



Contra Costa's Voice on Mental Illness August, 2011

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

AUGUST
 General Meeting
 Thursday, August 18, 2011
 7:00 PM

**SPECIAL
 GENERAL MEETING**

Speaker

Dr. Barbara Peterson

Topic

Thought Disorders, How To
 Manage Negative Thinking and
 Cognitive Therapy

Location:

John Muir Medical Center Concord
 Campus
 2540 East Street, Concord
 925-682 8200

**NAMI
 CALIFORNIA
 CONFERENCE**

2011 Annual Conference
 Friday and Saturday
 August 19th and 20th
 Doubletree Hotel
 2001 West Pointe Way
 Sacramento, CA
 95815

Board of Supervisors

**KNIGHTSEN
 APPROVED
 BONITA HOUSE
 RANCH IS A GO**

Finally, after three years, the Bonita House got the approval for their Knightsen Ranch project. They got the approval without several onerous

“conditions” that had been attached to the application. The conditions would have added costs that would have made the project “financially infeasible” according to Rick Crispino, the Bonita House director.

General Meeting
**DR. PETERSON
 TO SPEAK**

Dr. Barbara Peterson will help the August 18 audience to understand the link between thoughts, feelings and behavior and how you can develop strategies to manage negative thinking. Increases in positive thinking lead to improved mood and less overall stress. The talk will cover the aspects of cognitive therapy (CBT).

The process began three year ago when the Bonita House made application to the county Planning Commission to open a 10 bed facility in the rural area of Knightsen which is between Brentwood and Oakley.

They planned to house 10 mental health consumers on the 10.45 acre property in the 2700 square foot residence.

The Bonita House is a non-profit organization that has had similar homes in the Berkeley and Oakland area for nearly 40 years.

Dr. Peterson is a Licensed Clinical Psychologist with extensive experience in the diagnosis and treatment of mood disorders in adolescents and adults. She practices in Walnut Creek and San Ramon and teaches Psychological Assessment at the Wright Institute, in Berkeley.

The neighbors protested the application which was approved by the Planning commission. It then went to the Board of Supervisors where the neighbor’s appeal was rejected. But several costly conditions were added to the application. It was these conditions that were removed at the

(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 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 Susan Medlin 925-957 6369
550 Patterson (Crestwood) Pleasant Hill
Susan Medlin smedlin@hsd.cccounty.us

Information and Support

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

Smoke Zero

Smoking Cessation Class
Steve Gallion: sgallion@dnix.net 925.691.5673
Contact Steve for date and time.

JOURNALING 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

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
Website: www.getwelltogether.com

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

It appears that our recent NAMI Walk was even more successful than we expected and that the revenue from the walk is expected to exceed last year's level. Thanks for your support!!

Our next great event is the NAMI California Conference to be held at the Doubletree Hotel in Sacramento on Friday and Saturday, August 18th & 19th. Sue and I have enjoyed and benefited much from past NAMI California Conferences and we hope you can join us for this conference.

We extend our sincere thanks to Thomas Cloney, Susan Horrocks, Dan Shortenhaus and Laurie Sheerer for arranging for our first family to family program for the families of war veterans. This is a real break through for outreach and diversity in Contra Costa County.

Along this line, our thanks and hearty congratulations to Veronica McManus and Sal Morales for successfully conducting our very first family to family program in Spanish! This was a pioneer undertaking demanding a lot of flexibility to be successful. The next F2F class in Spanish is scheduled to begin September 12, 2011.

Also, we would like to thank Stacey Hoskins and Mike Aiman for starting up and revitalizing the NAMI Peer to PEER Program which had been dormant for several years. A Peer to Peer class is currently underway and they plan to start a new class at the end of September 2011. NAMI Contra Costa is indeed blessed to have so many strong and enthusiastic members and supporters.

GENERAL MEETING

September General Meeting

Thursday, September 15, 2011, 7:00-8:30. W.R.A.P.: Wellness Recovery Action Planning. Presented by B.J. North of Conscious Educators.

WRAP is a self-management and recovery system developed by a group of people who had mental health issues. WRAP is a structured system to monitor uncomfortable and distressing symptoms that can help consumers reduce, modify or eliminate those symptoms by using planned responses.

FUTURE GENERAL MEETINGS

Thursday, November 18, 2011

Conservatorship #101

Suzanne Davis will discuss every aspect conservatorships, when they are required, how to get one and what to after your loved one has been conserved.

NAMI Contra Costa Office and Library

550 Patterson Blvd
Pleasant Hill, CA 94523

(925) 942 0767
namicc@att.net

Office hours
Tuesday, Wednesday, Thursday
10:00 AM - 3:00 PM

KNIGHTSEN APPROVED

(Continued from page 1)

Supervisor's July 26, 2011 meeting.

Supervisor Mary Piepho, District III, requested that the home have two full time employees on a 24/7 basis. That would have also involved the construction of a additional bedroom for the extra employee. She said 'there is a fear associated with mental illness, I think we need to admit that.'

The project will have to have two staff members from 8:00 am to 8:00 pm. They will not have to have two staff members overnight.

The county staff felt that the State licensing board is better qualified to handle any complaints.

The project was the inspiration of Gloria Hill and Val Meredith. They had seen fundraisers in the wine county great amounts of money. They partnered with Ann Reynolds and produced an evening fundraiser at the Reynolds home which they called "A Beautiful Night." The effort resulted in \$280,000 being raised that night. More funds were raised the following year.

All of the neighbors concerns were based on their fear of the consumers that would be lodged there. They mentioned the safety of Knightsen Elementary School students. They were also concerned about the isolation of the location and the fact police and fire services might be pressed to respond to calls.

They produce no evidence that the tenants would actually be dangerous.

The conditions were removed and the application approved.

HOW TO WATCH BOARD OF SUPERVISORS ON YOUR COMPUTER

1. Go to the County Website: www.co.contra-costa.ca.us
2. Click on the 2nd link on the left "Board of Supervisors."
3. Click on the 2nd link "Board Meeting" "Agendas and Videos."
4. Click on 2011.
5. Click on the word "Previous" which is under the words "View Meetings."
6. Click on the word "video" on the right.
7. You can select the issue you want by clicking on the issue that is under the video picture.
8. You can enlarge the picture to take the whole screen by left-clicking anywhere on the picture and then clicking on "Toggle Full screen."
9. You can stop the video anytime by clicking anywhere on the picture.
10. You can advance the tape by dragging on the bar at the bottom of the screen.

You generally have to wait two days after the Tuesday meeting for it to be available on the website.

Save the Dates

NAMI-CC's Writers' Workshop with Peggy Kennedy. Thursday, September 1, 7:00 p.m.-8:30 p.m. Free. All levels welcomed. Consumers, families, and friends invited. RSVP encouraged to let us know the size of room needed. . NAMI CC Office (925) 942-0767 or Kay (925) 933-4012. Park in the rear parking lot.

Saturday, October 1 (note DATE CHANGE), 10:00 a.m. Workshop with Jeff Bell, KCBS radio news anchor. For NAMI Bay Area leaders and members interested in using TV, newspapers, and radio to promote NAMI goals. Additionally, a presentation on using social media and afternoon Bay Area Affiliates Leadership Meeting. Fee for lunch. Location to be set. RSVP to (925) 942-0767 or namicc@att.net Merry Gregg (510) 517-1567.

Thursday, September 22, Evening of Prayer for Hope and Healing for Mental Health Recovery and Understanding. 7:00 -8:00 pm. Interfaith. Sharing by Alex Crichlow, U.S. Air Force Veteran. Optional meditation/prayer walk in the labyrinth after service. 260 Walnut Avenue, Walnut Avenue United Methodist Church, Walnut Creek. Clare Beckman Coordinator, Beckner@astound.net or 925-930-6591.

SPECIAL NEEDS TRUSTS WORKSHOP

With a Focus on Mental Illness

The Dale Law firm, PC

Monday, September 26, 2011

127 Aspen Drive, Pacheco, CA

E mail: Shelley@dalelawfirm.com or 925-826 5585

Steve Dale will review how Special Needs Trusts can be established in order to protect and provide assistance to the mentally ill.

THE FAMILY EDUCATION CENTER

A COMMUNICATIONS NETWORK AND INFORMATION CENTER

A family that has a member that has been diagnosed with a serious and chronic mental illness has a whole host of needs and resources that they would not have if the diagnosis had been a medical one.

For more than a decade the county provided a Family Advocate (Gloria Hill) that helped and advised a great many people. She was located in Martinez in a location difficult to reach by public transportation. Currently the county has one family advocate, Bob Thigpen, working from the Central Clinic.

With that in mind a group of NAMI families has crafted a comprehensive plan that would effectively address the problems of giving families of the mentally ill an orientation that would quickly provide the education and information they so desperately need to manage their loved one's psychiatric case.

The Center Would:

- Be located in the center of the county not more than a ten minute walk from Concord BART.
- Be open seven days a week.
- Be the offices for NAMI Contra Costa.
- Staffed with 2 full time employees.
- The paid staff would be backed by a cadre of 30 trained volunteers.
- Offer an array of resources that would be available to families, consumers, professionals and county employees.

Resources Offered:

- Personnel available everyday including weekends to answer specific questions.
- A basic two hour seminar on mental illness offered each week in the evening. It would be taught by a trained volunteer and provide literature.
- Classes on How to Obtain benefits.
- Classes on how to help a loved one who is incarcerated.
- Substantial lending library with recent books, videos and articles, on mental illness.

Immediate Help:

From the moment a person seeking help contacted the center by e mail, by phone or by coming in person, that person would have entered a Communications Network that would give them support and the knowledge to effectively manage their loved one's psychiatric case.

That contact would be as unending as it would be comprehensive. All the services would be free with no obligation.

For information on this proposal: xnamicc@aol.com

THE ALAMEDA FAMILY EDUCATION RESOURCE CENTER

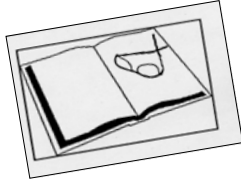
Alameda County has been offering a Family Resource Center for nearly two years. It is located on Hegenberger Road (Oakland) in the Eastmont Mall.



The picture on the left is the exterior.

The picture on the right are their offices.





BOOK REVIEW

By: David Kahler

Hurry Down Sunshine,
A Father's Story of Love and
Madness by Michael Greenberg,
2008, Vintage Books, 233 pages,
\$14.95.

This incredible book is destined to become a must read for those interested in the imponderables of mental illness. The book succeeds because the author, Michael Greenberg, is a professional writer telling his own personal story and the story of his daughter's first break.

The book follows the story through the "ordeal of the hospitalization, outpatient therapy, and sedation with soul-effacing antipsychotics."

A review by Jacob Appel points out how the events surrounding his daughter's "crack-up" becomes an eloquent disquisition on the fragility of daily living.

In spite of having an older brother, Steve, that is bipolar, the author encounters his daughter's dilemma with complete naivety.

His daughter, Sally, is bright, assertive, and difficult. As happens so often, she blames those around her for the difficulties she encounters.

Greenberg effectively weaves several nuanced series of historical and biographical anecdotes about bipolar disorder. He is successful in not taking

anything away from the unfolding of his daughter's tragic story.

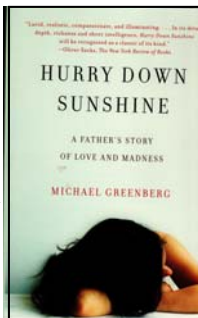
One that is particularly relevant is the relationship between James Joyce and his manic daughter, Lucia.

Appel describes Greenberg's style as "almost fugue-like that renders the chosen images and quotations truly indelible."

Greenberg offers us the actualities: the hours of empty time waiting in the dayroom of Sally's ward, the cost of filling her prescriptions without insurance, the need to balance her care with earning a living or purchasing groceries. As anyone who has witnessed the illness or death of a loved one understands, the world does not stop-it should, but it never does. Her father's goal is not for her to live an extraordinary life, but merely for her to fit in.

The Appel review says "Greenberg's memoir is an exploration of our culture's schizophrenic attitude toward free will and personal responsibility. He emphasizes that while our society has embraced the disease model of mental illness, many of us still place some degree of *blame* upon the patient and her upbringing. He points out that one has cancer or AIDS, but one *is* schizophrenic, one *is* bipolar.

The author follows the story though the interventions and recovery into love romance and marriage onto divorce and a modestly successful life in Vermont working with her mother.



SMOKE ZERO

Every Monday
7:00pm to 8:00pm

Smoke Zero is a new "quit smoking" class led by Steve Gallion. Steve has 17 years of being smoke free. The class will involve various cessation methods, including: new thinking processes, reprogramming, diet, exercise, education and support.

There will be a minimal fee of \$20.00 to help cover a donation to the church for letting us have the class there and for material costs.

Hillcrest Congregational Church,
Room 10
404 Gregory Lane
Pleasant Hill, CA 94523

Contact Steve Gallion at:
sgallion@dnix.net or
925-691-5673

Consumer Scholarships Awarded

Based on their commitment and contributions to NAMI Contra Costa, the following were awarded scholarships to the upcoming NAMI California Conference, Sacramento: Stacey Hoskins, Alita VanHee, Michael Aiman, John Bell, and Hillary Westbrook.

Peer to Peer

Sunday, September 25, 2-4 p.m.
Crestwood Healing Center, 550
Patterson Blvd., Pleasant Hill.
Call coordinator Stacey Hoskins
(925)497-4712

NAMI Board Meeting

2nd Thursday of Each Month
August 11, 2011
7:00 to 9:00 pm
Crestwood Healing Center
550 Patterson Boulevard, Pleasant Hill

FALL CLASSES 2011

Classes listed by start date.

Family to Family

Program Director, Thomas Clooney (510) 705-2608 or famto-famcc@gmail.com; assistant director, Nancy Seibert (25) 285-5995.

September 15, 7-9 p.m. Grace Lutheran Church, 2369 Barrett Ave at 24th, Richmond. Contact Baby Raff (510) 374-9651 or Dolores Ruff (510) 593-7971

Monday, September 12, 7-9 p.m., Lafayette. Our Savior's Lutheran Church. Contact Nancy Seibert (925) 285-5995.

Monday, September 12, 7-9:30 p.m., Church of the Living God Pittsburg. Familia-a-Familia for Spanish speakers. Contact Veronica McManus (925) 250-4032.



AUGUST DONATIONS

Donation

Mark and Judy Cohen

Donation

Capt. Mark Bachman
Walter Cannon
Al Tatum

Donation

Marilyn and Gary Cooper

Donation

Earl R. Redeye

Donation

David and Joan Myers
Paul and Susan Baker

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

DONATION FORM

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

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ E mail: _____

Make check payable to NAMI-CC
Mail to: Treasurer, NAMI-CC

P.O. Box 21247, Concord, CA. 94521

NAMI-CC is a 501(C)(3) organization Tax ID # 68-0209474

No goods or services have been received from the following donor or donors.

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, August 15, 2011, 7:00 pm to 8:30 pm Sharon Madison
 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

| | |
|--|-----------|
| <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 |