



NAMI Contra Costa

The Family's Voice On Mental Illness June, 2005

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

NAMI WALK 2005 SETS RECORD BRINGING IN OVER \$250,000

Chet Watson, Chair, NAMI Walk 2005, announced that the first ever Bay Area Walk exceeded all expectations by grossing over \$250,000. Generally the donations continue to come in for as much as a month after the event.

(Continued on page 6, column 2)

DEDE RANAHAN, WALK DIRECTOR REPORTS

- Sponsorships: \$83,750
- Online: 70,046
- Offline: 35,825
- Walk Day: 60,772

Walk donations can be made online and offline up to 90 days after the event.

Checks should be mailed to:
NAMI Walk SF Bay Area
P.O. Box 358
Concord, CA. 95422

MICHAEL MENASTER TO SPEAK AT JUNE GENERAL MEETING

Dr. Michael Menaster, a San Francisco forensic psychiatrist will be the featured speaker at the June General Meeting. Dr. Menaster has had considerable experience with the forensic aspects some of the mentally ill encounter.

Any questions you have concerning your loved one and the law will be dealt with. There will be ample time set aside for any and all questions. The shaded box below gives you the NAMI-CC e mail address so you can ask your questions in advance, should you choose to. Questions sent to the NAMI-CC E mail address will be immediately forwarded to Dr. Menaster.

Dr. Menaster is a forensic psychiatrist who earned his B.S. in chemistry from Loyola Marymount University and his M.D. from the Chicago Medical School.



Dr. Michael Menaster

(Continued on page 6, column 2)

QUESTIONS FOR THE DOCTOR

E mail questions you have for Dr. Menaster to:

xnamicc@aol.com

Bill Dickinson
Bill Dickinson, long term NAMI-CC member and past president passed away May 15, 2005. More on page 7.

JUNE General Meeting

June 16, 2005
7:00 pm

GUEST SPEAKER

Dr. Michael Menaster
Forensic Psychiatrist

Topic

Mental Illness and the Law

Where:

Mt Diablo Medical Center
(Go to the website for map)
www.namicontracosta.org

2540 East Street, Concord
925-682 8200

IN THIS ISSUE

Support Groups 2

Equpuo gt Appointed
To Mental Health Commission 3

FREE Tickets for Ballgame 3

Treat Boulevard Home 4

A Beautiful Night 4

Medication Payments
Changes in Medi Cal and Medicare
policies endanger Medications 5

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, 7:15-9:15 p.m., John Muir Hospital, Downstairs in the Stern Conference Room.. The group is facilitated by Dr. Mary Staunton and Gloria Hill. Dr. Mary Olowin is on leave. There is also a support group for young consumers which is led by Katie Roberts. It is an excellent group for younger consumers. Call: Gloria Hill 925- 957-5146.

West Contra Costa County

4th Monday of each month, 7:00 p.m., NEW LOCATION! 6510 Gladys Ave., at the El Cerrito Royale Retirement Home in El Cerrito. Take Cutting Exit off I-80 to Potrero to Lexington—Right on Gladys. Contact: Gloria Hill at 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: russsdonnawhite@comcast.net 925-455 6901

CONSUMER RUN BIPOLAR SUPPORT GROUP

Where: 1420 Willow Pass Road, Concord. 2nd floor

When: Every Monday, 7:00 pm to 8:30 + pm

Contact: Colette O'Keeffe 925-646 5624- 925-646 5788

TRI-VALLEY BIPOLAR (Consumer Run)

Manic Depression Support Group

Wednesdays, 7:15 pm to 9:00 pm

St. Claire'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 925-945 7871

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

FAMILY SUPPORT GROUP (NSHFSG)

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

ALANON SUPPORT GROUP

For those supporting one who is dually diagnosed

Wednesdays 7:30 to 9:00 pm

Holy Shepherd Lutheran Church

433 Moraga Way, Orinda

Contact Kay: 925- 933 4012

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

OFFICERS:

David Kahler, President
(925) 676 5771 dk122932@aol.com

Caroline Jackson, 1st Vice President
(925) 925- 687 7052

Terry Dillingham, 2nd Vice President
(925) 825 4700 tdillingham@phoenix-programs.org

Marilyn Capener, Secretary
(925)254 5090 marilynchap@aol.com

Coralie Reed, Treasurer
(925) 376 0880 coralie@dafg.com

BOARD OF DIRECTORS:

**Tom Uhlman Art Honegger
Carolyn Daniels
Floyd Overby M.D.
Connie Steers
Kay Derrico John Stearns**

COMMITTEES:

Tom Uhlman	Government Affairs
Kay Derrico,	Education
Monica Kaseman,	Volunteer Brigade
	E Scrip & Albertsons
Doris Watson,	Family to Family
Veronica Vale	NARSAD
Mae Bragen,	Library
John Stearns,	Membership
Dick Hunter	Membership Data
Craig Fletcher	Data Input
David Kahler,	Publishing
Art Honegger	Insurance
Michael Cohen	Web Master
Chet Watson,	Religious Outreach
	Stigma Committee
Gene Schulting	Napa Committee
Terry Dillingham	Programs
Connie Steers	Consumer Relations
Julia Bonichich	Youth Program
Kate Olmschied	Criminal Justice

Mailing Address:
P.O. Box 21247

Concord, CA., 94521

Phone: (925) 465 3864

E Mail: xnamicc@aol.com

Web Site: www.namicontracosta.org

namicalifornia.org

nami.org.

**PRESIDENT'S
COLUMN**

David Kahler

I am certainly looking forward to hearing Dr. Michael Menaster speak at the June 16 General Meeting. His depth of experience in forensic psychiatry should enable him to answer many of our questions.

The NAMI-CC priority of getting a Clubhouse for Contra Costa County is being put forward by Herb Putnam and Caroline Jackson. The issue is in good hands.

The turnout for the NAMI Walk 2005 was historic. A gross of over \$250,000 and more coming in. This will be the major fundraiser for the affiliates in the Bay area for years to come. Congratulations to Ded e Ranahan and Chet Watson.

There are major changes being made in the way the government will handle the payment for medications. It is imperative that you know what your status is and you must read Karen Cohen's article on page 6, column 1.

The NAMI National Convention will be in Austin, Texas Saturday, June 18 to Tuesday, June 21. It was nice to see that hotel rooms in Austin go for about one third what you might expect to pay. Call 512-339 1300 for more information. Ask for Annie Haste.

The NAMI California Annual Conference will be held at the Irvine Marriott Hotel in Irvine, California, Friday, August 19 and Saturday, August 20.

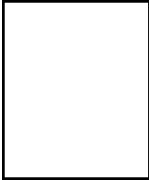
Easily, the height of the social season will be the Consumers/Family Picnic Friday, June 17, 10:00 am to 2:00 pm. Everything is free and over 250 will be in attendance. It is sponsored by Crestwood Behavioral, Mental Health Consumer Concerns, Phoenix Programs, Inc. and NAMI Contra Costa.

**LC "EQP UWO GT
APPOINTED TO
MENTAL HEALTH
COMMISSION**

LC "EQP UWO GT has been appointed by Supervisor Federal Glover to the Mental Health Commission. She will be representing District 5, the cities of Pittsburgh, Antioch and Oakley.

She has been active in NAMI-CC activities for several years. Her father Art is currently on the NAMI-CC Board of Directors. The Board meets in Concord the fourth Thursday of every month.

The public is always welcome to attend.



**A SURVEY FOR ANYONE
WHO TOOK THE CRIMINON
COURSE IN STATE
PRISON**

If you or anyone you know has experienced the Crimion program while in a California prison, NAMI would like to hear from. This is a follow-up to an article that Dan Moran ran in the May 29 edition of the Los Angeles Times. All responses will be forwarded to him to add to his ongoing coverage of this program.

Please E mail: xnamicc@aol.com or
NAMI Contra Costa
P.O.Box 21247
Concord, CA., 94521

**FREE TICKETS TO
A's BASEBALL**

If you would like to join a congenial group of consumers at an Oakland A's baseball game on Saturday, July 30th at 1:00 pm, just E mail:

cateyes6777@aol.com and/or call:

TREAT BOULEVARD HOME

The attractive home shown in the picture below has accommodated six to eight mentally ill persons for the last several years.

One of the top priorities of NAMI Contra Costa is to do everything it can to bring more housing on line and to do what can be done to make those already online as pleasant as possible.

The Treat Boulevard Home is centrally located making it more convenient for mental health workers to bring service to the tenants. As always there is a needs list:

- Bicycles (Mountain and regular)
- Exercise Equipment
- Dressers
- Bed ware (Blankets, sheets & sleeping bags)
- Pots and pans, etc.
- Rugs of all sizes

Call the Resident Manager:
Nathan Gideon: 925-497 2430

E mail: xnamicc@aol.com



A BEAUTIFUL NIGHT HOUSING PROJECT

By: Marlene Weiss

There has been progress made on our ABN Housing Project. A soil analysis was completed and an estimate to remove the existing dead grape vineyards has been submitted. The architectural drawings to renovate the house and property have been received and are being reviewed. The well water has been tested and approved for Community Care Licensing.

Although we have come a long way on this exciting housing project, there is still much work to be done. The ABN Housing Project Board is actively seeking new board members. We need people who have expertise in the following areas: grant writing, property development, fundraising, speaking to businesses and corporations who can donate large sums of money for this working residential farm in a rural setting in eastern Contra Costa County. Board meetings are the second Wednesday of each month in the evening. If interested, contact Gloria Hill-932-9673, Marlene Weiss-280-0676, Val Meredith-283-0304, or Katie Roberts-253-1415.

Donations for this much needed residential facility may be sent to ABN, P.O. Box 2201, Orinda, CA 94563.



The Dual Diagnosis is one of the most formidable challenges one can encounter in the mental field.

New Connections of Concord provides badly needed services in this area. It runs clinics in East, West and Central Contra Costa County. They provide dual diagnosis (integrated mental health and substance abuse) services to youth and adults including Proposition 36 and PC 1000 clients and is the only non-profit providing dual diagnosis outpatient services to adolescents adjudicated in the West CCC Drug Court.

New Connections is the largest provider of HIV/AIDS psychosocial case management, resource coordination and treatment services in CCC, prenatal services and childcare, substance abuse testing, Cal Works and clinical training for school based counselors who are placed throughout the Mt. Diablo Unified School district.



Alan Stein
Executive Director
New Connections

Alan Stein is the Executive Director of New connections. His experience in serving the county's mental health community is substantial. He served as the Director of Planning and Management for the CCC Mental Health Division when Lorna Bastian was Mental Health Director and briefly after Donna Wigand became the Director. Stein said "New Connections is committed to providing evidence based (best practice) services to fill the gaps and insufficiencies in existing systems of care." New connections can be reached at:

**TREAT BOULEVARD HOME
CONCORD, CALIFORNIA**

925-363 5000
Fax: 925-363 5075
www.newconnections.org

PHARMACOLOGIST EXPLAINS DRUG COVERAGE CHANGES URGES NAMI TO DEMAND EXEMPTIONS

By Karen Cohen

At the May 19 NAMI CC general meeting Dr. Doug Del Paggio reiterated the message that beginning next January, dual eligibles are likely to find their access to vital medications severely limited. "This can be a devastating change for our dual eligibles," said Del Paggio, who is a pharmacologist and director of pharmacy services for Alameda County Behavioral Health Care Services, a department of the county's health care agency.

Dual eligibles ("Medi-Medis") are individuals covered by both Medicare and MediCal. Next year, MediCal will no longer pay for their drugs; they will get their medications via a Medicare Prescription Drug Plan (PDP) operating according to guidelines set by the Center for Medicare Services. The plans will be required to provide a choice of only two drugs per therapeutic class—two antidepressants, two mood stabilizers, etc. Because the plans will be capitated—reimbursed according to the number of people enrolled instead of the cost of the prescriptions they provide—the incentive will be to offer the least expensive drug options. Also, benzodiazepines (e.g. Ativan, Klonopin) will not be covered.

As we know, the cheapest option is often not the best for an individual who is mentally ill. Older antipsychotics, for example, Del Paggio explained, are chemically different from the new atypicals and do not address the many symptoms that the new ones do. Older and newer drugs differ in their side effects as well. Offering only two drugs when more are available is like offering a person only a size 4 or a size 12 shoe, he said. "Antipsychotics are not interchangeable."

Also as we know, limiting access to appropriate meds has a huge cost in quality of life and in dollars, as hospitalizations and emergency psychiatric visits multiply. In New Hamp-

shire, Del Paggio noted, when prescriptions covered were limited to three per month, overall mental health costs went up 17 times; when Oregon eliminated coverage of medication for mental illness, hospital admissions and emergency psychiatric visits increased so drastically that the change was rescinded within six weeks. His own studies have also shown a huge reduction in hospitalizations and crisis medical visits when patients have access to newer antipsychotic medications.

The guidelines for the drug plans allow for exceptions, but prior authorization from the doctor and "fail first," will be required. More hoops, as we know, increase the risk of noncompliance. Fail first means an individual must initially try a drug covered under the plan even though there is a better alternative.

There will be no grandfathering, Del Paggio noted. That means that there is no guarantee that our family members who have been stabilized will continue to get the drugs they need to keep them that way.

He urged NAMI members to demand that Congress exclude dual eligibles from the coming change. "(Drug) plans should not decide medical necessity," he said.

NAMI CC will offer more information about the drug plans and how to lobby for change as it becomes available.

SCRIP

The Scrip Program continues to be a revenue producer for NAMI Contra Costa. The E Scrip Program has got to be the easiest way to provide money to help those that suffer from a psychiatric disorder. It costs nothing to signup and nothing from then on. Just sign up and let the money roll in month after month. Now there are many more merchants and vendors that honor the Scrip Program including many restaurants and hotels. You can earn money to help the mentally ill while traveling.

1-800-801 4973

15TH ANNUAL

MENTAL HEALTH CONSUMERS
FAMILY MEMBERS

SUMMER PICNIC

FRIDAY, June 17
10 am to 2 pm

Pleasant Hill Park
147 Gregory Lane
Pleasant Hill

Sponsored by:

Mental Health Consumer Concerns
Crestwood Behavioral
Phoenix Programs, Inc.
NAMI Contra Costa

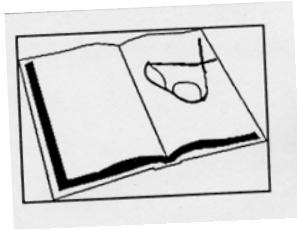
For the 15th year MHCC and NAMI Contra Costa have come together for a summer celebration. The event is always attended by 200 to 300 consumers, family members and mental health workers.

All the food and beverages are FREE and a great time is had by all!

GREGORY LANE	<div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 0 auto;"> Pleasant Hill Park 147 Gregory Lane </div>
CITY HALL	<div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 0 auto;"> <input type="checkbox"/> Lyons Restaurant </div>

Hy #680 Gregory Lane Exit

BOOK REVIEW



Mae Bragen, Librarian

Review by Dick Owens

Stop Walking On Eggshells, Taking your life back when someone you care about has Borderline Personality Disorder. Authors, Paul T. Mason, M.S. and Randi Kreger, New Harbinger Publications, Published 1998, 258 pages, \$15.95. Available in the NAMI-CC library and at bookstores everywhere.

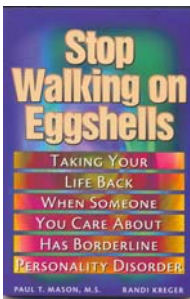
This is a fine book on a fairly obscure diagnosis in spite of the fact that over 6 million Americans suffer from BPD. It is chronic, disabling psychiatric condition that devastates lives. The book serves as a handbook on the diagnosis and as a map for who to traverse this mine field of self destructive behavior. Many who read it will recognize the traits of their loved on who has been such a dilemma.

BPD was not recognized by the DSM's manual until 1980 and "many mental health professionals miss signs of BPD because they're not educated enough about the disorder.

Some professional dismiss the diagnosis as a catchall designation or a new fad to describe difficult patients." pg. 19

Janice Cauwels is quoted as saying "Trying to define BPD is like staring into a lava lamp; what you see is constantly changing. The illness not only causes instability but symbolizes it."

"The very definition of a personality disorder is that it causes distress for both the person who has the disorder and those who interact with them." This book presents a compelling explanation of BPD.



MICHAEL MENASTER TO SPEAK AT JUNE GENERAL MEETING

(Continue from page 1)

Dr. Menaster completed his psychiatry at the Los Angeles County-USC Medical Center. He has two masters, one in forensic psychology, the other in criminology and criminal justice.

He has worked at the Ozanam Center, then a social model detoxification center and the St. Vincent de Paul Society as a homeless advocate.

Dr. Menaster has been in private practice for eleven years and recently joined Westside's crisis clinic and outpatient department. His professional areas of interest include medical ethics, cross-cultural issues, borderline personality disorder and bipolar/manic-depressive illness. He is published extensively in the lay and professional press.

FREE CLASS FOR CONSUMERS ON THE WORLD OF MENTAL HEALTH

Peer to Peer is NAMI's nine-week course on the topic of recovery for any person who lives with a mental illness and is interested in establishing or maintaining wellness. Classes meet for two hours per week and are focused on a variety of topics.

Cris and Lisa Bruce spent a weekend at Grass Valley to receive the Peer to Peer training and will start the course later this summer.

Those interested in this new course should call Lisa Bruce at 925-646 5788 or E mail:

xnamicc@aol.com

BITS AND PIECES

NEED FOR TREATMENT

Psychiatrist Darold Treffert has for years argued for a return to *parens patriae* concerns in mental health law (where the state acts in behalf of citizens unable to act in their own interests), instead of relying solely on the police powers of the state. He has called for a standard that would permit involuntary treatment for those who *have a severe mental disorder and lack the capacity, because of that disorder, to make an informed decision regarding treatment.*

(From MADNESS IN THE STREETS, Rael Jean Isaac)

"Making treatment for mental illness depend purely on "dangerousness" is not just unfeeling, it is uncivilized."

(Charles Krauthammer)

"The system operates on the assumption that mental illness is voluntary, that if you want to get better badly enough, you can. The thousands of disturbed and psychotic persons wandering our streets show the fallacy of this position. It amounts to legal misconduct."

(Bonnie Sigren Busick, New Idea Press, Inc.)

Job Opening

Marsha Ryle tells us that there are some job openings in Oakland working with the Oakland Unified School District. The employee must want to be with young adults showing them how perform the normal chores of the day. This program allows the handicapped to get into the Junior colleges and other community areas. Hours are from 8:00 am to 2:00 pm and requires at least an AA degree or 90 credits in any college. Call Marsha at her cell: 510-375 7722 or home at 510-655 7723.

**LETTERS TO THE
EDITOR**

Aloha to the Editor and NAMI-CC Members:

If you know of anyone who is in need of assistance regarding the cost of their prescription drugs, read the following. I was disabled around five years ago with a chronic illness. I was in the same situation that many millions of uninsured individuals are in. There was no help from any Social Service agency. In my quest I came upon Patient Assistant Programs.

These programs are sponsored by pharmaceutical companies which offer free medications to those who qualify. We researched the programs for 2 years and did a test on our state (Hawaii) for 1 year so that we could get a real feel for the programs. From that test we developed a website to spread the word. It has a wealth of information on how to obtain medications. We encourage the patient's physician to call our toll free number if they have any questions.

We are constantly following-up on our research as it is well established that there are constant changes within these programs. We can then simplify the application process for our clients.

Please check out our site and help others to obtain the medications they need.

www.freemedandsolutions.com
808-735 0432

Pamela Aldred, Carrie Maloney, RN

COMMENTS

Comments for the newsletter should be sent to:

E mail: xname@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.

JUNE Donations

In Memory Of

Eric David Meiser

John L. and Mamie A. Coltharp

Roger and Muriel Fry

Barbara Acquistapace

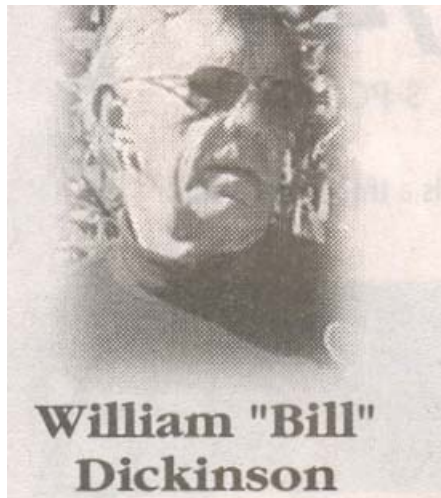
CENTURY CLUB

A. L. and Susan F. Farmer
Mary and Jay Hoppe
Floyd and Marie Overby
James and Rose Hudson

SPECIAL DONATIONS

Judith A. Raykovich
% Clorox Company Foundation
Employee Giving Campaign

David J. Tierney
Morgan Stanley Annual
Appeal Campaign



William "Bill" Dickinson passed away May 15 following a stroke in early April. He was born February 22, 1933 in Santa Rosa, California.

He first went to the local junior college and then on to Stanford University where he received a B.A. in English in 1954.

Bill served in the U.S. Army Counter Intelligence Corps from 1954 to 1958, mostly in Germany. He received his masters from Holy Names College in Oakland. In 1968 he began a 34 year career with the Antioch Schools teaching high school English, remedial reading and a adult education. In 1988-89 he was named Teacher Representative of the Year for the Antioch Unified School District. In 1990 he was promoted to be principal of Prospects High School. He was a valued president of NAMI Contra Costa and a teacher of the Family to Family class.

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

NEW HOPE Program

Other _____

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

15th ANNUAL SUMMER PICNIC
 FRIDAY, June 17 10:00 am to 2:00 pm
 Pleasant Hill Park
 147 Gregory Lane, Pleasant Hill
 More Information on Page 5

Stamp

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.

Published by **NAMI Contra Costa (E Mail: xnamicc@aol.com)**
 Affiliated with **NAMI National** and **NAMI-California**
5/30/2005 8:17:28 PM-- Monday June, 2005 Newsletter

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