



NAMI Contra Costa

National Alliance on Mental Illness

Contra Costa's Voice on Mental Illness April, 2011 Tu041211*

The NAMI Contra Costa Newsletter is available on the website: www.namicontracosta.org
E mail: xnamicc@aol.com

APRIL

General Meeting
Thursday
APRIL 21, 2011
7:00 PM

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

Speaker

Deborah Fruchey

Author: *Is There Room For Me Too?*

Topic

“Outer Tips for Inner Peace”

Please see article on page 5 for more information

Location:

John Muir Medical Center
Concord Campus
2540 East Street, Concord
925-682 8200
Website: namicontracosta.org
E mail: xnamicc@aol.com

NAMI Walk 2011

The 7th NAMI Walk

Please check the article on page 5 about NAMI-CC's largest fundraiser.

CYNTHIA BELON APPOINTED DIRECTOR BEHAVIORAL HEALTH

Dr. William Walker, Director, Health Services Department has announced that Cynthia Belon has been selected as the Director of Behavioral Health and Homeless Services.

This will be a new entity combining the Mental Health Division, Homeless Services and the Alcohol and Other Drugs Division.

Cynthia Belon, LCSW has served as the Contra Costa County Health Services Homeless Program Director since 2000. As Homeless Program Director she spearheaded the creation and implementation of Contra Costa County's Ten Year Plan to End Homelessness, and secured numerous competitive federal grants to provide comprehensive case management, mental health / AOD services and permanent supportive housing to



Cynthia Belon

(Continued on page 4, column 2)

Board of Supervisors

BONITA HOUSE DECISION PENDING

By Annis Pereyra

The Bonita House application for a 10 bed facility in Knightsen has been approved by the county's Planning Commission. That approval has been appealed and the issue will now be decided by the Board of Supervisors.

Supervisor Piepho says that they will take up the application in April or May. The Board of Supervisors meets on most, but not all Tuesday mornings at 651 Pine Street in Martinez.

To determine when the Bonita House application will be on the Supervisor's agenda, call your supervisor's office. You will find the phone and fax number in the blue government pages in the front of the phone directory.

(Continued on page 4, column 1)

NAMI-CC Care and Support Groups

Central Contra Costa County

3rd Monday of each month, 7:00 to 8:30 PM, John Muir Hospital, 1601 Ygnacio Valley Road, Walnut Creek Campus, downstairs in the Epstein Conference Room. Park in the FREE public garage on the La Casa Via side of the hospital. The group is facilitated by Sharon Madison and Kay and Rich Derrico. E mail: xnamicc@aol.com or call: 925-256 9640 925-676 5771

NAMI Contra Costa Writer's Group

All writing levels welcomed. Drop in or attend regularly. 1st Thursday of each month
7:00 PM—8:30 PM
550 Patterson (Crestwood) Pleasant Hill

Information and Support

At the Central Clinic:
1420 Willow Pass Road, Concord
Robert Thigpen-Adult Family Support Worker
925-521 5121

OCD/Anxiety Disorders Peer Support Group

1st Monday of the month, 7:00-8:30 PM
Information: Steve 510-690 7901
Enter through rear doors off back parking lot
550 Patterson Blvd, Pleasant Hill

JOURANALING THROUGH SCRAPBOOKING

All welcome— Materials provided
Tuesdays 7:00 pm to 8:30 pm Hillary 925-890 4044
550 Patterson, Pleasant Hill, Next to NAMI Office, 4044

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 Walnut Creek

For family members of adults with mental illness.

Jewish setting and prayer but all faiths welcomed.
4th Monday of each month: 7:00-8:30 pm
Contra Costa Jewish Community Center
2071 Tice Valley Boulevard, Walnut Creek
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, Suite 200
Facilitators: Chris and Tess

NEW HOPE

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, Prayer
Interfaith support group open to families
who are coping with a loved one with mental illness
2nd Monday of each month
7:00PM-8:30PM.
Christ the King, Parish Hall, Room A/B
199 Brandon Road., Pleasant Hill
Information: Joe or Pam Appel 925-947-0269 or
Clare Beckner 925-930-6591

Eating Disorders Support Group

Family & Friend Support Group
2nd and 4th Monday of each month
7:00 to 9:00 pm
115A Town & Country Drive, Danville
Contact Nancy at 925-829 5554 or
E mail: lablimo@pacbell.net

NAMI-Contra Costa
National Alliance on Mental Illness

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E mail: xnamicc@aol.com
Website: namicontracosta.org
Phone: 925- 465 3864
Fax: 925-474 1444
Newsletter Deadline: 20th of Each Month

**PRESIDENT'S
COLUMN**

By Al Farmer

Heald Business College has very generously offered to provide the NAMI office an office manager for ten weeks beginning April 18, 2011.

This intern will have finished almost all of his/her business training at Heald and will be familiar with computers and available office equipment.

The intern will be selected from the top five percent of students. He will be provided at no cost to NAMI and will receive college credits for completion of the program. The intern will be available for ten hours per week and will work with both new and experienced NAMI office volunteers.

Thank you Heald College for this generous contribution to our office!

Hillary Westbrook will be contributing a significant number of hours to our NAMI Program as an intern with a focus on Scrapbook Journalism. The Scrapbook Project will journal a number of different interests and activities. Thank you Hillary for your commitment to this unique and diverse activity!

**NAMI Contra Costa
Office and Library**

550 Patterson Blvd
Pleasant Hill, CA 94523

(925) 942 0767
namicc@att.net

Office hours
Tuesday, Wednesday, Thursday

**General
Meeting**

May 19, 2011
Shedding the stigma of the "Psycho Straightjacket."
Speaker: Los Angeles Times Journalist, Robert Jaffee.

June 16, 2011
The new Federal Health Care Law and you. Presented by Health Access and the Unitarian Universalist Legislative Ministry.

Note: The General Meetings are the third Thursday of each month. They are held at the John Muir Medical Center, Concord Campus. They are usually held in the meeting room Concord 1.

There is an informal social hour from 6:00 pm to 7:00 pm and the meeting begins at 7:00 pm.

There is no cost to the members or the public. For further information contact the NAMI office at:

925-942 0767
E mail: namicc@att.net

NAMI Newsletter

**EDITORIAL
BOARD**

To submit articles or comments to the newsletter, contact:

Caroline Jackson:
carolinejackson@juno.com
xnamicc@aol.com

Sean Kleen
sktuarim@gmail.com

David Kahler
dk122932aol.com

BONITA HOUSE

(Continued from page 1, column 3)

The vision of a working farm began as a dream, and through the dedication and perseverance of a group of people, ABN Housing was formed. Fundraising efforts generated over \$600,000, and the Reynolds family bought and donated 10 acres of land in Knightsen, which will become the farm.

A search was conducted, and Bonita House, Inc. was chosen to carry on the effort and begin the process of bringing the dream to a reality. Bonita House has an exceptional 40 year history of working with adults living with mental illness, and many Contra Costa families have placed their loved ones in their wonderful care.

Many hurdles have been placed before Bonita House in the process of getting the farm ready to open with 10 residents. After a lengthy process, the Planning Commission approved the opening of this therapeutic setting last summer, only to have it appealed by neighbors. The process will now move to a decision of the Board of Supervisors.

The question to ask is, "What can I do to help?" The answer is simple. We ask for all of you to rally to make sure this very valuable asset to our housing resources is opened soon.

Members of the Mental Health Commission will join with consumers, family members, service providers, and community members to take our requests to the BOS. This farm project will not cost Contra Costa County one dollar. All the funding has been provided by fundraising activities and generous donations.

A form letter will be available before the next NAMI meeting for you to sign and mail

CYNTHIA BELON

(Continued from page 1, column 2)

chronically homeless individuals with mental health and substance abuse disabilities.

Her career began as a clinician in a community mental health center and later as a manager for hospital inpatient and outpatient mental health services to children and adolescents.

She entered the non-profit sector, as an Executive Director, she was responsible for administration and management of homeless services and of alcohol and other drug treatment services. She received a fellowship from the National Institute for Mental Health for her MSW at the University of Illinois in 1976.

NAMI-CC MEETS WITH MENTAL HEALTH ADMINISTRATION

A group of senior NAMI-CC members met with the Mental Health Administration March 22.

The discussion was about how imperative it is to have family involvement in the mental health system and how to educate and inform the families about the disorders and the

(Continued on page 7, column 1)

to your supervisor. However, a personalized letter or e mail would be even better. Information will be available at support groups, meetings, and online. Let the Supervisors know that we all want to see this farm open. Please come to the BOS hearing so that our numbers will be noted. Information will be provided to you as the process proceeds.

In Our Own Voice TO TRAIN PRESENTERS

Alita VanHee, NAMI-CC's new *In Our Own Voice* Coordinator, is preparing for a training session for consumers who wish to apply to become *In Our Own Voice* presenters to help the public learn about mental illness from people "who have been there."

If you would like to apply, contact Alita VanHee at alitavanhee@gmail.com or (925) 324-9844; pick up an application at the NAMI Office, 550 Patterson Boulevard, Pleasant Hill, or request that an application be mailed to you by calling the NAMI Office (925) 942-0767.

NEXT PEER TO PEER IN JUNE

The next Peer to Peer class, a 10 week recovery education course for adults with mental illness, is scheduled to start Saturday afternoon, June 25. It is facilitated by enthusiastic mentor/teachers Stacey Hoskins and Michael Aiman. To get an application, drop by the NAMI Office (550 Patterson Blvd., Pleasant Hill); or leave a message at the NAMI Office (925-942 0767)



HOW TO HELP WITH NAMI WALK

There is a spot for you whether or not you can attend, whether or not you can donate.

Go to:
www.namiwalkSFbay.org to register on a team. Even if you don't walk, you will "count" for NAMI- CC; you will simply be a "virtual walker." If you don't have a team, look for any Contra Costa team to join.

If you cannot donate, you can become a team captain, help a team with a fund raising event, or have a fund raising event yourself, such as a car wash, bake sale, or garage sale. All walkers raising \$100 or more receive a *NAMI Walks* event T-shirt.

Call the Office (925-942-0767) to hook up with a captain or to let us know if you are a captain having a fund raising event that others might want to help with or support.

Let FaceBook friends know about your fundraiser, too.

To donate go to, www.namiwalkSFbay.org and look for any Contra Costa Team Captain. Our Contra Costa Walk Coordinator is Dan Shortenhaus. You can reach Dan at: calhaus@astound.net or 925-943-170

WALK SPONSORS

Does your company have a sponsorship program or will they make a donation to this important cause? As a NAMI Walk sponsor your company will be doing well by doing good.

The 7th annual NAMI Walk SF Bay Area will be held Saturday, May 21 at Lindley Meadow in San Francisco's Golden Gate Park. For information: xnamicc@aol.com

NAMI-CC IS ON FACEBOOK

NAMI CC has become part of the social network, thanks to Jennifer Davis, our NAMI CC FaceBook Manager. Already, with no fanfare, namicc@att.net has way over 100 "friends." We hope all NAMI-CC FaceBook users, their family, and friends will become namicc@att.net "friends." Be sure to send NAMI-related photos with captions.



REMEMBER NAMI

They rate non-profits as to how much of the donated funds actually get to those that the non-profit is dedicated to helping.

NAMI Contra Costa has never run up administrative costs with offices and paid staff. All of the money donated to NAMI-CC goes directly to help the mentally ill.

It has been like that for 30 years!

When planning your estate, remember NAMI-CC and you will be effectively helping the mentally ill. For questions or information:

E mail: xnamicc@aol.com
925- 465 3864
Or
NAMI Contra Costa
P.O. Box 21247
Concord, CA.,

GENERAL MEETING

Thursday
April 21, 2011

The speaker will be Deborah Fruchey. She is the author of *Is There Room for Me Too?* 12 steps and 12 strategies for coping with Mental Illness.

It will be a practical discussion of consumer issues such as how to manage symptoms, survive suicidal feelings and how to deal with psychosis.

FREE CLASSES ON MENTAL ILLNESS

NAMI's Family to Family classes will begin again May 18, 2011.

They will be at the Hillcrest Congregational Church in Pleasant Hill.

It is a twelve week class that will teach you much of what you need to know to manage a psychiatric case.

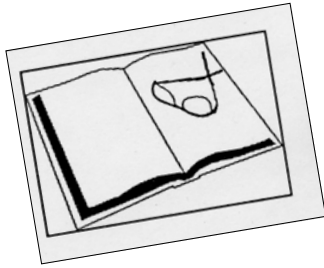
They start at 7:00 pm and all materials are provided free of charge by NAMI Contra Costa.

Register early as seats are always limited. Contact:

Tom Cloney
510-705 2608
xnamicc@aol.com

NEW SUICIDE SUPPORT GROUP

For adults who have lost loved ones to suicide. Sponsored by the Contra Costa Crisis Center. Call ; 800-837 1818



BOOK REVIEW

By Dick Owens

The Complete Guide to:
Asperger's Syndrome
By Tony Attwood, Jessica Kingsley Publishers, 396 pages, 2007, \$22.00.

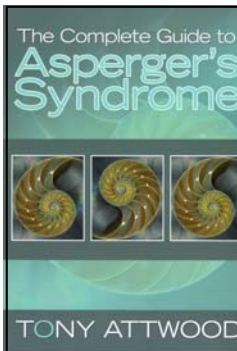
In recent years asperger's disorder and autism symptoms have been identified in some of the same patients already diagnosed with a bipolar disorder or schizophrenia. This fine book will be invaluable to those working with such patients. The book begins with a quote from Hans Asperger: "Not everything that steps out of line and is thus abnormal, must necessarily be inferior."

The first part of the book explains just what the disorder is. Then it goes on to give many strategies that can be helpful.

Bipolar 101, A Practical Guide to . . . by Ruth While, PH.D., MPH, MSW and John Preston, PSY. D., ABPP, 253 pages , 2009, \$14.95.

This is a very basic, but effective book on the bipolar disorder in very large print. Easy to read and easy to understand.

Chapter one is the most important. It gives a real



**NEW SUPPORT GROUP
JOURNALING
THROUGH
SCRAPBOOKING**

NAMI Contra Costa proudly announces this new group for consumers, loved ones, friends, and NAMI members. Learn new ways to journal with or without writing, such as with pictures and drawings.

Be in a safe, supportive environment to learn and create. Scrapbooking materials will be supplied. However, group participants are welcome to bring their own supplies and pictures to individualize and customize.

When: Every Tuesday, 7-8:30PM

Where: 550 Patterson Blvd., Pleasant Hill, Crestwood Healing Center

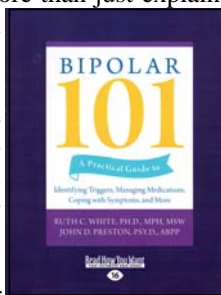
Information: Hillary Westbrook (925) 565-0663

understanding of what the disorder is. It follows with a helpful guide on how to live successfully with the disorder.

The chapter on medications does more than just explain the chemical complexities. It gives sound advice on how to seek out the *right meds* or combination thereof.

It warns of the interaction between various medications and even vitamin/mineral supplements and particularly herbs.

One of the long term members of NAMI-CC' son was diagnosed as having schizophrenia. Today, because of the diligence of her investigations he is much more effectively diagnosed as being autistic with bipolar tendencies.



UPDATES:

OCD/Anxiety Support Group.
First Monday of the month 7:30pm

This will be the second meeting of a new support group for those struggling with OCD and anxiety. Crestwood Healing Center (the conference room next to the NAMI-CC Office), 550 Patterson Blvd., Pleasant Hill. For more information, call Steve 510-690-7901.

Clutterless Recovery Group.
Every Monday, except holidays 7-8:30pm
This is a support group for people who need help learning how to organize their clutter. St. Mary & St. John Coptic Orthodox Church, 4300 Mirador Drive, Pleasanton. For more information, call 925-200-1943 (women), 925-938-7961 (men), or visit www.clutterless.org. Meetings are free, but a donation of \$2-5 is appreciated.

Dual Recovery Anonymous.
Every Tuesday 5:45 to 6:45 pm.

The DRA program follows 12 steps to help people recover from both chemical dependency and emotional or psychiatric illness. John Muir, Center for Recovery, 2730 Grant Street, Classroom B, Concord.

For more information, call Zula 925-212-2241.

He, his loved ones and care givers are much more effective in managing the case because of the better understanding.

Both the *Asperger's Syndrome* and the *Bipolar 101* books are in the NAMI library available for loan to paid members.

**LETTERS TO THE
EDITOR**



APRIL DONATIONS

Editor:

I am writing to thank your organization for the help you gave our family recently.

Our 22 year old son was in your county jail and we did not know it.

Your people made some phone calls and located him there. Then they put us in touch with the public defender that had been assigned to him.

We were able to mail a package of information to the public defender and armed with the material, she was able to get him released.

We would not have known where to start and we will always remember this good act.

Martha Hornick, Sante Fe, NM

In Memory of:

Eric Meiser

From: David and Laura Meiser

Donation

Swati and Pankai Patel

Donation

Pieter and Renate Van Vliet

Donation

Deborah and Dale Walsh

Donation

Sandra Duncan
Terri Winnie
%PG & E Campaign for the Community

COMMENTS
Comments for the newsletter should be sent to:
xnamicc@aol.com
All letters are subject to abridgment and those unpublished can be neither acknowledged nor returned.

**NAMI-CC
MEETS WITH
MENTAL HEALTH
ADMINISTRATION**

(Continued from page 4, column 2)

resources that can help a loved one to recovery. A discussion followed on how to meet that challenge.

It was agreed that Alameda county has made progress in that direction with their Family Education Resource Center (FERC). The Center has been in operation for about 18 months.

NAMI-CC will keep family involvement as a top priority.

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

E mail Address

Use Donation For:

Peer to Peer Program

NAMI-CC General Fund

Family to Family

Housing

IOOV (In Our Own Voice)

E mail address: _____

Name: _____

Address: _____

Phone: _____

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

Stamp

3rd Monday Support Group

For those in crisis and seeking education, information and support.
 Location: John Muir Hospital, Walnut Creek, 1601 Ygnacio Valley Road, Walnut Creek
 Epstein Conference Room in the basement area.
 3rd Monday of each month, April 18, 2011, 7:00 pm to 8:30 pm
 Contact: xnamicc@aol.com or 925-256 9640 925-933 4012 925-676 5771

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.

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

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

- Mental Health Client \$ 20.00
- Dual Affiliate 20.00
- General Membership 40.00
- Professional Membership 50.00
- Century Club 100.00
- Lifetime 500.00



NAMI Walks

National Alliance on Mental Illness

San Francisco Bay Area 2011
Saturday, May 21

Lindley Meadow
Golden Gate Park
Check In: 9:00am
Walk Start: 11:00am



800-556-2401

www.NAMIWalkSFbay.org

The Picture Report

A 4 page picture supplement to the NAMI Newsletter

Contra Costa Board of Supervisors

From The Left:

Karen Mitchoff Federal Glover Gayle Uilkema Mary Piepho John Gioia



Assemblywoman
Susan Bonilla



Supervisor
Karen Mitchoff



NAMI Affiliates Regional Meeting February 17
Front row: Kay Derrico and Sue Horrocks Second Row: Merry Gregg



The Annual CIT (Crisis Intervention Training)

Pictured Above, The NAMI Family Panel

From the Left: Teresa Pasquini, Annis Pereyra, Sharon Madison, Charles Madison



Behavioral Health Court

From the Left: Judge Mary Ann O'Mally, Marti Wilson and Rich Derrico



The Opening of the NAMI Contra Costa Office
At the Crestwood Healing Center
550 Patterson Boulevard
Pleasant Hill

Sunday, February 27, 2011