees and work groups for Santa Barbara County Dept. of Behavioral Wellness, including the Crisis Services Action Team and the Consumer and Family Advisory Committee. In 2007, the California Institute for Mental Health presented George with its "Champion of System Change" award for his advocacy and support efforts on behalf of people living with mental illness and their families.

George is a frequent speaker at a variety of mental health organizations, mental health provider groups, universities, churches, and civic organizations. He is a participant in the Santa Barbara County Crisis Intervention Training (CIT), which helps law enforcement officers become more effective in dealing with mental health crises, and is a guest lecturer at Antioch University's graduate course on Community Mental Health.



VISTAS Calendar

Seminar/Event	Inclusive Dates	Time	Venue
Annual Picnic	Sunday, September 10	12:30 pm	Tuckers Grove
Documentary Film Club	3rd Thurs Monthly	2:00 pm	Maravilla Theater
Nonfiction Book Club	2nd Thurs Monthly	1:30 pm	Vista del Monte-Sierra Madre
The British Raj	Mon, Sept 18, 25, Oct 2 & 9	9:30 am	Grace Gathering
Art Presentations	Thurs, Sept 21, 28, & Oct 5	9:30 am	Valle Verde - Social Room
The Changing Arctic	Tues, Oct 17 & 24	9:30 am	Goleta Library
Mental Illness	Wed, Oct 18 & 25	9:30 am	Valle Verde - Social Room
Freedom Train	Tues, Oct 31 & Wed, Nov 1	1:00 pm	Grace Gathering
Socialism in the US	Tues, Nov 7, 14, 21	9:30 am	Grace Gathering
Wine in Culture	Mon, Nov 13, 20, 27	9:30 am	Valle Verde - Social Room
Climate Change Denial	Wed, Nov 29 & Dec 6	9:30 am	Museum of Natural History
Hamilton	Mon, Dec 4, 11, 18	9:30 am	TBA - Limited to 10