



# NAMI Contra Costa

National Alliance On Mental Illness

*Contra Costa's Voice on Mental Illness February, 2010*

The NAMI Contra Costa Newsletter is available on the website: [www.namicontracosta.org](http://www.namicontracosta.org)  
E mail: [xnamicc@aol.com](mailto:xnamicc@aol.com)

## STATE PLANS GRAB OF PROP 63 FUNDS

### MENTAL HEALTH FUNDING IN JEOPARDY

NOTE: *Proposition 63 which is now called MHSA (Mental Health Services Act) was passed by the voters on November 2, 2004. It has since brought \$52 million to the county.*

When Proposition 63 Passed in November of 2004, Donna Wigand, Director of the Mental Health Division was quoted in this newsletter as saying "the passage of Proposition 63 in the recent election is truly significant . . . it will be the first major expansion of mental health services in California in many years."

Now the Governor and the State Legislature are making a second attempt to get a measure on

(Continued on page 4, column 1)

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### UNION ATTACKS MHA

### MENTAL HEALTH ADMINISTRATION CRITICIZED

The employees of the Mental Health Division conducted a survey of more than 100 employees and found that there were problems with low morale and dissatisfaction with their managers.

The survey was conducted by Public Employees Union-Local One which represents psychologists, licensed clinical social workers, marriage family therapists, case managers and others.

(Continued on page5, column 1)

### FEBRUARY

General Meeting  
Thursday  
February 18, 2010  
7:00 PM

Doors open at 6:30 for NAMI information tables and library materials checkout

Speaker:

**Bette Sindzinski**  
RN, MN, NCACII  
John Muir Behavioral Health

Topic

#### **Adolescent Services at John Muir Behavioral Health:**

A talk about teen programs, ranging from outpatient and inpatient services to day treatment and evaluation  
(See article on page 7)

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

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## **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.

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

Newsletter Deadline: 20th of Each Month

**PRESIDENT'S  
COLUMN**

By Al Farmer

The 2010 NAMI Walk is coming up very soon- May 22nd! It is time for team captains to register their teams and round up team walkers. The NAMI Walk will be at Speedway Meadows in Golden Gate Park.

The NAMI Walk is NAMI Contra Costa's single most important fund raising event which funds our Family to Family Program, In Our Own Voice, Peer to Peer, etc.

These programs are most important to families stricken with serious mental health issues. So let's put our heads together and think of which companies or individuals we could encourage to sponsor this exciting event.

The size and significance of this event has grown dramatically from 600 participants in the beginning to 2000 in 2009. Last year we were privileged to have Patty Duke as our master of ceremonies.

Let's all work together to make our 2010 walk even bigger and more successful! Team leaders need to register their teams by signing up on line at [www.namiwalkSFbay.org](http://www.namiwalkSFbay.org). Please help to identify potential sponsors and encourage them sponsor this great event.



**General Meeting**

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.

Thursday, April 15, 2010.

**Dessert Social and NAMI Bay Area Pre-Walk Party.**

Eat desert, socialize, and help NAMI-CC prepare for its big fund raiser of the year.

May, June 17, 2010.

**Chemical Dependency and Co-Occurring Mental Health Disorders.** Nina Farraris, MA, MFT. Program Manager for John Muir Behavioral Health Center for Recovery.

Thursday, August 19, 2010

**Writing Your Way Out of Darkness.** Peggy Kennedy, author of the memoir *Approaching Neverland* and NAMI activist, will talk about her family's experience with bipolar disorder, read a bit of her book, and share strategies of therapeutic writing. Research in therapeutic writing will be included.

Thursday, September 16, 2010—  
Dr. Stephen Hinshaw, Ph.D., Chair, Department of Psychology, UC, Berkeley. **Triple Bind: Adolescent Girls.** A talk about the unsettling issues of the "triple bind" and how it is putting adolescent girls at risk for depression, eating disorders, aggression, and suicide.

# MENTAL HEALTH FUNDING IN JEOPARDY

(Continued from page 1, column 1)

on the June 8, ballot to divert funding away from mental health services as was written in the Prop 63 Act.

Last year 65% of California voters rejected Proposition 1E which would have redirected \$226 million away from mental health services. Now the Governor wants to redirect twice that amount (\$452 million) for two years by putting an initiative on the June ballot.

The decision will be made by the Legislature in the next few weeks.

Contra Costa County has received approximately \$52 million from the MHSA. To have that income stream disappear would be devastating.

It is imperative that you call your elected representatives and tell them how you feel about these developments! The information you need is in the next column.

## CONTACT YOUR REPRESENTATIVES

### GOVERNOR

Arnold Schwarzenegger  
916- 445 2841

### ASSEMBLY

Joan Buchanan 338 1515

Tom Torlakson 372 7990

### SENATE

Mark DeSaulnier 942 6082

### SUPERVISORS

Note: Don't make the mistake of thinking your county supervisor has no influence at the state level. They do. Go in person to their office and tell them how you feel about these developments. .

### DISTRICT I

John Gioia 510-374 3231

### DISTRICT II

Gayle Uilkema 335 1046

### DISTRICT III

Mary Piepho 820 8683

### DISTRICT IV

Susan Bonilla 521 7100

### DISTRICT V

Federal Glover 477 8138

## FUNDRAISER

# CHILI'S

Cut out the coupon on the back page of this newsletter and present it with your order at Chili's Restaurant for a delicious meal with part of the proceeds going to help the mentally ill.

NAMI Contra Costa at  
Chili's

Saturday  
February 20

From: 11:00 am to 11:00 pm

Only at:

Chili's Restaurant  
1501 Concord Avenue  
Concord, CA  
94520

925- 676 4062

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## IOOV

### In Our Own Voice

If you or your loved one wishes to hear from consumers who have recovered, please attend this presentation.

This will be one of the few "In Our Own Voice" programs that is open to the Public. For more information:

925- 945 7871  
vvale2001@sbcglobal.net

April 13th  
8:45am - 10:45am  
JFK University  
100 Ellinwood Way.  
Pleasant Hill

### NAMI Newsletter

## EDITORIAL BOARD

To submit articles or comments to the newsletter, contact:

Caroline Jackson:  
carolinejackson@juno.com  
xnamicc@aol.com

Sean Kleen  
seankleen@yahoo.com

David Kahler  
dk122932@aol.com or

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### Authors Wanted

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

xnamicc@aol.com

# UNION ATTACKS MHA

(Continued from page 1)

The report was evidently not intended to be made public but there were some leaks to the Mental Health Commission and the Bay Area News Group (Contra Costa Times) which then resulted in an article by Sandy Kleffman on Saturday, February 6.

In the article, Donna Wigand was quoted as saying that the Mental Health Division has had budget cuts of \$25 million in the past eight years which resulted in the closure of four mental health clinics.

She said "this is a very difficult time to be in public service. Everybody is expected to do more with less and that's a very difficult situation for staff to find themselves in." Wigand Has been the Director for 14 years.

Two thirds of the staff rated their morale as poor or very poor. Forty-eight percent of those polled strongly disagreed with the statement "I have confidence in Wigand and 14 percent somewhat disagreed.

Bob Britton, Director of the Professional and Technical Engineers Union, Local 21, strongly disagreed with the survey. Local 21 represents the managers that were criticized. He took issue with some of the facts and the methodology the survey used.

Dr. William Walker, Director, Health Services Department said he has confidence in Wigand. He said "I certainly understand the kind of frustration and the kind of morale issues they're having."

# ECT ELECTROCONVULSIVE THERAPY

By Scott Weigold M.D.

It is the fastest and medically safest treatment for severe depression, especially if the patient has not responded to multiple trials of medications.

It is medically safer than to using multiple medications in doses that are not recommended, as is often the case in severe refractory depression. It is definitely a first-line choice for those who are pregnant or who have severe medical problems.

It can and should be combined with an antidepressant medication. It's also useful for some other psychiatric illnesses, but the data is not nearly as clear.

In modern ECT, the patient is put under a light anesthesia (by an anesthesiologist - not the psychiatrist), is then given a paralytic agent (so that there are none of the violent seizure movements of decades past) and then the electricity is applied for a fraction of a second.

The resulting seizure (the brain has a seizure, but because of the paralytic agent, the body does not know it) is the actual treatment. It turns out that electricity is the safest and most reliable method we have for inducing a seizure. After 30-90 seconds the seizure stops (or is medically stopped in the rare circumstance that the seizure goes on) and the patient is awakened.

The entire incident takes only a few minutes and it is really boring to watch. Literally, the only thing to see is that one of the patient's feet wiggles. That's because we put a blood pressure cuff on one ankle and use it as a tempo-

rary tourniquet in order to prevent the paralytic agent from getting into the tissues of that foot.

That way, when the electricity is applied, we can "prove" a seizure happened (remember, the seizure is the treatment, so we need to be assured that it did happen correctly) by looking at the brainwave activity on a monitor. A couple minutes later, the patient wakes up, groggy from the anesthesia and the seizure.

Memory problems are the most significant potential side effect. Most patients have very bad memory that improves back to normal within hours - as is often the case with natural seizures. Some have memory problems until the next day. A few can't get full memory back until 2-3 days later. A small number do report permanent memory problems, but mostly for events before the ECT. And a tiny number report ongoing memory problems that are long-term or permanent.

By now my stance on ECT should be clear: California's ridiculous procedures for ECT prevent thousands of appropriate patients from getting ECT each year and consigns them to an ongoing Hell of severe and intractable depression and repeat hospital admissions, as their lives are slowly destroyed and cause their illness to become the dominant feature of many of the lives around them.

## TOM WOOTTON

Author, keynote speaker and consumer will speak on the aspects of his popular book *Bipolar Advantage*.

Saturday, February 27

1:30—3:00pm

Concord Campus

John Muir Medical Center

2540 East Street, Concord

## NAMI WALKS FOR THE MINDS OF AMERICA

Join the throngs for the fun-packed NAMI Walk, a yearly event that raises thousands of dollars for NAMI Bay Area affiliates; helps erase stigma; and, in a single location, unites over 2,000 people enthusiastically working to help make lives better for those affected by mental illness.

The Walk (choose the 1.5K or the 5K ) is always preceded by a rousing talk (last year, Patty Duke). As the Walk begins, the strains of bagpipe players lead the crowd, many dressed in team or NAMI t-shirts, some holding signs or balloons, everyone happy to be together. It is a joyful day for consumers, friends, family members, providers, activists, kids and even well-behaved, leashed dogs.

When the walk is completed, NAMI-CC walkers are invited to the NAMI-CC picnic table for a make-your-own sandwich lunch. Any goodies you would like to add to the table will be appreciated.

Since the day is only half over when the walk ends, walkers have the opportunity to go to the nearby DeYoung Museum, the Academy of Sciences, the Japanese Tea Garden or other popular spots in the Park.

### INFORMATION

When: Saturday, May 22; 9:00 AM (check-in starts) to noon.

Where: Speedway Meadow, Golden Gate Park, San Francisco Information and Donations:

[www.namiSFbay.org](http://www.namiSFbay.org) or 800-556-2401. NAMI-CC coordinators: Barbara Scott at [barbarajean39@astound.net](mailto:barbarajean39@astound.net) (925) 689-9380 and Beatriz Celi at [beatriz@gmail.com](mailto:beatriz@gmail.com) or (925) 951-7121.

## CLUBHOUSE REPORT

The newest Clubhouse offering is our In-Home Outreach Program. Potential members sometimes feel uncomfortable attending the Clubhouse without knowing someone there.

During an In-home visit (which can be requested by the consumer or a family member) Clubhouse members and staff pay a fun, social call to the consumer's home. The person being visited is encouraged to try onsite Clubhouse activities in the future.

In some cases, the caregiver will be able to leave the home during the visit, allowing them a break from their care giving duties. In-home visits are available throughout Contra Costa County. For more information, please contact Tamara Hunter, Putnam Clubhouse Program Director, at:

(925) 691-4276 or  
[tamara@cclubhouse.org](mailto:tamara@cclubhouse.org)

### Family Open House: March 4th, 7pm-8pm

Beginning February 4th from 7pm to 8pm, the Clubhouse will host a monthly Family Open House for family members, consumers, and service providers. If you would like to learn more about the Clubhouse, network with other folks in the mental health community, or see what the Clubhouse has been up to lately, stop by and visit. Tours will be given and you will have the opportunity to talk with Clubhouse staff and members. We hope to see you there!

## PUTNAM CLUBHOUSE TURNS TWO

Help celebrate the Clubhouse's second birthday on Thursday, February 18th at an Open House from 3:30 pm until 6:30 pm.

Jack Yatsko, ICCD Associate Executive Director for Programs, will give a keynote presentation at 5:00 pm. The Clubhouse's first video—produced by members in the new multimedia lab funded by MHSA in partnership with Contra Costa Mental Health—will be screened at the event.

Stop by to see what the Clubhouse has accomplished in two very exciting years. The event will be held at the Clubhouse at 3024 Willow Pass Road, Suite 230, in Concord. For more information, contact Tamara Hunter at 925-691-4276.

## CEU'S FOR COUNTY EMPLOYEES

In a new partnership with NAMI-CC and Contra Costa County Mental Health, continuing education units (CEU's) will be available, free of charge, for certain County employees, such as RN's and MSW's, for attendance at several of the upcoming NAMI-CC Mental Health Presentations/General Meetings. Patterned after NAMI Marin and Marin County's program, Kay Derrico (NAMI-CC Board Member), Steve Hahn-Smith (County Training Coordinator) and Raihana Fakhry (Mental Health Project Intermediate Clerk) have been collaborating to create this educational experience.

**February Speaker:**

**Adolescent Services  
John Muir Behavioral Health**

This month's speaker, Bette Sindzinski, RN, MN, NCA-CII, will discuss the seven-hour-a-day outpatient treatment program and the inpatient programs. She will also discuss the concepts of rapid evaluation and diagnosis, and will provide parenting tips from the book *Parenting with Love and Logic*. Questions are invited, but do remember that only doctors can answer patient specific medication questions.

Ms. Bette Sindzinski comes to NAMI-CC with years of experience, including nineteen years in private practice in Seattle, with teens in crisis, behaviorally and with drug and alcohol problems. She is also a drug and alcohol addiction specialist. Currently, Ms. Sindzinski is the Manager of Youth Services at John Muir Behavioral Health and oversees the Inpatient Locked Child Unit.

With Ms. Sindzinski, expect a lively evening that is packed with information.

**OFFICE DONATIONS NEEDED**

NAMI will soon have an office serving our members and the public in Crestwood Healing Center in Pleasant Hill. We are looking for donations to furnish the office. We need a desk and return for computer work, or an office station, sturdy book shelves, a large bulletin board, floor lamps, and an area rug. Call Susan Laufer at 925-376-6205 for additional information.

**FEBRUARY DONATIONS**

DONATION

Doris Crowell

DONATION

Betty Bolstad

DONATION

Carolyn Daniels  
R.E and Kathryn Decker

IN MEMORY OF

Dan Cohen

From:

Louise and Debbie Cohen

**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

\_\_\_\_\_  
Name

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

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

Zip \_\_\_\_\_

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

**Use Donation For:**

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

E mail address:

\_\_\_\_\_

\_\_\_\_\_

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

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

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

Stamp

Clip This Coupon    See Page 4

**NAMI Contra Costa at Chili's**  
 Saturday, February 20, 2010 11:00 am to 11:00 pm  
 1501 Concord Avenue, Concord, CA  
 Chili's will donate 10% of the Sales to help the mentally ill

**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