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Sent: Wednesday, March 17, 2021 2:35 PM

To: LMHB <LMHB@yolocounty.org>

Subject: Recent 5150 hold

Dear LMHB: I would like to share my experience with a recent 5150 hold made on the advice of Adult Protective Services worker [REDACTED] saying that I was screaming about committing suicide (I wasn't - Davis police had me shackled and asked me if I had any "thoughts of dying;" while I was being assaulted by 6-9 police officers and humiliated in front of my neighbors in front of the home I have to live in...OF COURSE I was having thoughts about dying. I was having thoughts about fighting back against the police assault also and didn't take any action on those thoughts either) while they broke into my home. [REDACTED] made the additional false claim that we had no running water in our home. (We have metered water usage which we pay for, so this claim is easily proved false.)

As a result of her false representations I was trussed up like a Christmas turkey and taken to the Sutter Davis ER - where the police stated that I threatened self-harm and I IMMEDIATELY told ER staff that wasn't true. I only found out about the claim that we have no running water later by gaining access to my phone and using my electronic medical record to look up the ER doctor's notes and seeing that he had written there was "no running water in the home." For 3 days I was held with no indication of why I was there other than a social worker telling me I was "gravely disabled" and they were looking for a long-term placement for me. No one would tell me why I was considered gravely disabled, though one item the nurses counted was my "disheveled appearance." I WAS SET UPON BY 6 DAVIS POLICE OFFICERS. I know in the movies people can do long battle scenes without a hair coming out of place; unfortunately, I was dragged through dirt and rocks and across concrete. I had no choice in the matter. Then when I got to the ER, I was shot full of antipsychotics and Versed (an amnesiac drug used in surgical anesthesia that I am extraordinarily sensitive to - so much so that my last three surgeries have been done without it BECAUSE it makes me mentally incompetent) and called incompetent because I was drugged into being a drooling zombie.

The treatment notes make frequent mention of my "unkempt appearance" and inability to care for my appearance. What they DON'T make mention of is that I was a literal prisoner at the ER, under the abuse of physical and chemical restraints, and was allowed nothing but a hospital gown, was not allowed to leave the hospital bed except to pee, and then only if I begged permission and was WATCHED BY STRANGE MEN. I literally had no means of improving my physical appearance, and did the best I could, giving myself a hobo shower/sponge bath during one of my limited bathroom breaks. I asked for a shower and was told "We don't have facilities." So, I was being dinged for my physical appearance AND denied any possible means of improving my physical appearance. I did ask one day for a toothbrush and brushed my teeth, but the humiliation of having to beg for the most basic human needs (I had to ask to be given UNDERWEAR, for Christ's sake!) outweighed my inclination to ask for them. I was only given drinking water when I asked for it, and in far less quantities than I would ordinarily

consume at home; I'm assuming to cut down on the nuisance of needing to use the restroom.

I was drugged and sedated into unconsciousness during the day, only to be kept up most of the night under bright lights by a busy nurse's station - and after I couldn't tell day from night anymore (first I was kept in a room without windows; then under constant bright lights) the nurses complained that I wasn't respecting others' need to sleep. At one point a nurse asked me to unlock my phone because I had been "inappropriately taking video of staff and patients." I unlocked my phone and showed her that I had simply been taking photos of the injuries caused by the Davis Police Department - at which point she took my phone, scrolled through my texts, and made loud comments about me "texting inappropriately." Perusing personal information on my phone was a huge violation of my privacy (and in the future I will not unlock my phone at ER staff's request for ANY reason, as I don't like being lied to).

The last indignity was on the day of discharge, the psychiatric social worker was talking about me right in front of me with someone whose name tag read only "Keith." No explanation of who he is or why he was there...only that a completely extraneous stranger was privy to my ongoing humiliation.

When I wasn't drugged insensate, I was expected to lie comatose in bed. No exercise. No human interaction. No activity. Just blank walls and silence. (I wasn't silent - I sang a few rounds of 99 Bottles of Beer on the Wall and The Song that Never Ends because I was LOSING MY MIND FROM BOREDOM.)

I am boring the LMHB with this information because - if this is the way all 5150 cases are treated - if they don't have mental illness when they come in, they will by the time they leave. Shooting patients full of drugs so you don't have to deal with them and they can't reliably participate in their own care, while publicly humiliating them (I was in a public ER, and quite obviously being kept prisoner) and allowing them no human contact and no human decency (underwear, toiletries, showers, the ability to use a bathroom without begging permission) while providing NOTHING to occupy the mind during the tedious hours NOT spent drugged is a recipe for CAUSING mental illness, not treating it.

I just thought you should be aware of the approach being used in one local ER. Please feel free to call at (530) 400-6461 should you wish to acquire additional details.

Regards,

Tawny Yambrovich

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