



NAMI Contra Costa

National Alliance On Mental Illness

Contra Costa's Voice on Mental Illness August, 2009

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

COUNTY HOSPITAL

CCRMC GOES FOR EXTREME MAKEOVER

HEALTHCARE PARTNERSHIP LAUNCHED

Anna Roth, COO, Contra Costa Regional Medical Center, announced Thursday, July 16, 2009, the creation of a new support operation for families that have a loved one in the psychiatric facilities at the CCRMC. It will be titled the "Healthcare Partnership."

The hospital won a \$175,000 grant that enabled it to bring in the well-known management system originated by Toyota. The concept is known as "Lean Management."

It has been used with great success at Boeing Aerospace in Seattle and has been adapted to the medical field.

To implement the Lean program at the CCRMC a series of
(Continued on page 4)

Lieutenant Governor GARAMENDI TO SPEAK TO NAMI-CC

John Garamendi, like NAMI-CC, is very concerned about the mental health system in California and Contra Costa County.

His interest and experience in the mental health field goes back many years. He will briefly address the essential issues, particularly the current budget crisis.

The August 20 General Meeting will be a real opportunity to hear from a top state official on this subject that is so critical to NAMI-CC.

General Meeting

AUGUST

Thursday,
August 20, 2009

Doors open at 6:30 p.m. with manned information tables:

Veterans Disability Claims & Benefits, Vets4Vets, Swords to Ploughshares, Family to Family, Peer to Peer, Library Checkout

Speakers

Nathan Johnson, MSW

Former United States Marine

Speaking on PTSD and

What Returning Vets Need To Know

Stephanie Richter, Ph.D.

Returning Veterans Mental Health Outreach

Speaking on Changed View of Self, Anger, Trust, Pain and Substance Abuse

Phillip Munley

County Veterans Service Officer

Speaking on Veterans' Disability Claims and Benefits

Location

John Muir Medical Center
Concord Campus

2540 East Street, Concord
925-682 8200

During the Construction, use the
Emergency Room Parking Lot.

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 Stern Conference Room. The group is facilitated by Dr. Mary Olwin and Gloria Hill.
Call: Gloria Hill 925- 957-5146.

NAMI Tri-Valley

2nd Monday of each Month: 7:15—9:00 pm Livermore Public Library, 1188 S. Livermore Ave., Livermore.
Contact support facilitator Marsha McInnis, marsha@nami-trivalley.org or 925– 980 5331

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 #3G Walnut Creek
Contact Lisa or Scott 925-743 1160

TRI-VALLEY BIPOLAR (Consumer Run)

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

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

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. 2nd and 4th Tuesday 7:00 pm
Call: Veronica 925-945 7871

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

H.E.L.P.

Hope, Encouragement, Love and Prayer

See page 6 for specific hours

Support group for those coping with a mental illness and/or their families and friends.

Time: 2nd Monday of each month (With the exception of September 21 which is the 3rd Monday) 7:00—9:00 pm

Where: Christ the King Church, Parish Hall
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

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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 am excited to hear that NAMI Contra Costa has been asked to counsel families and consumers in crisis at the county hospital in Martinez.

When unexpected mental illness strikes a family, it often is like a bolt of lightning. There are no road signs to help and GPS doesn't work. So our NAMI counselors have agreed to be available at the county hospital several days each week to assist families and consumers in get the information they need.

This new program has taken the name: Healthcare Partnership.

We owe a great deal of thanks to Dave Kahler and Teresa Pasquini who each spent one week working with hospital management and staff to better understand day-to-day operations with the goal of improving the level of service for consumers and their families. It is all part of the hospital administration bringing in the Toyota "Lean" style of management.

In addition, we thank Dr. Smith, Anna Roth and Miles Kramer for making this possible.

Also we are most grateful to the following counselors who have agreed to conduct these sessions each week. Our hats are off to Teresa Pasquini, Annis Pareyra, Carolyn Jackson, Sharon Madison and Nancy Owens who will participate in the counseling.

NAMI continues to have a huge impact in helping families in crisis and their loved ones thanks to these caring members!

**GENERAL
MEETING**

Thursday, September 17, 2009.

Dual Diagnosis and Recovery: Choosing Healthy Options, Stanley Pugh, Consumer, Advocate, In Our Own Voice Presenter, Public Speaker. Also Marti Wilson will briefly talk about dual diagnosis and the recovery of clients in the Behavioral Health Court. 12-step flyers and support group flyers will be available.

Thursday, October 15, 2009,
After Suicide:

How to Survive the Nightmare, Susie Moore, Grief Counseling Director, Contra Costa Crisis Center.

Thursday, November 19, 2009
Obsessive Compulsive Disorder Jeff Bell, KCBS radio anchor; mental health activist; author; book signing.

Thursday, December 17, 2009
Dr. Johann Ferman, M.D., Medical Director, Contra Costa Mental Health Adult Services (topic to be announced)

Thursday, January 21, 2010.
Psychosis as a Continuum: How to Assess for Risk and Find the Right Treatment Regimen as Soon as Possible.

Dr. Demian Rose, M.D., Ph.D., UCSF Department of Psychiatry; Medical Director, Prodrome Assessment Research and Treatment.

NAMI-CC's E mail:

xnamicc@aol.com

CCRMC GOES FOR EXTREME MAKEOVER

(Continued from page 1)

workshops are being held to get the perspective of the families that have loved ones in the hospital's psychiatric units. Miles Kramer, Director of Psychiatry, invited two NAMI members to participate in the fourth workshop.

The workshops are not simply academic exercises. They are intended to identify problems, determine who has the authority in that area and *immediately* begin the process of getting the solution under way. It is a concept they call "Kaizen." Which means *con-*

"Oh my God! The public got its nose under our tent . . . and we survived!"

The comment made by Dr. Steven Tremain, Senior Medical Director about the two NAMI members attending the "Lean" Workshop.

tinuous, incremental improvement.

Following that principal, the group said that families frequently complain that they cannot get the information they need from the system.

Four members of the group went to Dr. Saldanha, the Chief Psychiatrist and stated the problem. He agreed that this is a problem and asked what the solution might be.

It was suggested that it might be possible to reach out to a non-profit that could furnish trained volunteers that would be

FREE CLASSES ON MENTAL ILLNESS

The number of graduates of NAMI-CC's Family to Family program has passed 800.

No university or college anywhere has a class that teaches the issues of mental illness from the family's perspective.

Julia Bonacich, the senior Family to Family instructor, will begin the classes again in Lafayette, Monday, September 14.

Call Thomas Cloney:

510-705 2608

E mail: tmclone@gmail.com

Peer To Peer

The Fall Peer to Peer classes will begin September 2, 2009. The location will be the Crestwood Healing Center in Pleasant Hill.

For information:

Lisa Bruce 925-827 5435

available to families that are seeking information and support.

That was on a Tuesday. By the next day the new program had reached an understanding with NAMI Contra Costa, set a beginning schedule, developed literature, created a business plan and selected a name for the new program:

Healthcare Partnership

For more information:

E mail: xnamicc@aol.com

COUNTY TO KEEP PSYCH WARD

By Art Honegger

After months of using the closing of the Acute Care Ward, 4 C at the CCRMC, as part of the funding for the 20 Allen Street Psychiatric Pavilion (\$2 million), the county has reversed its position and announced that they intend to keep the 23 beds open.

This came after continued pressure from the Mental Health Commission, NAMI Contra Costa and the public.

The members of the Mental Health Commission, Capital Facilities Workgroup attended both the Board of Supervisors Health and Human Services and the Financial Services Committee meetings on July 20, 2009.

Concerns were stated about the inability of East and West County consumers to access this new facility, and the transportation problems from anywhere in the County during evening and weekends via public transit.

The Supervisors all acknowledged these severe limitations and directed the County Health Department and the County Mental Health Department to address and resolve these issues in order to move forward with the Psychiatric Pavilion project.

It is anticipated that facilities in East and West County will be established as part of the overall project. These facilities would allow a transition for consumers leaving the hospital, and be available as an urgent drop-in so that local consumers could get services such that they would avoid a hospital stay.

A MOTHER'S PLEA

By Teresa Pasquini

EDITOR'S NOTE: *Teresa is the Vice Chair of the Mental Health Commission and board member of NAMI Contra Costa. These were the concluding remarks at the Kaizin Event, July 17, 2009 at the CCRMC.*

When a parent watches a law enforcement officer escort their mentally ill, adult child to an ambulance, and sees them strapped onto the gurney and driven away....there is a pain that is so deep, and a powerlessness that can take you to your knees.

A mother needs to trust that their child will be received with kindness and dignity on the other end. As the result of this Kaizen experience, I have that trust.

When I challenged this group to eliminate the trash talk about the mentally ill patient and their family members, and to consider it the same as a racial slur, you heard me.

When I suggested that we create a vision of hope, and introduce the concept of customer service into the care of our mentally ill and their families, you heard me. You not only heard me, but you validated what I was feeling and thanked me for sharing. It means everything to have our lived experience respected.

It should not be so difficult to help desperate people. The mental health system is characterized by complexities. But, through this Lean Process, you have all simplified it for our county patients, families, and the health care providers. This effort was huge and it will change lives.

This week, NAMI Contra Costa and the Contra Costa

County Health System, forged a partnership that will be very low cost, but has worth beyond measure. It is real and it must be nurtured and protected because lives are depending on us. I am deeply grateful to have taken this waste walk, to eliminate some of the *muda* (mud in Japanese) that has kept us at odds.

I have spent hours volunteering, over the past three years, hoping to shine a light on a system that has been infected with hopelessness and despair. During these four days together, we have broken down barriers that will ignite a campaign of Hope in the Mental Health Community. It will be change making!

I will carry this experience into all forums, including the Mental Health Commission and the Consolidated Planning and Advisory Workgroup. This model must be replicated in the outpatient mental health system of Contra Costa County. Although we do not need a funding stream to be kind, we do need a funding stream to teach LEAN. So, I will be proposing, that we use a portion of the MHSA Innovation funds to support this concept in the Mental Health Division.

These past five days have filled my uncongested heart with hope and pride. Thank you.

NAMI CALIFORNIA 2009 ANNUAL CONFERENCE

“Destination: Recovery” is the theme of the 2009 NAMI California Annual Conference.

It will be held in Torrance, California at the Marriott South Bay on Friday, August 21 and Saturday, August 22, 2009.

The keynote speaker will be Tom Wooton. He is the author of “The Bipolar Advantage.”

Speaking on Dual-Diagnosis will be Akikur Reza Mohammad, MD. He is Assistant Clinical Professor of Psychiatry at USC School of Medicine.

“Overcoming PTSD” will be addressed by Clayton Chau, MD, Ph.D. Dr. Chau is an expert in the treatment of PTSD in veterans and played a major role in the Dan Weisburd docudrama “Another Kind of Valor.”

There will be many workshops both Friday and Saturday:

- Is Transformation Working?
- Planting the Seeds for Wellness
- Kern County's Front Line
- Documenting Disability
- Lifestyle Redesign for the College Student
- The Shaken Tree: Families with Mental Illness
- Full service Recovery
- How To Interact With Law Enforcement

AUTHOR'S FAIR SUNDAY, AUGUST 16
CLAYTON BOOKS 5433 CLAYTON ROAD
CLAYTON
925- 673 3325

The book *Little Eagle*
will be featured and all proceeds go to NAMI-CC

CLUBHOUSE REPORT

The June issue of this newsletter reported that the Clubhouse has been recommended for a contract from the county for \$345,000.

Those funds will not be available for a few months. In the meantime the Clubhouse's membership has grown exponentially and so have the expenses. Any donations that could be made at this time will *really* be appreciated.

Putnam Clubhouse
3024 Willow Pass Road
Concord, California

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.,

LIGHTHOUSE A CLEAN AND SOBER HOUSE TO OPEN SOON

The Derrico Family (Chris, Tami, Rich, and Kay), active NAMI members, will be opening a halfway house to help support Behavioral Health Court (BHC) clients on their path to recovery.

The house will have space for nine residents and a house manager, all of whom are working recovery programs. In collaboration with the BHC and Marti Wilson, Ph.D., Team Leader of the BHC, the Derrico Family is creating a residence that will have a welcoming atmosphere and support the special needs of dually diagnosed folks.

The Lighthouse is accepting all kinds of household donations in good to excellent condition: kitchenware, bedding and linens, twin beds and mattresses, bureau drawers, living and dining room furniture, vacuum cleaner and other cleaning tools, gardening tools, outdoor furniture, rugs, wall decorations, exercise equipment,

Contact Rich or Kay Derrico,
(925) 933-4012 or
kayderrico@comcast.net.

Save the Dates

Round Table Pizza

To benefit NAMI-CC Consumer Recreation Fund.

August 15 & 16, 2009,
11:00 AM to 9:00 PM,
85 Chilpancingo Parkway,
Pleasant Hill

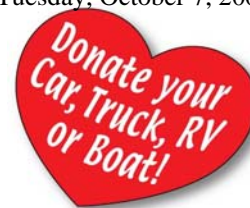
Little Eagle, "A Children's Picture Book," for sale with proceeds going for NAMI-CC's Consumer Recreation Fund

Sunday, Aug. 16, 2009
Book Fair, 2-4:00 PM
Clayton Books, 5433 Clayton Rd.,
Clayton

Family to Family class starts
September 14. Contact:
Thomas Cloney
Famtofamcc@gmail.com
or 510-223-6873

Mental Illness Awareness Week,
October 4-10, 2009.

National Day of Prayer for Mental Illness Recovery and Understanding, Tuesday, October 7, 2009



TWO FUNDRAISERS

Clip and present these coupons and 15% of your purchase value will go directly to NAMI's Consumer Recreation Fund

Round Table Pizza
August 15 & 16
11:00am-9:00pm
85 Chilpancingo Parkway
Pleasant Hill (This location ONLY)
925- 798 3355

Jamba Juice
August 15th and 16th
65 "C" Crescent Drive
Pleasant Hill (This location ONLY)
You must present this coupon!

DUAL DIAGNOSIS
SEPTEMBER
GENERAL
MEETING

The U.S. Substance Abuse and Mental Health Service Administration (SAMHSA) is stressing the need for increased awareness and integrated services for the dually diagnosed, those who cope with both a mental illness and substance abuse.

To help our membership address this issue, Stanley Pugh, a dually diagnosed consumer, will speak to NAMI-CC. During his talk, **Dual Diagnosis and Recovery: Choosing Healthy Options**, he will share his story and focus on diet, the effects of smoking vs. not smoking, 12-step work and other choices in his recovery work.

Additionally, Marti Wilson, Ph.D., Forensics Psychologist, Contra Costa Detention Facilities Mental Health Program, will give an update on the positive outcomes for Contra Costa County's dually diagnosed clients who participate in the Behavioral Health Court Program.

We may even hear from a client or two who have participated in that program.

Lastly, calendars and flyers for 12-step programs and support groups will be available for consumers and family members.

This will be an opportunity to obtain information on one of the most challenging issues in mental health. There are resources to help and you will learn where they are and how they can help you and your family.



AUGUST DONATIONS

Donations

Alison R. Buckles
Susan M. Henderson

% Bank of America
United Way Campaign

Donations

Heather M Quisenberry
Roger C. Gregory

% Chevron Humankind
Matching Gift Program

Car Donations

Raymond Wallace

Susan Cummings

Donations

Mary Ann Hunter
John and Susan Blair
Andrew Hill
Jay Slade
Gail L. Garrett

DONATION FORM

Use Donation For:

- Peer to Peer Program
- NAMI-CC General Fund
- Family to Family
- Housing
- IOOV (In Our Own Voice)

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:

Phone: _____

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

If you need Support, Guidance
 and Information:
**First Tuesday Support
 Group**
 Tuesday, September 1, 7:30 pm
 Hillcrest Church, 404 Gregory Lane
 Pleasant Hill *See Page 2*

Stamp

Two Important August Fundraisers See Page 6
Saturday, August 15 & Sunday, August 16
 Round Table Pizza, Pleasant Hill, 925- 798 3355
 Jamba Juice, 65 "C" Crescent Drive, Pleasant Hill

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

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