



NAMI Contra Costa

National Alliance On Mental Illness

Contra Costa's Voice on Mental Illness **DECEMBER, 2009** M113009-500P

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

DECEMBER

General Meeting,
Thursday,
December 17, 2009
7:00 PM
Doors open at 6:30 for NAMI
information tables and library
materials checkout

Speaker:

Johanna Ferman, M.D.
Director of Behavioral Health
Contra Costa Health
Services Department
Ambulatory Care Division

Topic:

Transformation of Community
Through Integration of
Behavioral Health and Primary
Care (See article on page 5)

Dr. Ferman will discuss the County's
planned integration of behavioral
health with primary care.

Note: Drop Christmas donations for
BHC clients in the
Xmas Box. (See article on page 5)

Location
John Muir Medical Center
(Formally Mt. Diablo Medical Center)
Concord Campus
2540 East Street Concord
925-682 8200

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NAMI Contra Costa Board of Directors

NAMI BOARD VOTES SUPPORT OF 20 ALLEN STREET

The NAMI Contra Costa Board of Directors has voted to support the Mental Health Administration's proposal for a mental health facility at the 20 Allen Street site in Martinez, as presented by the Health Department Director, Dr. William Walker at the September 3, Mental Health commission meeting.

The NAMI-CC motion had four points:

1. To support the county's acquisition of the site to be used as a psychiatric facility.
2. That the acute care ward 4C remain open on a permanent basis. It is a key component in the mental health continuum.
3. That the CCRMC (County Hospital) initiate a study to develop a plan that could fill the gaps in the transportation system that serves the hospital.
4. The motion recommends that the CPAW/Capital Facilities group continue to research and explore ways to improve the service to the mentally ill and implement MHSA funds.

MHSA LAMBASTED

EDITORS NOTE: *Proposition 63 took the name MHSA (Mental Health Services Act) after its enactment.*

On the fifth anniversary of the passage of Proposition 63, California's landmark Mental Health Services Act (MHSA), Rose King one of the authors of the measure and the former Attorney General's consultant to a Prop 63 oversight commission, filed a Whistleblower Complaint Report with California State Auditor Elaine Howle and released a statement of allegations to the public.

The complaint alleges misuse of tax revenue, incompetence and potential for conflicts
(Continued on page 6)

Comments:

Those wishing to comment on their own experience with MHSA programs can e mail:

Rking2@surewest.net

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 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

Lafayette Support Group

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

Dual Diagnosis Support Group

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

NEW HOPE BIPOLAR SUPPORT GROUP

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

Richmond Support Group

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

H.E.L.P.

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

FAMILY ADVOCATE HOURS

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

NAMI-Contra Costa
National Alliance on Mental Illness

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Phone: 925- 465 3864

Newsletter Deadline: 20th of Each Month

PRESIDENT'S COLUMN

By Al Farmer

I am pleased to report that the Health Care Partnership with the Regional Medical Center in Martinez is making very good progress. We have developed an excellent relationship with hospital administrators and staff and NAMI Volunteers are meeting weekly to develop a program to educate and support families/visitors with a loved one on the acute care ward.

Our hats go off to the dedicated healthcare steering committee chair Lynnette Watts and to NAMI Volunteers Sharon Madison, Caroline Jackson and Dave Kahler for their caring service.

Also, we owe a great deal of thanks to Pieter and Renate Vliet for their help in acquiring a very generous donation for NAMI Contra Costa. Such donations go a long way toward meeting the needs of disabled consumers in these troubled times.

In addition, Steve Gallion has developed a whole new approach to fundraising by persuading many restaurants to contribute to recreational activities for consumers. Congratulations Steve on your creativity and hard work and many thanks to all our dedicated NAMI volunteers.

General Meeting

Thursday, January 21, 2010.

Research in Schizophrenia

This will be an opportunity to get your questions answered.

Dr. Demian Rose, M.D., PhD, UCSF Department of Psychiatry, Medical Director, Prodrome Assessment Research and Treatment Program; Clinic Director, Early Psychosis Clinic. Dr. Rose will discuss the clinic's research, successes, evaluation, and treatment for individuals, ages 12-35, who have signs of early psychotic disorders.

Thursday, February 18, 2010.

Bette Sindzinski, RN, MN.

Adolescent Services at John Muir Behavioral Health. Talk will include parenting tips.

Thursday, March 18, 2010.

Celebration!

Discovering Recovery, the Power of NAMI, and Moving Beyond Stigma.

Robert Villanueva: Featured in *BP Magazine*; frequent guest speaker, (i.e. Stanford Bipolar Education Day); *In Our Own Voice* National Trainer and State Trainer. Talk will include his bipolar recovery story, NAMI's influence, and research regarding stigma and mental illness.

Information for the above and other speakers not listed:

(925) 933-4012

NEEDED

Christmas gifts or money donations for Behavioral Health Court clients.
Call: Rich Derrico (925) 933 4012



COUNTY CONTRACT FUELS CLUBHOUSE EXPANSION

Thanks to funding from the Mental Health Services Act (MHSA), Putnam Clubhouse has been busy expanding its offerings and hours this fall.

Contra Costa County's Mental Health Department recently awarded the Clubhouse a contract under the Prevention and Early Intervention (PEI) component of MHSA.

The Clubhouse's new state-of-the art multimedia lab is helping members develop 21st century job skills by teaching them to create videos, websites, and much more.

As a result of the county contract, the Clubhouse has increased its operating hours to include Tuesdays all day, Saturdays (10am until 2pm), and three evenings (Tuesdays, Wednesdays, Fridays).

Three additional staff members have been hired, including the Young Adult Coordinator, who helps the Clubhouse attract and retain participants in the 18 to 25 age range.

For more information about the Clubhouse and its new programs, please contact Tamara Hunter, Program Director, at (925) 691-4276.

Authors Wanted

Authors are wanted to write articles and to tell their stories in the newsletter. Contact the Editorial Board: xnamicc@aol.com

DINE IN FOR DOLLARS

Dine And Help The Mentally Ill At Marie Callender's

One of Concord's great restaurants is joining with NAMI-CC to raise money for the Consumer Recreational Fund.

Enjoy delicious food in a fun atmosphere along with your family and friends while earning funds in support of a very worthwhile cause.

The restaurant asks that you present a flyer when ordering the dinners. You can get one off the website:

www.namiccontrcosta.org

Or by e mailing:

xnamicc@aol.com

And one will be e mailed to you.

Marie Callenders
2090 Diamond Boulevard
Concord (Across from Chevron)

Wednesday
December 16
5:00 pm to 9:30 pm

FREE CLASSES MENTAL ILLNESS EXPLAINED

By Tom Cloney

The next Family to Family classes will begin Wednesday, January 20. The location will be the Hillcrest Congregational Church, 404 Gregory Lane, Pleasant Hill. Sharon Madison will be the lead instructor. You can download a map off the NAMI website.

We are working on a class for the families of our veterans in early 2010.

We are also seeking those that would like to attend a class in Spanish. Contact Family to Family Director, Thomas Cloney.

CRESTWOOD HEALING CENTER

Crestwood could use an array of gently used couches, love seats and recliners.

If you would like to donate such items, call Cindy:

925- 938 8050

BIPOLAR TEEN CHAT ROOM

Free, on-line, chat group (siblings invited). Moderated by at least one adult from Child & Adolescent Foundation (bpkids.org). For information E mail Nanci Schiman: nschiman@bpkids.org www.bpkids.org/teenchat

VETS FOR STUDIES ON PTSD

Studies last 2-4 hours. Payment will be paid for participation and transportation costs.

Department of Veterans Affairs
Neuropsychology - Electrophysiology Lab
925- 370 4082
brainresearch@ebire.org

December Speaker

DR. JOHANNA FERMAN

Dr. Ferman, known for designing and implementing innovative programs in behavioral health, will outline the County’s planned integration of behavioral health with primary health care. She will discuss how, together with much earlier identification of serious mental illness, such services can better serve diverse and fragile populations.

No stranger to such ambitious goals, Dr. Ferman has earned a track record of success in building programs and systems since early in her career as a public psychiatrist. Graduating from Wayne University’s Medical School, she entered her psychiatric residency in inner city Detroit and completed her residency at Cornell Medical Center. Following this, she moved into Fellowship training in consultation Liaison Psychiatry at Montefiore Hospital in the Bronx, where she also taught medical students and residents.

Subsequently, in working with inmates at Rikers Island Jail, she became convinced of the need to focus her energies and training on the transformation of systems of care, recognizing the devastating impact of poorly conceived systems on vulnerable people. These early experiences catalyzed her movement into government policy, program evaluation and system development, initially in New York City, then being appointed as the youngest Deputy Commissioner at age 33 for the New York State Office of Mental Health, Albany, New York. In ensuing years, she built the Division of Clinical Programs, which took unique responsibility for seeding New York’s public mental health field with innovative programs and services that endure to this day.

Appointed the CEO and Medical Director of the Center for Mental Health in Washington, D.C., in 1989, Dr. Ferman invested nearly two decades building a highly acclaimed Center for the treatment and support of children, adults, and families with complex, often difficult to treat psychiatric conditions, including addictions. She not only brought tens of millions of dollars in public and private grants to the City’s poorest communities over this period, but ultimately demonstrated the importance of delivering services in new and innovative ways to achieving outstanding results in breaking the cycle of disability, poverty and hopelessness due to untreated mental illness and addiction.

CONTRA COSTA NETWORK OF MENTAL HEALTH CLIENTS

Happy Holidays

Annual Holiday Party

KWANZAA **Hanukkah**

Christmas

Friday, December 11th
11:00 am -2pm
Pleasant Hill Community Center
320 Civic Dr.
Pleasant Hill, CA. 94523

Map Available
 Go to: namicontracosta.org
 Go to the links on the left and click on MAPS
 Then select Pleasant Hill Rec

BOOK REVIEW



By Fran Martin

NAMI/Contra Costa has a library available at our monthly meetings. You may select a book and keep it until the following month. You **do** have to be a member of NAMI, however. If you haven't joined yet, now would be a great time. Just join at the meeting and that very evening you can borrow a book!

Three books have been added to our inventory:

We Heard the Angels of Madness is a story of an 18-year old who returns home from his first semester of college. His family thinks he is on drugs. In fact, he is suffering from manic depression. "A wealth of detail and insight here . . . It should be read not only by those with the illness, and by their families and friends, but especially by professionals in the field." --Senator Pete and Nancy Domenici

Approaching Neverland is a memoir. Peggy Kennedy tells the story of her family's attempts to understand and deal with their mother's mental illness. Kennedy's story takes place in the bay area so the local reader is in familiar territory. Peggy Kennedy handles the events of their lives in a loving telling. It is an inspiring and beautiful story.

(Continued in the next column)

MHSA LAMBASTED

(Continued from page 1)

of interest in Prop. 63 funding and policy. Allegations regarding performance of the California Department of Mental Health include: (1) Diversion of tax revenue to fund noncompliant, inefficient, and wasteful programs, generating unnecessary bureaucracy and years of delays. (2) Fragmented, disjointed and incompetent implementation policies and failure to manage and fund integrated services. (3) Operation of a dysfunctional structure and process, absent a foundation of system knowledge or documented goals, fostering special interest influence and potential conflicts-of-interest.

Those wanting to read further on this issue should visit the website: www.namicontracosta.org

"The language of the law and legal ballot statements promised expansion of existing county
(Continued in the next column)

My Son, My Son: A Guide to healing after Death, loss, or Suicide by Iris Bolton This is one of the books recommended at our NAMI October general meeting on suicide. Bolton shares the experience of her 20-year old son's suicide and the battle she wages to overcome a public ridicule and private humiliation, grief, guilt and anger. She also tells the story of a family whose 18-year old daughter commits suicide. Bolton assists the family and speaks at the girl's funeral.

mental health Systems of Care-- a proven model of service. DMH, Director Dr. Steven Mayberg and the state of California did not keep that promise" Rose king said.

"After five years and \$5.4 billion in MHSA revenue, county systems cannot report improvements in quality and access to decent mental health treatment. The state cannot or will not get the money out the door. The Sacramento County crisis illustrates the results."

A May 2008 Performance Audit by the Office of State Audits and evaluations reported the DMH failed to even produce an implementation plan. Public complaints to the Oversight and Accountability Commission (OAC) created by Prop 63 cite funding delays and minimal benefits. Surveys by advocate organizations report waste due to excessive meetings, committees, events, consultants and a "dual system" of services.

King said "the state did not comply with a requirement to provide better services to more people. The state did not manage a coordinated implementation, but created a disorganized, fragmented, and wasteful process requiring counties to submit six different plans. The state ignored guidelines and operated with no known structure and no definition of the starting point, progress or success.

"DMH has spent more than half of the MHSA annual administrative budget, now approaching \$50 million, on private contracts with little or no explanation of the benefits of expenditures" King concluded.

MHSA revenue is creating a separate, new tier of "Cadillac" mental health programs for newly recruited clients. The existing lower tier of programs continues to deteriorate. Service and access decline and current consumers are denied adequate treatment.

ESTATE PLANNING

When planning an estate one would be hard pressed to designate a more worthy cause than NAMI.

The dilemma of the mentally ill and their families in our society is a great challenge. Much of the heavy lifting must be done by the family and that family needs support, education and information.

That is what NAMI Contra Costa is all about. The Family to Family, 12 week program has graduated over 800 family member through the years.

The support groups, throughout the county throughout the month are there providing a lifeline to those who need it.

The NAMI Contra Costa website serves as a beacon, 24 hours every day, every day of the year.

NAMI Contra Costa is an all volunteer group that has never had a paid employee. All the monies that come to NAMI are used to help the mentally ill.

NAMI Newsletter

EDITORIAL BOARD

To submit articles or comments to the newsletter, contact:

Caroline Jackson:
carolinejackson@juno.com

Sean Kleen
seankleen@yahoo.com

David Kahler
dk122932@aol.com or
xnamicc@aol.com

DECEMBER DONATIONS

New Century Club Members

R. E. Decker
Susan A. Laufer
David L. Miller

In Memory Of:

Alexander Lyndon
Quisenberry

From:
Heather M. Quisenberry

Donations

Roger Gregory
%Chevron Humankind Program

Dick Owens
Cyrus Martinson

Donations

George Harding
Mary and Clyde Howe
John and Liz Monroe

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

Use Donation For:

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

Name

Street Address

City State

Zip _____

Phone: _____

E mail address:

Phone: _____

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

For Support and Information:
**First Tuesday Support
 Group**
 Tuesday, January 5, 2010
 7:30 pm Hillcrest Church,
 404 Gregory Lane, Pleasant Hill
 925- 676 5771
 See Page 2

Stamp

Contra Costa Network of Mental Health Clients Present
Annual Holiday Party
 Friday, December 11th, 2009, 11:00 am to 2:00 pm
 Pleasant Hill Community Center, 320 Civic Drive, Pleasant Hill
 Call Sarah at 925- 521 1230, ext. 205 RSVP by December 1, 2009

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

<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