



NAMI Contra Costa

National Alliance on Mental Illness

Contra Costa's Voice on Mental Illness February, 2012

The NAMI Contra Costa Newsletter is available on the web at: www.namicontracosta.org
 E mail: xnamicc@aol.com Phone Number: 925-465 3864

FEBRUARY
 General Meeting
 Thursday, February 16, 2012
 7:00 PM

GENERAL MEETING

Speaker
Philip Kader
 Chief Probation Officer
 Contra Costa County

Topic
 When a loved one receives probation, how to best work with the probation office to achieve the best outcome

Location:
 John Muir Medical Center
 Concord Campus
 2540 East Street, Concord

General Meeting
**PHILIP
 KADER TO
 ADDRESS
 NAMI**

Philip Kader, The Chief Probation Officer in Contra Costa County, will be the featured speaker at the February 16, 2012 General Meeting.

He will address an issue that the Family to Family classes have long stressed. If your loved one gets put on probation, you should make an effort to reach out to the probation officer and make yourself known.

There will be ample time to have all your questions answered at the meeting.

RSVP BY February 4
Evening in the Tropics
 A Special NAMI Fundraiser

It's all going to happen at the Elk's Club (1475 Creekside Drive, Walnut Creek) from 6:00 pm to 9:00 pm on Saturday, February 18.

The NAMI fundraiser is around the corner! Please reserve your seats by February 4. You can reserve individual seats or, for a discounted price, tables of 8.

Feast on chicken teriyaki, kalua pork, lomi salmon, green salad, macaroni/potato salad, seasonal fruits, rice, dessert, and Starbucks coffee.

Listen and dance to special guests Ehukai Sako and her band, All in da Ohana, as they play tunes from the '50s, '60s, and '70s, as well as traditional Hawaiian songs.

(Continued on page 4, column 1)



Evening in the Tropics

A Special NAMI Fundraiser to Benefit NAMI Contra Costa's Free Education and Support Programs

Saturday, February 18, 2012, 6 to 9 pm

Walnut Creek Elks Lodge, 1475 Creekside Drive, Walnut Creek

Join us for an evening of live music, hula dancers, a delicious dinner, raffle, and fun activities for the whole family!
 Special guests Ehukai Sako and her band, **All in da Ohana**, (see the article in column 3) will play tunes from the '50s, '60s, and '70s as well as Hawaiian songs, and perform graceful Hawaiian dances.

Price: \$28 for adults and children 12 and over.
 \$15 children under 12.

Tables of 8 at a discounted price of \$200.
 Small activities fees are additional.

A New Website
5150crisis.com

Don't call 911 until you are familiar with what the results might be.

When a situation is so far out of control that you are fearful of violence, you have no choice. But you will do much better if you have visited the website listed above and studied the material it offers.

NAMI-CC Care and Support Groups

Central Contra Costa County

3rd Monday of each month, 7:00 to 8:30 PM, John Muir Hospital, 1601 Ygnacio Valley Road, Walnut Creek Campus, downstairs in the Epstein Conference Room. Park in the FREE public garage on the La Casa Via side of the hospital. The group is facilitated by Sharon Madison and Bob Thigpen. E mail: xnamicc@aol.com or call: 925-256 9640 925-676 5771 925-521 5121

NAMI Contra Costa Writer's Group

All writing levels welcomed. Drop in or attend regularly. 1st Thursday of each month
7:00 PM—8:30 PM Susan Medlin 925-957 6369
550 Patterson (Crestwood) Pleasant Hill
Susan Medlin susan.medlin@hsd.cccounty.us

Information and Support

At the Central Clinic:
1420 Willow Pass Road, Concord
Robert Thigpen — Adult Family Support Worker
925-521 5121

New! Bipolar Support Group

To begin February 24th, Fridays 2:00-3:00 p.m.
MHCC, 2975 Treat Blvd., Bld. C, Concord
Contact: Brooke 925-256-9783 or
StampOutStigma@aol.com

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

Support Group In Lafayette

For family members of adults with mental illness.
Jewish setting and prayer but all faiths welcomed.
4th Monday of each month 7:00 pm to 8:30 pm
Temple Isaiah
3800 Mt. Diablo Boulevard, Lafayette
Drive across the upper parking lot and down the hill to the first
building on the right. Meeting room is #201, 2nd floor
Contact: 925-945 7272 or E mail: karen@mmcohen.com

BIPOLAR CHILL (CLIENT RUN)

Manic Depression Support Group
Wednesday 7:00—8:30 pm
710 Broadway #3D Walnut Creek
Contact Lisa or Scott 925-743 1160

Dual Diagnosis Support Group

Wednesdays: 3:30 pm
1420 Willow Pass Road, Concord, 2nd Floor
Facilitator: Bob McKinnon

Bipolar Support Group

Thursdays 10:30 to Noon With Chris Dodd and Maria Kim
1420 Willow Pass Road, Concord, Suite 200

NEW HOPE SUPPORT GROUP

Offering support, education and resources to parents/caregivers of
older teens and young adults diagnosed with a mood disorder.
Bipolar disorder, depression, anxiety and more.
2nd Monday of each month
7:00 pm to 9:00 pm
Lafayette-Orinda Presbyterian Church
49 Knox Drive, Lafayette

For More Information
Contact: Annette 510-733 0577 or Cindy 925-362 9434
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, Prayer
Interfaith support group open to families
who are coping with a loved one with mental illness
2nd Monday of each month
7:00PM-8:30PM.
Christ the King, Parish Hall, Room A/B
199 Brandon Road., Pleasant Hill
Information: Joe or Pam Appel 925-947-0269 or
Clare Beckner 925-930-6591

Eating Disorders Support Group

Family & Friend Support Group
2nd and 4th Monday of each month
7:00 to 9:00 pm
115A Town & Country Drive, Danville
Contact Nancy at 925-829 5554 or
E mail: lablimo@pacbell.net
Website: www.getwelltogether.com

NAMI-Contra Costa
National Alliance on Mental Illness

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E mail: xnamicc@aol.com
Website: namicontracosta.org
Phone: 925- 465 3864
Fax: 925-474 1444

Newsletter Deadline: 20th of Each Month

PRESIDENT'S COLUMN

By Charles Madison

I would like to report to the NAMI members that we completed the first phase of our Planning for 2012. We were able to identify the areas that our Affiliate will work on and improve with the help of our Board of Directors and the many volunteers that have been gracious enough to step forward to help us help our network of Families, Consumers and Friends.

We all know we have a tremendous amount of talent in the county and I want you to know that we need your help. We are always in the need of volunteers to fill or support the important committees we have to be more effective in helping our loved ones and their families. We have a list of various committees and job descriptions for all the areas (please see the article on page 4) that are open and if you have any interest in any of these areas, please let us know.

We have two important fund raising events coming up. They are an Evening in the Tropics on February 18th and the NAMI WALK on June 2nd. Hope to see you there.



Charles Madison

General Meeting

February 16, 2012:

Topic: How to work with the probation officer to achieve the best outcome.

Speaker: Philip Kader, Chief Probation Officer, Contra Costa County.

March 15, 2012:

Topic: "How To Prevent Suicide." A seminar that will highlight the amazing results that have been achieved by the Henry Ford Foundation in preventing suicide.

Future meetings will host psychiatrists, officials in the Mental Health Administration and elected representatives that are key figures in Contra Costa's mental health system.

If you have a subject or issue you would like to see featured at a General Meeting, please contact the program chair, Linda Ruiz and give her the information: lruizsf@gmail.com

All NAMI meetings are open to the public and there is never a charge.

NAMI EDITORIAL BOARD

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925-676 5771

NAMI Contra Costa Office and Library

550 Patterson Blvd
Pleasant Hill, CA 94523

(925) 942 0767
namicc@att.net

Office hours
Tuesday, Wednesday, Thursday
10:00 AM - 3:00 PM

Evening in the Tropics

A Special NAMI Fundraiser
(continued from page 1)

Be entertained by graceful Hawaiian dancers. Enjoy family activities including hula lessons, a photo opportunity complete with tropical props, and tropical body painting. (Small activities fees apply.)

Profits from this fundraiser will benefit the Contra Costa County Behavioral Health Court and NAMI's free education and support programs.

RESERVATION INFORMATION:

Admission is \$28 for adults and children 12 and over; \$15 for children under 12. Tables of 8 may be reserved at the discounted price of \$200. (Small activities fees are additional.)

To reserve individual seats or tables, mail a check payable to NAMI CC to:

Eugene Schulting, c/o NAMI CC,
P.O. Box 21247, Concord, CA 94521.

Important: Reservations must be received by Feb. 4. Please include a list of attendees' names, as reservation is by name and will be used for check-in. (No tickets will be issued.)

Map and directions: The event will be held at Walnut Creek Elks Lodge, 1475 Creekside Drive, Walnut Creek, 94596. For a Google Maps link, please visit our website,

www.namicontracosta.org,
and click on the pink

"An Evening in the Tropics"
fundraiser link.

For more information:
925.465.3864 or email
xnamicc@aol.com.

NEW CHAIR FOR NAMI WALK 2012

Kimberly Krisch will be the Chair of the 2012 NAMI Walk Committee. She steps in to fill the shoes of Dan Shortenhaus who set records in 2011.

The NAMI Walk is the major fundraising effort of the year. Fortunately, it is a very enjoyable event. Fun for the entire family.

There will be a special picnic for NAMI-CC members. It is an opportunity to meet and talk with members and mental health staffers you don't see the rest of the year.

It will again be in San Francisco's Golden Gate Park in Lindley Meadow. Save the date:

Saturday, June 2, 2012

For more information call:
925-465 3864 or e mail
Kimberly.krisch@gmail.com

FREE CLASSES ON MENTAL ILLNESS

The Winter Session of the Family to Family classes began January 11 in Pleasant Hill. The next session will be in the spring. Seating is always limited, so it is wise to get your name and information in early. There is no charge for the class or the materials.

For Information:
Tom Cloney-510-223 6873
Nancy Seibert-925-285 5995
fam2fam4u@gmail.com

COMMITTEE ASSIGNMENTS AVAILABLE

There was an announcement of various volunteer committee positions that were open for this year in the December newsletter.

The response was gratifying. But there are still a few key slots that need to be filled.

A really interesting and challenging one is the Chair of the Governmental Affairs Committee. In that role you would meet each of the key decision makers in the county. You would not only meet them, you would regularly meet with them about ongoing issues important to the mental health community.

These officials are the five county supervisors and the County Administrator. They would also include our representatives in the state assembly and the state senate.

Also, still available are:

- The Membership Chair. Nothing more important than growing the organization.
- Job/Chore Directory Chair
- The Grant Writing Committee has a Chair but requires two more members that would like to learn about grant writing. All NAMI programs require funding. The public is never charged. NAMI has an ongoing need for substantial funding. You will find grant writing will be useful in any non-profit organization you might be a member of.
- Script program
- Setup committee for the General Meeting.
- Liaison to NAMI California.

Contact: Charles Madison
xnamicc@aol.com
925-256 9640

CONSUMER PARTICIPATION EXPANDS IN 2011

Consumers have added considerable energy to the affiliate this past year, from selling handmade cards benefitting NAMI CC to becoming the backbone staff of the NAMI CC Office.

Peer to Peer, a holistic class educating and helping consumers live well with mental illness, was restarted after a hiatus of several years. Three consumers became certified leaders, one a co-coordinator for the program; and they guided two classes through the curriculum to graduation. (information: 925-497-4712)

Twelve additional *In Our Own Voice* presenters completed certification this year to help educate the public about mental illness, share their own stories about mental health recovery and help diminish stigma. (more information: alitavanhee@gmail.com)

Dozens of NAMI consumers volunteer in various capacities, from information tabling to coordinating trainings. To volunteer or to find out more about programs in this article, leave your contact information at 925-942-0767 or namicc@att.net.



NAMI-CC PROGRAM GROWTH

By Kay Derrico

The Year 2011 ushered in significant program growth and outreach.

For the first time, we are starting to accommodate Spanish speakers. Our office provides literature in Spanish; and our office manager is fluent in Spanish, assisting Spanish speakers on a regular basis. Additionally, *Familia a Familia* classes were started, helping Spanish speaking families learn about mental illness. (for more information: ver-shumc@pacbell.net)

NAMI FaithNet participated in faith outreach with a dozen informational tabling events, one-to-one informational sessions and is in the planning stages for its first mental health and faith conference

Writers' Group has completed its first successful year (see page 2 for information) and in addition to monthly meetings, has hosted three Writers' Workshops. (contact 925-957-5104)

NAMI CC representatives now attend the Vet Center's monthly collaborative meetings to make Vet connections and spread the "NAMI word." For the first time, veterans participated with NAMI in planning and presenting the "Evening of Prayer for Mental Health Recovery and Understanding."

Probably most importantly, Vet families participated in the first *Family to Family* class especially designed for military families.

COPING WITH PTSD

FREE 12 WEEK CLASS FOR MILITARY FAMILIES

By Sue Horrocks

NAMI Contra Costa is planning a second Family to Family Class this summer for military families. Focused on helping families understand and cope with PTSD, the class will cover causes and symptoms of PTSD, how PTSD affects families and recovery, coping and treatments.

NAMI National and the Veterans Administration have jointly agreed to provide these free 12-week classes to families of veterans through local NAMI affiliates.

Our next Family to Family Class for families of veterans starts this summer. For more information, please contact:

Susan Horrocks
snh2read@comcast.net
 or call the NAMI Contra Costa Office at 925-942-0767.

Office Staff Volunteers Wanted

Staff volunteers are vital in helping the community get information about free mental health programs and support. To join the staff, you do not need to be an expert in NAMI programs and community services or to have office experience. If you are interested in giving a few hours per week or in becoming an occasional staff substitute, contact Office Manager, Veronica McManus

(925) 942-0767 or
namicc@att.net.

NAMI OFFICE STAFF EXPANDED

By John Bell

Contra Costa County residents that need help with mental health issues either for themselves or for family members can contact the NAMI Contra Costa Office for help.

The office is located at the rear of the Crestwood Healing Center at 550 Patterson Boulevard in Pleasant Hill. It is open Tuesday through Thursday, from 10:00 AM to 3:00 PM and the public is welcome. Call (925) 942-0767 or email namicc@att.net or visit www.namiccontracosta.org.

The NAMI office has a knowledgeable staff that can offer information about Contra Costa County resources that are available to consumers and families dealing with mental illness issues. We have been open for 1 1/2 years and welcome walk ins. Our presence is becoming known to the community and we want to build that presence. We also have a resource library that is available to NAMI members. The NAMI office adds a valuable dimension to resources available in mental health services in Contra Costa County.

The NAMI Contra Costa Office Mission is to provide:

- Be a symbol of hope and healing for those affected by mental illness.
- Be outreaching and inclusive, promoting lives of quality and respect, without discrimination and stigma.
- Serve as a public information collection and distribution center.

Provide informational, educational and referral services, including linking individuals with supportive social and activity programs and events

REMEMBER NAMI

They rate non-profits as to how much of the donated funds actually get to those that the non-profit is dedicated to helping.

NAMI Contra Costa has never run up administrative costs with offices and paid staff. All of the money donated to NAMI-CC goes directly to help the mentally ill.

It has been like that for 32 years!

When planning your estate, remember NAMI-CC and you will be effectively helping the mentally ill. For questions or information:

E mail: xnamicc@aol.com
925- 465 3864
NAMI Contra Costa
P.O. Box 21247
Concord, CA., 94521

PATTY BAIONI

Patty Baioni, a long time member of NAMI Contra Costa passed away December 18, 2011. Patty was an active and productive member and served as treasurer following Gwen Watson in 2000.

She was a member of the PTA at Highlands Elementary and Pine Hollow Middle School. She was a devoted Catholic at St. Bonaventure Church. There she was a member of the Lamplighters and the bible study.



DONATION FORM

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

Mail to: Treasurer, NAMI-CC
P.O. Box 21247, Concord, CA. 94521
NAMI-CC is a 501(C)(3) organization
Tax ID # 68-0209474
No goods or services have been received from the following donor or donors.

Name:

Address:

City: _____ Zip: _____

Phone:

E mail address:



FEBRUARY DONATIONS

DONATION

Mrs. Catherine Lynn Kingston

DONATION

In Memory of:

John Downing

From:

Jennifer and Clayton Prestia

DONATION

In Honor of the fine work of:

Gloria Hill

From: Elaine Kaufman

DONATION

In Memory of:

Terry Dillingham

From:

Suzie Mahaffay
Bill Cannon
Catherine Briskin

DONATION

Terri Winnie

%PG & E Corporation
Campaign for the Community

DONATION

Piyanooch Tsujimoto

And

Isamu Tsujimoto

DONATIONS

Roger Gregory
Mary Lavagnino
Heather Quisenberry

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Matching Gift Program

DONATION

In Memory of:
Julie Hobson

From: Art Honegger

NEW CENTURY CLUB MEMBERS

Susan and Keith Horrocks

Richard and
Kathleen Wise Marshall

