

APPLICATION FOR APPOINTMENT TO  
**COUNTY BOARDS, COMMISSIONS AND COMMITTEES**

**Instructions**

You may fill out this application on-line by tabbing between fields and selecting the green Submit at the bottom once complete.

If you prefer to submit a paper application you can select the Print button at the bottom of the page. Printed applications require an original signature and date noted. Any additional documents will need to be attached and then mailed to the address at the bottom of the form.

Must be a resident of Nevada County to apply.

**Profile**

**Which Boards would you like to apply for?**

Mental Health & Substance Use Advisory Board (Nevada County): Not Submitted

Question applies to multiple boards

**Confirm your desired member position:** *Consumer Member*

**Incumbent?**

Yes  No

*Iden*

First Name

*Rogers*

Last Name

Home Address

*Nevada City*

City

Suite or Apt.

*CA*

State

*95959-9004*

Postal Code

**Mailing Address (if different from residence)**

**Business Address (Optional)**

*Retired*

**Supervisorial District 1 through 5 (Available from Election Office, 265-1298)**

None Selected

*District 4*

**Time(s) available to attend meetings (days, evenings, etc.)**

*All, based on previous days and times.*

Email Address

**Business Email Address**

Retired

Primary Phone

Alternate Phone

**Are you currently employed with the County of Nevada?**

Yes  No

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**Interests & Experiences**

**Experience:** A resume, or additional sheets, may be attached containing any information that would be helpful to the Board in evaluating your application.

**Education/Employment Experience**

See attached, top of Page 1

**Community Experience and Affiliations**

See attached, middle of Page 1

List any other County boards, commissions, or committees on which you have served:

See attached, top of Page 2

Other experience you feel would be helpful to the Board of Supervisors in making this appointment:

See attached, top of Page 3

References: Please list two references with telephone numbers

Lael Walz  
Liz Duffy



Upload a Resume

Additional Attachments

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**Agreement**

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**Applicants may be required by State Law and County Ordinance to file a financial disclosure statement as part of the appointment process. The form may be viewed at <http://www.fppc.ca.gov>. An Oath of Office will be required upon appointment. I have reviewed the Financial Disclosure Statement requirement.**

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I Agree

Applications must be filed with:

**Clerk of the Board of Supervisors - County of Nevada**

**950 Maidu Ave.**

**Nevada City CA 95959-8617.**

This application is a public document.

**Document-16360 Rev 1/2008**

## **Education / Employment Experience**

Two-year college degree. Graduated "with distinction" with a major in Electronic Technology, plus about ten additional courses that included some in psychology and criminal justice.

Air Force electronics school leading to work on classified aircraft electronic equipment during my four-year enlistment (secret security clearance).

Thirty-one years as a union electrician. As an apprentice, I attended night school twice a week, three hours a night, for three years during the school year. The subject matter related to the electrical trade.

After the Air Force, prior to my electrical work, I worked as an electronic technician for two different employers. The second was for a research and development firm which also required a secret security clearance.

For a duration of ten years after my retirement, I was a paid publication column editor on topics related to aircraft radio communications, Air Traffic Control, and the Federal Aviation Administration.

## **Community Experience and Affiliations**

Active with NAMI (National Alliance on Mental Illness) Nevada County for many years.

Locally, NAMI provided speakers for various audiences on subjects related to mental illness. It was called Our Voices Matter. I have given numerous talks to variety of audiences from small to large over several years. This included three or four presentations to our local law enforcement Crisis Intervention Trainings (CIT).

I was a NAMI Nevada County "Anxiety & Depression" consumer support group facilitator - weekly for ten years.

Subsequent to that, I facilitated the "Anxiety & Depression" support group at the SPIRIT Peer Empowerment Center from April 2015 until late February 2020 and then withdrew due to the COVID-19 exposure potential. Despite the group's name, consumers with a variety of additional diagnoses participated: Schizophrenia, Schizoaffective Disorder, Bipolar Disorder, Obsessive-Compulsive Disorder, Personality Disorders, ADHD, and Substance Use Disorders.

Some years ago, prior to the above, I took SPIRIT's Peer Counseling and Group Facilitation classes and was an active volunteer at SPIRIT for about its first three years, and more recently the support group.

I am a member of the local amateur radio club. From 1998 to 2007, I was a Volunteer Examiner for amateur radio license testing.

I was a member of the Nevada County PC Users Group until it closed down several years ago. I was occasionally the main presenter at meetings relating to computer technology and Internet use.

**List any other County boards, commissions, or committees on which you have served:**

**Nevada County Forensic Task Force on Mental Illness** continuously from early 2004 until the emergence of COVID-19.

**Nevada County Mental Health Services Act (MHSA) Steering Committee** from the start and was one of four of the original meeting facilitators. I have spent many hours on the various MHSA funding stream sub-committees.

**Mental Health Court Steering Committee** from early 2005 for a few years until the committee was discontinued. I participated in the revision of the Mental Health Court Policies and Procedures manual (probably 2015) and, with the necessary information, I created the graphics for the Mental Health Court Eligibility Process flow chart.

**AOT Steering Committee** (Assertive Outpatient Treatment / Laura's Law) for a year or two until the committee was discontinued.

I participated regularly on the **Nevada County Behavioral Health Quality Improvement Committee** and the **Cultural Competency Committee**.

Over the years, I have participated in a number of local and out-of-town trainings related to my Mental Health Board membership.

I have participated on County employee selection panels for Behavioral Health that included Director (twice), Health and Human Services Agency Director, and a few others.

I have participated on several RFP selection panels related to contractors to the Behavioral Health Department. In one instance, I participated in contract negotiations, a privilege for an outsider.

I have helped with proofreading, use of language, and consistency of language for Behavioral Health MHSA plans to be submitted to the state. I helped with some grants and other documents.

## **Other experience you feel would be helpful to the Board of Supervisors in making this appointment:**

**“Lived experience” as a family member:** My father drank himself to death. My mother was challenged with depression, anxiety, Obsessive Compulsive Disorder (OCD) features, and a mix of Personality Disorders. My wife of ten years developed late onset Bipolar Disorder which led to our divorce. Thankfully and intentionally we had no kids, thus not extending our family histories and “bad genes” to yet another generation with likely unfavorable consequences. After my divorce, I had a six-year intimate “educational experience” with a lady suffering with Borderline Personality Disorder.

**“Lived experience” as a consumer** (of mental health services) dealing primarily with anxiety and depression, plus a dose of OCD and a dose of high-functioning Asperger’s (now, with DSM-5, Asperger’s Syndrome is incorporated into Autism Spectrum Disorders to the displeasure of many “Aspies,” myself included). My challenges have resulted in experience with six or more psychiatrists over a number of years and totaled a few years of individual and group psychotherapy. Of course, this is about me but the value here is that it has given me quite a bit of insight into what others might expect when seeking or using the services of mental health professionals.

**“Lived experience” as a support group facilitator** for a total of fifteen years. I was able to establish mutual respect, gain trust, and meet other consumers where “they were at” as they struggled with their various mental health challenges. I developed my own successful style for facilitating group meetings, all-the-while an ongoing educational experience for me. When it was my turn to speak, my role shifted to that of group member with my own issues.

**NAMI Family Support:** Over the years, I have attended many NAMI family support and general education meetings. I have heard and learned from numerous accounts given by family members who painfully describe the serious, difficult, years-long challenges they have faced and are facing: Attempts to get help, 5150s, arrests and jail, recidivism, injuries, being victimized, finally getting on medications, medication adherence, transitions to different levels of care, becoming homeless and being released to homelessness, drug use, threats of death and injuries to family members, parents being blamed, calls to law enforcement for help, and sadly the list goes on.

**Mental Health Court:** Before COVID-19, and over a several years, I attended a number of sessions of our local Mental Health Court with Judge Anderson presiding and then with Judge Sloven. I attended to learn, to support several consumers, and to support a few parents of those in court.

**Reading Interests:** I began reading books and articles in the behavioral sciences and psychiatry in my twenties. It continues to this day.

I will mention just three, with comments:

My first DSM (***Diagnostic and Statistical Manual of Mental Disorders***) was *DSM-II* (1968). I have followed along with all major revisions. I have read books on DSM's development, criticisms, and negotiations relating to what text would be included. I half-jokingly call it the *Diagnostic and Statistical Manual of Negotiated Symptom Clusters*. The DSM masquerades as science and with text influenced by Big Pharma to their benefit, but a necessary reference nonetheless, at least for now, and perhaps for years to come.

I read my first **psychopharmacology** text in about 1982. That interest continues, along with DNA testing and with an emphasis on P450 liver enzymes and their genetic polymorphisms that affect, in part, how well each individual responds to given medications (pharmacogenomics). This includes polypharmacy and drug-drug competitions for the same metabolic pathways that can result in less-than-desired outcomes. I feel that it is a relevant topic and concern that includes the consumer population and likely not addressed as seriously and knowledgably as it should be by mental health professionals and primary care physicians.

A book that changed and broadened my understanding:

***Nature and Nurture in Mental Disorders: A Gene-Environment Model*** by Joel Paris, M.D, Oct 6, 2020. My take: Genetic predispositions for mental illness and environmental stressors are not considered independently, a welcome departure from the long-standing nature-nurture dichotomy which becomes more of a nonissue. The greater the genetic load (predispositions) for a mental illness, the less strong the stressors need to be to trigger it and the more severe it can be. Traumatic events and adverse life experiences do not alone cause mental illness.