



NAMI Contra Costa

Contra Costa's Voice on Mental Illness *April 2007*

The NAMI Contra Costa Newsletter is available on the website: www.namicontracosta.org

NAMI Contra Costa Board of Directors

BOARD CONFRONTS SYSTEMIC CRISIS MAKES PLEA TO BOARD OF SUPERVISORS

The NAMI Contra Costa Board of Directors met, Saturday, March 10, 2007 in Walnut Creek and unanimously passed a resolution that addresses the current crisis in the county's mental health system.

This was a day after the Executive Committee of the Mental Health Commission met to deal with that crisis. That meeting dealt primarily with the "walk-aways" from the Regional Medical Center. The "walk-aways" are the people that were brought to the hospital by the police on a 5150 hold for an evaluation but then left the hospital before being processed.

Officers from Martinez and Concord voiced their frustration that the people brought to the hospital were not controlled in an effective way.

The Resolution

1. The Contra Costa County mental health system is in systemic crisis.
2. Only a systemic restructuring of the entire system will solve the problems.
3. The way for that to happen will be for the Board of Supervisors to recognize the problem and take charge of the restructuring.

The NAMI Contra Costa Board urges the Board of Supervisors to take action before the 2007-2008 budget hearings.

NAMI members are urged to contact their elected representatives. Contact information will be found on page six of this newsletter.

April General Meeting

Thursday, April 19
7:00pm

Speakers

A Special Presentation
"In Our Own Voice"

Veronica Vale
Krista Radojevich

Library Available at 6:45 pm
Refreshments Available

John Muir Medical Center
Concord Campus
(Note: Formerly Mt. Diablo
Medical Center)
www.namicontracosta.org

2540 East Street, Concord
925-682 8200

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NAMI-CC Care and Support Groups

Central Contra Costa County

1st Tuesday of each month, 7:30-9:00 pm Hillcrest Congregational Church, 404 Gregory Lane, Pleasant Hill. Contact Peggy Luna, Dave Kahler, or Willie Mack 925- 676-5771 or e mail: xnamicc@aol.com

3rd Monday of each month, 7:15-9:15 pm, John Muir Hospital, Downstairs in the Stern Conference Room.. The group is facilitated by Dr. Mary Olwin and Gloria Hill. The Consumer Group will not be meeting. Call: Gloria Hill 925- 957-5146.

East Alameda County

4th Monday of each month, 7:00-8:30 pm., St. Claire's Episcopal Church, 3350 Hopyard Road. Pleasanton.

Contact: Russell or Donna White E mail: russdonnawhite@comcast.net 925-455 6901

CONSUMER RUN BIPOLAR SUPPORT GROUP

Where: 1420 Willow Pass Road, Concord, 2nd Floor
When: Every Tuesday, 6:00 pm to 7:30 pm
Contact: Chris Dodd: 925-646 5549 or
Marian: 646 5788

TRI-VALLEY BIPOLAR (Consumer Run)

Bipolar and Depression Support Group
Wednesdays, 7:15 pm to 8:45 pm
Clair's Episcopal Church, Pleasanton
Contact: Bob Hogan: 925-462 5481

BIPOLAR CHILL (CLIENT RUN)

Manic Depression Support Group
Wednesday 7:00 to 8:30 pm
710 Broadway #3G Walnut Creek
Contact Lisa or Scott 925-743 1160

SELF-INJURY SUPPORT GROUP

(Consumer Run)

For self-injury sufferers to talk about ways to change these behaviors and resolve feelings brought on by trauma.

Call: Veronica 925-845 7871

NAPA STATE HOSPITAL FAMILY SUPPORT GROUP (NSHFSG)

Meets the 2nd Saturday of each month
Where: Hospital's Volunteer Conference Room
For Information: Bill Schrader 707-433 9250

NEW HOPE

BIPOLAR SUPPORT GROUP

For parents of children and adolescents diagnosed with a mood disorder.

2nd Monday of each month

7:00 pm to 9:00 pm

Lafayette-Orinda Presbyterian Church Room #4

Contact: Anette 510-733 0577 or

Joani 925-962 9952

www.newhopesupportgroup.com

FAMILY ADVOCATE HOURS

Gloria Hill, Contra Costa County Mental Health Advocate

Mondays: 12:30—3:30 pm Tuesdays All Day: 925-957 5146 Thursday Morning: 925-957 5146

After 1:30 pm 925-646 5844 Pager: 925-476 2618 Any day of the Week.

NAMI-Contra Costa
National Alliance for the Mentally Ill

OFFICERS:

Art Honegger

President

925- 754 7216

Fax: 925- 754 6899

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1st Vice President

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925-933 4012

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Janis Schoepke *Secretary*

925-229 3883

j_schoepke@yahoo.com

David Kahler *Treasurer*

925- 676 5771

Fax: 925-476 1444

dk122932@aol.com

BOARD OF DIRECTORS:

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Marilyn Capener

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Connie Steers Bonnie Leys

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mfoverby@yahoo.com

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Julia Bonicich

K.I.D.S.

**PRESIDENT'S
COLUMN**

BY ART HONEGGER

I can't believe it is April, and the WALK is next month! Please organize your Walk teams, join a Walk team, or support a team financially. For more information contact NAMI CC Walk chair Anna Garcia (925-354-1223).

We will be arranging a van for transportation to the Walk for anyone interested. The modest fee of \$12 per person will cover the costs. If one van fills up, and more wish to take advantage, we'll rent an additional van! It's a fun way to get to the Walk and visit with folks there and back. If you would like to ride in the van, please contact Dave Kahler, 925-676-5771 or xnamicc@aol.com

Herb and Bev Putnam have made a stunning offer to kick off a major fundraising effort for the Clubhouse. For the next six months, they will match donations dollar for dollar, up to \$50,000!!! Please take advantage of their enormous generosity and send them a contribution - 100% tax deductible. Their address is 1747 Bishop Drive, Concord, 94521.

If you have had any upsetting experiences at the Contra Costa Regional Hospital's Mental Health Department, now is the time to forcefully convey your story to your County Supervisor.

Astoundingly, there are movements afoot to cut the Mental Health budget yet again, to the tune of multiples of millions. The discriminatory shortchanging of mental health services must be reversed! Someone at some point will be holding the Supervisors accountable with legal action. Let it not get to that point.

**HERB AND BEV
PUTNAM
PLEDGE
\$50,000**

By Mae Bragen

When Herb, Bev and their son Tim visited a clubhouse in Hawaii, they knew that this was the kind of place we need in Contra Costa County. Originally developed by Fountain House in New York City, the clubhouse model now has world wide acceptance for the social rehabilitation of people with mental disorders.

Last May, five of the working group, who have been meeting to establish a clubhouse, went to Salt Lake City to be trained in clubhouse development. The clubhouse group is now officially part of NAMI-CC until their own non-profit corporation is established.

The main purpose of the clubhouse is to provide a working day filled with meaningful activities. Each member is part of a team to keep the clubhouse running. If possible, transitional employment is also provided.

(Go to: ICCD.org for more information)

Operating as one of NAMI-CC projects, the Clubhouse is now in a position to ask for and accept donations. As part of NAMI-CC, the donations will be entirely tax deductible. Make your tax deductible check out to:

NAMI-CC/Clubhouse

Mail to CC Clubhouses
C/O Betty McCabe
89 Stonebridge Court
Danville, CA
94526

WHERE DO BUDGETS COME FROM

By Dorothy T. Sansoe
Senior Deputy County Administrator

Simply put, a budget is a plan. It reflects how a person, business, or governmental entity will expend its resources over a period of time. Contra Costa County currently has a budget plan that is adopted by the Board of Supervisors on an annual basis prior to the start of each fiscal year. *The County is required to adopt a balanced budget each year* – anticipated revenue must be sufficient to cover anticipated expenses. The County, like the State of California, observes a fiscal year that begins on July 1 and ends on June 30 each year.

Depending on the particular program for which the budget is being developed, revenues may be made up of payments from the State, Federal government, grants, donations, fees, fines and penalties, and the County General Fund.

Some funding sources require that the County provides matching revenue or services in order to receive funds. The revenue the County receives from other sources is dedicated to funding those specific programs and services for which it was received and may not be used for other purposes.

The County General Fund is comprised largely of the County's share of property tax. The balance is a combination of sales tax, use tax, license fees, fines, penalties, and other fees and taxes.

The County Administrator's Office (CAO) is responsible for the coordination of the annual

budget process, in addition to other duties. The budget cycle starts in January and ends in May when the Board of Supervisors adopts the final spending plan. There are several stages to the process. The CAO staff work with departments on each step along the way.

The first step is the baseline budget. This is not a formal document but a working set of numbers that reflects the anticipated cost for each program to continue performing the services that are currently being offered.

Included in this set of numbers are both the anticipated cost and the anticipated revenue. When these two figures don't align, the difference, or "gap" must be addressed. If the "gap" is positive, there is more revenue than needed to provide the baseline level of services. Departments are invited to submit enhancement requests. These are requests for funding for additional services that will improve or augment the current services.

If the "gap" is negative, there is less revenue than needed to continue the baseline level of services. A gap that is created due to actions taken by the State or Federal government to reduce support of a program will result in a reduction of that particular program. A gap that is created due to costs growing faster than revenue is considered a General Fund shortfall. The CAO, in conjunction with the Budget Cabinet, develops a plan to address the shortfall and prevent the reduction of services wherever possible. The Budget Cabinet is a group of individuals made up of the County Administrator, County Fiscal Officer, and department heads or their representatives from five departments. This group helps guide the budget process and recommends policy to the Board of Supervisors through the County Administrator.

The County Administrator directs how any budget reduction is to be allocated to departments and sets guidelines. Guidelines for reductions may include directions such as preservation of services and maintenance of other funding sources. For example, a department director may be asked to develop a plan to reduce his/her budget by \$1 million.

The department director will consider what programs are mandated and which are discretionary, where matching funding is required, and possible efficiencies in staffing and cost containment. Reduction proposals are developed by the department and submitted to the County Administrator's Office. The CAO staff works with each department to incorporate proposed reductions into the document that is presented to the Board of Supervisors. Once completed, this document is the Recommended Budget.

The Board of Supervisors reviews the Recommended Budget. During the review process, they may ask for additional information, will hear public testimonies on the impact of the budget, and may make changes. At the end of this process the Board of Supervisors will formally adopt a budget for the upcoming fiscal year.

Remember, this is a plan. Because the County budget is adopted before the State or Federal governments complete their budgets, a department may later recommend changes be adopted by the Board of Supervisors through the appropriation adjustment process.

The Health Services Department represents approximately 34% of the total County budget excluding Special Districts, such as the fire districts. Refer to the table at the bottom of page 5.

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NEW EXCITING EFFECTIVE
~~CWT THERAPY~~

By William J. Boyle

Creative Writing Therapy, an unlikely approach to therapy, has been working quite well at the University of Minnesota.

It began by accident, when a student that had had severe mental health problems told his psychiatrist how much better he felt after he wrote an extended autobiographical story for his creative writing course.

Not one to let an opportunity to get away, he *assigned* the student to write more stories and articles. Not only did the activity help constructively fill the students time, the writing organized his thoughts and caused healthy reflection.

Encouraged, the psychiatrist organized a creative writing group with an emphasis on autobiographical material. He found the results to be astounding.

Once the writer got past the inhibitions of what others think of their thoughts, the world seemed to open up.

The advantage of an activity that did not rely on others made it so nothing the student could do anytime, 24 hours a day.

Those that did not want to share their thoughts with the group would meet with the doctor privately.

For more information:

Stevenslearning.org

**JACQUELINE
PERSONS
TO ADDRESS
MAY MEETING**

The featured speaker for the May General Meeting will be Jacqueline Persons who has a Ph.D. in clinical psychology from the University of Pennsylvania.

Dr Persons is the Director of the San Francisco Bay Area Center for Cognitive Therapy as well as being a clinical professor at U. C. Berkeley.

She conducts research, does studies in depression, anxiety and cognitive-behavioral therapy (CBT). She has published many articles and books on these topics.

Dr. Persons provides training in cognitive behavioral therapy to professionals and has published a series of video tapes to train professionals to provide CBT for depression.

Dr. Persons is also the past president of the Association for Advancement of Behavioral Therapy and of the Society for a Science of Clinical Psychology.

Cognitive therapy is regarded as a very helpful tool in working with bipolar disorder. The layman would do well to learn the basics and use them in working with a mentally ill loved one.

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**NAMI WALK
2007**

**Saturday, May 12
Speedway Meadows
Golden Gate Park
San Francisco**

Prepare now for the fun and excitement of the third annual NAMI Walk. It has evolved into a major event and is a major source of funds to the work NAMI-CC does throughout the year to help the mentally ill.

The Kickoff Luncheon in March was a great success with over 200 in attendance. Chet and Doris Watson received a special Founders Award. Major returning Walk sponsors from Contra Costa also received a special Founders Award. Documentary filmmaker Katie Cadigan spoke about our Walk money helping to raise national awareness and initiating a grant for her next documentary, "How Medicine Got It Wrong."

If you would prefer to ride in the NAMI Van instead of driving, (\$12. donation requested) E mail: xnamicc@aol.com and/or 925-676 5771.

For more information:
Anna Garcia 925-354 1223
Laurie Williams
1-800-556 2401

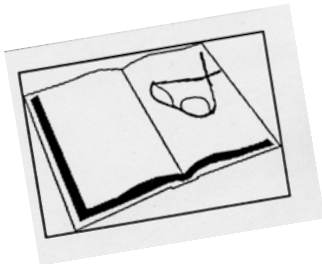
	Total County	Health Services	Percent
County General Fund	\$320,081,822	\$89,007,234	12.74%
State Revenues	\$398,997,783	\$120,439,384	17.24%
Federal Revenues	\$261,442,562	\$16,892,607	2.42%
Other Local Revenue	<u>\$1,052,591,986</u>	<u>\$472,219,148</u>	67.60%
Total	\$2,033,114,153	\$698,558,373	

Contact Information For Your Elected and Appointed Officials And Mental Health Services

<p>Contra Costa County Board of Supervisors</p> <p>District 1 John Gioia Phone: 510-374 3231 Fax: 510-374 3429 11780 San Pablo Avenue El Cerrito</p> <p>District 2 Gayle Ulikema Phone: 925-335 1046 Fax: 925-335 1076 651 Pine Street Martinez</p> <p>District 3 Mary Nejedly Piepho Phone: 925-240 7260 Fax: 925-240 7261 1200 Central Boulevard Brentwood 390 Diablo Road Danville</p> <p>District 4 Susan A. Bonilla Phone: 925-521 7100 Fax: 925-646 5202 Salvio Pacheco Building 2151 Salvio Street, Suite B Concord</p> <p>District 5 Federal Glover Phone: 925-427 8138 Fax: 925-427 8142 315 East Leland Road</p>	<p>Conservatorship- LPS Investigations Phone: 925-335 8785</p> <p>County Administrator Phone: 925-335 1080</p> <p>Contra Costa Health Plan Phone: 925-313 6000</p> <p>Access Line- Medi-Cal Clinics Phone: 925-646 5480 Toll Free: 888-678 7277</p> <p>Adult Mental Health Central County Phone: 925-646 5480</p> <p>West County Phone: 510-374 5700</p> <p>Mental Health Commission Phone: 925-957 5149</p> <p>Mental Health Crisis Services Phone: 925-646 2800</p> <p>Mental Health Administration Phone: 925-957 5117</p> <p>Mental Health Director Phone: 925-957 5111</p> <p>Health Services Director Phone: 925-957 5400</p>	<p>United States Senators</p> <p>Barbara Boxer 415-403 0100 202-224 3553</p> <p>Dianne Feinstein 415-393 0707 202-224 3847</p> <p>House of Representatives George Miller Phone: 925-602 1880 Fax: 925-674 0983</p> <p>State Senator Tom Torlakson Phone: 925-602 6593 800-859 9900 925-754 1461</p> <p>State Assemblyman Mark DeSaulnier Phone: 925-372 7990 925-778 5790</p> <p>Sheriff's Department Phone: 925-335 1500</p> <p>Martinez Jail Phone: 925-646 4496</p>
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BOOK REVIEW



Crazy: A Father's Search Through America's Mental Health Madness, by Pete Earley, G.P. Putnam's Sons, 370 pages, \$25.95. Available at Borders, Pleasant Hill.

This is an important and excellent book. The explanation in chapter 12 of why the system is so frequently unwilling to help those they are assigned to serve is worth the price of the book.



The author uses his son's experiences to take readers on a harrowing personal journey, exposing how public policies and laws make it difficult for relatives to help loved ones with mental illnesses such as schizophrenia and bipolar disorder, and how today's failed system often relegates people overcome by these no-fault conditions to jails and prisons, instead of treatment.

Propelled by his personal search for healing for his son's bipolar disorder, former *Washington Post* reporter Pete Earley has used his considerable skills to meticulously research why the mental health system is so profoundly broken.

APRIL DONATIONS



In Memory Of:

Kathy and Michael Simpson

From: Wayne Simpson
Note: Wayne and Kathie were long-time effective advocates for the mentally ill in Contra Costa.

In Memory of:

Ruth Sylvia Wenger Day

From:

Ann Thomas
June Allen

In Memory Of:

David Joseph Macaluso

From:

Jo Macaluso

New Lifetime Members:

Floyd and Marie Overby

DONATION FORM

Make check payable to NAMI-CC
Mail to: Treasurer, NAMI-CC
P.O. Box 21247, Concord, CA. 94521
NAMI-CC Tax ID # 68-0209474

Name

Street Address

City State Zip

Phone: _____

Use Donation For:

- Peer to Peer Program
- NAMI-CC General Fund
- Family to Family
- K.I.D.S. Program
- Housing

NAMI Contra Costa
 P.O Box 21247
 Concord, CA
 94521



Stamp

NAMI Walk 2007
 Less Than One Month Away
 Saturday, May 12, 2007 9:00 am
 Speedway Meadow, Golden Gate Park, San Francisco

NAMI Contra Costa

The annual membership dues are \$40. This makes you a member of NAMI National, NAMI California and NAMI Contra Costa. You are automatically a member of all three organizations.

If you are solicited for membership or special donations from the State or National organizations, give generously if you can, but all such donations are voluntary and would be over and above your membership in NAMI Contra Costa.

Dues paid in October, November and December provide membership for the following year.

Send your membership application to:

NAMI Contra Costa
 P.O. Box 21247
 Concord, California
 94521
 E mail: xnamicc@aol.com

This Monthly Newsletter is Published by: NAMI Contra Costa
 E mail address: xnamicc@aol.com

Affiliated with NAMI National and
 NAMI California

APPLICATION FOR NAMI-CC MEMBERSHIP
 Make check payable to NAMI Contra Costa
 Complete this information cut-out and return it to:
 Treasurer, NAMI-CC
 P.O. Box 21247, Concord, CA., 94521
 E Mail Address: xnamicc@aol.com

Name _____

Street _____

City _____ State _____ ZIP _____

Phone _____

E-mail _____

Membership is: New A Renewal

<input type="checkbox"/> Mental Health Client	\$ 20.00
<input type="checkbox"/> Dual Affiliate	20.00
<input type="checkbox"/> General Membership	40.00
<input type="checkbox"/> Professional Membership	50.00
<input type="checkbox"/> Century Club	100.00
<input type="checkbox"/> Lifetime	500.00