



# NAMI Contra Costa

*The Family's Voice On Mental Illness*

**FEBRUARY, 2004**

The NAMI Contra Costa Newsletter is available on the web at: [www.namicontracosta.org](http://www.namicontracosta.org)

## **FEBRUARY GENERAL MEETING** Thursday, February 19, 7:00pm

### **GUEST SPEAKERS**

**Kathleen Toups, M.D.**  
Director  
Bay Area Research Institute

**“A Conversation About  
Medications”**

**ALSO**

**Miles Kramer, LCSW**  
Detention Health Services Administrator  
Contra Costa County

**WHERE:  
MT DIABLO MEDICAL  
CENTER**

2540 East Street  
Concord, CA  
925-682 8200

## **DR. TOUPS TO SPEAK AT GENERAL MEETING**

Dr. Kathleen Toups, the Director of the Bay Area Research Institute, will speak at the February General Meeting at Mt. Diablo Hospital. The title of her talk will be, “A Conversation About Medications”.

The institute is located in Lafayette where they conduct clinical trials as an independent research center. These trials are required by the Food and Drug Administration (FDA) prior to approval of new medications. Dr. Toups has been conducting these trials since 1993. She has experience prior to this, with both academic and clinical research, from her tenure as a Psychiatry Professor at U.C. Davis and her residency at U.C. San Diego.

There are very real advantages for a consumer to participate in one of the Institute’s research trials

(Continued on page 4, Column 3)

## **FRANZ WASSERMANN 50 YEARS IN CONTRA COSTA PSYCHIATRY**

Part One  
By David Kahler

Franz Wassermann arrived in Contra Costa to work as a part time psychiatrist for the county in 1952. At that time there was a detention ward called F-1, in Martinez, which consisted of a cell block with ten cells and a glassed-in porch which served as a nurses’ station.

(Continued on page 5, column 1)

## **SWEET SERENITY DONATES \$500**

Sweet Serenity is a very unusual group of women that have formed a clean and sober women’s motorcycle club. It has donated \$500 to NAMI-CC to help mothers

(Continued on page 4, column 2)

## **NAMI BOARD VOTES \$500 TO AID HOMELESS**

The NAMI Contra Costa Board of Directors voted a grant of \$500 to the Interfaith Council to help in their efforts to house the homeless. It was to be used for the shelter that was to open in the city of Orinda. That shelter will not open, so the grant will be used for motel vouchers for mothers with children.

## **MILES KRAMER WILL ADDRESS GENERAL MEETING**

Miles Kramer, LCSW, is the Detention Health Services Administrator for Contra Costa County. He will be the speaker in the first hour of the February 19 General Meeting.

The “M” Module (the psychiatric unit) is one of his responsibilities. There will be a question and answer time where you can ask your questions about the jail.

(Continued on page 5, Column 2)

### **IN THIS ISSUE**

- SUPPORT GROUPS . . . . . 2**  
First Tuesday and Third Monday  
of each month
- Family to Family news . . . . . 6**
- Volunteer Brigade . . . . . 3**
- Book Review . . . . . 6**

## NAMI-CC Care and Support Groups

### Central Contra Costa County

1st Tuesday of each month, 7:30-9:00 p.m., Hillcrest Congregational Church, 404 Gregory Lane, Pleasant Hill. Contact Dave Kahler 925- 676-5771.

3rd Monday of each month, 7:15-9:00 p.m., John Muir Hospital, Downstairs, The meeting has been moved from the Aspin Room to the nearby Sterns Conference Room. Mary Olowin, MD and Gloria Hill. Contact Gloria Hill 925- 957-5146.

### West Contra Costa County

4th Monday of each month, 7:00 p.m., 10203 San Pablo Ave (Idaho Apts.), Conference Room, El Cerrito (across from Black Oak Motors). Contact Gloria Hill 925-957-5146.

### East Alameda County

4th Monday of each month, 7:00-8:30 p.m., St. Claire's Episcopal Church, 3350 Hopyard Rd., Pleasanton. Contact Rev. Meg Brogan 925- 462-4802, and/or Russell and Donna White.

NEW: Tri-Valley Bipolar Support Group. St. Claire's Church, Every Wednesday, 7:15 to 9:00 pm. 925-462 4802

### Antioch Support Group

4th Monday of each month, NOTE: The meeting has been moved from the 2nd Monday to the 4th. Antioch Police Station at 7:00 p.m. Call Mae Bragen at 925-458 1438

### **SELF-INJURY SUPPORT GROUP**

(Consumer)

For self-injury sufferers to talk about ways to change these behaviors and resolve the feelings brought on by trauma.

CALL: Veronica 925-676 5313

### **BIPOLAR CHILL (Client Run)**

Manic Depression Support Group

Wednesday, 7:00-8:30 p.m.

710 Broadway #3G, Walnut Creek

Contact Lisa or Scott- 925-743 1160

### **NEW HOPE**

**SUPPORT GROUP FOR PARENTS OF  
ADOLESCENT CHILDREN**

WHERE: Lafayette-Orinda Presbyterian Church  
49 Knox Dr., Lafayette, 925-283 8722

WHEN: 2nd Monday of each Month at 7:00 pm

Nancy Weckel, 925-934 1216

E mail: newhopelopc@hotmailcom

### **RECOVERY, INC. (Self Help Mental Health)**

Mondays, 7:30 p.m. Kaiser, Walnut Creek

Saturdays, 2:00 pm to 4:00 pm

Lilac Building, Room 2

Contact: Iris Richards, 510-482 5808

### **NEW BIPOLAR GROUP**

Where: The Central Clinic, 1420 Willow Pass Road,  
Concord. (Behind the Hungry Hunter)

When: Every Monday at 7:00 pm to 8:30 pm

Contact: Marian Gugliemo 925-646 5788

Colette O'Keeffe 925-646 5624

### **FAMILY ADVOCATE HOURS**

Gloria Hill, Contra Costa County Mental Health Advocate.

Mondays 12:30- 3:30 at 957 5146. Tuesdays all day at 957 5146. Thursday morning at 957 5146.

After 1:30 on Thursdays at 646 5844 or 646 5480 which is not a voice mail number. The best way to reach Gloria is to page 925-476 2618 any day of the week or leave a message on the voice mail. Gloria requests that she not be called at home unless it is an emergency and all other numbers and the pager have been called.

**NAMI-Contra Costa**  
National Alliance for the Mentally Ill

**OFFICERS:**

**David Kahler, President**  
(925) 676 5771 dk122932@aol.com

**Kay Derrico, 1st Vice President**  
(925) 933 4012 vder123@aol.com

**Terry Dillingham, 2nd Vice President**  
(925) 825 4700 tdillingham@phoenix-programs.org

**Marilyn Capener, Secretary**  
(925)254 5090 marilyncap@aol.com

**Coralie Reed, Treasurer**  
(925) 376 0880 coralie@dafg.com

**BOARD OF DIRECTORS:**

**Tom Uhlman Art Honneger**  
**Carolyn Daniels Brian Sugrue**  
**Ray Olmscheid**  
**Floyd Overby Connie Steers**  
**Andy Schneit**

**COMMITTEES:**

|                         |  |
|-------------------------|--|
| <b>Kay Derrico,</b>     | Education                              |
| <b>Ann Pereyra,</b>     | E Scrip & Albertsons                   |
| <b>Doris Watson,</b>    | Family to Family                       |
| <b>Veronica Vale</b>    | NARSAD                                 |
| <b>Mae Bragen,</b>      | Library                                |
| <b>Andy Schneit,</b>    | Membership                             |
| <b>Dick Hunter</b>      | Member Database                        |
| <b>David Kahler</b>     | Publishing                             |
| <b>Michael Cohen</b>    | Web Master<br>Special Projects         |
| <b>Chet Watson,</b>     | Religious Outreach<br>Stigma Committee |
| <b>Gene Schulting</b>   | Napa Committee                         |
| <b>Terry Dillingham</b> | Programs                               |
| <b>Connie Steers</b>    | Consumer Relations                     |
| <b>Mike Meleyco</b>     | Volunteer Brigade                      |
| <b>Kate Olmschied</b>   | Criminal Justice                       |

## **PRESIDENT'S COLUMN**

*David Kahler*

John Dawdy, the hearing officer for Contra Costa County will be the speaker in the second hour at the March General Meeting. John is the one who presides over the hearings that are held at the hospital to determine whether a longer hold is justified (Gallinot Hearing) or whether the patient is competent to make the determination about medications (Riese Hearing).

The hearings are the determining factor as to how long the stay will be. John spoke to the NAMI-CC membership in April 2001 and was able to answer many questions.

Andy Schneit has been leading the drive to get petitions signed to get the *Mental Health Services Act* on the November ballot. The process requires 373,816 signatures to be gathered by March 1, 2004. To volunteer to help get petitions signed, E mail: xnamicc@aol.com.

The Act would levy a 1 percent tax on Californians with a net income in excess of \$1 million to ensure public mental health programs have proper funding. A recent RAND Corporation survey of 45,247 parents shows that a child in Massachusetts is twice as likely to get mental health care as one in California. Approximately 29,000 Californians have an average income of \$5 million, and under the proposed initiative, only earnings above \$1 million would be taxed. The tax is expected to garner more than \$600 million in its first year. The Franchise Tax Board estimates that amount will grow by 7% each year.

The state's current \$2 billion mental health budget reflects an increase of nearly 90% during the 1990s, but still fails to support adequate services for California's 2.7 million mentally ill citizens who lack adequate health insurance coverage. The passage of this Act will be critical to the mental health services.

E mail now to be part of the Volunteer Brigade, the most important project NAMI-CC has been involved with in years. xnamicc@aol.com.

## **VOLUNTEER BRIGADE INTERVIEWS BEGIN NEXT WEEK**

The first orientation interviews to form the volunteer group will begin in the early part of February. This will be the first step in this major new program for NAMI-CC.

For those who want to get a real grasp on the many problems in the mental health field, this program will be a must. It will require a commitment of four to six hours a month.

There is no other organized, ongoing volunteer program in any mental health facility that we are aware of in the state. For information:

925-676 5771 or xnamicc@aol.com

---

## **CAL STATE HAYWARD ANNUAL SYMPOSIUM**

Will be held on Saturday, February 21, 8:00 am to 3:00 pm. It has been a historic effort to convey information and knowledge about mental illness to those in the educational field. The symposiums in the past two years have been very successful and a goldmine of information for those that attended. For more information call Kay Derrico, 925-933 4012 or e mail her at, vder123@aol.com or xnamicc@aol.com

### **NAMI Contra Costa**

**Mailing Address:**

**P.O. Box 21247**

**Concord, CA., 94521**

**Phone: 925- 646 5798**

**Fax: 925-476 1444**

**E Mail: xnamicc@aol.com**

**Web Site:**

**www.namicontracosta.org**

**namicalifornia.org**

**nami.org.**

## SANTA'S EXPRESS 2003

For the eighth year, Jo Anne Tatum shepherded NAMI-CC's largest project of the year to a successful conclusion.

Six hundred and nine boxes tied with a red sash were distributed to Contra Costa residents presently in mental health facilities throughout Northern California. The boxes contained clothes, and assorted personal items. The project was funded by a NAMI grant of nearly \$9000. The Crestwood Healing Center generously provided the space to pack and ship the merchandise.

### A Heartfelt Thanks to NAMI members:

|                         |                  |
|-------------------------|------------------|
| Barbara Bettencourt     | Kate Olscheid    |
| Iris Bettis             | Ann Pereyra      |
| Marilyn Capener         | Susan Peterson   |
| Guy Christmas           | Connie Pinkert   |
| Val and Joanie Compton  | Bob Newell       |
| Dick and Yvonne DeAndre | Mary Shearer     |
| Miriam Glickman         | Connie Steers    |
| Kay Goldberg            | Dale Watson      |
| Carolyn Jackson         | Marlene Weiss    |
| Dave Kahler             | Shirley Winthrop |
| Paul and Fran Martin    | Virginia Mohler  |

## BARBARA MORRISSEY MAKES SUBSTANTIAL CONTRIBUTION

Longtime NAMI-CC member Barbara Morrissey of Danville has made a substantial contribution to NAMI-CC in the memory of John Henry Kahler.

Her note included the comment "This won't right a great wrong, but maybe it will help others. Our sympathy goes to the Kahler family."

## DR. TOUPS TO SPEAK AT GENERAL MEETING

(Continued from page 1, column 2)

where participants are given detailed assessments for the medical or psychiatric condition under investigation. These evaluations usually include physical exams, blood testing for laboratory abnormalities, and EKG's to assess cardiac function. All study-related procedures are done at no cost to the participant.

Trials in the past have focused on depression, bipolar disorder, schizophrenia and attention-deficit disorder.

Dr. Toups' husband is the Vice-Chair of Bioengineering at U. C. Berkeley. She has an 11 year old son along with a big Bernese Mountain dog and a small cat.

Bay Area Research E mail:  
toups@bayarearesearch.com Fax: 925-283 9007

## SWEET SERENITY DONATES \$500.

(Continued from page 1, column 3)

who are working toward recovery. Recognizing that mental illness can be a significant factor in the recovery mix, the club has donated the \$500.

Tamrah Derrico, one of the group's founders and instrumental in leading it into the mental health field, says of dual diagnosis, "It's important that the 12-step recovery community and groups such as NAMI work hand in hand".

The club's fundraiser, a dance that attracted over 500 people, will be enhanced by a Starbuck's grant obtained by Isabel Periera, another club founder. This grant was based on volunteer hours which four NAMI members were part of. It is an important development for a clean and sober organization to reach out to NAMI-CC through donation and participation. The club has gathered and donated clothing for the psychiatric unit and the Crestwood Healing Center.

## FDA APPROVES MEDICATION FOR BIPOLAR DEPRESSION

Eli Lilly has announced that the U.S. Food and Drug Administration has approved Symbyax™ (olanzapine and fluoxetine HCI) for the treatment of depressive episodes associated with bipolar disorder.

Symbyax (pronounced SIMM-bee-ax) which is a combination of olanzapine, the active ingredient in Zyprexa®, and fluoxetine, the active ingredient in Prozac®, is the first FDA approved medication for bipolar depression, a notoriously difficult-to-treat condition that afflicts millions of Americans.

"There is a desperate need for an effective treatment for bipolar depression, a devastating condition which often leads patients to take their own lives," said Terence A. Ketter, M.D., Associate professor of psychiatry and behavioral sciences at the Stanford University School of Medicine.

Mauricio Tohen, M.D., Ph. D. said, "patients suffering from this debilitating condition can now benefit from the combination of the active ingredients in Zyprexa and Prozac, two of the most successful and proven medications in neuroscience history.

Bipolar disorder is a complex mental illness characterized by debilitating mood swings ranging from episodes of deep depression, marked by feelings of extreme guilt, sadness, anxiety and at times suicidal thoughts to episodes of mania, interspersed with periods of normal mood.

## e SCRIP PROGRAM THE EASIEST WAY TO SUPPORT NAMI

It costs nothing to sign up for this very effective program. And once you are on it, it just keeps paying NAMI month after month. Call Ann Pereyra for more information, 925-937 4369 or 676 5771.

# FRANZ WASSERMANN 50 YEARS IN CONTRA COSTA PSYCHIATRY

(Continued from page 1, column 3)

Dr. Wassermann was born and educated in Munich, Germany, in the late 1920's. His father worked as a professor of anatomy at the University of Munich. By 1935 he was forced into retirement. He relocated to the University of Chicago where Franz then pursued his own university education and later secured his medical degree.

He became interested in psychiatry under the tutorage of Professor David Slight a dynamic, outspoken analyst. During that time he worked at the Mantino State Hospital on weekends where the students did the medical intakes.

He describes the conditions as "essentially a warehousing operation with the only medications being sedatives". He says about 33% of the patients would remain there for the remainder of their lives.

In 1944 he joined the 3rd Army, 13th Armored Division and returned to his origins near Munich, Germany. Later in his tour he was stationed in California working in detention barracks mainly to get incarcerated soldiers a shorter sentence because of mental defect.

Later he worked at the V.A. Hospital in Palo Alto. Then the San Francisco Psychoanalytic Institute.

Along the way he met his wife, Sarah, who was raised on a chicken farm near Van Nuys, California. They have two offspring, Paul, a pediatrician in Chico and a daughter, Margaret. Margaret is an M.D. and is currently doing her residency in psychiatry in Seattle, more than a mid-career change.

In 1949 Franz joined a psychiatric practice in Oakland. In such a practice they did extensive workups both psychiatric and medical. Unheard of now. In 1951, He began his own private practice in Pleasant Hill.

(Continued in the next column)

By that time, Franz had accepted a part time psychiatric position with the county. The only psychiatric facility was Ward F-1 and its ten cells. There were no medications (Thorazine came on the market in 1955), and no Short-Doyle Act which furnished some funding.

Maxine Johnson, R.N., was the presiding nurse and was largely responsible for getting the Board of Supervisors to appropriate the funds to build J ward, with its 27 beds, which opened in 1955.

This has been the first of a two part series on Dr. Franz Wassermann and the history of psychiatric care in the Contra Costa County. Part 2 will appear in March.

## MILES KRAMER WILL ADDRESS GENERAL MEETING

(Continued from Page 1, Column 2)

Prior to coming to Contra Costa County, Miles worked to develop Mentally Ill Offender Programs and the Marin County Restorative Policing Project.

In addition to correctional settings, Miles has worked in a number of programs, including juvenile services, acute psychiatric hospitals, schools, residential treatment programs and psychiatric emergency centers. Miles has an undergraduate degree from the University of California at Santa Barbara and a Masters in Social Work from California State University at Fresno. *For the past four years, Miles has worked to bridge the gaps between law enforcement, criminal justice and mental health systems developing new ways to serve mentally ill offenders.* Miles has been involved in teaching mental health professionals, criminal justice officials and police officers innovative ways to solve complex problems throughout the Western United States. In addition to agency work, Miles is a volunteer clinician with the West Coast Post Trauma Retreat and provides Critical Incident Stress Debriefing and crisis intervention services in the Bay Area.

**The Contra Costa County  
Mental Health Coalition**

**Invites You To A  
RALLY &  
WORK SESSION**

**Featured Speaker**

**Assemblyman  
Darrell Steinberg**

**Sponsor of the  
Mental Health Initiative**

**FRIDAY, MAY 7  
12:00 To 1:30 pm**

**ALSO:**

**Organizing Session on the  
MENTAL HEALTH  
INITIATIVE**

**2:00 TO 3:30**

**LOCATION:**

**Todos Santos Park**

**Concord, California**

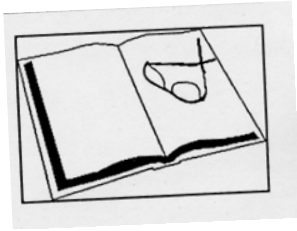
E mail: [xnamicc@aol.com](mailto:xnamicc@aol.com)  
[www.namicontracosta.org](http://www.namicontracosta.org)  
925-646 5798

**DONATE A CAR  
TO HELP THE  
MENTALLY ILL**



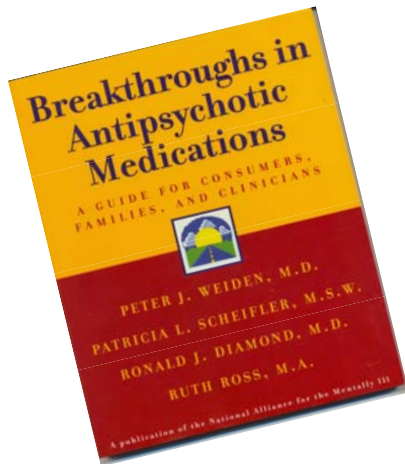
You will receive a generous tax deduction and NAMI-CC will handle the DMV, smog and the classified ad hassle. [xnamicc@aol.com](mailto:xnamicc@aol.com) or call 925-676 5771.

## BOOK REVIEW



By Richard G Owens

*Breakthroughs In Antipsychotic Medications, A Guide For Consumers, Families, and Clinicians.* By Peter J. Weiden, M.D., Patricia L. Scheifler, M.S.W., Ronald J. Diamond, M.D. and Ruth Ross, M.A.. 207 Pages, \$22.95, published in 1999 by W. W. Norton & Company.



Medications are usually an important component of a treatment plan for a psychiatric disorder. That being the case, this book becomes an imperative. It is a crash course in what antipsychotic medications are and what they do.

The authors make a compelling case for having the patience to persist in the trial and error process of finding the correct medication for a specific condition.

The book makes the point that “antipsychotics have been around for almost 50 years and for most of those years, no new medications came along. Over the last 10 years, a series of new antipsychotics have been developed. While still not a cure, these newer medications have been breakthroughs (Continued in column 2)

for many people with schizophrenia. Many people feel better and recover to an extent that had hardly been thought possible”.

The book asks the questions:

- What's the difference between psychotic symptoms and a psychiatric diagnosis?
- What causes psychotic symptoms?
- What is dopamine?
- What are positive symptoms?
- What are negative symptoms?
- Do negative symptoms go away on their own?

The book takes the reader through the difference between “conventional antipsychotics” and “atypical antipsychotics”. It is a well written and reader friendly book for both the family, the consumer and the clinician. It has sections on paying for the medications, a glossary, lists of resources and specific recommendations on treatments and choosing an antipsychotic.

## BITS AND Pieces

### Children’s Disorders

Although some experts continue to debate how to treat young children with mental illness, it’s becoming more common for psychiatrists to spot certain disorders in children as young as 3 or 4. But that trend is new enough that it has not become accepted or even known among many in the field and they sometimes attribute problem behaviors to parenting, not mental illness. That makes it difficult for parents to get an initial diagnosis or find services for their children.

Excerpted from the NAMI Website

## FAMILY TO FAMILY

The FREE Family to Family course in mental illness has three classes starting soon:

Concord: Monday, February 2  
Danville: Thursday, February 12  
Lafayette: Wednesday, March 2

Call Doris Watson at 925-682 7195  
E mail: F2Fmom@aol.com

### Historical Perspective

In 1939, it was predicted that as the number of beds in state mental hospitals decreased, the number of mentally ill persons in the criminal justice system would increase. A recent study by Dr. Lamb and his colleagues showed that in 1955 there were 559,000 state hospital beds for a general population of 165 million people, or 339 beds per 100,000 people. By 1998, that number had decreased to 57,151 beds for an increasing population of 275 million, or 21 beds per 100,000 people. In some states, the number of beds (not including forensic program beds) is less than 7 per 100,000.

## A PLEA FOR UNNEEDED LUGGAGE

Consumers in the mental health system move from place to place with their belongings in black trash bags. Every garage and attic has luggage that has not been used in years. Grab that luggage, put NAMI-CC’s name on it and drop it off at 550 Patterson or bring it to one of the meetings.

**It’s Time To**  
**RENEW YOUR**  
**MEMBERSHIP**

An Addressed Envelope Has Been Enclosed In This Newsletter

**LETTERS TO THE  
EDITOR**

Dear Editor:

I wish to extend my gratitude to NAMI-CC for an excellent and informative website. A friend from England contacted me recently detailing ongoing challenges with her 11 year old son who has been exhibiting unpredictable and increasingly violent behavior for a number of years. She has been unsuccessful in obtaining effective evaluation, diagnosis and treatment from her social services and medical system. I am glad to be able to refer her to your excellent website. I referred her in particular to the December 2003 newsletter's "NAMI-CC 5 Point Program".

I will continue to pass along advice and recommendations I get from my friends at NAMI via this amazing technology. Thanks again.

Kieran Bahn  
Santa Cruz, CA

Dear Editor:

I wrote in November about Dr. Strausser and his talk at the General Meeting. Since then our family has altered our approach to my son's case and things have gotten better. It was a revelation to hear the stories from the other families at the support group. It has made a real difference. Thanks again.

Pete French

**COMMENTS**

Comments for the newsletter should be sent to:

E mail: xname@aol.com

Fax: 925-476 1444 or mail to:

P.O. Box 21247

Concord, CA., 94521

All letters are subject to abridgment and those unpublished can be neither acknowledged nor returned.

**FEBRUARY DONATIONS**

**In Memory Of John Henry Kahler**

**Barbara Morrissey  
Patricia and Ron Baioni**

**In Memory Of Joanna Astin**

**Michael and Marilyn Astin  
Sue and Walter Noon**

**On Behalf Of Robert and Terry  
Johnston**

**Gail Jern**

**In Memory Of Sarah Hoppe**

**Rebecca Woolis**

**In Memory Of Kathy Simpson**

**Margaret A. Mortensen**

**In Memory Of David Macaluso**

**Jo Macaluso**

**Other Donations**

**Lynda Loftus Smith    Barbara Russell    Harry and Charlotte Moitoza**

**A Substantial Donation  
Has Been received From:**

**Bruce and Sylvia Benzler**

**For NAMI-CC and NARSAD**

**In Memory Of**

**Mollie Benzler  
And  
Dr. Elizabeth Ryder, Ph. D.**

**DONATION FORM**

Make check payable to NAMI-CC  
Mail to: Treasurer, NAMI-CC  
P.O. Box 21247, Concord, CA., 94521

\_\_\_\_\_  
Name

\_\_\_\_\_  
Street Address

\_\_\_\_\_  
City                      State                      Zip

E Mail: \_\_\_\_\_

**Use Donation For:**

- NAMI-CC General Fund
- NAMI-CC Housing fund
- Family to Family Program
- NARSAD (Research)
- Other \_\_\_\_\_

**In Honor Of:** \_\_\_\_\_

**In Memory Of:** \_\_\_\_\_





**February, 2004**

**It's Time To  
RENEW YOUR MEMBERSHIP!**  
An Addressed Envelope Has Been Enclosed

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

### NAMI Contra Costa

*Our purpose is to support families, to educate ourselves and the public, to advocate for better treatment, and to support legislation which helps those with neurobiological brain disorders.*

General membership in NAMI-CC is \$40 per calendar year. Dues paid from January to October provide membership for the current year. Dues paid in October, November and December provide membership for the following year.

Your dues support our affiliate, and should be mailed to our P.O. Box 21247, Concord, CA., 94521. Dues also include your membership in NAMI California and NAMI National.

Your dues entitle you to receive the NAMI Contra Costa newsletter, the NAMI-California publication "The Connection," and the NAMI National publication, "The Advocate." You are a member of each of the three organizations for the one membership fee. If you are solicited for membership or special gifts from the State or National organization, give generously if you can, but all gifts are voluntary and do not entitle you to membership in NAMI Contra Costa.

To continue to receive the newsletter after the first two complimentary copies, please return an application for membership with your check. You will be most welcome at the monthly General Meeting and all the support meetings throughout the month.

**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

Name \_\_\_\_\_  
 Street \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_  
 Phone \_\_\_\_\_ E-mail \_\_\_\_\_

My membership is:  New  A Renewal

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

If you would like to volunteer for projects, please describe your area of interest: \_\_\_\_\_  
 \_\_\_\_\_