



NAMI Contra Costa

*Contra Costa's Voice on Mental Illness * February, 2006*

The NAMI Contra Costa Newsletter is available on the web at: www.namicontracosta.org

February General Meeting

February 16, 2006
7:00 pm

SPEAKERS

Dr. Douglas Del Paggio
Director of Pharmacy Services
Alameda County Behavioral
Health Care

Topic:

"A conversation about knowing your medications and how to make them work"

Laurie Squartsoff

Laurie is a pharmacist and will discuss medications and the current Medi-Care Part D changes. She and Dr. DelPaggio are very knowledgeable in this area.

John Muir Medical Center
Concord Campus

(Note: Formally Mt Diablo Medical Center)

(Go to the website for map)

www.namicontracosta.org
2540 East Street, Concord
925-682 8200

FEBRUARY SPEAKERS

MEDICATIONS EXPERTS

DOUG DEL PAGGIO
LAURIE SQUARTSOFF
MEDI-CARE PART D
HOW IT'S WORKING

Douglas Del Paggio, PharmD., MPA, is the Director of Pharmacy Services for the Alameda County Behavioral Health Care Services (BHCS). No one is more qualified to answer your questions about medications, and the problems that can occur. DelPaggio is on the faculty at the UCSF College of Pharmacy and the California School of Podiatry.

Laurie Squartsoff is a pharmacist by training and now works for the Eli Lilly Company. She has been monitoring the issues that were brought on by the launching of Medi-Care Part D. Ample time has been set aside for your questions on this subject.

NAMI California

CRIMINAL JUSTICE CONFERENCE

BURLINGAME MEETING
ATTENDED BY OVER 100

NAMI California held its first Community Collaboration Project Thursday, January 26, in Burlingame at the Mercy Center.

The keynote speaker was Joe Tupin, M.D., Professor of Psychiatry, Emeritus, University of California at Davis. He presented a brief history of psychiatric treatment in the state, in order to place the material which followed in context.

Joel Faye, Psy.D. of the San Rafael Police Department, brought the current field into focus by a report on how San Rafael has been handling their difficult cases. Faye has been instrumental in helping Contra Costa County setup its Multi-Disciplinary Criminal Justice Committee which has been operating for the last three years.

Judge Stephen Manley, Northern California's pioneer in Mental Illness Courts, told how Santa Clara got its court started and how it has operated in the nine years since.

He showed a film of his court in action and laid out a plan as to how other counties might influence decision makers to support a Mental Illness Court for their county.

(Continued on page 4)



Stephen W. Mayberg
Director, California
State Department of
Mental Health



Judge Stephen V.
Manley, Superior
Court of California

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PHARMACIST HIRED BY COUNTY MENTAL HEALTH

The Mental Health Division has hired Stephanie Cai, Pharm.D., a clinical pharmacist who will be headquartered at 1320 Arnold Drive, Martinez. She will be introduced to the NAMI-CC members at the February 16 meeting.

NAMI-CC Care and Support Groups

Central Contra Costa County

1st Tuesday of each month, 7:30-9:00 pm Hillcrest Congregational Church, 404 Gregory Lane, Pleasant Hill.

Contact Peggy Luna or Dave Kahler 925- 676-5771 or e mail: xnamicc@aol.com

3rd Monday of each month, 7:15-9:15 pm, John Muir Hospital, Downstairs in the Stern Conference Room.. The group is facilitated by Dr. Mary Staunton and Gloria Hill. Dr. Mary Olowin is on leave. There is also a support group for young consumers which is led by Katie Roberts. It is an excellent group for younger consumers. Call: Gloria Hill 925- 957-5146.

West Contra Costa County

4th Monday of each month, This 4th Monday Group will change January 2006. Please call Gloria Hill at 925-957 5146 for new time and location. Leave a message with your name, number and a good time to call you. Thanks.

East Alameda County

4th Monday of each month, 7:00-8:30 pm., St. Claire's Episcopal Church, 3350 Hopyard Road. Pleasanton.

Contact:: Russell or Donna White E mail: russsdonnawhite@comcast.net 925-455 6901

CONSUMER RUN BIPOLAR SUPPORT GROUP

Where: 1420 Willow Pass Road, Concord. 2nd floor
 When: Every Tuesday, 6:00 pm to 7:30 pm
 Contact: Chris Dodd: 925-646 5549 Marian : 646 5788

TRI-VALLEY BIPOLAR (Consumer Run)

Manic Depression Support Group
 Wednesdays, 7:15 pm to 9:00 pm
 St. Claire's Episcopal Church, Pleasanton
 Krista Radojevich 925-462 1248

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 925-945 7871

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

NAPA STATE HOSPITAL

FAMILY SUPPORT GROUP (NSHFSG)

Meets the 2nd Saturday of each month, 9:30-11:30 am.
 WHERE: Hospital's Volunteer Center Conference Room
 For Information: Bill Schrader, 707- 433 9250

ALANON SUPPORT GROUP

For those supporting one who is dually diagnosed
 Wednesdays 7:30 to 9:00 pm
 Holy Shepherd Lutheran Church
 433 Moraga Way, Orinda
 Contact Kay: 925- 933 4012

RECOVERY, INC. (Self Help Mental Health)

Mondays, 7:30 pm. Kaiser, Walnut Creek
 Saturdays, 2:00 pm to 4:00 pm
 Lilac Building, Room 2
 Contact: Iris Richards, 510-482 5808

NEW HOPE

SUPPORT GROUP FOR PARENTS OF
 ADOLESENT CHILDREN
 When: The 2nd Monday of every month at 7:00 pm
 Where: Lafayette Orinda Presbyterian Church, Rm. #4
 Annette Seelig 510-733 0577 E mail: 3kids1dog@comcast.net

FAMILY ADVOCATE HOURS

Gloria Hill, Contra Costa County Mental Health Advocate hours are:

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:

- Art Honegger, President**
925- 754 7216 Fax: 925- 754 6899
- Caroline Jackson, 1st Vice President**
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carolinejackson@sbcglobal.net
- Sue Van Landingham 2nd Vice President**
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- Janis Schoepke Secretary**
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Bill Schrader Napa Committee
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Connie Steers Consumer Relations
Julia Bonicich Young Families Education
Katherine Ranft
Young Families Education
Kate Olmscheid Criminal Justice

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E Mail: xnamicc@aol.com
Web Site: www.namicontracosta.org
namicalifornia.org
nami.org.

**PRESIDENT'S
COLUMN**

Art Honegger

The last minute monthly meeting location change came off with hardly a hiccup. Many thanks to Dave Kahler for engineering that operation.

We have some new committee chairs and assistants to recognize. Publicity is now being handled by chair John Van Landingham, and assisted by Georgette Howington. Both have professional experience in this field. Monthly Meeting Hosts are Caroline Jackson and Kay Derrico, and the position of Membership is chaired by Corali Reed. Thank you folks for taking on these vital committees.

Doris Watson has organized the Family to Family program for many years, and now is passing the baton to Janis Shoepke. Doris, we are so very grateful for your work. Many of us had our first exposure to NAMI through these courses. Janis Shoepke has graciously volunteered for the post. Thank you Janis!

The next position in most need of a chair is Volunteer Coordinator. Anyone interested is urged to contact me (754-7216), even if it is for assistance to the chairperson.

The most recent issue of NAMI Advocate publication has a couple of articles I would like to bring to your attention.

Pages 28 and 29 list some important clinical studies on mental health for which volunteers are needed. There are two regarding schizophrenia, and two more about depression. If anyone fits the circumstances required of these studies, please consider volunteering.

On page 13 there is an article about a study relating to stigma and crimes involving persons with mental illnesses. "The overall contribution of mental disorders to the total level of violence in society is exceptionally small." More than 25% of people with mental illnesses are the *victims* of vio-

**WEBSITES
BECOME
IMPERATIVE**

In today's mental health field, the leading websites have become as necessary as the dictionary, the yellow pages and the encyclopedia. Anyone in the field not regularly using them is simply not as well equipped as they could be.

The three websites that feature vital mental health information and links that are of very real and practical use on a daily basis are:

- namicontracosta.org
- namicalifornia.org
- nami.org

To go through these websites is a virtual education in itself. More than \$250,000 have been spent on the state and national sites. NAMI-CC's website has evolved into the most important outreach effort for the affiliate.

The NAMI California site has information on facilities, new laws, Medi-Care regulations, new clinical trials late breaking news and much more. It has a section where you can leave your specific question and see your answer later on the site.

The national website, nami.org (capital letters are not generally used in these addresses) took years of design, building and investment. It now is the equivalent of an encyclopedia on mental health with the important advantage of being up to date.

A suggestion: when you visit the websites, print out what interests you and add it to your journal as described on page 5, column 2.

lent crime, 11 times higher than the rate in the general population. The rate of personal theft of the mentally ill is 140 times higher than society in general. We must all be ambassadors of enlightenment to our friends, co-workers, and acquaintances!

AN UPDATE PROPOSITION #63

By Kimberly Mayer

Editor's Note: Kimberly has been the lead person for the Mental Health Division on Proposition #63.

Proposition 63, the Mental Health Services Act (MHSA), was passed by California voters in November 2004 to "transform the public mental health system." Following a year of planning efforts that included over 1,100 participants, Contra Costa Mental Health completed and submitted its first Three-Year Plan for Community Services and Supports in December 2005. The plan is now in a three-month review process by the State Department of Mental Health (DMH); the earliest we could receive funding is April or May. So far, two counties have received verbal approval for their plans.

Community Services & Supports (CSS) is the first of several components of new funding and strategies that will be rolled out by DMH over the next several years under the MHSA. Contra Costa initially anticipated funding of approximately \$12 - \$15 million for Community Services and Supports, however actual funding was considerably less: \$7.1 million annually for the first three years. The State did not include counties' homeless population in the funding formula, which would have benefited the Bay Area.

The majority of the funds for CSS must be used for unserved mental health consumers with the commitment to "do whatever it takes" for new enrollees. Funds may not be used for involuntary services. In addition, all new CSS programs must address the following outcomes: reduce homelessness and increase access to safe and adequate permanent housing; a network of supportive relationships; timely access to needed help, including times of crisis; reduction in incarceration to jails and juvenile hall; and reduction in involuntary services and institutionalization.

Over 1,100 Contra Costa residents (including consumers and family members) participated in the planning process that included six community forums, 55 focus groups, 400 surveys, and four Stakeholder Planning groups. Using a complex logic model developed

by the State Department of Mental Health, four Stakeholder Planning Groups—Children's, Transition-Age Youth, Adults, and Older Adults—met nine times from April through July 2005 to develop priorities and recommendations for the new funding.

The number one area of need that came out of the planning process was housing for mental health consumers, including a full array of supportive housing. The Transition Age Youth Stakeholder Planners identified as its target population: "Youth who are homeless or those at imminent risk for homelessness." The Adult Stakeholder Planning group narrowly selected for its target population: "Adults who are homeless without shelter." At a public hearing on December 7, several NAMI members under the leadership of Herb Putnam, publicly requested that this definition be broadened to add: "Adults who are at serious risk for homelessness." At the December 20th Board of Supervisor's Meeting, the plan was unanimously passed with an amendment to include "Adults who are homeless *or at serious risk for homelessness*." New services are also planned for children and older adults.

Because of the lengthy planning and review process mandated by DMH, coupled with the fact that we are already more than half-way through the first year of MHSA funding, counties are allowed to request up to 50% of their first year of funding for one-time and startup costs. Contra Costa has also requested the final 25% of the first year of funding for future housing opportunities.

You can download a copy of the plan at: http://www.cchealth.org/services/mental_health/prop63.php

WANTED

NAMI-CC has consumers that need many things. Vacuum Cleaners would be high on the priority list. Bicycles are always in demand. If you have something you would like to donate E mail:

xnamicc@aol.com

NAMI California CRIMINAL- JUSTICE CONFERENCE

BURLINGAME MEETING ATTENDED BY OVER 100

(Continued from page 1)

The mission of the conference was to jump start Criminal Justice Consensus Projects in all of California's 58 counties. Debby Lucas and May Farr showed just how the concept works in San Bernardino County where it has been a real success.

A contingent from Contra Costa County attended including John Allen, Candace Kunz-Tao, Miles Kramer, Bobby Cooper, David Kahler and Marti Wilson. Marti is the new liaison officer working in the Martinez Detention Center.



John Allen
Central County
Mental Health
Supervisor

In a separate meeting, the Contra Costa group identified three areas that should top the priority list. Candace felt that a transitional program for those just released from custody is badly needed. The CIT (Crisis Intervention Team) program was also cited as urgently needed.



Miles D. Kramer
Director
of Psychiatry &
Detention Health
Contra Costa County

The issue that emerged as the one that would affect the most clients and be a "doable" program would be the Mental Illness Court. It was agreed to meet, organize the effort and go ahead with a schedule to meet with and sell the decision makers on the plan.

Marcie Larkey stressed that NAMI California can help with that effort both financially and by bringing in outside experts, to facilitate further local conferences.

Sharon Roth, NAMI San Mateo, was the driving force, along with NAMI California, behind the organization of the conference. Sharon has been instrumental in getting many improvements in the Criminal Justice policies in Santa Clara County where she previously lived.

A LETTER FROM:
GLORIA HILL
"A Beautiful Night"

A new slate of officers was elected to the ABN Housing board at the annual meeting. We are sending a letter of intent to see what interest mental health providers have in partnering with ABN to do a farming residential program. We are consulting with a former executive director of Pine Tree Gardens program in Davis.

We also have a board member who is getting her masters in non profit management doing her thesis on the sustainability of ABN non profit efforts and helping us identify foundations for funding sources. We are looking for volunteers to help send out our upcoming donation letter.

We now have an office on the grounds of Ann and Jon Reynold's home on Requa Road in Piedmont. Our new phone number is (510) 654-ABNH or 510 654-2264. You can leave a message and someone on our board will get back to you. The new president is Mary Ellen Stuart. Vice President for Development is Ann Reynolds, Vice President for Programs is Gloria Hill, Secretary is Meredith Parry who is an attorney, and treasurer is Gloria (Becky) Herrera. Our past president is Katie Roberts who is a former team leader for young adults at Concord Mental Health. Our web site is www.abnhousing.org We are searching for a new web master who will be expanding and updating the site. Thanks to many NAMI CC members for your donations. Enrollment in our residential program will be done through an intake process by the provider. This is an opportunity to have an innovative residential program that is badly needed in this county that has extremely limited resources for housing and programs. Services provided to our non profit would be a tax deduction for a company who can help us with repairing a septic system, resurfacing a driveway, landscaping, trees, bushes, plants, fencing, air conditioning, flooring, windows, doors, appliances, painting, skylights, furniture, bedding, etc. Please let us know if you have an interest in making this program a reality! You can also contact Gloria Hill at

her county office at 957-5146.

NAMI Contra Costa's SURVIVAL GUIDE

By Dick Owens

The most popular, most used and most valuable feature on the NAMI-CC website is the SURVIVAL GUIDE. Its five features build on the lessons taught in the Family to Family classes and the support groups. It urges the family to accept the responsibility for the loved one's case. To competently accomplish that, you must have:

1. A permanent set of FILES to receive all the paperwork the case will generate. Ask for a copy of any document you come in contact with. Especially copies of diagnoses and prescriptions. Follow the rule that you never let an original out of the file, but make many copies and make certain that all of the appropriate parties have a copy.
2. Start and keep a JOURNAL. Get a 3-ring binder, fill it with lined paper and divide it into four parts: one for observations of your loved one, one for information about the resources you will be working with, one for relevant articles and one to record your strategy.
3. ONE PAGE SUMMARY. It is similar to a job resume. It would have the name, address, phone, etc., of both the subject and the contact person. Save it in your computer. Print out variations as you go from one professional to another, to a clinic or hospital or even to court. Typed in font #10 and limited to one page, it will tell your story exactly as you want it told far better than you can tell the story verbally.
4. RELEASE OF CONFIDENTIALITY. Go to the NAMI-CC website and print it out. Get your loved one to sign it and you then can get the professional to talk with you.
5. STRATEGY. You must have your strategy carefully thought. Put it down on paper and file it in your journal. You must have a short-range and a long-range strategy that you can review with your friends and folks at NAMI-CC, and update it from time to time.

CRESTWOOD HEALING CENTER



This will be the second year the Crestwood Healing Center has presented original works of art produced by the Consumers of the Healing Center.

Please RSVP to Fanny by February 17th.

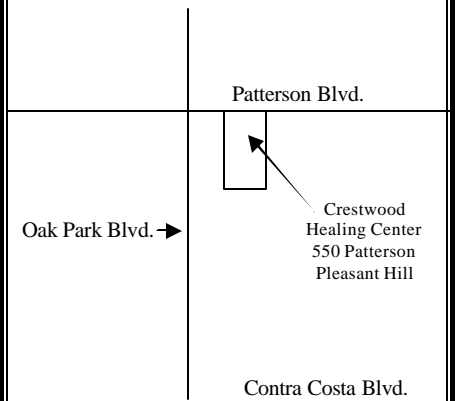
925-938 8050

The Afternoon Will Include:

Entertainment

Hors d'oeuvres

Thursday
February 23, 2006
4:00 to 6:00 pm



Hy. #680

Crestwood Healing Center
550 Patterson Blvd.
Pleasant Hill

BOOK REVIEW



Mae Bragen, Librarian

Review by Rose Login

Mad In America, by Robert Whitaker, Published by Basic Books, Perseus Books Group. 2002, 334 pages, \$17.50 in paperback. Available in the NAMI-CC library.

Robert Whitaker is an award winning medical journalist and has produced a most thought-provoking book. He makes the point that “Schizophrenics in the United States currently fare worse than patients in the world’s poorest countries and quite possibly worse than asylum patients did in the early 19th century.”

The book is a walk through the history of madness from the original Bedlam in 1750 to the psychiatric field as we know it today. He covers the eugenics movement and its shameful concepts exceeded only by the lobotomies of the 1940’s. It seems that we do things in each decade that we later look back in horror and disbelief.

He declares May of 1954 as the beginning of the modern era. It was then that Smith, Kline & French introduced Thorazine. It was the first antipsychotic to be developed. It was a development that Edward Shorter compared with the introduction of penicillin in general medicine.

The book makes an indictment of the way medications are tested to determine their safety. At one time most testing was done in the universities out of the direct control of the manufactures. “What the public couldn’t have known is that the whole arena of science, the clinical testing of drugs, had undergone a profound change in the 1990’s,” a change that gave much more control to the pharmaceuticals. Certainly this area needs a hard look to determine more than just whether a drug is safe. We need to know if it fulfills its claims of efficacy.

JOHN MUIR MEDICAL PAVILION COMMUNITY EDUCATION

CLASSES MEET MONDAYS
7:00 PM TO 8:30 PM

- Feb. 6 Overview of psychiatric medications used to treat mood disorders and anxiety.
- Feb 13 Well Ways: Tips for Continued recovery.
- Feb 20 How to help someone you Care about.
What to do when your help Is turned away.
- Feb. 27 What is Mental Illness?
What causes mental illness?
- Mar. 6 Teen depression and anxiety.
- Mar. 13 Overview of psychiatric Medications.
- Mar. 20 Treatment of Schizophrenia

Note: All classes are free and are held at the Pavilion.

MT. DIABLO MEDICAL CENTER CHANGES NAME TO JOHN MUIR

The two hospitals joined forces in 1997, and on January 11, 2006, they made it official that the John Muir identity would prevail.

It is an organization with nearly 7000 professionals. What was the Mt. Diablo Medical Center will now be the John Muir Medical Center-Concord Campus. The Pavilion will be the John Muir Behavioral Health Center.

NAMI Contra Costa has held its general Meetings the third Thursday of each month for many years at what is now the John Muir Medical Center-Concord Campus. We hope to continue that tradition for many years to come.

BITS AND PIECES

Cognitive Therapy

Those who received the therapy spent three times *fewer* days in bi-polar episodes than the other group which didn’t (an average of 27 days compared to 88 days). The therapy cut the hospital admission rate in half– 15% of patients in the therapy group were admitted to the hospital compared to 33% for the treatment as usual group. The cognitive therapy group also exhibited significantly higher social functioning, showed fewer mood symptoms and significantly less fluctuation in manic symptoms.

(From a report given by Dr. Robert Reiser)

Children and Depression

The number of children and adolescents who suffer from depression continues to grow, with an estimate that 1 in 20 are afflicted with this illness. Depression and anxiety among children and adolescents are often comorbid conditions: estimates indicate that approximately 11% to 19% of anxious youth suffer from a depressive disorder, and 15% to 25% suffer from an anxiety disorder. More than 50% of children who develop depression will experience recurrent depression in adulthood, indicating a need for *early diagnosis* and treatment. In addition, up to 40% of those with early onset depressions develop a bipolar disorder over time. The prevalence of depression and anxiety is a growing public health concern because it carries the risk for significant impairment, morbidity and mortality.

(Jerrold F. Rosenbaum, MD and Jennifer Covino)

A Helpful Website:

NAMI-CC has found this website to be more effective than most.

www.mentalhealthpartd.org
Courtesy of NAMI San Mateo

FEBRUARY DONATIONS

New Lifetime Members

Carolyn Daniels
David Kahler
Molly and Charles Hamaker

New Century Club Members

Al and Susan Farmer
Sylvia and Paul Benzler
Floyd and Marie Overby
Richard and Patricia Hoff
Peter and Terry Johnston
Peter and Renate VanVliet

SCHIZOPHRENIA RESEARCH AT STANFORD

Dr. Ira D. Glick and his team at Stanford are currently conducting cutting-edge research in schizophrenia.

There are many research efforts that are trying to not only find a treatment that may result in a more lasting improvement of symptoms, but focus on what has become the major concern with the second generation of antipsychotics: weight gain and abnormal lipid metabolism. These symptoms can put people at high risk for diabetes and heart disease. The introduction of a third generation of antipsychotics, with a different mechanism of action, presents a possible new opportunity for managing this significant side effect. The lab is dedicated to evaluating the effectiveness and metabolic effects of Abilify in patients who now have both schizophrenia and weight gain associated with atypical antipsychotic medications.

Even though the new generation of antipsychotics can improve the outcome of schizophrenia, often there is only a partial response. Accordingly, the lab is studying whether the addition of a mood stabilizer to an antipsychotic medication will result in improvement in symptoms and function.

The research team is also studying the effectiveness of an antipsychotic,

In Memory Of:

David Macaluso

From:

Joseph A. Macaluso
Jo C. Macaluso

In Memory Of:

Nancy Robbins

From: Barbara Stevens

In Memory Of:

Linsey Cardiff

From: Robert and Carolyn Lee

In Memory Of:

Edythe S. Rogers

A Generous Donation to
NARDAD

From: Sylvia and Paul Benzer

“She Was A Wonderful Support”

A Very Generous Donation

Doris Crowell

Abilify, as a monotherapy in patients whose symptoms of schizophrenia are concurrent with symptoms typical of obsessive-compulsive disorder like obsessive thoughts, checking, etc.

Stanford is looking for volunteers who are suffering from schizophrenia and are interested in participating in the research. For additional information please contact Oxana Ivanova, MD

650- 723 6678

oivanova@stanford.edu

Donations

Susan Laufer
Keith Horrocks
Laurie C. Morrison
Patricia Ann Henderson
M.J. Henderson

Monarch Mechanical

Judith A. Raykovich
Clorox Company Foundation
“Employee Giving Campaign”

Judy Kruse
Chevron-Texaco
“People Making A Difference”

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

Phone: _____

E Mail _____

Use Donation For:

- NAMI-CC General Fund
- NAMI-CC Housing Fund
- Family to Family
- NEW HOPE Program
- Other

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

Now is the time to
RENEW YOUR MEMBERSHIP
An Envelope Has Been Enclosed For Your Convenience

Stamp

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 current and 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
E Mail Address: xnamicc@aol.com

Name _____

Street _____

City _____ State _____ ZIP _____

Phone _____ E-mail _____

My membership is: New A Renewal

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

**Renew Your Membership
NOW**