



NAMI Contra Costa

The Family's Voice On Mental Illness

July, 2004

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

MENTAL HEALTH INITIATIVE GAINS MOMENTUM

The energy of the mass rally in support of the passage of the Mental Health Initiative on the West steps of the State Capitol May 27 continues to propel all the mental health organizations towards the successful passage on November 8, 2004. The reports and the polls continue to be encouraging.



Left: Chet Watson, President, NAMI California
Right: Dr. Steve Mayberg, Director
Department of Mental Health
Shown on the West Steps

The Mental Health Initiative would raise approximately \$700 million per year for the State's Mental
(Continued on page 6, column 2)

HUMAN RACE

The 21st annual Human Race fundraiser was very rewarding to NAMI-CC. A check for \$2476.00 has been received and the two top fundraisers were Richard DeAndre, Chair of the event for NAMI-CC and Carolyn Daniels, long time NAMI-CC member.

FULL IMPACT OF BUDGET CRISIS BECOMES CLEAR

The County Board of supervisors held a hearing on the proposed budget cuts to the Mental Health Division Monday, June 14. The cuts would be the results of the County's efforts to trim \$53 million from the \$330 million general fund.

The hearing began with Dr. William Walker giving a detailed breakdown of the proposed cuts. For many in the audience, the information came as a shock.

The meeting was then opened to the public under the Public Comment time. There were so many that wanted to offer their views (over 100)

(Continued on Page 7, column 2)

NAMI CALIFORNIA CONFERENCE

The annual NAMI California Conference will be held at the Airport Marriot in Burlingame, Friday and Saturday, August 13 and 14, 2004. The registration form is available on the NAMI-CC website:

www.namicontracosta.org

Each year the Conference presents a wide array of resources and services.

(Continued on page 6, column 2)

JULY

General Meeting

Thursday, July 15, 2004

CANCELED

Due To A Special Conference At the MT DIABLO MEDICAL CENTER Our Meeting Room Will Not Be Available On Our Regular Meeting Date

Dr. Aaron Chapman has been Rescheduled to the November 18, 2004, Meeting.

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NAMI-CC Care and Support Groups

Central Contra Costa County

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

Contact Dave Kahler 925- 676-5771 or e mail: dk122932@aol.com

3rd Monday of each month, 7:15-9:00 p.m., John Muir Hospital, Downstairs. The meeting has been moved from the Aspen Room to the Sterns Conference Room. Mary Olowin, MD and Gloria Hill. Contact Gloria Hill 925- 957-5146.

West Contra Costa County

4th Monday of each month, 7:00 p.m., 10203 San Pablo Ave (Idaho Apts.), Conference Room, El Cerrito (across from Black Oak Motors). Contact Gloria Hill 925-957-5146.

East Alameda County

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

Contact: Russell or Donna White E mail: russdonnawhite@sbcglobal.net 925-455 6901

TRI-VALLEY BIPOLAR (Consumer Run)

Manic Depression Support Group

Wednesdays, 7:15 pm to 9:00 pm

St. Clair'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 925-676 5313

BIPOLAR CHILL (Client Run)

Manic Depression Support Group

Wednesday, 7:00-8:30 p.m.

710 Broadway #3G, Walnut Creek

Contact Lisa or Scott- 925-743 1160

NAPA STATE HOSPITAL SUPPORT GROUP (NSHSG)

Meets the 2nd Saturday of each month, 9:30-11:30 am.

WHERE: Hospital's Volunteer Center Conference Room

For Information: Gene Schulting 925-933 1151

NEW BIPOLAR GROUP

Where: The Central Clinic, 1420 Willow Pass Road, Concord. Behind the Hungry Hunter

When: Every Monday at 7:00 pm to 8:30 pm

Contact: Marian Guglielmo 925-646 5788

Colette O'Keeffe 925-646 5624

RECOVERY, INC. (Self Help Mental Health)

Mondays, 7:30 p.m. 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
ADOLESCENT CHILDREN

When: The 2nd Monday of every month at 7:00 pm

Where: Lafayette Orinda Presbyterian Church, Rm. #4

E mail: newhopelopc@hotmail.com or 925-934 1216 (Nancy)

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

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(925) 376 0880 coralie@dafg.com

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**PRESIDENT'S
COLUMN**

David Kahler

There have been rumors and mentions in the Times that Chuck Escobar might not run for reelection for his seat on the Pleasant Hill City Council. That would be a great loss to that group and the public in general.

The many members of NAMI-CC had an unusual opportunity to watch that body up close for 14 months. There were times that he was an oasis of stability and common sense. We certainly hope he continues to make his talents available to the management of that very lovely city of escalating real estate values.

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It is all over but the shouting with the budget debate. Even now, some don't realize that this is the most serious budget crisis in the history of the county.

It is time to reread Emerson's essay on Self Reliance. It is time to realize that the system will not solve your loved one's mental health problems for you.

You must become a strong, assertive, informed and effective advocate on behalf of your loved one. If those words don't describe you, then you are going to have to change yourself so you can assume that role. NAMI-CC can offer you the classes, support groups, the seminars, the books and articles. The rest is up to you.

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Approximately fifty percent of the electorate don't bother to vote. Make it your project to get three of them to vote November 8 and to be sure to mark the ballot yes on the Mental Health Services Act. It would mean more than \$600 million annually for California's mental health system.

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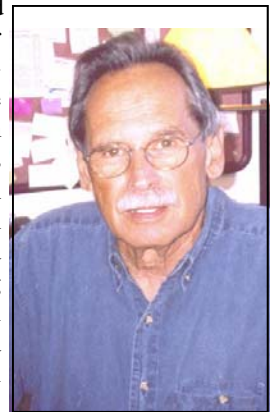
One of the ways to learn how to become an effective advocate is to join the Volunteer Brigade. The members of that group will have a unique series of classes available to them that will furnish a sound foundation to their knowledge of the challenges of mental illness.

**DR. STEVE RADER
FEATURED SPEAKER
AT AUGUST MEETING**

DEPRESSION: Thinking Outside the Medical Box Perspective!

That will be the title of Dr. Rader's presentation at the General Meeting, August 19, 2004 at Mt Diablo Hospital.

Dr. Rader is well known to NAMI-CC members. Most would probably not know that he was born in Brooklyn. His father was in the wholesale drug field and his mother was a housewife. He graduated from the James Madison high school in Brooklyn and had a strong interest in boating and fishing on Jamaica Bay.



Dr. Steve Rader

Early in his academic career, Dr. Rader studied government and political science. He went on to get his M.D. from Buffalo University.

In 1961 he found himself in the U.S. Army as the medical doctor for a tank battalion in Germany.

During his residency, he took some time off to be active in the turmoil that was then occurring in Selma, Alabama.

After coming to Contra Costa County, he worked on the psychiatric ward at the County Hospital for nine years. He spoke out very forcefully about the proposed cuts at the June 14 hearing.

Dr. Rader currently is a psychiatrist at the Central Clinic in Concord.



CURRENTLY AT CRESTWOOD

By Pam Wycoff, Director

Crestwood Healing Center opened the second program that was listed in our use permit, Friday, June 11, 2004. It is named "The Bridge", and is a board and care facility. It currently houses 4 consumers in 1-2 bedroom "apartments." Once full, it will have 20 consumers residing there. The MHRC continues to proceed with lots of good stuff happening. We have 3 consumers currently working through our Dreamcatchers program for a wage and several consumers enrolled at DVC. Twenty-three of the Centers consumers attended the 14th annual summer picnic on Friday and had a wonderful time. Thank-you NAMI for providing such a wonderful event. Our first volunteer orientation was completed on Tuesday, June 15, 2004 and we look forward to their participation in our program.



Pam Wycoff

BUSES TO CRESTWOOD

Those taking public transportation to the Crestwood Healing Center will find Bus #109 leaves Pleasant Hill Bart every thirty minutes. It's first stop is just opposite Safeway which is next door to the Center.

NOW YOU CAN PUT YOUR MORTGAGE ON E SCRIP

You can now apply for a refinanced mortgage and 0.2% will be passed on to NAMI-CC.

E mail: xnamicc@aol.com or 925-646 5798

TORLAKSON TO HOLD HEARING

SUICIDALITY IN PATIENTS TAKING ANTIDEPRESSANT MEDICATIONS

Senator Tom Torlakson will co-host a hearing on the use of antidepressant medications (SSRI's). It will be on Wednesday, August 4, from 1:30-4:30 pm in Sacramento. There will be cars that will leave from the Central Clinic, 1420 Willow Pass Road, for those seeking transportation.

Confirmed speakers will include Dr. Joseph Glenmullin of Harvard, author of *Prozac Backlash*, and Dr. Steven Mayberg, Director of California's Department of Mental Health.

There will be ample opportunities for public comment.

Senator Torlakson understands that this issue is very controversial. He also understands that it is imperative that individuals needing mental health treatment or already undergoing treatment not refrain from getting the care they need because of uncertainty regarding the safety of certain medications.

Terry Leach, a spokesperson for the Senator said he is hoping to work with the mental health community to see that families receive more information, not less, and that prescribing physicians are given all the information about medications they prescribe, not just the favorable information.

Members interested in this issue should save the date. When the hearing room is assigned, NAMI-CC will inform the members.

Treatments	
World-wide sales of some antidepressants in 2003, in billions:	
Zoloft (Pfizer)	\$3.1
Paxil (GlaxoSmithKline)	3.0*
Effexor (Wyeth)	2.7
Prozac (Eli Lilly)	0.6*
* Generic available Source: the companies	

NAMI REPORT CHILDREN AND PSYCHOTROPIC MEDICATIONS

The NAMI Policy Research Institute has issued a report that joins the debate about psychotropic medications for the young.

"Psychotropic medications for young children should be used only when anticipated benefits outweigh risks. Children and adolescents must be closely monitored and frequently evaluated as the side effects common to some medications can be particularly difficult for children. *At the same time, psychotropic medications can be life-saving.*" (Italics added)

- An estimated 1 in 10 children and adolescents suffer from mental illness severe enough to cause some level of impairment. Fewer than 1 in 5 of these ill children receives treatment.
- Thousands of children who are suffering from severe mental illnesses need immediate help.
- Public policy addressing the treatment of mental illnesses in children must be founded on science.
- Anti-psychiatry groups have fueled the debate in many state legislatures on the use of psychotropic medications for children with unfounded assertions.
- Families should be an integral component of all research that is done to better understand childhood mental illnesses and effective treatments.

Note: The entire 17 page report is on the NAMI-CC Website at: www.namicontracosta.org

DONATE A CAR TO NAMI-CC

Get the generous tax deductions and avoid the classified ad, smog and DMV hassle. NAMI-CC handles it all and you will be providing real help to the mentally ill. E mail: xnamicc@aol.com or 925-676 5771.

VOLUNTEER BRIGADE FOUNDING CLASS GRADUATES



FIRST GRADUATING MEMBERS OF THE BRIGADE

From left to right, Back row: Marie Overby, Monica Kasemean, Rich DeAndre, John Sterns, Craig Fletcher, Tom Heavy. Front row: Yvonne DeAndre, Caroline Jackson and Mary Lowenthal.

The founding class of the Volunteer Brigade graduated June 15. The instruction was given at the Crestwood Healing Center in Pleasant Hill.

Most large hospitals have a volunteer organization that supports the staff by running errands, bringing wheel chairs and, in general, being helpful.

The Volunteer Brigade will be far more involved with consumers as visitors and companions. The group will have the advantage of ongoing classes on a wide variety of subjects to guide them in their efforts.

NAMI-CC will be providing programs that will include lunches, movies, hiking and many other activities. We are told there is no trained group of such volunteers any where in the state. One aspect of the training is on the laws of confidentiality and how imperative it is to closely follow them.

You can get more information on the Home Page of the NAMI-CC website.

NEWSLETTER CREATION AND MANAGEMENT SEMINAR

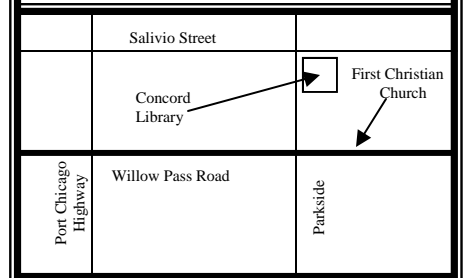
The NAMI Contra Costa newsletter and website staff has been asked to offer a seminar on the creation and management of these communication tools which have become imperative to building membership levels and servicing the many anxious inquiries.

The NAMI-CC website has developed into the perfect complement to the newsletter. It now receives over 3000 "hits" per month. It is able to offer much of the material that cannot find space in the newsletter. The site was designed and installed by Steve Bonacich and is managed by Michael Cohen.

NAMI-CC YARD SALE

**SATURDAY, July 17
8:00 am to 4:00 pm**

**Where: First Christian
Church
3039 Willow Pass Road
Concord**



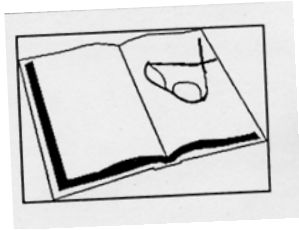
ALANON SUPPORT GROUP WELCOMES NAMI-CC

Alanon is a support group that welcomes the family and friends of the Dually Diagnosed. A dual diagnosis is just what it sounds like. For example a person who has both a mental illness and an addiction problem. Alanon is a 12 step program that has been very helpful to thousands.

When: Wednesdays 7:00-8:30 pm

Where: Holy Shepherd
Lutheran Church
433 Moraga Way, Orinda
Contact: Kay 925-933 4012

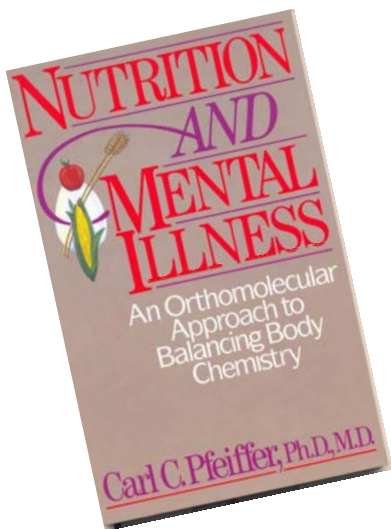
BOOK REVIEW



Mae Bragen, Librarian

Nutrition and Mental Illness, An Orthomolecular Approach to Balancing Body Chemistry, by Carl C. Pfeiffer, Ph.D., M.D., Healing Arts Press, 119 Pages, \$12.95. Available at Barnes & Noble, Pleasant Hill, and the NAMI-CC library. Review by David Myers.

This is a highly controversial, and provocative book that is guaranteed to draw your attention to the very real possibility that part or all of a mental illness is caused by eating the wrong foods.



Dr. Pfeiffer has misgivings about anti-psychotic drugs, and his zealotness about nutrition is certain to cause disagreement. However, his emphasis on eating a quality diet can't be disputed. Put kerosene in a new Lexus and it will not give you it's top performance. Eat a diet high in fat, low in fiber, low in nutrients and you will not get the top performance your body is capable of. He shows that a proper biochemical balance in the body is imperative to maintaining good mental and physical health. This is a short book with an important message.

MENTAL HEALTH INITIAIVE GAINS MOMENTUM

(Continued from page 1, column 1)

Health system. The initiative will directly raise the \$700 million per year but it would also qualify the state for additional federal funds, raising the annual total to more than \$1 billion. The act will pay for expanded programs through a surcharge on income above \$1 million per year. The new surcharge applies to each dollar earned over \$1 million. The program phases in over a three year period.

The Mental Health Services Act will provide much more than mental health counseling and care. The measure uses the "integrated services" model to provide a range of services, an approach proven through programs created under AB 34.

WHAT CAN YOU DO?

50% of those qualified to vote. . . Don't! They are a prime target for you to educate as to the magnitude of the disaster that is California's Mental Health system. Alert your friends and make new friends and alert them. Get them to vote FOR:

The Mental Health Initiative

NAMI CALIFORNIA CONFERENCE

(Continued from page 1, column 2)

A sampling of the topics the speakers will cover are:

- What Have We Learned About Schizophrenia Recently?
- The Teeth Are Smiling, but is the Heart?
- The Youngest Victims: Coping With Mentally Ill Parents.
- Criminalization of Seriously Mentally Ill Individuals: The Use of County Jails as Mental Hospitals.

BITS AND PIECES

HISTORICAL PERSPECTIVE

In 1939, it was predicted that as the number of beds in state hospitals decreased, the number of mentally ill in the criminal justice system would increase. A recent study by Dr. Richard Lamb, showed that in 1955 there were 559,000 state hospital beds for a general population of 165 million, or 339 beds per 100,000 people. By 1998 that number had decreased to 57,151 beds for an increasing population of 275 million, or 21 beds per 100,000 people. In some states, the number of beds (not including forensic beds) is less than 7 per 100,000. From 339 to just 7 per 100,000!

(Excerpted from Medscape from an article by Charles Rainery, M.D.)

RESEARCH SHOWS . . .

That *early identification* and comprehensive treatment (multi-disciplinary) can improve the long-term prognosis of children with mental illness.

NPRI Task Force Report, Pg. 4, June, 2004)

MENTAL HEALTH COURT

State researchers followed 368 people that were diverted to the Clark County Mental Health Court (State of Washington).

- There were 713 arrests in the group the preceding year.
- One year after completing the mental health court program, 199 of the group (57%) had no new arrests.
- In the same period, there had been only 178 arrests for the entire group, a 75% reduction.
- Probation violations dropped by 62%.

(Treatment Advocacy Center, June, 2004)

LETTERS TO THE EDITOR

Dear Editor:

I read that we must cut \$53 million from the County's general fund budget.

So I went to the Mental Health budget hearing June 14. Dr. Walker gave an excellent explanation of what the numbers will mean when it comes to services and resources a family so desperately needs when trying to help a mentally loved one to recover. It really is more than just a possibility or an urban myth.

I am sure all the numbers and decimal points were completely accurate. What was missing was an explanation of just how we got into this mess in the first place.

At one point, a few governors back, we had a surplus. The boys and girls in the state legislature have made a project of turning the surplus into a deficit of historic proportions. The same gang of political hacks are still exercising their lack of skills on the management of the state.

Until this changes, the problems will endure. We need citizen lawmakers (plumbers, dentists, small business men and women, etc.) with a modicum of common sense and not an obsession with spending a lifetime on the public payroll.

As for how to make the cuts these fools have forced upon us? It should be pointed out that a 10% cut across all departments says that pot-holes, office hours and denying care to the mentally ill are comparable. Nuts.

Amy Blodgett

COMMENTS

Comments for the newsletter should be sent to:

E mail: xnami@aol.com
 Fax: 925-476 1444 or mail to
 P.O. Box 21247
 Concord, CA., 94521

All letters are subject to abridgment and those unpublished can be neither acknowledged nor returned.

FULL IMPACT OF BUDGET CRISIS BECOMES CLEAR

(Continued from page 1, column 2)

that Forest Glover, Chair, cut the usual three minutes allowed for public comment down to only two minutes.

Mike Cornwall, president of Mental Health Workers Local #1 was one of those making comments. Mike is also Chair of the Contra Costa Mental Health Coalition and as such he had a representative of each organization join him. All six organizations were there including The Mental Health Commission, NAMI-CC, The Contractors Association, Local #1, The Consumers Network Alliance and the Mental Health Association.

The entire proceeding was mannerly in spite of the obvious emotions many were feeling. The final decisions will be made by the end of the month.



FREE COURSE ON MENTAL ILLNESS

If you are responsible for a loved one who has a mental illness, you could do no better than to take NAMI-CC's FAMILY TO FAMILY course. There is no charge, although an effort to join NAMI-CC would not be resisted.

The next classes will be:

Antioch: Wednesday, Sept. 1
 Livermore: Thursday, Sept. 2
 Lafayette: Wednesday, Sept. 8

For More Information E mail:

F2Fmom@aol.com or

Call: Doris Watson 925-682 7195

JULY DONATIONS

For Housing

Robert and Edith Zimmerman
 Tom Whitman
 Ralph Easter

For Family to Family

Robert Munson
 Alice Patton
 Bill and Nancy Edwards

For The Children's Program

Raymond Baker
 Alex J. Sims

In Appreciation of Gloria Hill And the Many Others

Elaine and Alan Kaufman

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 Program
- NARSAD (Research)
- Other _____

In Honor Of: _____

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

JULY General Meeting
CANCELED
Thursday, July 15, 2004

Stamp

NAMI CALIFORNIA ANNUAL CONFERENCE 2004
August 13 & 14, 2004
San Francisco Airport Marriott, 1800 Old Bayshore Highway
Burlingame, California 94010

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 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

Name _____
Street _____
City _____ State _____ ZIP _____
Phone _____ E-mail _____

My membership is: New A Renewal

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

NOTE: You can also pay by credit card.
E mail: xnamicc@aol.com for instructions