The true measure of a civilization can be seen not in its great scientific achievements, its large bridges and freeway systems, its supermarkets and fast food chains, its IT advances, or its great movie epics. The true measure of a civilization is seen in the way it treats its people who are poor, sick, elderly, handicapped, or otherwise in need.

- Stuart Rawlings, Placer County Social Worker
Welcome to the August 2012 Edition of MHSOAC Expressions!

*MHSOAC Expressions* is a special edition of the Mental Health Services Oversight and Accountability Commission (MHSOAC) newsletter, featuring artwork and writings from California’s mental health community at large. A special thank you goes out to all of the talented clients, parents, caregivers, family members and stakeholders of the mental health community who submitted their artwork, poetry and short stories. We have received hundreds of submissions from artists and writers from varying counties throughout California, and are pleased to present a handful of these in this newsletter. It has been a wonderful experience and very inspiring to hear your stories and share in your creative expressions.

Wellness, Recovery and Resiliency are key themes of the Mental Health Services Act (MHSA or Prop 63), which serves thousands of people with mental illnesses in California. These themes are evident in the lives of so many in the mental health community, and throughout this newsletter you will see a full range of emotions and motivational illustrations of these themes as experienced by many of our artists and writers.

The newsletter has been divided into three sections: *Expressions*, *Art*, and *Recovery*. *Expressions* presents several inspirational poems paired with a few similarly expressive art works. In *Art*, you will see a display of some of the many outstanding art works we have received. And, in *Recovery*, individuals share their personal stories of triumph over mental illness.

I’d like to thank the MHSOAC Communications Team for their excellent work on this special edition. We hope you enjoy it.

Thank you,

Sherri Gauger, Executive Director
Mental Health Services Oversight and Accountability Commission

---

**Contents**

| Welcome | 2 |
| Expressions | 3-10 |
| Art | 11-12 |
| Recovery | 13-15 |
| Index | 16 |

**Artists Featured on the Cover**

- **Untitled**
  *Mike Dietz*<br>Placer County

- **Natural Love**
  *kenneth james*<br>Los Angeles County

- **Champion**
  *Designed by Juanita Olmos*<br>Tulare County

- **Road to Nowhere**
  *Andrea Price*<br>San Bernardino County

- **Port of LA**
  *Lynn Keune*<br>Sacramento County

- **Friends at Beach**
  *Lynn Keune*<br>Sacramento County

- **My Dream Job**
  *Leann Simpson*<br>Alameda County

- **Together**
  *James Christiansen*<br>Stanislaus County
The Two Sides of Me

I’m as honest
as the night is long
Responsible
to a fault
Loving as a
nightingales song
A caring
and supportive adult.
I blame you
for what I cannot see
I’m shy
beneath a darkened sky
Withdrawn inside
my tortoise shell
As introverted
as blackened rye
Reluctantly, I confide
I know me well.

Barbie Anne Gaulin
Sonoma County

I Cry

Sometimes when I’m alone
I cry
The tears I cry are bitter and warm
They flow with life but take no form
I cry because my heart is torn
I find it difficult to carry on
If I had an ear to confide in
I would cry among my treasured friend
But who do you know that stops that long
To help another carry on
The world moves fast and it would rather pass by
Than to stop and see what makes one cry
And sometimes
I cry
And no one cares about why

Bradley Vancel
Sacramento County

Nightsky (Jerry Yarnell’s Starry Night)
Karen Snyder, High Risk Health and Senior Access Team
Stanislaus County
Untitled

My dear friend
You’ll be okay
Not everyday
Will be like today
Things will be fine
You know that they will
Focus on positive
Meditate and be still
You’re finally able
To truly be free
Do what you want
Whatever that may be
You’ve been through so much
I know that you have
You’ve come so far
Now let’s look back and laugh
So many trials
Some that you failed
But you learned so much
In the end you prevailed!
Just stay open minded
Keep your eyes open wide
And show the world
What it means to be alive!

Brenna Feller
San Diego County

Love Upheaval
Martin Ortega
Imperial County

Disorder

There is no order to this my life
It is so chaotic in my mind
On the inside looking out
I am sane by all accounts
On the outside looking in
This where true chaos begins
Self deluded I see me
Righteously
My intentions virtuous worthy.
Essentially I covet secretly
It that touches me so deeply
Sweetly purely unknowingly.
Professing outwardly to be
In control
I am seeing me.
Trust
Come and go with me
I help you not just for you
But me
Deluded is my mind
Crazy
Valued secretly are the moments
In the company
See
How bizarre my mind creeps
To disorder within order
Is it live or Memorex
On cloud nine, ten
I rise
The it’s grey silver lining
Visualized.
The latest
Episode in the chaos of my mind.
Is actually a moment of reality
Defined

My fate for this time for a while.
Deluded delusions yet
Reality Real
It all coming down
How I feel
Inside the chaos
Mental madness
Surreal

Tracy Inez
Los Angeles County

Art... is an attempt to bring order out of chaos.

- Stephen Sondheim

Art

Mike Dietz
Placer County

“Art... is an attempt to bring order out of chaos.”

- Stephen Sondheim
About “Shadow”

The shadow side of self and culture. We hold both, the shadow and the light. Inspired by *Paschimottanasana, this work depicts the transformational aspects of self-inquiry based systems of recovery and wellness.

An expression of the shadow side of self and culture, this painting holds the understanding that we, as individuals and as a community, hold both the shadow and the light. By facing the hidden aspects of ourselves, we cultivate self-acceptance and wisdom. The process of healing ourselves from the inside out encourages acceptance of others; in turn uplifting our local and global communities.**

*Paschimottanasana is a hatha yoga posture best described as a seated forward fold.

**Abridged

“

A good painting to me has always been like a friend. It keeps me company, comforts and inspires."

- Hedy Lamarr

Look At Me Now

Look at me now it's not where I came from its where I made it
Look at me now never thought I would of made it this far with my Background and my past the hurt and deceive this life has cause me The pain I never thought I could get over but
Look at me now learn how to take the pain in and turn it into power
Learn from my mistakes grew in strength
Look at me now I'm going to graduate
Life just getting started
Look at me now I'm on a great start

Sabrina Harrell
San Joaquin County

Boatman Sunset
Val Esprit
Sacramento County
Desolation

The trees are black, the forest gray.
With ashy casts and foggy rays.
Can’t the sunlight come through the air
And give some hope to the spirit there?
Then may we see the beauty that exists,
can sigh a moment and enjoy this long-awaited bliss.
Oh death what do you have me do –
when everyday you force myself to talk to you?
I’m tired oh life and death combined.
Tell me what is really mine.
Do I have the sunlight coming through the fog?
Or will darkness always prevail,
Casting shadows on my grave and longing for my fall?
Let me yield to the sweetness and the joy
of a forest shiny green and gold,
With amber sounds coming through the leaves
yearning for my touch.
Hear me life, extend your hand
and guide me through
until we find that tender patch of precious blue.

Carmen Lee
San Mateo County

Hope and Love
Sarah Favorite
Los Angeles County

Letters Home

Another drop of sweat
Lingers on my chin
For a few heartbeats.

Baptizing the paper.
Just below the stain
Of the one
From the tip of my nose.

Distorting my writing.
Making it look
As if
I had been crying.

While I work hard,
After three days
In the bush,
To say something interesting.

I work hard
In this night.
To tell my mother
Lies.

About myself
And my heart,
And how little
I died out there.

Donald Loomis
Riverside County

Tsunami in Japan
Dennis Riley
San Diego County

African Sunset
Jeff Syvertsen*
Stanislaus County
* Legally blind
Hold On

I am afraid to let go, but I am tired
God says hold on
I cannot breathe, feel like the walls are closing
God says hold on
I am running and I am tired, but I cont’ to run
God says slow down
I do not listen and then I fall
I try to stand but I cannot
I am bleeding
God says crawl
I crawl
God says walk
I walk
God says I will heal your wounds,
But I will not remove the scars
I ask why
He said I want you to remember
No matter what you go through I am here for you
Believe in me and all things are possible.

Renee Norman
San Joaquin County

Summit

The air atop Half Dome is its gentlest in the morning.
The kiss of sunrise caresses the valley below.
Streams like capillaries traverse redwoods that lean towards heaven
With outstretched hands.
The quiet that comes with morning is always with me.
My gaze fixes upon a tender sky shedding shadows of the past
Extending its reach like oceans pierced by starbursts.
As the warmth of radiant beams blanket my battle-worn flesh,
I understand that every step of the climb was worthwhile.

Roberto Roman
Contra Costa County

Mother and Child
Victor Dominguez
Los Angeles County

Fishing Day
Juan Alvarez
Napa County

Happy Forest
Val Esprit
Sacramento County
Natural Love
kenneth james
Los Angeles County

Eagles Over Canyon
Ron Reiswig
Napa County

Independence
Strength, Joy
Peace, Love
Holding on
Letting go

Becoming Authentic
No matter what
No matter where
No matter when

I have the choice
Within myself
To make the move
To open my mouth
To speak my truth

Independence is becoming close
Becoming vulnerable
Becoming honest
Becoming real

Opening my eyes
To the clarity of my life
As I reframe
My old ways
And embrace the new

For only I know
What it is like
To hold on to fear
Keeping me from love

A fear
That I might not
Be worthy of freedom

Freedom
That lives inside each of us
Freedom to see life
As only we can
With love, joy and purpose

That is true independence

Mary Pat Nally
Ventura County

“Every artist dips his brush in his own soul, and paints his own nature into his pictures.”

- Henry Ward Beecher

About “Natural Love”

This is about who we are naturally, and how nature is therapeutic, it is a place that we were naturally given to, but as city dwellers have been removed. It brings a peace that the city does not know! This is also about fantasy, about wishing to be there in the nature, and escaping all the craziness of the city, and also the craziness of being victimized.
I am broken in spirit
I’m losing control
The absence of peace
Has taken over my soul
The pain I feel
Along with shame
It makes me so tired
It drives me insane
The dread and anger
Delusion and guilt
I have become accustomed to
This misery I feel
Demoralization and failure
Are part of me now
I suffer form an incurable disease
That is chronic and foul
Hopeless and sick
Rebellious and forced
Has cut me off from those I love most
Arrested and jailed
Suicide on my mind
No more excuses
I look but can’t find
Self centered, self seeking
Is that who I am
Will I choose to live
Or choose to be damned
Defensive and Proud
The fear invades my being
Consumed in this nightmare
It invades all my dreams
Destruction dissipated
Condemned and enslaved
This is my reality
To this day
The question I must ask

What am I willing to do
To end this spiral war I go through
Will I be honest with self
And live what I’ve learned
Make use of this time
Absent from drugs I learned
Will I make this time in treatment in vain
Or be grateful for life and heal from the pain
Will I learn to live my life on life’s terms
Or will I continue to allow my dreams to be burned
No, today I take a stand
To change everything
And for that change I know I must be willing to be free.

Gina Enriquez
San Diego County

“The aim of art is to represent not the outward appearance of things, but their inward significance.”
- Aristotle
Healing Trauma

I. withdraw into numbness
spinning, spinning going faster
meditate, finding answers
smashed
burglarized, burying the pain in work
prayer
inspiration

II. yoga & prayer
unfolding the fear & pain: breathing
response
climbing on the way up
broken: must make myself better
study & practice faith
inspired

III. now fully in-the-now
centered, relaxed yet alert
world’s problems
looking for the light
faithful, whatever arises, I’ll be okay
healing with hope
wellness

Survivor

Who me, yes me,
Previously surrounded by unfavorable
conditions,
Entrenched in muck,
Existing in the grim,
Living in the dirtiest of waters,
Hiding in the dark,
Alive but not living.
A person who experienced trauma...
Boundaries violated, abused, raped, and
neglected.
Everyday -n- every night, reliving the
horrors that filled my world...
But like a lotus, magnificence unfolded.
A spiritual being who is perfect, whole, &
complete,

I AM A SURVIVOR - not a victim!
Life as a caterpillar ends.
Metamorphosis and change has occurred
The journey begins.
I am living life boldly & courageously.
Insight, perspective, and transformation.
Self propelled like a butterfly,
I rise!
Rejoicing for all that I am, give, and bring.
My existence, my being, my living
Manifesting radiance and radiance
manifesting.
I AM A SURVIVOR!
I Am, I Am!

Yaffa Alter
Alameda County

Bipolar

I’m recovering now.
It’s been by the sweat of my brow.
Doctor’s, nurses, hospitals, pills,
Up and down the mountain and hills,
Of my delusional mind.
In a world that was so unkind.
There were days when it was good,
And some days I wouldn’t have even if I could.
But all in all I can’t complain,
I can see through the fear and pain,
You have to be brave to face your mind
Especially in a world so unkind.
It’s been 40 years since my mind went away
I look forward to tomorrow and today.
I’ve put the past behind me and I see,
That the person in the mirror is a different me.

Suzanné
Stanislaus County

I found I could say things
with color and shapes that
I couldn’t say any other way
- things I had no words for.

- Georgia O’Keeffe
About “Coping in the Sea of Life”
The mural “Coping in the Sea of Life” symbolically portrays the challenges, battle, triumphs, and joy that play out as we strive to face up to the storms of life and work toward recovery and wellness.

---

Art enables us to find ourselves and lose ourselves at the same time.
- Thomas Merton

About “My Dream Job”
As a consumer and advocate working in the non-profit sector, creating art has become vital to my recovery and maintaining wellness, it tells a story...

My Dream Job
Leann Simpson
Alameda County

Painting Out Loud
Counseling Staff of Petaluma People Services Center
Sonoma County
The Gathering of Friends
Robert J.
Placer County

Squirrels
Jo Ann Myers, Stepney
Santa Barbara County

"A picture is worth a thousand words."
- Napoleon Bonaparte

Swan with Seashells in a Goose Egg
Kristina Kaufman
Butte County

Holding Your Thoughts
Mark Grenz
Nevada County

Volcanoes of Feelings
Ayleen (12), Jacqueline (9) and Mercedes (5) Peguero
Orange County
My Journey of Recovery

In the past, I never liked
The word recovery
I felt like I was broken
In some way
Others could not see

It was my projection
I held tightly in my hand
I had a fear of letting go
Afraid others
Might not understand

Understand my heart
Understand my pain
Understand just who I am
So the real me
Would still remain

To admit I have a challenge
To admit that I need help
To admit that I need to lean on others
That I cannot do this all by myself

Today
My thoughts are different
I have begun to understand
That recovery is discovery
Of parts of myself
I have buried in the sand
Parts that I have revealed
Cry for my attention
They have been waiting
In the shadows
Healing from experiences
They are too scared to mention
I might not have been able
To handle it at the time
I am surrounded in support today
The opportunity is mine

To take off the veil
To let down my guard
The wall that I built
Was oh so very hard

I was tired of pretending
No longer wanting to hide
Tired of feeling all alone
Hoping the tears
Would eventually subside
I was enveloped
With love and acceptance
Validated for my gifts
I started to see
The love in myself

And it really gave me a lift
In the process of becoming
I am uncovering my truth
I am a divine, loving and creative soul

For that, I need no proof
When we come together
We mold ourselves like clay
Strength in numbers
We support and celebrate
Let us have a wonderful day

Sincerely,
Mary Pat Nally
Ventura County

My Recovery: Total Transformation!!

Reflecting back on my past nine months of treatment of all kinds, not the least of which includes extensive group therapy along with intervention by a doctor, I can best sum up my recovery as being a total transformation for myself. Being here at "Las Encinas Hospital" here in Pasadena with its cross section of ethnically diverse people from all over the greater L.A. area, its been an eye opening experience. These people come from all walks of life of which most well educated. Regardless, the common thread that brings these folks together, is for their growth and recovery. This experience made me aware that life in spite of its ups and downs, life can be at times a lot of fun!! It made me aware that recovery and wellness for the most part means, is always knowing how to take care of myself. In addition to that, living a very productive and prosperous life can include, always working hard, helping others in need and having a great sense of humor!! At times, letting out a little "LAUGHTER!!" can help others in say having a wonderful day!! Therefore self help courses, namely therapy here at Las Encinas Hospital has been truly intriguing part of my recovery and wellness. Also going to the Nishi Hongwanji Buddhist Temple in Los Angeles has also been crucial for my wellness and recovery as well. Getting together with folks of the Japanese community along with getting in touch with the lord has made me really appreciate how this Betsuin has been a unique sense of community all to itself. I'm really thankful for that this is another way of taking really good care of myself each and every week.

However, the one single most important element that has defined my life in terms of recovery is: my skills of being able to do research of articles and doing writings of all kinds of stories related to recovery. This has really helped me immensely in my recovery. Along with that listening to a lot of interesting vintage music on web site, youtube along with internet radio, has been really therapeutic for me. In all, the process of recovery and wellness has truly been beneficial for me the fact that I do have a lot of life's experience and lived experiences. These things has really made me very opinionated and moreover insightful in my conversations of sharing my stories of recovery and wellness with others. In feel I have really helped others in their growth, healing in their road to recovery. In terms of a summation, knowing myself and knowing what my weaknesses and limitations and my desire in getting the help I need has really help me immensely. With that I encourage others to do the same, as they work towards their road to recovery and wellness!!

Thank you,

Steve Wakimoto
Los Angeles County

Writing is an extreme privilege but it’s also a gift. It’s a gift to yourself and it’s a gift of giving a story to someone.

- Amy Tan
My Stop Message

If more under the power and insanity of addiction could stop long enough to focus on the beginning of a fresh new day without the plague of a bottle of wine, a balloon, spoon and its outfit, a hit and its accompanying glass pipe or anything that must be ingested to relieve the pressure and pain felt by addiction.

If such could stop long enough to watch the sun rise and endure its soothing warmth and tremendous energy instead of what has become a pest in the sky burning and getting in the way of another beautiful day that can never be seen.

Stop and try to remember what your teeth were like before this monster called addiction took over the direction of your hygiene. Remember what your bathroom was like around this same time and if you showered or bathed on a regular basis.

Stop long enough to hear an ole jam mastered by one of America’s greatest of strings being played on a distant radio. Remember those days and how life was indeed Breezin’.

Stop and reflect on the last night’s peaceful and most comfortable slumber. As well reflect on that significant other you cherish to this day and how the two of you awoke to that beautiful dawn. And in such waking, after experiencing a night never to forget, the two of you put a seal in such waking, after experiencing a night.

Recall, if you will, the times on a regular basis when breakfast, lunch and dinner were hot and tasty meals. Remember those days and how life was indeed Breezin’.

Stop and try to calculate the last most consistent lot of paid: rent, electric, gas, phone, cable, internet, McCall, playboy, jet, ebony and newspaper bills - not to forget house notes for those of you. And by consistent refer to that lot of paid bills years old now. And while you’re calculating find those receipts for that television set and attachments for video, that stereo system with its 1000 plus collection of your favorite music, that gold watch with the diamond midnight mount, other jewelry shared out of love and the late model car.

You may even find that a rainy day has a certain freshness to it for its intended purposes.

Like the rain after some polluted problem in a downtown or ghetto alley you may think of that monster you are polluted by as the very same. And a good hard rain can be thought of as those tears and flow of snot all pouring without the thought of a man crying or a woman giving in to the same both in surrender.

And like the rain there is something clean and fresh throughout that is seen and felt as strength, courage, relief and especially humbleness. On the first sun shiny day after the cleansing rain can be felt the same intensity after one’s own shower - Oh Yes; it’s alright to cry!

At least for me it was and still is today. As well there are those I walk with in this fresh new world who feel the very same. There are those witnessed on a regular basis who feel the beginning of this fresh new world free of the chains of insanity.

And if pride should stand in the way of so much pain suffered by addiction then it is only my suggestion that maybe you wait for one of Seattle’s many rainy days, Chicago, Atlanta or New York’s many buckets of rain and walk in it.

No one except our Higher Power will notice you in the midst of a wet crowded downtown or even a lonely ghetto street CLEANING HOUSE!!

BeBop
Los Angeles County

The Client on the Couch

I was led down the long corridor of a small mobile home by a frail older woman who seemed to emanate pain from her stooped body with every tender step. With excessive effort, she turned her body so she could fall back into the sofa that already retained an impression of her body exactly how she had maneuvered herself. “This has just been the year of living on my couch” she reported with a sigh. She went on to describe a lifetime a trauma and pain, both physical and psychological, that had seemed to “just overwhelm” her as she had aged. According to the client, her present experience was so harsh, that she wondered daily if it might not be better for her and those around her if she were dead.

As a clinician in the Connections Program, funded through MHSA, I was able to go to her home and meet with her every week. I have no doubt that without this flexibility and creativity in providing service, the client would not have been able to receive the services that she needed to remind her that hers was a life worth living.

Every week, I went to her home and was led down the same narrow hallway and listened to her seemingly infinite stories of pain and anguish. Every week we discussed the continued value of her life for herself and others. And every week we worked to confront the depression that had skewed her perspective so severely that her life had seemed to become almost unbearable.
I am not sure when or how it started, but thinking back, I remember that the client began to sit on her couch instead of reclining through our sessions. A short time later, I noted that the client had started to greet me at her front door dressed instead of her customary pajamas. Then, she started to share art work and jewelry that she had started creating and discussing the positive interactions with her family that she was having on a regular basis.

In my recollection it feels most accurate to say that I was watching her come alive before my eyes. I wish I could share the feeling I have in thinking about this client with others who do this type of work. Words fail to express how appreciative I am to the client for letting me be a part of her success and the creative program that allowed it to happen at all.

I haven’t seen the client in several months. I have heard that she has a boyfriend now. She met him at the church that she had resumed attending during the time we meet. She also has joined a peer support group, established by our program to promote client achievements like hers, as a valuable and well liked member. Most exciting to me, though, is that I recently heard that she has gotten rid of the couch that she spent that year on. She has replaced it with a table so she continue to work on her art and jewelry and create a life she knows is worth living.

Christopher Sims, LCSW
Butte County

My Success Story

Hi, my name is Arturo Flores, and I am a recipient of mental health services in Santa Clara County. Particularly, those at Evans Lane Wellness and Recovery Center. I am currently employed by the Learning Partnership Intern Program, being trained to provide peer support services. Both Evans Lane and the Learning Partnership Intern program are funded through Mental Health Services Act (MHSA).

The services at these various programs have helped me in various ways. The Evans Lane program has helped me with stable housing on site; staff who were always ready to answer questions or help with activities or support. They helped with emotional support or in obtaining the services which I had difficulty obtaining myself. They would help with transportation to places when needed; they would give sound advice. We would attend group therapy. We all would have to maintain group therapy to demonstrate that we have the capability to take care of ourselves; also we would have to do our own laundry. We also would have to take care of the ground, as well as do volunteer hours at Evans Lane, to help defer the rent and cost of our program.

Due to the help that I received there at Evans Lane, I was capable of landing a job with Santa Clara County Learning Partnership’s consumer intern program. I am being trained to work with other mental health clients who could use the support of someone who has been there in their spot as a mental health recipient; who was having a difficult time maneuvering through the system; being on medication, compliant, housing issues, access to community program, navigating through the social security benefits, and all sorts of other issues. Through the availability of these MHSA funded programs, I have found great self sufficiency and I believe will find even greater forms of self sufficiency. I look forward to advancing in the venture to greater independence. If you are struggling and are a mental health recipient, these programs can help you make and sustain a healthy and productive life where otherwise you would find it difficult or impossible to maintain a stable and productive life. For people who are struggling with their mental health issues and get to a place in their recovery process where they can accept help, these programs which assist in daily living, give reassurance and hope for the future and provide opportunities to be productive members in our society through training and employment opportunities are essential to gaining a productive life. I thank my god that such assistance is available to help or teach me how to do the things that I do not know so that I can not only help myself, but help others not to be held back by such obstacles. I am grateful and willing to be led as well as lead.

Sincerely,

Arturo Flores
Santa Clara County

Submit Art and Writing!
The MHSOAC is always accepting art and writing submissions from California’s mental health community to be considered for display in our publications and on our website.

We accept all submissions, and especially welcome those with themes of: wellness, recovery, and personal experiences or triumphs as related to mental health.

To obtain a submission form and submit work, please contact the MHSOAC.

Email: mhsoac@mhsoac.ca.gov
Phone: 916.445.8692
Fax: 916.445.4927
Attention: Art Coordinator
Subject: Art & Writing Submission
INDEX OF ARTISTS AND WRITERS

**ART**

**Mike Dietz**, Placer County, *Untitled*, 1, & *Untitiled*, 4

**Andrea Price**, San Bernardino County, *Road to Nowhere*, 1

**kenneth james**, Los Angeles County, *Natural Love*, 1 & 8

**James Christiansen**, Stanislaus County, *Together*, 1, & *Compassion*, 9

**Lynn Keune**, Sacramento County, *Port of LA & Friends at Beach*, 1


**Juanita Olmos**, Tulare County, *Champion*, 1

**Sandra Velasco**, Santa Clara County, *Tears Of..., 3*

**Karen Snyder**, High Risk Health and Senior Access Team, Stanislaus County, *Night Sky (Jerry Yarnell’s Starry Night)*, 3

**Martin Ortega**, Imperial County, *Love Upheaval*, 4

**Katrina Eden**, Santa Clara County, *Shadow*, 5

**Val Espirit**, Sacramento County, *Boatman Sunset*, 5, & *Happy Forest*, 7

**Sarah Favorite**, Los Angeles County, *Hope and Love*, 6

**Dennis Riley**, San Diego County, *Tsunami in Japan*, 6


**Victor Dominguez**, Los Angeles County, *Mother and Child*, 7

**Juan Alvarez**, Napa County, *Fishing Day*, 7

**Ron Reiswig**, Napa County, *Eagles Over Canyon*, 8

**Guy Kerr**, Nevada County, *Split Time*, 9

**Patricia Aveni**, San Francisco County, *Somewhere I Belong*, 10

**Counseling Staff of Petaluma People Services Center**, Sonoma County, *Painting Out Loud*, 11

**Dianne Washington and Clients of Pacific Clinic’s Children’s Intensive Community Services (CICS)**, Los Angeles County, *Coping in the Sea of Life*, 11

**Mark Grenz**, Nevada County, *Holding Your Thoughts*, 12

**Kristina Kaufman**, Butte County, *Swan with Seashells in a Goose Egg*, 12

**Jo Ann Myers**, Stepney, Santa Barbara County, *Squirrels*, 12

**Ayleen (12)**, Jacqueline (9) and **Mercedes (5)** Peguero, Orange County, *Volcanoes of Feelings*, 12


**Stuart Rawlings**, Placer County Social Worker, *True Measure of a Civilization*, 1

**Bradley Vancel**, Sacramento County, *I Cry*, 3

**Barbie Anne Gaulin**, Sonoma County, *The Two Sides of Me*, 3

**Brenna Feller**, San Diego County, *Untitiled*, 4

**Tracy Inez**, Los Angeles County, *Disorder*, 4

**Sabrina Harrell**, San Joaquin County, *Look At Me Now*, 5

**Carmen Lee**, San Mateo County, *Desolation*, 6

**Donald Loomis**, Riverside County, *Letters Home*, 6

**Renee Norman**, San Joaquin County, *Hold On*, 7

**Renee Roman**, Contra Costa County, *Summit*, 7


**Gina Enriquez**, San Diego County, *Broken Spirit*, 9

**Suzanné**, Stanislaus County, *Bipolar*, 10

**Healing Trauma Committee**, Alameda County, *Healing Trauma*, 10

**Yaffa Alter**, Alameda County, *Survivor*, 10

**Steven Wakimoto**, Los Angeles County, *My Recovery: Total Transformation!!*, 13

**BeBop**, Los Angeles County, *My Stop Message*, 14

**Christopher Sims**, Butte County, *The Client on the Couch*, 14 & 15

**Arturo Flores**, Santa Clara County, *My Success Story*, 15

---

"Art washes away from the soul the dust of everyday life."

- Pablo Picasso

MHSOAC
Mental Health Services Oversight and Accountability Commission
1300 17th Street, Suite 1000
Sacramento, CA 95811
Ph: 916.445.8692
Fax: 916.445.4927
Email: mhsoac@mhsoac.ca.gov
www.mhsoac.ca.gov

The MHSOAC has received consent to display all art and writing submissions in MHSOAC publications and on the MHSOAC website. All outside parties wishing to use artwork and writing must contact the MHSOAC for permission.