



NAMI Contra Costa

National Alliance On Mental Illness

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

The NAMI Contra Costa Newsletter is available on the website: www.namicontracosta.org
E mail: xnamicc@aol.com

NAMI Walk 2008

\$294,000 HIGHEST GROSS EVER!

The gross for the seven Bay Area NAMI affiliates at the NAMI Walk 2008 was the highest ever.

The participating affiliates were, Santa Clara, San Mateo, San Francisco, Solano, Marin, Alameda and Contra Costa.

Fact Sheet

- 131 Teams Participated
- 1360 Registered Walkers
- 2000 People Attended
- Greatest Attendance Ever!

FREE CLASSES

Family to Family classes on mental illness begin soon in Pleasant Hill.

Contact: Marie Overby
xnamicc@aol.com
925-284 5240

MENTAL HEALTH COMMISSION

BACK ON TRACK

After several months of contentious meetings, the Mental Health Commission has regrouped.

The June 26 meeting was chaired by Senior Deputy County Administrator, Dorothy Sansoe. Nominations for the chair will be made at the July meeting.

Donna Wigand, Director of the Mental Health Division, presented Certificates of Appreciation to each of the resigning commissioners in appreciation of the
(Continued on page 5)

NAMI Contra Costa **30th ANNIVERSARY CELEBRATION**

A 30th anniversary party is to be held August 10, Sunday, 4:00 pm to 7:00 pm, in Orinda. The space is limited so an R.S.V.P. is absolutely necessary. Call Bonnie Leys for the reservations before July 27th:

Bonnie.leys@lmco
(925)754 6987

General Meeting

JULY

Thursday, July 17
7:00 pm
Speaker

Manasi Rana MD
Psychiatrist

Topic

Childhood and Adolescent Bipolar Disorder Symptoms, Difficulties, Diagnosing, Treatment and Research. See article on page 4.

John Muir Medical Center
Concord Campus
(Note: Formerly Mt. Diablo Medical Center)
www.namicontracosta.org
E mail : xnamicc@aol.com

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, 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

NEW HOPE BIPOLAR SUPPORT GROUP

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

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

www.newhopesupportgroup.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: Last Monday of each month 7:00—9:00 pm

Where: Christ the King Church, Parish Hall

199 Brandon Road, Pleasant Hill

Contact Joe or Pam Appel 925-947 0269

Richmond Support Group

Richmond Health Center 100 38th St. Room 2400

2:00 pm to 3:30 pm

Matthew Luu, LCSW 510- 374 7500

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 on Mental Illness

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Website: namicontracosta.org
Phone: 925- 465 3864

Newsletter Deadline: 20th of Each Month

**PRESIDENT'S
COLUMN**

By Al Farmer

**MOST SUCCESSFUL
WALK EVER!**

- Registered Bay Area walkers 1360.
- Bay Area Donations \$294,000
- NAMI Contra Costa Donations \$31,000.

In spite of a chilly day, there was great enthusiasm for the sing-along music and a tearful moment when a dozen white doves were released in memory of loved ones who are no longer with us.

We send our grateful thanks to our Contra Costa team captains who worked long and hard to make this walk a success. We especially thank the John Muir Teams, Heather Quisenberry's Team and Phillip Lolonis's Team for their outstanding contributions.

You can be assured that these donations will be put to very good use to educate and support NAMI families and consumers in Contra Costa County through programs such as our Family to Family Program, In Our Own Voice, New Hope, Peer to Peer Programs and the KIDS Educational Program.

This was the first year that NAMI Contra Costa held its own picnic after the Walk. It was a fine success with about 75 members attending. It will certainly be an expanded effort at the 2009 Walk. A heartfelt thanks to the volunteers that made it possible!

(The President's column is continued on page 7)

Upcoming Lectures
**GENERAL
MEETINGS**

Thursday, July17, 2008,

Pediatric Bipolar Disorder, symptoms of childhood bipolar disorder, treatments, and research. Dr. Manasi Rana, Psychiatrist. See article on page 4.

Thursday, August 21, 2008,

Contra Costa County Behavioral Health Court: Successes & Updates, helping the mentally ill stay out of jails and prisons, Marti Wilson, Ph.D., Forensics Community Liaison, Contra Costa County; Lt. Mitch LeMay, Contra Costa County Sheriff's Department.

Thursday, Oct. 16, 2008,

Bipolar Adventure: You Don't Have to Lead a Diminished Life, Thomas Wooton, author, consumer, advocate, workshop leader. A great speaker!

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

**Conference
Scholarships**

Awarded to NAMI Consumers

For tirelessly supporting NAMI-CC through various endeavors, the following consumers have been awarded scholarships to attend the NAMI California Conference this August: Connie Steers, Lisa Bruce, Veronica Vale, and Colette O'Keeffe.

NAMI CALIFORNIA ANNUAL CONFERENCE 30th Anniversary

“Celebrating Recovery”

August 22 & 23, 2008

For those seriously interested in educating themselves about just what mental illness is, the NAMI California Conference is an invaluable resource. There is no university or college that features the type of lectures, workshops and seminars you will experience at the conference.

The conference will feature a wide range of informative speakers, workshops, the sneak preview of a film about the recovery movement and keynote speaker, comedian Brian Wetzel.

Expert professionals will share information and experience with subjects which will include bipolar and mood disorders, schizophrenia, OCD, dual diagnosis and major depression.

It is the equivalent of a “Crash Course” in mental illness.

For detailed information:

namicalifornia.org

San Francisco
Airport Marriott Hotel
1800 Old Bayshore Highway
Burlingame, CA. 94010
620-692 9100

NAMI California
1010 Hurley Way, Suite 195
Sacramento, CA
95825

HOUSE & SENATE AGREE ON PARITY BILL

The House and the Senate have reached an historic agreement on a parity bill (HR 1424, S. 558). This is the result of a decade long battle gaining parity for mental health. It will:

- Completely end insurance discrimination against mental health and substance use disorder benefits for over 113 million Americans.
- Extend all aspects of coverage.
- Preserve strong state parity protection laws.
- Ensure parity coverage for both in-network and out-of-network services.

July Meeting Presentation:

Childhood & Adolescent Bipolar Disorder

Psychiatrist Dr. Manasi Rana’s talk will include symptoms of pediatric (children & adolescent) bipolar disorder, the challenges of diagnosing the disorder, treatments, and research.

Dr. Rana comes to us with a great deal of experience, including collaborative research at Stanford University in the Pediatric Bipolar Disorders Program, private practice, participation in Bipolar Education Day at Stanford, and in Camp Opehay, a camp specifically designed for youth with bipolar disorder.

A question/answer period will follow the presentation.
For information: (925) 933-4012

WANTED PAID PARTICIPANTS FOR SLEEP STUDY

A Paid UC Berkeley study examining daily activities and sleep is looking for participants who have been diagnosed with Bipolar Disorder.

The Psychology Department is conducting an eight week research study. The study is easy and interesting and up to \$ 150 can be earned.

E mail or phone your information which should include: your name, age, phone number and e mail address.

For Information:
ucbsleepstudy@gmail.com

510-643 3797

SLIDE PRESENTATION ON STIGMA

During the August 21st General Meeting, 7:00 PM, Joe Appel will present his slide presentation about the stigma surrounding mental illness and the importance of including the mentally ill and their families in the caring ministries of faith groups.

His showing will provide an opportunity for NAMI-CC and interested faith community members to preview this fine work.

For more information, including scheduling a presentation, contact creator/presenter Joe Appel:

appelcrew@comcast.net or
(925) 947-0269.

MENTAL HEALTH COMMISSION

BACK ON TRACK

(Continued from page 1)

35 years of service the four have among them.

Wigand went on to update the Commission about the historic budget cuts the County is experiencing. She said that this is the fifth round of budget cuts.

She said it had been possible to handle the earlier cuts by making adjustments in the administration. But in the 4th and 5th cuts, there have had to be staff cuts amounting to 30 layoffs. Three of the clinics are closing. One of the commissioners asked if those cuts will result in the loss of services. The answer was yes.

Wigand said that there are 180 children and 160 adults waiting to be seen.

The Board of Supervisors is reviewing the Commission structure and its open positions. If you're interested in applying for one of the vacancies, either representing consumers, family members or other community members, call them or go to the website:

www.cchealth.org/groups/mental_health_com

BYCYCLES WANTED

If you have an unneeded bike you would like to donate, NAMI will find a consumer that can use it for transportation and exercise this summer

xnamicc@aol.com
925-676 5771

BAY AREA CRISIS NURSERY

THE POSSIBILITY OF A RESPITE

There are times when the pressures and stresses of mental illness make a respite absolutely necessary. But where could a family find a safe, reliable nursery that someone could have confidence in?

Contra Costa County is fortunate that it has the Bay Area Crisis Nursery, the oldest one in the state, and then only one of seven.



Sister Ann Weltz

It was founded in 1981 by Sister Ann Weltz who is with the Sisters of St. Joseph of Carondelet, the same order that oversees the girls' school on Treat Boulevard.

The mission of the Crisis Nursery is child abuse prevention and to prevent the neglect of the young.

BACN provides a warm, safe, loving homelike environment for children of families in crisis. The Nursery provides 24 hour residential care for children birth through five years of age.

Their other nearby facility, Dahlstrom House, provides

care for children ages six through eleven. The Nursery Respite Program provides ongoing support after the crisis, 48 hour stays once a month for six months, if needed.

The Nursery, a non-profit residential care facility, provides a temporary home for infants, toddlers and preschoolers of parents who are momentarily unable to cope during a time of crisis.

The child lives at the nursery and receives good food, clothing and loving care. The parent, temporarily relieved of childcare, is free to work things out, is always welcome to visit during daylight hours and can reunite their family as soon as the difficulty is resolved.

The length of stay is a minimum of 24 hours and the average stay is about 10 days. The maximum stay depends on time needed to resolve the crisis. The Nursery is available to any parent who comes to the nursery during a time of stress or crisis. There are no geographic limits.

There is never a charge for the services. And yet the Nursery receives no funds from the government and it never has received any financial support from the government. So in this time of historic budget cuts, they are untouched.

The facility is supported by the generous work of many volunteers and the effective fund raising capabilities of Sister Ann. For more information about this amazing resource call or e mail:

gwendwiggens@att.net
925-685 6633

Website: www.bacn.jkmas.com



STATE'S SHAMEFUL NEGLECT OF MENTAL ILLNESS

By: John Diaz. *John is the editor of the San Francisco Chronicle's editorial page. This article was excerpted from ENEWS/Treatment Advocacy Center.*

This is the issue that candidates at all levels prefer to avoid. It divides families, contributes to the crowding in our prisons and jails, explains why so many people are living on the streets, and causes more pain and suffering that can be calculated by any government statistic. Yet it rarely merits mention in any politician's stump speech.

The issue is untreated mental illness. Last week (May 27, 2008), hundreds of psychiatrists, social workers and relatives of people with severe mental illnesses attended a symposium on mental illness that was held simultaneously, via video hookup, at UC Berkeley and UCLA.

The upshot of the day-long conference was that the status quo is not working. The failure of the current approach can be measured in myriad ways, each a tragedy: The \$200 billion in lost earnings in this nation every year from untreated mental illnesses; the 20,000 California inmates who are receiving psychotropic medications, in all too many cases, too late to avoid an act of violence. According to one study, 48.5 percent of those with severe mental illness in the United States are not getting treatment.

One of the reasons is the enduring stigma that is associated

with schizophrenia, bipolar disorder or clinical depression. Another is that the law is ill-equipped to deal with people who are suffering from severe mental illness and may not realize they need treatment. All too often, they self-medicate with alcohol and drugs.

California led the way into what was supposed to be an enlightened era with the 1967 passage of the Lanterman-Petris-Short law, which was designed to move the most severely mentally disabled from institutions to community settings. The laws were tightened, as a matter of civil rights, to make it far more difficult to force someone with a serious mental illness into involuntary treatment. But the state's approach, which became the national standard within a decade, went from one extreme to the other. The promise of a robust community-based system to replace the institutions was never realized.

Family members who saw their loved ones suffering oblivious to their conditions found it virtually impossible to intervene. Benign neglect became the unwritten state policy toward severe mental illness. In effect, the severely mentally ill were shifted from asylums to jails and prisons.

"Our jails are loaded with people who need psychiatric treatment," said Richard Vagnossi, a deputy district attorney in the psychiatric division in Los Angeles.

Rod Shaner, medical director of the Los Angeles County Department of Health, described the situation as "40 years of wandering." And still we wander.

No one should want to turn back the clock to the 1950s, when institutionalization was the standard, and its costs were spiraling to the point that it was the single-largest budget item in most states.

But to look on the streets

of San Francisco, or in the jails just about anywhere, is to realize that the protection of individual liberty is not necessarily achieved by allowing him or her to go without treatment.

"Laura's Law" was passed by legislators and signed by Gov. Gray Davis in 2003 as a way to allow involuntary outpatient treatment for seriously mentally ill people who pose a danger to themselves and others. But local governments - with the notable exception of Nevada County, where the law's namesake, Laura Wilcox, was shot to death at age 19 by a deranged man who resisted treatment - have shied away from using this new authority.

Their excuses are many: It's too cumbersome, too expensive, too sensitive for social-services types who want to focus their energies on the people who realize they need treatment and are willing to accept it and benefit from it.

Even San Francisco Mayor Gavin Newsom, who once called implementation of "Laura's Law" a priority in a city where homelessness is pervasive, has walked away from the issue.

The solutions are not easy. They require resources. They require laws on "mental health parity" that recognize that depression or a bipolar disorder is every bit as urgent to treat - and no less of a character "flaw" - as a broken limb or heart disease. More than anything, a solution requires the political will for a commitment to put untreated mental illness on the front burner of public policy. We're paying for it in jail costs, homeless services, in lost wages, in anguish of loved ones and in lost lives.

Forty years of wandering is enough.

MOST SUCCESSFUL WALK EVER!

(Continued from page 3,)

We all have a marvelous opportunity to expand NAMI's goal to educate and support by attending the upcoming NAMI California Conference at the San Francisco Marriott on August 22 and 23, 2008.

I had the privilege of attending NAMI California Conference in Irvine, California last year.

It was a wonderful learning experience! In addition to listening to a number of stimulating speakers, I was able to attend presentations by psychiatrists on such subjects as Schizophrenia, Bipolar, Depression, etc. The audience was able to ask questions and benefit from questions and answers from others sharing similar problems and experiences.

You have a special opportunity to attend the NAMI California Conference now that it is available in the Bay Area, so sign up now!

The San Francisco Marriott Hotel is offering special discounted rates if you desire to stay overnight. (See enclosed registration form for Conference registration details.)

To commemorate the 30th Anniversary of NAMI Contra Costa, we will hold a 30th Anniversary Celebration on Sunday, August 10, in Orinda.

The celebration will be free to attendees, but space is limited, so you *must* make a reservation ASAP, but before July 27, 2008.

If you would like to join us in this celebration, please call (925) 754 6987 or e-mail Bonnie Leys at:

bonnie.leys @lmco.com

We look forward to seeing you there!

JULY DONATIONS

In Memory Of:

Art Brostrand

From: Heather Brostrand
For Housing

Donation From:

Alison R. Buckies
Susan M. Henderson
Bank of America
United Way Campaign

Donation From:

Samuel S. Yoshioka
Laurie Morrison

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

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)

Name

Street Address

City State Zip

Phone: _____

E mail address: _____

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

First Tuesday
Support Group
 One on One support
 An introduction to the Family to Family Program

Page 2 for Details

Stamp

MENTAL HEALTH COMMISSION

There are several open positions (8) on the Mental Health Commission. Commissioners are appointed by the Board of Supervisors. It is an opportunity to have a first hand look into the mental health field and offer some input. It is a three year appointment. Call your supervisor (No openings in District V):

District I	John Gioia	510-374 3231
District II	Gayle Uilkema	925-335 1046
District III	Mary Piepho	925-240 7260
District IV	Susan Bonilla	925-521 7100

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

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 NAMI California

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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

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