



# NAMI Contra Costa

National Alliance On Mental Illness

*Contra Costa's Voice on Mental Illness* April, 2010 \*IU40610

The NAMI Contra Costa Newsletter is available on the website: [www.namicontracosta.org](http://www.namicontracosta.org)  
E mail: [xnamicc@aol.com](mailto:xnamicc@aol.com)

## APRIL

General Meeting  
Thursday  
April 15, 2010  
7:00 PM

Doors open at 6:30 for NAMI information tables and library materials checkout

## NAMI PRE-WALK CELEBRATION

(See page 5)

- Family to Family class reunions
  - Live music
  - Refreshments
  - Mobilizing for the Walk
  - Silent auction and other items for sale to benefit the Walk/ NAMI-CC.
- 7:00-8:30 pm.

John Muir Medical Center  
Concord Campus.  
Bring a friend. For service or items to donate for silent auction, call Barbara at (925) 980-6345.

Location  
John Muir Medical Center  
(Formerly Mt. Diablo Medical Center)  
Concord Campus  
2540 East Street, Concord

## NAMI WALK 2010

The annual NAMI Walk will be Saturday, May 22 in Speedway Meadow at San Francisco's Golden Gate Park.

It will be a great family day and a tremendous fundraiser for NAMI Contra Costa. This is your chance to have a great time and do something really helpful for the mentally ill.

After the Walk you will enjoy a great picnic lunch and enjoy the camaraderie of the other 2000 walkers. The lunch is furnished by NAMI Contra Costa. You will find all the information you need at: [www.namisfbay.org](http://www.namisfbay.org) or by calling: 925- 689 9380 or 800- 556 2401.

(Continued on page 6)

## POLICE TRAINING CIT TRAINING

The police are the first responders when there is an incident involving a person with a psychiatric disorder. CIT (Crisis Intervention Training) is the program that provides the instruction on how to better manage such an incident.

(Continued on page 4)

## SYSTEM CHANGE AT CCRMC

System change is in the air at the Contra Costa Regional Medical Center (CCRMC). The hospital's CEO, Anna Roth announced the latest week-long exercise in surveying the existing systems and procedures with the idea of putting in place a process of "continuous, incremental improvement." The focus is on the patient's needs and feelings.

The efforts are based on the management system, long used by Toyota called Kaizen (means improvement in Japanese). Sometimes called the "lean" system of management, it has been emulated by many manufactures, hospitals and retail operations throughout the world.

Don't be put off by Toyota's recent acceleration problems. The management style has been very successful with a great many

(Continued on page 4)

## FREE CLASSES

The NAMI Family to Family classes teach what you need to know about mental illness.

[xnamicc@aol.com](mailto:xnamicc@aol.com)  
925- 676 5771

## **NAMI-CC Care and Support Groups**

### **Central Contra Costa County**

**1st Tuesday of each month**, Now in its 10th year. 7:30-9:00 pm, Hillcrest Congregational Church, 404 Gregory Lane, Pleasant Hill. Contact Peggy Luna, Dave Kahler 925- 676-5771 or E mail: xnamicc@aol.com

**3rd Monday of each month**, 7:15-9:15 pm, John Muir Hospital, 1601 Ygnacio Valley Road, Walnut Creek Campus, downstairs in the Epstein Conference Room. The group is facilitated by Gloria Hill. Call: Gloria Hill 925- 957-5146.

### **DUAL RECOVERY ANONYMOUS**

Every Tuesday 5:45 pm to 6:45 pm  
John Muir Center for Recovery Classroom B  
2730 Grant Street, Concord  
Contact: Zula 925- 212 2241

### **BIPOLAR CHILL (CLIENT RUN)**

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

### **Support Group In Lafayette**

For family members of adults with mental illness.  
Monthly potluck dinner, social sharing.  
Jewish setting and prayer but all faiths welcomed.  
4th Monday of each month: 6:15-8:30 pm  
Temple Isaiah, 3800 Mt. Diablo Boulevard, Lafayette.  
Contact: 925- 945 7272 or karen@mmcohen.com

### **Dual Diagnosis Support Group**

Wednesdays: 3:30 pm  
1420 Willow Pass Road. Concord  
2nd Floor Facilitator: Bob McKinnon  
**Bipolar Support Group**  
Tuesdays 1:30 pm 1420 Willow Pass Road, Concord

### **NEW HOPE BIPOLAR SUPPORT GROUP**

For parents of children and adolescents with a mood disorder.  
2nd Monday of each month  
7:00 pm to 9:00 pm  
Lafayette-Orinda Presbyterian Church Room #4  
Contact: Annette 510-733 0577 or Joani 925-962 9952  
www.newhopesupportgroup.com

### **Richmond Support Group**

2nd Wednesday of each month, 6:00-8:00 pm  
Conference Room A1, Building A  
Richmond Medical Center  
901 Nevin Avenue, Richmond  
Contact: Dr. Sumchai 510- 237 9277  
Family2familyrichmond.nami@gmail.com

### **H.E.L.P.**

Hope, Encouragement, Love and Prayer  
Support group for those coping with a mental illness and/or their families and friends.  
Time: 2nd Monday of each month 7:00—9:00 pm  
Where: Christ the King Church, Ministry Chapel  
The meeting will be in the Ministry Chapel  
Except on Feb. 10 and March 10  
On those dates it will meet at the Christ the King School  
199 Brandon Road, Pleasant Hill  
Contact Joe or Pam Appel 925-947 0269

### **FAMILY ADVOCATE HOURS**

Gloria Hill, Contra Costa County  
Mental Health Advocate  
Monday - Friday 9:30 am - 6:00 pm  
925-957 5146  
Thursdays: 2:00 to 6:00 pm  
925-646 5844  
Emergency County Cell Phone:  
925-963 6229

**NAMI-Contra Costa**  
National Alliance on Mental Illness

**OFFICERS:**

**Al Farmer, *President***  
925- 254 8508  
Fax: 925- 254 5043  
farmerfamily@yahoo.com  
**Roger Gregory, *1st Vice President***  
925- 376 5137  
**Lori Teller, *2nd Vice President***  
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E mail: xnamicc@aol.com  
Website: namicontracosta.org  
Phone: 925- 465 3864

Newsletter Deadline: 20th of Each Month

**PRESIDENT'S  
COLUMN**

By Al Farmer

I would like to offer congratulations to Laurie Williams on the great success of the Walk Kickoff Luncheon. It was most impressive.

The ongoing support of John Muir Hospital under the leadership of Lis Stallings is most appreciated.

The efforts at the County Hospital (CCRMC) under the direction of it's CEO, Anna Roth is nothing short of amazing. The efforts to bring the "Lean" style of leadership to the hospital is a very significant step in the right direction.

The effort has brought NAMI members into the planning and even decision making process. Teresa Pasquini, Colette O'Keeffe and Dave Kahler spent the week of March 29 on the Crisis Stabilization Unit (Psych Emergency) studying the systems and procedures. It has brought a level of understanding that we have never had before.

Lt. Mitch LeMay and Marti Wilson produced the third program of CIT (Crisis Intervention Training) in Concord the week of March 29, where 35 police officers learned more effective ways of dealing with the mentally ill.

**General  
Meeting**

Thursday, April 15, 2010  
**NAMI PRE-WALK CELEBRATION.** Live music, silent auction, Family to Family class reunions. Join the party, bring a friend, help make fundraising fun.

Thursday, May 20, 2010  
**In Our Own Voice, a NAMI Signature Presentation.** Learn about mental illness from people who have been there.

June 17, 2010  
**Chemical Dependency and Co-Occurring Mental Health Disorders.** Nina Farraris, MA, MFT. Program Manager for John Muir Behavioral Health Center for Recovery.

Thursday, July 15, 2010  
**Sleep and Mental Illness.** Allison J. Harvey, PhD, Psychological Disorders Lab, UC Berkeley.

Thursday, August 19, 2010  
**Writing Your Way Out of Darkness**  
Peggy Kennedy, author of the memoir *Approaching Neverland* and NAMI activist, will talk about her family's experience with bipolar disorder, read a bit of her book, and share strategies of therapeutic writing. Research in therapeutic writing will be included.

Thursday, September 16, 2010  
**Triple Bind: Adolescent Girls.** Stephen Hinshaw, Ph.D., Chair, Department of Psychology, UC, Berkeley. The unsettling issues of the "triple bind" and how it is putting adolescent girls at risk for depression, eating disorders, aggression, and suicide.

Information: 925- 683 88487



## SYSTEM CHANGE AT CCRMC

(Continued from page 1)

of the worlds most successful companies.

There were people from Law Enforcement agencies, the Detention facility and other departments in the hospital that were given free access to observe the CSU in action.

The focus was on looking at the situation from the patients viewpoint. Then the information was gathered together and analyzed seeking out where the wasted time is and how the system can improve.

The next step will be a Kaizen event in May, during which ways to implement the dev eloped information will be studied.

The group will be continue to made up of families, consumers, hospital personal and representatives from the law enforcement community.

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## SOME OFFICE DONATIONS NEEDED

NAMI will soon have an office serving our members and the public at the Crestwood Healing Center, 550 Patterson Blvd. in Pleasant Hill. Donations have been coming in to help make this project a reality. At this point, the office needs sturdy book shelves, a large bulletin board, sheer curtains, floor lamps, and an area rug. If you wish to donate any of these items, call Susan Laufer at 925-376-6205.

## DAY TREATMENT OPENINGS

The Rubicon Day Treatment program is an intensive outpatient program designed to support adults with severe mental illness to work towards recovery.

The program uses a group treatment model to help clients become more stable, develop insight into their mental health, learn how to manage troublesome symptoms, and increase their social interaction and support.

Clients attend 5 days a week for a period of 6 months. Clients must have an Axis I mental health diagnosis (substance abuse cannot be the primary) and an active Contra Costa County Medical status. For more information or to make a referral, call the Program manager,

Jennifer Bobrow,

[JenniferB@rubiconprograms.org](mailto:JenniferB@rubiconprograms.org) or

Call: 510-231-3932.

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## BE AN IN OUR OWN VOICE PRESENTER

To be eligible for training to become a presenter, you must attend an In Our Own Voice presentation. Two free opportunities are coming up:

April 13, 2010, 8:45-10:45 AM, JFK University, Didactic Training, 2<sup>nd</sup> Floor South, 100 Ellinwood Way, Pleasant Hill.

Thursday, May 20, 2010, NAMI-CC General Meeting, 7:00 PM, Concord Campus of John Muir Medical Center.

Information: Veronica Vale (925) 945 7871 or

[vvale2001@sbcglobal.net](mailto:vvale2001@sbcglobal.net)

## CIT TRAINING

(Continued from page 1)

For the third year in a row, this program was presented in Concord to 35 police officers under the direction of Lt. Mitch LeMay of the sheriff's Department and Marti Wilson of the Behavioral Health Court.

Each year a panel of family member are assembled to present their observations of the 5150 process and how it played out from their viewpoint.

This year the Board of Directors of NAMI Contra Costa voted \$3000 to help support the program.

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## OPEN OUR HEARTS

"Open Our Hearts," a mental health project of the Jewish community of Contra Costa County, offers a monthly social sharing support group for family members of adults with mental illness.

The next meeting is Monday, April 26, from 6:15 to 8:30 p.m. at Temple Isaiah, 3800 Mt. Diablo Blvd., Lafayette. It is a Jewish setting, but all faiths are welcome. Potluck and socializing (optional) from 6:15 to 7 p.m.; support group at 7 p.m. Free. Information/Registration: 925-945-7272, [karen@mmcohen.com](mailto:karen@mmcohen.com)



National Alliance on Mental Illness-Contra Costa

John Muir Medical Center Concord Campus,  
2540 East St., Concord Room

# NAMI Pre-Walk Celebration

**April 15, 2010 General Meeting**

**7-8:30 PM:**

- \* Family to Family Class Reunions**
- \* Live Music and Refreshments**
- \* Mobilizing for the Walk**
- \* Silent Auction**

Let's come together as a supportive community,  
reconnect, and kick off our major fundraising effort with an  
evening of fun.

**Everyone is Welcome! Bring along a friend!**



National Alliance on Mental Illness

*If you have services or items to donate for the  
silent auction, please contact Barbara Scott at  
925 980-6345*



*CONTRA COSTA*

## Save The Date

**Friday, April 9, 1:00-5:00 pm.** The 2010 Nicholas C. Petris Center Symposium, "National Health Reform and Mental Health System Change in California," a first look at results of the Petris Center's study of the mental health Services Act. Many "big name" speakers.

Register:  
[www.petriss.org/Events/2010\\_symposium/](http://www.petriss.org/Events/2010_symposium/)

**Monday, April 12, 6:00-8:15 pm.** Raising the Roof: Meeting the Housing Needs of Mental Health consumers and their Families. Options and opportunities presented by a variety of speakers.

Board of Supervisors Chambers,  
 651 Pine St.,  
 Martinez.

Infortion: [mhsa@hsd.cccounty.us](mailto:mhsa@hsd.cccounty.us)  
 or (925) 957-5150.

**Tuesday, April 13, 8:45 am-10:45 am.** NAMI-CC presents *In Our Own Voice*, a free program to help people learn about mental illness from people who have been there. One of the few, open-to-the-public presentations, a part of JFK University's Didactic Training Program. JFKU, 100 Ellinwood Way, Pleasant Hill. Information: Veronica Vale at [vvale2001@sbcglobal.net](mailto:vvale2001@sbcglobal.net). For consumers wishing to become a presenters in this program, this is an opportunity to take the first qualifying step which is to see an *In Our Own Voice* presentation.

**Tuesday, April 13, Special Needs Trust**, Stephen Dale, educational workshop, 6:30-8:30 pm. Vic's All Star Kitchen 201 Main St., Pleasanton. To reserve a seat: (888) 316-3756

**Wednesday, May 5, VA, Martinez**, 7-9:00 pm, First class of a

free, 13-week Family to Family program that educates and supports families of Veterans challenged with mental health disorders. Includes PTSD information, as well as other mental health issues, such as anxiety disorders, mood disorders, etc. Space available for families other than Vet families welcomed. Contact Director Thomas Cloney for information or to register:

(510) 705-2608 or [famtofamcc@gmail.com](mailto:famtofamcc@gmail.com). (see attachment, Vet F2F flyer)

**13 de Septiembre hasta el 29 de Noviembre;** Lunes, de las 7 hasta las 9 de noche; Concord. De Familia-a-Familia. Un programa educativo para familiares y amigos de personas que tienen enfermedades mentales. De Familia-a-Familia equilibra la educacion, la capacitacion, la ayuda emocional, el poder y el conocimiento. Informacion- (925) 683-8487 con Lori Teller or [famtofamcc@gmail.com](mailto:famtofamcc@gmail.com)



### **FIRST TUESDAY SUPPORT GROUP**

The first Tuesday Group is the orientation for the Family to Family Classes. It features a slide presentation that will set you on a course to manage your loved one's psychiatric case. 7:30, Tuesday, April 6. More information at the top of page 2 of this newsletter.

## **NAMI WALK**

(Continued from page 1)

**What:** A Walk to help eliminate stigma and a time to earn money to support NAMI-CC programs

**When:** Saturday, May 22, 2010.  
 9:00 AM--Check-in stations open  
 10:00 AM--Program  
 11:00 AM--Walk

**Where:** Speedway Meadow, Golden Gate Park, San Francisco

To Donate:

[www.namiwalkSFbay.org](http://www.namiwalkSFbay.org).

1. Click on "Donate" button at top of page.
2. In Support Our Walk box on right, click Support A Walker.
3. Choose a team captain from Contra Costa County and click on that name. The rest is easy.

To register to walk: register at the General Meeting on April 15 or go to

### **BUSINESS SPONSORS NEEDED FOR THE WALK**

Businesses can help sponsor the Walk for as little as \$250. Sponsorship helps increase the total amount NAMI-CC will earn, as sponsorships help increase the percentage of earnings from the walk as well as help pay for the set-up costs. To Sponsor:

[www.namiwalkSFbay.org](http://www.namiwalkSFbay.org)

and click on Sponsor or come to the April 15 General Meeting to sign up as a sponsor.

E MAIL:  
[xnamicc@aol.com](mailto:xnamicc@aol.com)



## BOOK REVIEW

By Fran Martin

Two new books have been added to the NAMI/CC Library. Books are available for check-out before and after the monthly General Meetings. You must be a member to borrow a book.

The new books are: *In Her Wake*, by Nancy Rappaport and *Wrestling With Our Inner angels* by Nancy Kehoe.

*In Her Wake* is Nancy Rappaport's story of her mother's suicide after a bitter divorce and custody battle. The author who was four years old at the time, approaches the puzzle of her Mother's death some 40 years after the fact. The author, a child psychiatrist, tells her story of how her Mother's suicide affected her and five older siblings. It is a well-told story of love, loss and healing.

About *Wrestling With Our Inner angels*, Congressman Patrick Kennedy writes: "To continue the progress we have made in mental health policy in this country, we need to continue to work toward changing their perceptions of mental illness. An important means of achieving this is through the sharing of personal experiences. In her book, Dr. Kehoe offers a selection of personal stories that give readers a better understanding of what it means to suffer from a mental illness in America."

# APRIL DONATIONS

### Donations

Walter P. Cannon  
Bill and Mary Lawler  
Adam and Jean Sweet

### Donations

Raymond and Gwen Kelly  
James E. and Liz Harrison  
John H. Cleveland  
Charles Monroe

### Donations

William and Mary Cain  
Randy Woods  
Martin Grossman

### Donations

Bill Merrell  
Helen and Jim Dover  
Hector and Ann Lopez  
Heather and Cyrus Holms

## 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
- Housing
- IOOV (In Our Own Voice)

E mail address:

\_\_\_\_\_  
\_\_\_\_\_

Phone: \_\_\_\_\_

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

For Support and Information:  
**First Tuesday Support  
 Group**  
 Tuesday, May 4, 2010  
 7:30 pm Hillcrest Church,  
 404 Gregory Lane, Pleasant Hill  
 925- 676 5771  
 See Page 2

Stamp

Two June Fundraisers  
**Red Robin     Johnny Rockets**  
 At Sun Valley Mall  
 See May Newsletter for Details

**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

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**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