



NAMI Contra Costa

National Alliance On Mental Illness

Contra Costa's Voice on Mental Illness August, 2010 * II 80910

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

5150crisis.com

5150crisis.com is the new website that will offer detailed instructions to anyone wanting to use the 5150 process.

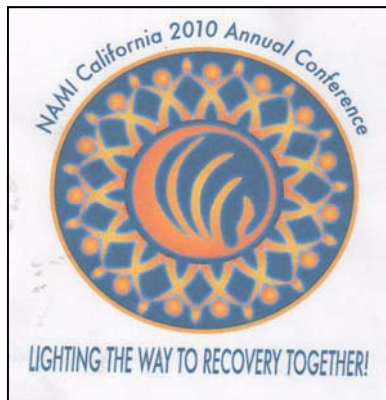
The site is actually operational but reads "under construction" until the relevant material is installed.

The home page will give step by step instructions on what the person making the call should do.

There will be templates for a "one page summary" of the case, definitions of the terms the Criminal Justice system uses, the 5150 form the officer uses and a copy of the actual 5150 law itself.

To have to summon the police because someone's behavior has gotten out of control is a very stressful event but there are many things that can be done to help the subject of the 5150 to get the help and assistance they need.

This new website is a significant step in that direction.



REGISTER ONLINE NOW

www.namicalifornia.org

NAMI California 2010 Annual Conference

"Lighting The Way to Recovery Together"

August 27 & 28, 2010

San Francisco Airport Marriott
1800 Old Bayshore Highway

SYSTEM CHANGE ON STEROIDS

"System change on steroids" was the quote Anna Roth, CEO of the CCRMC used to describe the status of the *system change* program at the hospital.

It was part of the "Report Out" for Kaizen III, the effort to bring lean management to CCRMC.

(Continued on page 4, column 1)

AUGUST

General Meeting
Thursday
August 19, 2010
7:00 PM

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

Topic:

Writing Your Way Out of Darkness

Speaker:

Peggy Kennedy

Author and local NAMI MEMBER, Peggy Kennedy, will read a short passage from her memoir

Approaching Neverland

She will talk about her family's challenge with mental illness and share strategies for writing as a therapeutic pathway to healing.

6:30-7:00 pm Meet and Greet

Library Open

Location

John Muir Medial Center
(Formally Mt. Diablo Medical Center)
Concord Campus
2540 East Street, Concord

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 EpsteinConference Room. The group is facilitated by Gloria Hill. Call: Gloria Hill 925- 957-5146.

NEW! Family to Family Classes in Spanish NEW!

Beginning September 13, 2010 Mondays 7:00 pm to 9:00 pm
Location: Clubhouse, Concord Contact: Thomas Cloney 510- 705 2608
E mail: famtofamcc@gmail.com

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.

Jewish setting and prayer but all faiths welcomed.
4th Monday of each month: 7:00-8:30 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
Suite 200 Facilitators: Chris and Tess

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

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:

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*
925-683 8487
loriateller@gmail.com

Merry Gregg, *Secretary*
510-517 1567
merrygregg@sbcglobal.net

David Kahler, *Treasurer*
925- 676 5771
Fax: 925-476 1444
dk122932@aol.com

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E mail: xnamicc@aol.com
Website: namicontracosta.org
Phone: 925- 465 3864

Newsletter Deadline: 20th of Each Month

**PRESIDENTS
COLUMN**

Note: Al Farmer just returned from Europe and will have his regular column in the September issue.

**TOUCHSTONE
COUNSELING**

By Kimberly Krisch

Touchstone Counseling is a non profit organization that works closely with the county.

They have seven licensed therapists who specialize in individual therapy in addition to working with families, couples counseling, etc. They also have five trained interns on staff who work under the direction of licensed therapists. These interns have completed their education and have graduated. They are just earning their hours to apply for their licenses.

Basically, the counselor calls to perform an intake interview. During this call, they attempt to assess the unique needs of the client. Topics discussed would include substance abuse, mental illness diagnosis, insurance coverage, ability to pay and if the client is associated with the county system.

Once this is determined, they try to match the individual with the most appropriate mental health professional and determine a reasonable fee schedule.

The full pay scale ranges from \$85 to 135 per hour. They also offer a sliding scale depending on the client's ability to pay that ranges from \$40 to \$85. The fee is determined by the therapist

Touchstone Counseling is at 140 Mayhew Way, Pleasant Hill. Their phone is, 925 932 0152.

**General
Meeting**

August 19, 2010—Writing Your Way Out of Darkness.

Author and local NAMI member, Peggy Kennedy, will read a short passage from her memoir *Approaching Neverland*, talk about her family's challenge with mental illness and share strategies for writing as a therapeutic pathway to healing.

September 16, 2010—

Triple Bind: Adolescent Girls. Stephen Hinshaw, Ph.D.; Chair, Dept of Psychology, UC, Berkeley will talk about the unsettling issues of the "triple bind" and how it is putting adolescent girls at risk for depression, eating disorders, aggression and suicide.

October 21, 2010—Research, Treatment and Your Questions about Bipolar Illness.

Dr. Po W. Wang is a researcher and psychiatrist at Stanford's Bipolar clinic. He will describe the work of the clinic and bring his vast knowledge and experience to address our questions and interests on the subject of Bipolar Illness.

November 18, 2010—What you need to know about Social Security and Mental Illness. Kelly Dunn and associates from the Hawkins Center of Rubicon Programs will provide an overview on social security as it relates to individuals with serious mental illness.

There is no cost to members or the public for these programs. For information and to suggest future speakers contact: (925) 683-8487.

SYSTEM CHANGE

(Continued from page 1)

Kaizen is an approach that brings members of the existing staff together with outsiders in workshops and study groups where old attitudes are thrown out and all ideas and concepts are welcomed to be examined, debated and improved.

It is all done under a very confined timeline. It is a system of aggressive organizational learning. The five day Kaizen event, is a central feature of how health-care organizations like Seattle's Virginia Mason Medical Center and Minneapolis's Park Nicolle Healthcare promote improvement on the front line of operations.

One of the most frequently voiced concerns was that the changes adopted not take root and become permanent. To achieve that, a system of committees monitor the changes on an ongoing basis.

One of the central themes of the effort is to approach the operations changes *from the patients perspective*.

JULY MEETING ON SLEEP DR. ALLISON HARVEY

Sleep is clearly a topic of interest based on the more than 70 people that turned out for July's general meeting. Dr Allison G. Harvey of UC Berkeley's Sleep and Psychological Disorders Lab discussed how our sleep biology works and the many ways that we can improve our sleep.

You can find the complete set of her presentation materials posted on our NAMI Contra Costa website.

IF I WERE TO GO

By Shannon Loomis
(December 14, 2009)



If I were to leave
Would you understand?

To stop the fighting
The confusion
Turn off all the lighting.

Darkness, peace and quiet
What would that feel like?

Maybe as good as riding a bike . . .
But alone. No more. All gone.

Would I want it all to go?
No way! Only the insanity.
So much to live for.

Move forward towards brightness,
Do not get stuck in the darkness.
It lurks, never changing
Only to repeat, repeat, repeat
Not finding happiness or care.

Note: Below are the comments written by Shannon's mother Beverly Loomis.

Shannon Christine Loomis wrote the above poem six months before she died.

Shannon was beautiful, a college graduate with a great sense of fun and adventure. In her mid-30s, she was diagnosed with bipolar disorder, possibly triggered by a stressful divorce. In spite of her illness, she remained a vibrant

person with a beautiful smile, warm heart, and gift for offering good counsel to others. She adored her two sons and gave them a solid foundation in being ethical people.

Over time, her diagnosis was fine-tuned to chronic, rapid-cycling, bipolar disorder. She could have mood swings several times in one day.

She fought her illness valiantly and was an ideal patient, taking her medications as directed. Nothing seemed to stabilize her for long. Her doctors were caring and tried all the medications known to help her disorder, but she was one of many who simply did not respond.

Over the years there were several suicide attempts. Each time alcohol was involved. Each time she was rescued. Each time she vowed anew to stop drinking, never to try suicide again and declared how much she had to live for -- two wonderful sons, a caring partner, supportive parents.

She was hospitalized a dozen times. She went through individual and group counseling, read books about her illness, tried to analyze and change her thinking patterns with cognitive therapy.

Yet she continued to suffer. She could sink into the depths of despair in what seemed like a moment's time.

Her last day of life was filled with fun. She and her 9-year old stepdaughter took silly photos of each other. She went out on her Sea Doo (watercraft) in the bay with her partner. She ran into an old acquaintance and they shared stories -- and unfortunately a few drinks. She came home, gave in to a dark impulse, and hanged herself in her garage. The loss and pain to those who loved her is irreparable.

(Continued on page 6, column 2)

Life Beyond Mental Illness: My Own Story of Recovery

By Tamara Hunter, Putnam
Clubhouse Program Director

While driving down the road one afternoon 16 years ago in Tukwila, Washington with my good friend Pat, I suddenly felt sick to my stomach. Without warning, my arms felt tingly, my head felt hot and sweaty, and my heart began to beat rapidly. I asked Pat to take me to the nearest hospital emergency room. Following an hour or so of testing, the doctor in the ER said, "Tamara, you've just suffered a panic attack!" Needless to say I was quite surprised since I had never experienced one before. The doctor prescribed valium and sent me home to rest.

A few days later, I experienced another episode and again drove to the ER for treatment. This time the attack was more severe and I ended up in restraints with a shot of a medication that didn't agree with me. It took hours to calm me down. The following three days I will never forget: I was at home, in bed, and unable to

"This time the [panic] attack was more severe and I ended up in restraints with a shot of a medication that didn't agree with me."

function. The ER doctor had given my then-husband the name of a psychiatrist and told him to make an appointment for me, which he did. By the time I had my appointment with Dr. Sands, I could hardly walk into his office and just lay down on the carpet while waiting to see him. Dr Sands admitted me to the hospital where I spent the next two weeks in the psychiatric ward suffering from severe panic attacks. During my stay, I was diagnosed with Major PTSD, Anxiety Disorder, and Major Depressive Disorder.

"Wow," I thought to myself, "I must be dreaming." During the next three months I was treated for my diagnoses in a partial-hospitalization facility. The first medications prescribed to me were the antidepressants Desipramine, Prozac, as well as Xanax. During the following years of treatment and therapy under psychiatric care, I experienced many hospitalizations and was prescribed multiple medications, including antipsychotics, mood stabilizers, and antidepressants. I've tried just about every med there is and can definitely understand what it is like to be on a med, have it not work, have a med change, wait awhile, have it still not work, and start all over again. Finding the right medication can be a frustrating, tiring, discouraging, and disheartening experience. I know what it feels like to want to give up when combination after combination of meds don't help. I also know what its like to have a med work for awhile, then stop working and have to go



through the entire med-change mess again from the beginning.

During an eight-year period, I was hospitalized several times. At one point I was sent to and

Note: This article was excerpted from the July/August issue of the Clubhouse Newsletter. You can reach them at 925-691 4276 www.clubhouse.org

held at Western State, Washington State's mental hospital, on a five-day hold for evaluation because I was severely psychotic. About that time I received my first diagnosis of Bipolar Disorder and was prescribed Lithium and Geodon. Although my therapist did not agree with the diagnosis, I continued to be treated by my psychiatrist with antipsychotics, mood stabilizers and antidepressants.

Then in 1997, just when I thought that things couldn't get any worse, I was physically and sexually assaulted after being followed home from a run. Emotionally broken, everything around me fell apart. I remember lying in bed unable to get up, eat, dress, brush my teeth, or even talk.

(Continued on page A of the supplement.)

Continued from page 5

Life continued to go up and down while I attended therapy and the doctors tried to manage my symptoms using a variety of

“When I finally realized and believed that I had a lot more control over how I felt by choosing how to look at things, life began looking brighter and brighter.”

medications. Sometimes I would feel like I could handle it all, other times not. My life continued like this without any significant changes in my mental well being until 2001, when something just totally broke inside of me. I drove my car to the top of a bridge in Seattle, hopped out, and tried to jump off. But thankfully, someone grabbed me. All I can really remember is how I sobbed and sobbed in his arms. Again I found myself in the hospital with another med change. I don't remember much about that hospital experience, but I will never forget the man who saved me that day on the bridge. His name was Brian and he came to visit me in the hospital. However, I couldn't even thank him when he arrived. At the time, I didn't feel thankful at all. The only thing I felt was pure anguish and that non-existence had to be better.

So how did I dig myself out? Improvements to my mental health came slowly with time, persistence, and a lot of hard work! My therapist worked with me using techniques like cognitive and dialectical behavioral therapies. I have always had a pretty determined personality, which really came in handy. When I struggled, I literally made myself do what I didn't want to do. If I didn't want to get out of bed, I made myself get out of bed. When I felt depressed and blue, I used the WRAP (Wellness Action Recovery Plan) techniques, going right down the list of the “make me feel better” activities. When I finally realized and believed that I had a lot more control over how I felt by choosing how to look at things, life began looking brighter and brighter. I started to become invested again in taking care of myself. Wellness included more than taking care of just my mind. It included exercise, eating right, and proper rest. One of the first

things I needed to do was drop 60 pounds! I was topping the scale at 189 lbs—the weight that I had gained while on the antipsychotic medication Zyprexa. My wellness plan also included productivity—I needed to do something with my time and my life. So I decided to take a couple of classes at the local community col-

lege to start with, but found that my thought process wasn't very sharp. This was really hard for me because I had always been a straight-A student prior to my illness. So I wasn't very happy finding myself struggling with concentration and comprehension. But I hung in with the two classes I was taking and finished with a B in one and a B+ in the other. I also started volunteering my time helping individuals just out of prison who were diagnosed with a severe mental illness. My role with the probationers was as a mental health advocate. I worked many hours a week assisting them with housing, food, clothing, obtaining medical treatment, medication management, assistance with SSI/SSDI, and maintaining compliance with the Department of Corrections. During that time, I went through an intensive peer-to-peer Washington State training program to become a state-certified peer counselor. Becoming productive again made all the difference in the world for my own recovery.

Recently, I attended a conference entitled “Where There is Work, There is Life.” How true I found that to be. Since my illness had prevented me from working for many years, volunteering to help people who were in a similar position to the one I had been in was perfect. I decided to make mental health my new career so I could use my own life experiences to help others. I hoped I could make a difference! The conference I just mentioned was put on by the International Center for Clubhouse Development (ICCD). The conference theme, “Where There is Work, There is Life,” speaks to why the ICCD Model make such a huge



difference in people's lives. A clubhouse provides a welcoming and safe place where members can participate and perform valuable work—focusing on strengths, talents, and abilities rather than on their illness. The underlying premise of the ICCD Model is that all members can sufficiently recover to lead personally satisfying and productive lives.

While still living in Washington State, I became involved with a new clubhouse program that was just starting up, the Clark County Clubhouse. I was hired as a staff generalist and employment coordinator. I had actually interviewed for another position at the clubhouse, but the director was inter-

“Being able to assist families by bringing them hope, comfort, and understanding is one of my favorite parts of my job.”

ested in my experience of having been on SSDI due to my mental illness and that I had worked my way through disability to employment again. It was thought that I would be very effective with clubhouse members in employment, since I had firsthand experience making the transition from SSDI to being employable. While working for the Clark County Clubhouse, I attended ICCD's two-week intensive training at Genesis Club in Massachusetts. Then, in January 2008, while



Tamara in 2003, weighing 189 pounds.

surfing on the web, I noticed an ad on the ICCD website for a generalist position at a startup clubhouse in Concord, California. I had grown up in the Bay Area and exciting thoughts of returning home rushed through my head. I had been away for 27 years living in Washington State, a very rainy place that never felt quite like home. I noticed that the ad had been posted for awhile, so I almost didn't respond to it. But I decided to call the executive director and ask if the position was still available. To my delight and surprise, it was. So I applied, was asked to come in for an interview the following week, and was hired as the first staff generalist at Putnam Clubhouse at the beginning of 2008, just before our Clubhouse opened its doors for the first time.

I quickly packed and moved back to California so I could help build the first clubhouse in Northern California. For the past two years, it has been exciting for me, both personally and professionally, to help [better than watching] the Clubhouse grow and to be promoted to program director in the fall of 2008." After everything I had gone through, I thought I would never be able to work again. Being entrusted with running the day-to-day operations of the Clubhouse was the most exhilarating feeling of accomplishment of my entire life. Once I became program director, I knew for sure that people who have been diagnosed with a mental illness can and do recover, going on to live productive, fulfilling, and satisfying lives!

There are many times at the Clubhouse that I have had the opportunity to talk to parents of members who are going

through a difficult time. And my heart breaks for them—for parents experiencing a son or daughter being hospitalized for the first time or refusing treatment, for family members who don't know what to do to help or who are stressed out from dealing with their loved one's struggles with mental illness. Whatever their experience, I am grateful at these times that I have been through mental illness as a family member

myself. Being a family member helps me appreciate what they are going through. Being able to assist families by bringing them hope, comfort, and understanding is one of my favorite parts of my job.

At the age of 14 my son began to have difficulties in school. He had troubles with concentration, following direction in the classroom, or doing the assigned work. For a week I attended school

“Going through the experience of my own son’s mental illness and losing my nephew to suicide deepened my desire to build a career in the mental health field so that I could make a difference in the lives of those experiencing, living with, and recovering from mental illness.”

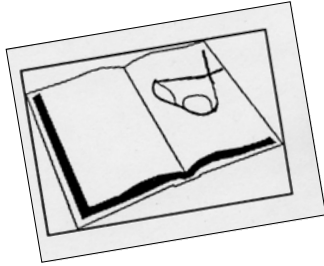
with him to try to keep him on track and to understand better what he was going through. I come to the conclusion that something significant was wrong and getting in his way at school and in life! He started seeing the school psychologist for help. She diagnosed Paul with a mood disorder. The following years were agonizing for me, given that my son shut me

out and didn't want my help at that time. Along the way, he struggled with difficulties finishing high school, drug and alcohol abuse, and managing his mood disorder.

Today, Paul is 26 years old and is doing tremendously well. He lives in Vancouver, WA, and works a full-time job, maintains a home of his own, and successfully manages his illness. I am very proud of my son and the life he has built for himself. Sadly, my sister was not as fortunate with her son, my nephew, who also had a mood disorder. In 2001, at the age of 21, he committed suicide. Losing a family member to suicide was severely traumatizing. The aftermath and devastation for a family is beyond description. My entire family experienced tremendous grief, running the gamut of emotions: anger, betrayal, shame, guilt, helplessness, hopelessness, and feelings of responsibility. I can truly say that the devastation was so severe that no one was ever the same after. The pain that I observed and that we experienced was indescribable. The loss is felt by all of us to this very day.

Going through the experience of my own son's mental illness and losing my nephew to suicide deepened my desire to build a career in the mental health field so that I could make a difference in the lives of those experiencing, living with, and recovering from mental illness. Helping to start Putnam Clubhouse, becoming the program director, and watching the members thrive at the Clubhouse has helped me complete my own recovery process. For the first time in my life, I can truly say that I am happy and fulfilled. By achieving the goal of full-time work in the mental health field and by having recently moving into my own home, I feel like I have climbed Mt. Everest!

My experiences living with and recovering from mental illness—along with what I've learned from my perspective as mother and aunt—help me do a better job as Putnam Clubhouse's program director where I encourage all members to set goals, move confidently toward the life they imagine, go for their dreams, and never give up.



BOOK REVIEW

By Fran Martin

The NAMI Library features books on varying topics of mental illness. Books are available to NAMI *members* at the monthly meetings. NOW, the NAMI office is up and running and will be loaning the books during the week on Tuesday, Wednesday and Thursday, 10 am to 3 pm.

The NAMI office number is (925) 942-0767. A review follows on one of our new books:

"We've Got Issues" - Children and Parents in the Age of Medication
by Judith Warner

Six years ago, Judith Warner began a book assignment on parents and children in the age of medication. At the time, the book was to be on the "over-medication" of children. The author was firmly in the camp of those who claimed that pushy parents dosed the children with unnecessary medication in the name of "conformity and achievement."

She headed out to interview all the pushy parents, irresponsible doctors, and over-medicated children she could find. For several years she could find only a few. She had missed deadlines, encountered deadends and had her own worried soul-searching to handle. She was forced to change the

whole premise of her book and start over again.

It is interesting and eye-opening to read how far Warner comes from her original thinking. Warner realizes that few parents *want* their children to be on medications. She changes her thinking and the book takes another direction

Treating children with mental health issues is more than creating calmer classrooms through medication. Warner defends psychiatrists who understand medication and how it works with children. She knows about the stigma toward mental illness. Her years working on this book opened her eyes to mental illness in children and the pain they and their parents endure.

In the end, Warner became a converted zealot selling her new-found truth. Some will believe and others will not. Still, it is a fascinating and enjoyable read and gets into the pro and con of treatment for children "with issues."

SHANNON LOOMIS

(Continued from page 4)

If Shannon's tragic death can serve any purpose, let it be to inspire more research, now, so that this cruel disease can be more effectively treated. Treatment still remains a maze of semiguesswork and there are few controlled studies on mood stabilizers. It is time to move forward. People like Shannon deserve to be saved.

--by Beverly Loomis, mother of Shannon

MENTAL HEALTH PLANNING MEETING
20 ALLEN STREET FACILITY

This will be the last chance for public comment! Help Contra Costa Mental Health move forward with the Mental Health Services Act (MHSA) Capital Facilities Component.

It will be at the Pleasant Hill Community Center at 320 Civic Drive (off Taylor Boulevard) in Pleasant Hill.

Tuesday August 31, 2010
5:00 pm to 7:00 pm

925-957 5150

FREE CLASSES ON MENTAL ILLNESS

This fall's classes, in addition to classes in English in Richmond and Lafayette are offering a class in Spanish and another tailored to meet the needs of Veterans' families. Go to: www.nami-contracosta.org to view specific schedules. Register with Director, Tom Cloney at 510-705 2608 or

famtofamcc@gamil.com

NAMI OFFICE NOW OPEN

NAMI Contra Costa's office is now open Tuesdays, Wednesdays and Thursdays, 10:00 am to 3:00 pm at the Crestwood Healing Center, 550 Patterson Boulevard in Pleasant Hill.

The office could use the donation of a desk chair on rollers and four table chairs.

Even when the office is closed you will be able to pick up literature off the information table located in the lobby near the NAMI office. For information contact Kay Derrico at 925-933 4012 or kayderrico@comcast.net

NAMI-CC CONSUMER BOWLING AND PIZZA NIGHT

Sign up for this free, recreational activity at Diablo Bowl, 1500 Monument Blvd., Pleasant Hill, Monday, August 23, 6:00-9:00 PM. This activity includes two lines of bowling, shoe rental, as well as pizza and a drink. The people with the two highest bowling scores will receive prizes. Contact Chairman Steve Gallion, (925) 691-5673 or

sgallion@dnix.net.

A refundable, \$3 deposit to be returned the evening of the event, is requested to hold a spot. There are only 20 spots available and about 1/3 are already filled.

A special thanks goes to Steve Gallion and Eric Hatstrup, the owner of Diablo Bowl to help make this happen.

In an effort to raise money for the Bowling-Pizza night, Steve and his associates will be selling candy at the various meetings throughout the month.

AUGUST DONATIONS

In Memory of:

Shannon Loomis

From: Scott and Claudia Hein Mary Sue Righttime

Jeannie Lundahl David Kahler
Oscar-Ernesto Morales and Patricia D. Morales

Bill and Helen Cannon

Donations:

Roger Gregory
Mary Lavagnino
%Chevron Humankind Employee Funds

Car Donations

Thomas Butler
Sergeant Scott
Al and Rose Tatum

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: _____

Name: _____

Address: _____

Phone: _____

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

For Support and Information:
First Tuesday Support Group
 Tuesday, September 1, 2010
 7:30 pm Hillcrest Church,
 404 Gregory Lane, Pleasant Hill
 You can download a map from the website
 925- 676 5771 dk122932@aol.com

Stamp

CONSUMER BOWLING-PIZZA NIGHT

MONDAY, August 23, 6:00 pm to 9:00 pm
 Monument Bowl
 Call to reserve a spot: Steve Gallion: 925- 691 5673 or
 sgallion@dnix.net

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