



NAMI Contra Costa

National Alliance on Mental Illness

Contra Costa's Voice on Mental Illness **JANUARY 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

Rose King
MHSA STILL
"OFF THE TRACK"

Rose King, one of the three authors of Proposition 63, released an update on the administration's management of the program that administers the law.

In it she states "For every MHSA (Mental Health Services Act) success story published, there are countless unpublished stories of tragedy, neglect, incarceration,

(Continued on page 6, column 1)

FAMILY TO FAMILY
 The free 12 week classes on mental illness will begin again on Wednesday, January 11, 2012
 For Information: xnamicc@aol.com

General Meeting
SPECIAL
NEEDS TRUSTS

Steven Dale, a Walnut Creek attorney and a specialist in Special Needs Trusts will be the speaker at the January, 2012, General Meeting. There are several important reasons why NAMI families might wish to have a "Special Needs Trust."

A basic Martial Trust protects the family's privacy and avoids the expense of probate among other things, but without a "Special Needs" pocket in this trust, assets may pass directly to your disabled loved ones.

(Continued on page 4, column 1)

JANUARY
 General Meeting
 Thursday, January 19, 2012
 7:00 PM

GENERAL MEETING

Speaker

Steven Dale
 Attorney at Law

Topic

Get answers to all your questions about *Special Needs Trusts*. Mr. Dale specializes in the creation and administration of them.

Location:

John Muir Medical Center
 Concord Campus
 2540 East Street, Concord
 925-682 8200
 Walnut Creek,



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 article on page 4) 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.

For instructions, see page 6

What's For Dinner?
Here's The Menu for Evening in the Tropics

Chicken Teriyaki
 Kalua Pork
 Lomi Salmon
 Green Salad
 Macaroni/Potato Salad
 Seasonal Fruits
 Rice
 Dessert & Starbuck's Coffee

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

Smoke Zero

Smoking Cessation Class at Oak Park Christian Center
2073 Oak Park Blvd., Pleasant Hill, Pastor Flores
For Information: xnamicc@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

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

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

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

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, 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

OFFICERS:

- Charles Madison, *President***
925-256 9640
C_madison@msn.com
- Peter Bagarozzo, 1st Vice President**
bagaroses@comcast.net
- Linda Ruiz, 2nd Vice President**
lruizsf@gmail.com
- Mark Cohen, *Secretary***
markmcohen@aol.com
- David Kahler, *Treasurer***
925-676 5771
dk122932@aol.com

BOARD OF DIRECTORS:

- | | |
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| Coralie Reed | Gene Schulting |
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| Thomas Cloney | Jim Lugannani |
| Susan Horrocks | Al Farmer |

COMMITTEES:

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| Clare Beckner | Database |
| Richard Derrico | Behavioral Health Court |
| Sean Kleen | Web Master |
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| Steve Gallion | Consumer Recreation |
| Kay Derrico | FaithNet/Outreach |
| Mae Bragen | Clubhouse Liaison |
| Merry Gregg | Art In Action |
| Alita Van Hee | In Our Own Voice |

Newsletter Group

- | | |
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| Bob Newell | Caroline Jackson |
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| David Kahler | Sean Kleen |

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 want to thank Al Farmer for his service over the last four years as the President of our NAMI Contra Costa affiliate and for continuing his support as a board member.



Sue and Al Farmer

It is indeed a pleasure and honor to become the President of NAMI- CC for the next two years. I am fortunate to have become President with a very dedicated group of volunteers who endeavor to serve the NAMI families, consumers and friends.

To that end we will start this New Year with our planning meeting to continue the process of reviewing our entire objective with the emphasis on improving our programs and mission.

I would also like to ask you all for your support and please do not forget to renew your membership. A self address envelope has been enclosed.

We have two new officers, Peter Bagarozzo and Linda Ruiz, both from the education field. Welcome!

My wife, Sharon and I would also like to take this opportunity to wish you all a Very Prosperous and Healthy New Year.

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 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

MENTAL HEALTH COMMISSION ELECTIONS

THE Mental Health Commission re-elected their current Chair and Vice Chair, **Carole McKindley-Alvarez** and **Peggy Kennedy**. They will serve through December, 2012.



Left: Carole McKindley-Alvarez, Chair
Right: Peggy Kennedy, Vice Chair

Anyone with problems concerning the mental health system in the county would do well to present their comments to the Commission. People are allowed time at every meeting to make a public comment. It is always a good idea to have a written version of the comments to leave with the secretary.

SPECIAL NEEDS TRUSTS

(Continued from page 1)

This may cause ineligibility for SSI-SSP with its monthly cash benefit and its valuable medicine benefit which Medicare has not covered in the past. Steven Dale is a highly experienced attorney in these matters and will have much to share with us.

There will ample time and opportunity to ask the questions you have about Special Needs Trusts.

EHUKAI SAKO INSPIRES FUNDRAISER

The theme for the NAMI-CC's February 18 Tropical Fundraiser (Check the ad on page 1) was inspired by Ehukai Sako, who offered a performance by her band *All in da Ohana* for the upcoming dinner event.

A NAMI fan and native Hawaiian, Sako is a probation officer with the Contra Costa County Behavioral Health Court (BHC), a program for chronically mentally ill individuals with dual diagnosis who have opted into BHC rather than serve jail or prison time.

Sako says she enjoys seeing graduates begin to thrive, obtain jobs, and then return to support others in this rigorous program, which includes residential and outpatient treatment requirements.

She typically spends at least two years with her probationers, who include those in addition to BHC probationers who need connection with mental health services. "My goal is to be a guide," she says. "It is so important to me to acknowledge and encourage every little step that is made."

Sako notes that one of the biggest factors in probationers' success in the program is support from other people. Raised in a large family on Maui, Sako says she was inspired by her mother, who "always gave a hand to people in need".

The band includes Sako's husband Robert Alidon, son-in-law Brian Nugal (lead singer and guitar player), and Brian's father Alex Nugal.

NAMI BOARD OF DIRECTORS

The NAMI Contra Costa Board of Directors is the governing body of a 32 year old organization made up of over 300 families.

It is the first line of defense, acting to support families that have a loved one that has been diagnosed with a serious and chronic mental illness.

Their premier program, the Family to Family classes has graduated over 900 people in the last nine years. All classes are entirely free.

2011 was a year of progress for Family to Family as it expanded to serve the returning veterans and to offer classes in Spanish. Board members Kay Derrico, Sue Horrocks and the Director, Thomas Cloney deserve considerable credit for these efforts.



NAMI CONTRA COSTA PAST PRESIDENTS

2008-2011	Al Farmer
2006-2007	Art Honegger
2004-2005	David Kahler
2003	Ray Olmschied
2001-2002	David Kahler
1999-2000	Chet Watson

Also:

Herb Putnam Lee Cowden
Marlene Weiss Bill Dickenson

The 2012 NAMI Contra Costa Slate of Officers and Directors



President: Charles Madison, graduate of USF business school and DVC. He was in Marine Transportation including CEO/President and Chairman. Former 1st Vice President. He is also a retired Lieutenant Colonel USAR.

c_madison@msn.com



1st vice President: Peter Bagarozzo: Graduate of Buffalo State College in Teachers Education and Social Studies. Two Master's degrees from S.U.N.Y. Retired in 2005 after 40 years in Higher Education. Former member of the Mental Health Commission.
bagaroses@comcast.net



2nd Vice President: Linda Ruiz, an educational therapist, has a private practice in Walnut Creek. Former experience includes being an advocate at legal hearings, participating in neonatal research and teaching.

lruijsf@gmail.com



Secretary: Mark Cohen, retired physician, graduate of Wayne State University, University of Michigan and Saint Mary's College of California. Interests include nature, water sports, creative arts, and people. Retired as a physician from Kaiser-Permanente.
markmcohen@aol.com



Treasurer: David Kahler, graduate of the Universities of Minnesota and Mexico. Retired from being self-employed-Restaurants, motel (Marin County) , natural food store, plastics plant. Chair, Criminal Justice Committee (MHC) and the Publishing Committee.
dk122932@aol.com



Kay Derrico: Retired middle school teacher, Pleasant Hill, long time NAMI-CC member. Former 2nd Vice President of NAMI Contra Costa. Former Program Chair. Co-chair of the Peer to Peer Committee and Chairperson of the Faith Net committee.
kayderrico@comcast.net



James Lugannani: Board Member since 2011, devoted to fighting stigma. James is a Financial Advisor at UBS Financial Services which is focused on Special Care Families. He was previously Vice President at Kaiser Permanente.
jclugannani@gmail.com



Susan Norwick Horrocks: BA from Pitzer College, Claremont, CA, MS - Cal State, Hayward, CA. 2010 Assisted in the creation of the NAMI office, Taught the Veteran's Program Family to Family class in Martinez. Retired School Administrator.
snh2read@comcast.net



Gene Schulting: Graduate of Loras College. MBA/CPA from Golden Gate University. Former IRS agent. Retired from Grant Company, a private real estate corporation. Also retired as Commander from Navy Reserves.

schulting@hotmail.com



Al Farmer: Stanford University, BS Petroleum Engineering, Northwestern University, MBA. Overseas 10 years, London and Bahrain. President NAMI Contra Costa four years. Mental Health family crisis counselor.
farmerfamily@yahoo.com



Thomas Cloney: Born and educated in England. Spent his career in computer sciences. Retired from Kaiser-Permanente. Tom is Director of NAMI's signature program, Family to Family. He has had extensive experience with the family's challenges with mental illness.
tmclone@gmail.com



Barbara Scott: NAMI Member 6 years. Son dually diagnosed, family members with similar diagnosis. Masters in Education Administration. BA in Social Welfare and teaching Credentials for Deaf Education and Elementary Education.
scottb@mdusd.org



Coralie Reed: Graduate, University of Michigan with majors in Journalism and Political Science. Insurance broker (Orinda). Vice President in the group medical field. Long time member of NAMI Contra Costa.

coraliereed@comcast.net

MHSA STILL "OFF THE TRACK"

(Continued from page 1)

hospitalization and failed institutions—stories of unending struggle by consumers to gain independence, families torn apart, exhausted and impoverished by a lifetime seeking healing treatment for serious mental illnesses and devastated by the ultimate failure."

This year the Governor and the Legislature raided the MHSA trust fund for \$861 million

Ms. King makes the point that the people in Sacramento are not getting the facts from capitol lobbyists and they are not seeking independent reports.

She urges that each NAMI member be in contact with their elected representatives and that they make certain that they are aware of the enormous problems that continue to exist in the mental health field.

Proposition 63 was a California ballot proposition on the November 2, 2004 ballot. It passed with 6,191,691 (53.8%) in favor and 5,337,216 (46.2%) against.

It was an initiative that levied an additional 1 percent tax on incomes of \$1 million or

greater to bolster the funds that finance the mental health programs.

The monies were to begin to flow beginning January 1, 2005. Approximately 25,000 taxpayers were to be affected by the tax which would generate \$700 to \$900 million annually.

Some of Rose King's comments on the current situation:

1. Tax revenues that were intended to expand community mental health programs and raise standards of service were diverted to create a separate system for unknown and unexplained purposes.

2. Waste of time and money resulted from mismanagement, incompetence and state policies that created a fragmented, inefficient, and unnecessary new bureaucracy and an industry of unnecessary planning;

3. Officials failed to establish a functional structure and process to implement the law, operating without known standards and objectives and inviting potential conflicts of interest and special interest influences.

Rose says that today, five years after passage, billions in new taxes have had minimal impact on local systems. Access is rationed and consumers are still denied services essential to recovery.

DR. STEPHEN HINSHAW TO SPEAK ABOUT STIGMA

As we know, the stigma around mental illness can be as disabling as the disease. Dr. Stephen Hinshaw, professor of psychology at UC Berkeley, will discuss "Mental Illness, Stigma and Families: A Personal and Scientific Perspective," on Monday, Jan. 30, at 7 p.m. at Temple Isaiah, 3800 Mt. Diablo Blvd., Lafayette.

Dr. Hinshaw, a popular NAMI CC speaker, will talk about the reasons for stigma, its effects and how to combat it. He is the author of "The Mark of Shame: Stigma of Mental Illness and an Agenda for Change" and as the son of a man with mental illness, he brings a personal perspective. The event is open to all.

Information.:

diana@openourhearts.net

925-988-9767

www.openourhearts.org

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. 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

Reservations: 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 Notes:

Reservations must be received by Feb. 4.

Please include a list of attendees' names, as reservation is by name and will be used for verification upon check-in.

(No tickets will be issued.)

For more information, call 925.933.1151 or email xnamicc@aol.com.



JANUARY DONATIONS

A VERY GENEREOUS DONATION

Jo Schinkert
Orinda

DONATION

Carolyn Daniels

DONATION

Laurence Byrne
%PG & E Corporation
Campaign for the Community

DONATIONS

Elizabeth Ratner
Evan Watson
Peter Grimes
Dan Kopel

PEER TO PEER A HOLISTIC APPROACH TO RECOVERY

What: Free, 10 week course for consumers. Emphasizes active participation in your own treatment plan, sharing experiences with peers, gaining knowledge about coping strategies and insight into mental health.

When and Where: Ten Saturday afternoons, starting January 21, 2012. 550 Patterson Blvd., Pleasant Hill.

How to apply: Contact Stacey Hoskins, class co-coordinator, teacher/mentor, at 925- 497-4712; Kay Derrico, co-coordinator, at 925-933-4012, kayderrico@comcast.net, or leave a message at the NAMI Office (925) 942-0767. Application deadline is January 13, 2012.

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: _____

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