



# NAMI Contra Costa

*Contra Costa's Voice on Mental Illness*      **FEBRUARY, 2008**

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

General Meeting

## **FEBRUARY**

**Thursday**

**February 21 , 2008**

7:00pm

Speaker

**Susan Moore, MA, FT**

Grief Counseling Director  
Contra Costa Crisis Center

Topic

After Suicide:  
How To Survive  
The Nightmare

Susan will share her years of experience garnered through directing workshops on suicide prevention.

John Muir Medical Center  
Concord Campus

(Note: Formerly Mt. Diablo Medical Center)

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

## A Celebration For **CHET AND DORIS WATSON**

There will be a celebration of appreciation for Chet and Doris Watson at the March 20 General Meeting, Come early (6:30 pm) to visit.

Budget Year 2007- 2008

# **DEVASTATING CUTS PROJECTED FOR MENTAL HEALTH**

SUICIDE PREVENTION

## **SUSAN MOORE FEBRUARY SPEAKER**

Susan Moore is the Grief Counseling Director for the Contra Costa Crisis Center, a position she has held since 1979. At the Center, Susan oversees and manages 12 support groups a week. She personally facilitates a weekly group for survivors after suicide.

Susan is certified as a Fellow in Thanatology with the Association for Death Education and Counseling. She is certified in critical incident stress management and debriefing. You are welcome to e mail your questions in advance: [xnamicc@aol.com](mailto:xnamicc@aol.com)

## **IT'S GOING TO BE TERRIBLE**

"It's gong to be terrible," said Dr. William Walker at the monthly meeting of the Mental Health Commission in Martinez. Dr. Walker is the Director of the Health Services Department under which the hospital and the mental Health Division operate.

Donna Wigand, Director of the Mental Health Division said she has never seen a governor order a 10% cut across the budget. She said the worst case scenario for the upcoming budget cycle would be \$14 million in cuts. The best case, \$7 million.

She said in an e mail: "We have taken four reductions in the past six years for a total of \$13 million worth of programs and services."

Wigand said at the Commission meeting, that "we will have to look for a restructuring and a major reorganization." She said that the county would have to look at what the absolute mandates are.

(continued on page 4)

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## **DARRELL STEINBERG**

Is to become the next Senate leader: See page 4

# 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, 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 Dr. Mary Olwin and Gloria Hill. The Consumer Group will not be meeting.

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

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

Contact Russell or Donna White. russdonnawhite@comcast.net 925– 455 6901

### **NAPA STATE HOSPITAL FAMILY SUPPORT GROUP (NSHFSG)**

Meets the 2nd Saturday of each month

Where: Hospital’s Volunteer Conference Room

For Information: Bill Schrader 707-433 9250

### **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

### **TRI-VALLEY BIPOLAR (Consumer Run)**

Bipolar and Depression Support Group

Wednesdays, 7:15 pm to 8:45 pm

St. Claire’s Episcopal Church, Pleasanton

Contact: Bob Hogan: 925-462 5481

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

(Consumer Run)

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

Call: Veronica 925-945 7871

### **Information About Meds**

Get reliable information from Pharmacist Steven Protzel, a NAMI-CC friend and supporter of the mental health community. Send your questions to:

[steven.protzel@safeway.com](mailto:steven.protzel@safeway.com).

Remember always to check with your doctor about any medication changes.

## **NEW HOPE**

### **BIPOLAR SUPPORT GROUP**

For parents of children and adolescents diagnosed with a mood disorder.

#### **Two Meeting Locations:**

Lafayette:

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

Concord:

Last Monday of each month– 7—8:30 pm

Dr. Philip Shains’ Offices-2630 Salvio St. Concord

Contact: Leslie 925– 518 6684

[www.newhopesupportgroup.com](http://www.newhopesupportgroup.com)

### **FAMILY ADVOCATE HOURS**

Gloria Hill, Contra Costa County

Mental Health Advocate

Monday - Friday 9:30 am - 6:00 pm

925-957 5146

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

**OFFICERS:**

**Al Farmer, President**  
925- 254 8508  
Fax: 925- 254 5043  
farmerfamily@yahoo.com

**Art Honegger, 1st Vice President**  
925- 754 7216  
SKIIDER@aol.com

**Kay Derrico 2nd Vice President**  
925-933 4012  
kayderrico@comcast.net.

**Bonnie Leys, Secretary**  
925-757 6987

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

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| <b>Marie Overby</b>   | Family to Family   |
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| <b>Dick Hunter</b>    | Data Base          |
| <b>Craig Fletcher</b> | Data Input         |
| <b>Annette Seelig</b> | New Hope           |
| <b>David Kahler</b>   | Publishing         |
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| <b>Julia Bonicich</b> | K.I.D.S.           |
| <b>Bill Schrader</b>  | Napa Support Group |

**Newsletter Group**

Bob Newell Caroline Jackson  
Rich and Yvonne DeAndre Fran Martin  
Peggy Luna Dave Kahler Dick Owens  
Dick Hunter Sean Kleen

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

**PRESIDENT'S  
COLUMN**

By Al Farmer

The NAMI Board of Directors and I wish to express our hearty congratulations to Contra Costa Clubhouses, Inc. on the opening of its first clubhouse in January 2008.

The new Clubhouse will be located at 3024 Willow Pass Road, Concord. After several years of dedication and very hard work, Contra Costa County will now have a new 2,500 square foot facility offering education, skills training and relationship building in a caring and supportive environment. This will help residents with mental illness recover and lead productive lives while reintegrating into the work place and the community. Our hats are off to this exciting new endeavor and our very best wishes to continuing success!

Congratulations are also in order for our NAMI Contra Costa "In Our Own Voice" group's achievements in educating the community about mental illness and explaining what recovery is all about. In so doing they have made great strides in reducing stigma.

In 2007, ten "In Our Own voice" Consumer advocates made 30 presentations to nurse trainees and various organizations such as JFK University, John Muir Adult Behavioral Health Center and many others. In 2008 they have scheduled 60 presentations! Obviously this group is successfully spreading the word in the best of NAMI traditions. Congratulations to Veronica Vale and to the whole "In Our Own Voice" group!

This week I had the opportunity to visit the Crestwood

**UPCOMING  
LECTURES  
General Meetings**

Thursday., February. 21, 2008,

**After Suicide: How to Survive the Nightmare,** Susan Moore, MA, FT, Grief Counseling Director, Contra Costa Crisis Center

Thursday., March 20,

**The Mentally Ill and the Criminal Justice System,** Dr. T. Kupers, psychiatrist, Author, *Prison Madness, the Mental Health Crisis Behind Prison Bars and What We Must Do About It.*

Thursday, April 17,

**Health & Hope For the Mentally Ill & Their Families Through Faith-Based Community Support,** Kim Englemann, Doctor of Ministry, Pastor of Caring Ministries, co-sponsored by Interfaith Council & NAMI-CC

Information: (925) 933-4012  
Send questions for presenters to kayderrico@comcast.net

Healing Center in Pleasant Hill and to meet the Director Cindy Mataroso and her staff. Contra Costa County is indeed fortunate to have such a large, well equipped, pleasant and impressive facility with a caring staff.

**MAILING ADDRESS**

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

E mail: xnamicc@aol.com

## DEVASTATING CUTS PROJECTED FOR MENTAL HEALTH

(Continued from page 1)

She cited some of the things that are mandated by law:

- Crisis care
- Urgent care
- Things, such as medications, to keep people out of hospitals

Wigand said she thought the county should be the coordinator, the case manager, but there are other mental health services that are not in the law.

Out patient services are not in the law. Day treatment centers are not in the law.

She said “what we would have to do with a cut of this magnitude, is look at what we are doing, what we have to do and what we should be doing.”

She went on, “I think that if we have to downsize, we must look at consolidation and basic restructuring.” She said that she would have to put some of the sacred cows on the table.

The services that are offered under AB3632 would be some of the sacred cows reconsidered. This is a law that specified that children in the Special Educational programs that were failing because of an emotional problem (psychiatric) would be able to get additional services. There are currently about 500 children in the program, about 173 on Medi-Cal. The county spent about \$11 million last year but only recouped about \$5 million from the state.

Wigand points out that some of the families benefiting from the program are in the higher income brackets and can afford a good attorney. This puts them at the head of the line in front of the less affluent yet very disabled children.

## DARRELL STEINBERG TO LEAD SENATE

Senator Darrell Steinberg, Sacramento, will be the next leader in the state senate. He will be replacing Don Perata.

This would be a giant change in the area of mental health legislation. In the past the indomitable Helen Thomson’s greatest problem was the then leader of the senate, John Burton.

Perata attempted to sidestep his limited term with Prop 93. Senate Democrats hold the majority and will be electing the new President of the senate.

Perata was quoted as saying “such an orderly transition will help lawmakers quickly tackle the state’s \$14.5 billion budget Deficit” Steinberg’s election will also provide a much more favorable environment to mental health legislation.

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One of the other sacred cows would be how to pay for mental health services in the jail. Currently the funds come out of the mental health budget. Wigand asked why shouldn’t they be taken from the Sheriff’s budget. Dr. Walker added that he asks that every year.

Governor Schwarzenegger did not order cuts in the inpatient Medi-Cal (hospital) programs. He did order the cuts to apply to out-patient programs. Contra Costa receives \$27 million from the state, so the cut would be \$2.7 million.

Dorothy Sansoe, a senior Deputy County Administrator wrote an article for this newsletter (April, 2007, page 4, Note: Still on the website). To better understand how budgets are arrived at, read that article.

## CLUBHOUSE HOSTS OPENHOUSE AT CRESTWOOD

On January 28, the Clubhouse had an open house to show appreciation for all those that have helped them in their early efforts to found a Contra Costa Clubhouse. Yvonne Nair the Executive Director announced they will have a new home at 3024 Willow Pass Road in Concord and will be active there immediately.



Julia Bonacich  
And Clubhouse  
Founder  
Herb Putnam

## Invitations to Faith-Based Communities Now Available

Invite key or interested people from your faith community to attend an April 17, 7:00 PM, 2008, presentation at the General Meeting. It will be about faith communities supporting the mentally ill and families of the mentally ill.

Co-hosted by the Interfaith Council of Contra Costa County and NAMI-CC, Pastor Kim Engelmann will give an inspirational and practical talk that will include suggestions and tips that will assist faith-based groups in offering hope and greater health to those affected by mental illnesses. Invitations will be available at the February and March General Meetings as well as by request:

Kay at (925) 933-4012 or kayderico@comcast.net.

# THE HEADLINES TELL THE STORY

## The Dismantling of the Contra Costa County Mental Health System



The April, 2004, issue of the NAMI-CC newsletter talked of cuts of approximately \$6 million. It said, "This is easily the worst budget crisis in memory."



Two years later, April 2006, the cuts are described as "catastrophic." NAMI-CC organized campaigns to plead with the supervisors.



Part of the fallout, June, 2006, was the closure of the Summit Boys Center. A successful and much needed program.



The July, 2006 newsletter covered the repercussions of the budget debacle which resulted in a strike of 6000 county workers.



Finally, the March 2007 newsletter ran headlines from the CC Times showing the sad developments over the previous months.



The NAMI-CC Board made a plea to the Supervisors in April 2007. **Note:** All the newsletters are available at: [www.namicontracosta.org](http://www.namicontracosta.org)

# NAMI 2008 ANNUAL CONVENTION

The annual NAMI convention will be held in Orlando, Florida in 2008.

The array of workshops, exhibits and seminars will give you a virtual Ph.D. in mental health. It is as worthwhile as it is enjoyable.

You will find all the information you need on the website. You can also register on the website:

[www.nami.org/convention](http://www.nami.org/convention)

## ***MENTAL HEALTH CONFERENCE, MAY 3, 2008***

**What:** Conference on mental health & illnesses with keynote speaker Dr. Stephen Hinshaw and a variety of workshops.

**Where:** \*Presbyterian Church, Menlo Park. For directions: [xnamicc@aol.com](mailto:xnamicc@aol.com)

**Sponsor:** Menlo Park Presbyterian Church, a faith-based community that actively supports the mentally ill and their families.

\*Dr. Kim Englemann, Pastor of Caring Ministries from this church, will be the April 17 NAMI-CC speaker at the General Meeting. See presenters' calendar on page.3.

# ART SHOW

## **CRESTWOOD HEALING CENTER**

The art show will include original works of art presented by past and present consumers of the Crestwood Healing center

The afternoon will include:

Entertainment  
Hors d'oeuvres

Wednesday  
February 27, 2008  
4:00 to 6:00 pm

Please RSVP no later than  
February 20th

925-938 8050

## **NAMI WALK 2008 Saturday, May 31, 2008**

Since Chet Watson brought the NAMI Walk to NAMI-CC, it has evolved into the major event of the year. It has become one of the most enjoyable outdoor events. This year there will be a picnic/Bar B Q and an awards ceremony that you

## **LETTERS TO THE EDITOR**

Editor:

I am having a difficult time with my son's situation. He is due for a court hearing next Thursday.

We will not be allowing him to return home, and he feels very betrayed. He calls daily and guilt trips me. I can hear the stress in his voice that he is frightened about what will become of him.

Of course, if he chooses to stay in treatment or on conservatorship, then his welfare will be handled by others.

He thinks he is fine, should live on his own, but doesn't have a clue how to do that without our help. I received a subpoena to appear at trial. How can a mother take the stand and provide testimony that may keep her child in a locked facility indefinitely? What kind of a system makes a parent do that?

Name Withheld

won't want to miss.

You can ride to the Walk in one of the NAMI vans for far less than it would cost to drive there.

It's easy to form your own Walk team. The information is listed below.

Where: Speedway Meadow  
Golden Gate Park  
San Francisco  
[xnamicc@aol.com](mailto:xnamicc@aol.com)  
925-465 3864  
[laurie@namiwalksfbay.org](mailto:laurie@namiwalksfbay.org)

# **FEBRUARY DONATIONS**

**Donation**  
  
Brian and Deborah Wilson

**Donation**  
  
Al and Mary Pullen  
Paul and Ray Geddes  
Bob and Elisabeth Andrews

## **LIBRARIAN NEEDED!**

*What:*

- A volunteer to sign-out books, tapes, etc.
- Periodically remind people that books are overdue
- Help set up and put away materials (There are plenty of people available to lift boxes for you.)

*When:*

The third Thursday of each month,

*Where:*

John Muir Medical Center, 2540 East St., Concord.

Contact:

Dave at (925) 676-5771 or Kay at  
(925) 933-4012  
xnamicc@aol.com

**NEW CENTURY CLUB  
MEMBERS**  
  
Paul and Sylvia Benzler  
Betty Bolstad  
Dale Brodsky  
Mark and Judith Cohen  
R. E. Decker  
Al and Susan Farmer  
Ednah Beth Friedman  
Richard and Patricia Hoff  
Mary and Jay Hoppe  
Mary and R. P. Olowin  
Jon and Ann Reynolds  
Annette and Robert Seelig  
Charles Williams  
Pieter and Renate Van Vliet  
  
We Are Most Appreciative  
For their Generosity

**Donation**  
  
Richard and Kathleen Marshall

**Donation**  
  
Elaine Kaufman  
  
In Honor of:  
  
Gloria Hill

**Donations**  
  
Byrne Laurence  
Sandra Duncan  
Through the PG & E  
Campaign for the Community  
  
Alison Buckles  
Susan Henderson  
Mary Torrijos  
Bank of America  
United Way Campaign

**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

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Name

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Street Address

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City                      State                      Zip

Phone: \_\_\_\_\_

Use Donation For:

Peer to Peer Program

NAMI-CC General Fund

Family to Family

K.I.D.S. Program

Housing

IOOV (In Our Own Voice)

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

**NAMI Walk 2008**  
**Saturday, May 31**  
 San Francisco's  
 Golden Gate Park  
 See page 6

Stamp

**First Tuesday Support Group**  
 E mail your questions to: xnamicc@aol.com  
 You will be assured of an answer when the group meets  
**Where:** Hillcrest Church, 404 Gregory Lane, Pleasant Hill  
**When:** First Tuesday of each month—November 6, 7:30 pm  
 The FIRST TUESDAY group features a short slide presentation on the *Family to Family* classes.

**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  
 E mail address: xnamicc@aol.com

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   |