



NAMI Contra Costa

Contra Costa's Voice on Mental Illness *June 2007 **

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

General Meeting
JUNE
 Thursday, June 21,
 2007

7:00pm

Speaker

Steven Protzel
 Pharmacist

Topic:

How to make Med's work for you and a review of some of the new Med's.

Library Available at 6:45 pm
 Refreshments Available

John Muir Medical Center
 Concord Campus
 (Note: Formerly Mt. Diablo Medical Center)
www.namicontracosta.org

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Contra Costa County
Mental Health System
DYSFUNCTIONAL FAILURE
 THE VIEW OF TWO TOP OFFICIALS IN THE SYSTEM

The Mental Health Commission toured the psychiatric facilities at the Contra Costa Regional Medical Center for the second time in two months.

A system that has always fought a battle to give an acceptable level of service to the mentally ill, has encountered major problems that have disastrously impaired the service.

Dr. Jeff Smith, the Director of the hospital, was very open and candid with the commissioners.

He explained that the current problems began with a suicide on the psych unit in 2004. The ensuing investigation into the incident resulted in the regulators insisting that the psychiatric emergency unit at the hospital should be under a different regulation than it was and forced a precipitous change from being a unit run as a part of the Out Patient system to one regarded as part of the hospital. From being covered by what is called Title 9 to being operated under Title 22.

To suddenly make such changes, virtually overnight has
 (continued on page 4 column 1)

AFFORDABLE TALK THERAPY TOUCHSTONE COUNSELING SERVICES

Talk therapy, including cognitive therapy, has been a rare practice in today's mental health system. Medication management has been the vogue in spite of the many studies that show significantly better results when both talk therapy and medications are used together.

Touchstone Counseling has been offering talk therapy since 1978 in Pleasant Hill.

(Continued on page 5, column 2)

General Meeting
PHARMACIST TO ANSWER MED QUESTIONS

A community pharmacist for over 30 years that has a passion for working with the mentally ill, will field questions about how and why med's work and how best to monitor them.

Steven Protzel is currently with B.A.A.R.T (Bay Area Recovery Addiction and Treatment) in San Francisco.

(Continued on page 7, column 2)

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, or Willie Mack 925- 676-5771 or e mail: xnamicc@aol.com

3rd Monday of each month, 7:15-9:15 pm, John Muir Hospital, 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.

East Alameda County

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

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

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
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 925-845 7871

NEW HOPE

BIPOLAR SUPPORT GROUP

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

Two Meeting Locations:

Lafayette:

2nd Monday of each month

7:00 pm to 9:00 pm

Lafayette-Orinda Presbyterian Church Room #4

Contact: Anette 510-733 0577 or

Joani 925-962 9952

Concord:

Last Monday of each month- 7—8:30 pm

Dr, Philip Shains' Offices-2630 Salvio St. Concord

Contact: Leslie 925- 518 6684

www.newhopesupportgroup.com

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

FAMILY ADVOCATE HOURS

Gloria Hill, Contra Costa County Mental Health Advocate

Mondays: 12:30—3:30 pm Tuesdays All Day: 925-957 5146 Thursday Morning: 925-957 5146

After 1:30 pm 925-646 5844 Pager: 925-476 2618 Any day of the Week.

NAMI-Contra Costa
National Alliance for the Mentally Ill

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**PRESIDENT'S
COLUMN**
BY ART HONEGGER

Wow, what a NAMI Walk day! It felt like the meadow in Golden Gate Park was filled to the brim.

There was a very moving inspirational talk at the podium by a well known Bay Area radio personality, who just recently came into the open with his own mental illness, and credits NAMI for the courage to do so. Cheerleaders from Piedmont High were urging us on, there was a bagpipe Brigade to start us on the Walk, and live entertainment to finish off the day with picnics in the meadow.

We owe a great debt of gratitude to so many people who sacrificed so much to make the Walk a success. Laurie Williams, the executive director of the event did a spectacular job. Anna Garcia and Lisa Honegger invested tons of time over the last several months as NAMI Contra Costa's Walk steering committee members. We appreciate Dave Kahler's efforts in arranging and driving a 12 passenger van to take our members to the event.

Much else is happening in our affiliate. We recently had more of our consumer members complete the In Our Own Voice program training, including Leeanne Parker, Stan Pugh, Cindy Baker, Shawn Keally, Bobbie Ludder, and Anna Garcia. Way to go!

There is another Family to Family class series starting soon. To participate, contact the F2F Coordinator Marie Overby:

925-284-5240 or

mfoverby@yahoo.com.

(Continued in the next column)

Free Classes
On Mental Illness

**FAMILY TO
FAMILY
CLASSES**

If you missed the first class of the summer session, you can still take the course by taking a make-up class.

The course will be held at the Hillcrest Congregational Church in Pleasant Hill which is on Gregory Lane.

The course covers all the aspects of mental illness and the resources needed to work towards recovery. The course is taught by trained NAMI family members.

There is no comparable course at any university or college. It was created by a NAMI member, Joyce Burland 12 years ago and NAMI Contra Costa has graduated over 1600 family members.

xnamicc@aol.com

A successful Peer to Peer class was just graduated thanks to mentor instructors Lisa and Chris Bruce and Lisa Honegger. Thank you!

Finally, three of our own completed the Peer to Peer mentor training. They are Connie Steers, Anna Garcia, and Betty Kohn.

NAMI Contra Costa
National Alliance for the Mentally Ill

P.O. Box 21247
Concord, California
94521

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

DYSFUNCTIONAL FAILURE THE VIEW OF TWO TOP OFFICIALS IN THE SYSTEM

(Continued from page 1, column 2)

thrown the hospital into turmoil.

The requirements under Title 22 call for more medical staffing, reflecting the needs of the clientele of the typical emergency room.

In recent years the Psychiatric Emergency Unit was under the jurisdiction of the Mental Health Division. It was, in effect, the emergency unit for the out patient system. Mental Health Clinical Specialists were the backbone of the organization.

Virtually overnight that all changed. The major factor in the recent crisis is that the reorganization suddenly forced on the hospital was unexpected, unplanned for and almost impossible to allow for a smooth transition.

The result has been a catastrophic loss of highly trained personnel. Everyone interviewed, stated categorically that the crisis is acute and there doesn't appear to be much light at the end of the tunnel.

One would hope that the Board of Supervisors is following this problem very closely.

CONFERENCE ON SUICIDE PREVENTION

A one day workshop on suicide prevention will be held Thursday, June 21, 2007, from 8:30 to 5:00 pm in Walnut Creek. For information: Contra Costa Crisis Center, 925-939 1916.

www.crisis-center.org

ANTIDEPRESSANTS MOOD STABILIZER STUDY

A large, well documented, placebo-controlled trial of outpatients with bipolar depression who were receiving mood stabilizers indicated that adjunctive antidepressant therapy did not reduce symptoms of depression, but did not increase the risk for mania. However, longer-term outcome studies are needed to fully assess the benefits and risks of antidepressant therapy for bipolar disorder.

The complete article about the study, from Medscape Medical News, can be found on the NAMI-CC website:

www.namicontracosta.org

FDA APPROVES JANSSEN'S INVEGA

The U.S. Food and Drug Administration has approved INVEGA, an extended release tablet which is an atypical antipsychotic. It will be used for the long term maintenance treatment of schizophrenia. INVEGA is now indicated for both acute (short-term) and maintenance (long-term) treatment of schizophrenia.

The approval is based on a long term efficacy study that demonstrated a significant benefit in delaying the time to relapse of symptoms of schizophrenia. The study further supports the proven safety and tolerability profile seen in prior short-term studies. INVEGA is marketed in the U.S. by Janssen, L.P.

NAMI WEBSITE EXPANDS

The NAMI-CC Website has added more departments to the links which are located on the left side of the Home Page. There is a department offering maps of locations frequently used by those in the mental health field. Just click on Link 13 and you see a list of



of maps which you can then print out. Also there is a wealth of information on officials you may wish to lobby. There have been several articles added including the one referred in the column to the left (Antidepressants-Mood Stabilizer Study). Sean Kleen is now the NAMI Webmaster. seankleen@yahoo.com

THOMAS CLONEY TO CHAIR PUBLIC RELATIONS COMMITTEE

Thomas Cloney has agreed to chair the Public Relations Committee. He will also be working with Sean Kleen on the NAMI-CC Website.

\$544,000 GRANT TO NAMI ELI LILLY GIVES NAMI NATIONAL MAJOR GRANT

EDITOR'S NOTE: This article is based on the article by Avery Johnson in the Wall Street Journal.

Detractors of NAMI sometimes make an issue of the fact that NAMI National has received grants from time to time from pharmaceutical manufacturers. The thinking being that because of such a grant, NAMI parents would feel somehow compelled to recommend (push) medications to their loved ones.

The opposite is true. NAMI parents are much more likely to make an educated decision based on what they have learned in the Family to Family classes and the support groups. There they acquire information that enables them to make a considered decision as to what medications would be best or whether any medication is warranted.

The influence of a financial grant at the national level is non-existent to a caring NAMI parent.

Lilly gave grants of \$11.8 million in the first quarter of 2007 to various institutions throughout the county. NAMI National received about 4.6% of that amount.

\$450,000 of what NAMI received was used to fund a project called "Campaign for the Mind of America." None of the funds is passed on to local affiliates. Lilly said that there is no connection between its grants and efforts to market its drugs.

Lilly's best selling drug is Zyprexa.

AFFORDABLE TALK THERAPY

(Continued from page 1, column 3)

Some NAMI-CC members have been receiving therapy at the Touchstone Center which is in Pleasant Hill at 140 Mayhew Avenue.

They have a variety of ways to pay including, Medi-Cal, Contra Costa Health Plan, Visa, MasterCard, CalWorks and Victims of Crime.

Touchstone has about eighteen licensed professionals and supervised interns offering counseling services. Among the services offered are those dealing with anger management and domestic violence.

Individual and group therapy services for perpetrators and victims are offered. There is a 19 week anger management class, a 52 week parenting class and a 52 week domestic violence batterer's treatment program as well as a gambling addiction program.

You can learn more about the possibilities of talk therapy including cognitive therapy at:

925-932 0150 ext. 97 or
Www.touchstonecounseling.com



Mike Corolla
Director

DONATE A CAR
Donate a car to NAMI-CC to help the mentally ill. One phone call or E mail will do it all.
925-465 3864 xnamicc@aol.com

16th ANNUAL SUMMER PICNIC

Friday, June 15
10:30 am to 2:00 pm

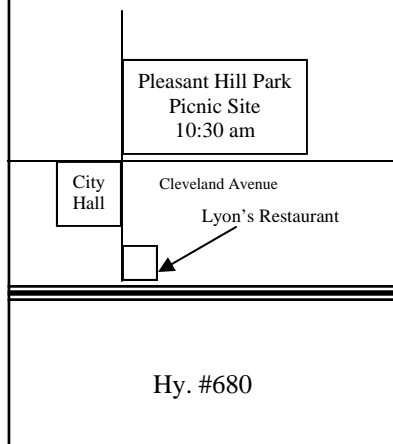
Pleasant Hill Park
147 Gregory Lane, Pleasant Hill



- Hot Dogs
- Hamburgers
- Bar B Q Chicken

And All the Trimmings!

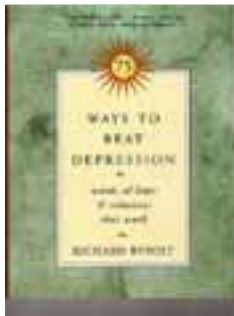
For the 16th Year, MHCC, Crestwood, Anka and NAMI Contra Costa are coming together for a summer celebration. The event is always attended by over 200 consumers and family members. All the food and beverages are FREE!



BOOK REVIEW



75 Ways To Beat Depression
 Words of Hope and Solutions That Work. By Richard Rybolt, Published by Marlowe & Co., New York, 246 pages, \$13.95. Available at Borders and the NAMI-CC Library.



This compact book is a gem. Richard Rybolt offers a creative new approach to beating depression and dealing with the demoralizing effects that accompany this illness. It provides a wealth of valuable information and self-help tools in an easy-to-read journalistic style. After successfully learning to recognize, self-monitor and free himself from his own “battle of the blues,” Rybolt gives hope and help to others by illustrating through personal experience how it is possible to overcome depression and return to a happy, productive life. He demonstrates the importance of getting to the root of the problem, the very prerequisite for a new appreciation of life— a life free of fear, anxiety and shame. *Acquainted With The Night* is another good book on depression. It was reviewed in the June 2004 newsletter. It is still on the website in the newsletter section.

www.namicontracosta.org

**WANTED
 SUBJECTS FOR
 CLINICAL TRIAL
 ON DEPRESSION**

Bay Area Research Institute of Lafayette is currently recruiting people experiencing symptoms of depression for a research study to evaluate an



investigational drug for depression. If you qualify, you will receive study-related diagnostic procedures, laboratory tests and the study drug at no cost to you. For information on this research study for depression, visit the website at :

www.bayarearesearch.com

Phone: 925- 283 9006



**MENTAL
 HEALTH
 COURT
 BEGINS**

The Mental Health Court is “open for business!” Its inaugural session was Monday, May 14, 2007. The Honorable Joni Hiramoto presided as she will every Monday.

The formation of the Court was made possible due to the Contra Costa County Sheriff’s Office receiving a \$1.5 million Mentally Ill Offender Crime reduction Grant (MIOCRG) from the State Department of Corrections and Rehabilitation. The county was in competition with 39 other counties for the grant.



Marti Wilson
 Forensic
 Community Liaison

The Court is a collaborative project that includes members from the Mental Health Department, Health Services, the Sheriff’s Office, Probation Department, District Attorney’s Office, and the Superior Court of California.

Prime movers in the effort were Marti Wilson, Judge Mary Ann O’Malley, Carol Nixon, Probation Department, Lt. Mitch Lemay, Sheriff’s Office, Brian Haynes, District Attorney’s Office, and Samuel Rosales, Detention Health Services.

“Don’t believe everything you think.”

Jacqueline Persons
 Speaker at NAMI-CC General Meeting,
 May 17, 2007

**LETTERS TO THE
EDITOR**

Dear Editor:

I have a lot on my plate right now besides my son. My father had a stroke last year and several smaller ones recently. He is not doing well. My brother, who is schizzo-affective, was hospitalized (on 4-c) and conserved a year ago, has been doing well on the Consta injection, living independently, but has lost his medication coverage. My parents are paying \$1,800 out of their own pockets to buy his meds. My father is a retired school teacher, my mother is a retired secretary.

They had a very comfortable fixed income, but nothing that can handle an additional \$1,800 mo. My mother, who is a control freak, has had a complete melt down over all of this and has cut off everyone in the family, including me. My brother won't speak to me because I helped to get him into the hospital last year and testified against him in a conservatorship trial.

So, they won't let me help find a way to resolve the insurance problem. There is more, but I will spare you the details. The story of my family alone and its struggles with the mental health system could easily justify the declaration of a systemic crisis.

Elisabeth Dumas

COMMENTS
Comments for the newsletter should be sent to:
xnamicc@aol.com
Fax: 925-476 1444 or

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Dick Bonetti

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In Memory of

Ruth Day

From: Leone Cowden
"My Special Friend"

Ongoing Donation

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In Memory of

Ruth Day

From: Craig and Betty
Lazzareslhi

Ongoing Donation

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AT & T
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**PHARMACIST
TO ANSWER
MED QUESTIONS**

He has been called in to provide the extra service for the most vulnerable mental health patients. This will be a wonderful opportunity to explore the challenging world of medications and learn about some of the new ones that maybe the psychiatrist hasn't learned about. You can e mail your questions in ahead of time and they will be read first.

xnamicc@aol.com

DONATION FORM

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Mail to: Treasurer, NAMI-CC
P.O. Box 21247, Concord, CA. 94521
NAMI-CC Tax ID # 68-0209474

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 P.O Box 21247
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Support NAMI-CC's
 Efforts for a Contra Costa
 Clubhouse
 www.ccclubhouse.org

Stamp

16th Annual Summer Picnic
 Friday, June 15 10:30 to 2:00 pm
 Pleasant Hill Park (Map on page 5)
 Free Hot Dogs Hamburgers Bar B Q Chicken

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
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 E mail: xnamicc@aol.com

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5/21/2007 12:53 PM

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

<input type="checkbox"/> Mental Health Client	\$ 20.00
<input type="checkbox"/> Dual Affiliate	20.00
<input type="checkbox"/> General Membership	40.00
<input type="checkbox"/> Professional Membership	50.00
<input type="checkbox"/> Century Club	100.00
<input type="checkbox"/> Lifetime	500.00