



NAMI Contra Costa

National Alliance On Mental Illness

Contra Costa's Voice on Mental Illness June, 2010

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

NAMI WALK 2010 TOPS \$320,000

Saturday, May 25, San Francisco's Golden Gate Park was alive with nearly 2000 NAMI members participating in the annual Walk to fight the lingering stigma of mental illness and to raise the funds to open the way to recovery.

In spite of the predictions for some unseasonal rain, the Walk was blessed with clear skies and sunshine.

NAMI Contra Costa sponsored the third annual Walk Picnic which played host to large contingents from the Putnam Clubhouse and the Behavioral Health Court.



Two June Fundraisers

Johnny Rockets
Red Robin
June 23 at the Sunvalley Mall
Information on page 7

Information On:

General Meeting

Thursday, June 17, 2010
On page 3

Summer Picnic

Friday, June 18, 2010
On page 5

PSYCH EMERGENCY ENTRANCE REOPENING

Monday, May 17, 2010
Contra Costa Regional Medical Center
From the left, front row: Brenda Crawford, Teresa Pasquini and Anna Roth
Back row: Dr. Charles Saldanha, Todd Paylor and Lynnette Watts

Story on Page 5

NAMI-CC Care and Support Groups

Central Contra Costa County

1st Tuesday of each month, Now in its 10th year. 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 EpsteinConference Room. The group is facilitated by Gloria Hill. Call: Gloria Hill 925- 957-5146.

DUAL RECOVERY ANONYMOUS

Every Tuesday 5:45 pm to 6:45 pm
John Muir Center for Recovery Classroom B
2730 Grant Street, Concord
Contact: Zula 925- 212 2241

BIPOLAR CHILL (CLIENT RUN)

Manic Depression Support Group
Wednesday 7:00—8:30 pm
710 Broadway #3D Walnut Creek
Contact Lisa or Scott 925-743 1160

Support Group In Lafayette

For family members of adults with mental illness.

Jewish setting and prayer but all faiths welcomed.
4th Monday of each month: 7:00-8:30 pm
Temple Isaiah, 3800 Mt. Diablo Boulevard, Lafayette.
Contact: 925- 945 7272 or karen@mmcohen.com

Dual Diagnosis Support Group

Wednesdays: 3:30 pm
1420 Willow Pass Road. Concord
2nd Floor Facilitator: Bob McKinnon
Bipolar Support Group
Tuesdays 1:30 pm 1420 Willow Pass Road, Concord

NEW HOPE BIPOLAR SUPPORT GROUP

For parents of children and adolescents with a mood disorder.

2nd Monday of each month
7:00 pm to 9:00 pm
Lafayette-Orinda Presbyterian Church Room #4
Contact: Annette 510-733 0577 or Joani 925-962 9952
www.newhopesupportgroup.com

Richmond Support Group

2nd Wednesday of each month, 6:00-8:00 pm
Conference Room A1, Building A
Richmond Medical Center
901 Nevin Avenue, Richmond
Contact: Dr. Sumchai 510- 237 9277
Family2familyrichmond.nami@gmail.com

H.E.L.P.

Hope, Encouragement, Love and Prayer
Support group for those coping with a mental illness and/or their families and friends.

Time: 2nd Monday of each month 7:00—9:00 pm
Where: Christ the King Church, Ministry Chapel
The meeting will be in the Ministry Chapel
Except on Feb. 10 and March 10
On those dates it will meet at the Christ the King School
199 Brandon Road, Pleasant Hill
Contact Joe or Pam Appel 925-947 0269

FAMILY ADVOCATE HOURS

Gloria Hill, Contra Costa County
Mental Health Advocate
Monday - Friday 9:30 am - 6:00 pm
925-957 5146
Thursdays: 2:00 to 6:00 pm
925-646 5844
Emergency County Cell Phone:
925-963 6229

NAMI-Contra Costa
National Alliance on Mental Illness

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Newsletter Deadline: 20th of Each Month

PRESIDENT'S COLUMN

By Al Farmer

It has been an exciting month! We had an excellent In Our Own Voice presentation at our NAMI General Meeting by Roberto Roman and Alita Van-Hee, who shared their struggles with mental illness and their success in recovery. We are grateful to Roberto and Alita for their special presentation.

We are very pleased to announce that Ryan Nestman has agreed to take over the position of IOOV coordinator, a critical position outstandingly directed by Veronica Vale for several years.

Also, we are pleased to report that Lori Teller and Veronica McManus have completed the Family to Family Training course in Spanish. This is a terrific outreach achievement and Lori was honored as an honorary Latina. Congratulations, Lori and Veronica!

On Saturday, May 22nd we held the Bay Area NAMI Walk in Golden Gate Park. Although the San Francisco Chronicle predicted the possibility of "rain on our parade," we were blessed with a clear, sunny day. The walk was a very successful event attended by about 2000 walkers. We had great music and a bag pipe band suitably dressed in kilts to lead the walk.

We were honored by Joyce Cooling who related her family struggle with a seriously mentally ill brother and how by working with NAMI, she was able to overcome the shame and denial and learn to share information about mental illness.

Finally San Francisco Mayor

(Continued on page 4, column 3)

General Meeting

JUNE

General Meeting
Thursday
June 17, 2010
7:00 PM

Doors open at 6:30 for NAMI information tables and library materials checkout

Topic:

Chemical Dependency and Co-Occurring Mental Health Disorders

Speaker:

Nina Farraris, MA, MFT.
Program Manager for John Muir Behavioral Health Center for Recovery.

Location

John Muir Medial Center
(Formerly Mt. Diablo Medical Center)
Concord Campus
2540 East Street, Concord

Future General Meetings

Thursday, July 15, 2010
Sleep and Mental Illness
Allison J. Harvey, PhD, Psychological Disorders Lab, UC Berkeley

Thursday, August 19, 2010
Writing Your Way Out of Darkness, Peggy Kennedy, author of the memoir, *Approaching Neverland* and NAMI activist.

MENTAL HEALTH AND MONEY: GETTING STARTED

When you or a family member is diagnosed with a mental illness, money management is crucial to recovery. However, caring for someone with mental illness takes all your time. Financial planning is often left until it becomes an emergency.

What to do? Some people are good with money. Many are not. Don't be afraid to hire experts who understand your situation, if you don't have the time or the skill.

Here's how you can get started:

1. Health Insurance: What does it cover? What does it leave out? Get what you deserve. An Insurance Advocate can help you get the most out of your insurance.

2. Financial management: You need a financial plan for your assets, liabilities, and insurance. Find a Financial Advisor you can trust, who understands your unique situation, and will take the time to help you through this trying time. Your advisor can be the glue holding your finances together.

3. Taxes: Mental illness is expensive. It may be deductible. Find a CPA who really understands medical deductions. You can save money and precious time.

4. Wills and Trusts: Who will take care of things if you can't? When you pass without a will and trust, a court decides. If one of your heirs is mentally ill you can't afford a months' long wait. A Special Needs Trust Attorney is familiar with helping the mentally ill and can help draft a will and trust to

LEARN ABOUT COUNTY MENTAL HEALTH SERVICES

The Diablo Valley Democratic Club will host Gloria Hill, Contra Costa County Mental Health Division Adult Family Services Coordinator, at its next meeting, set for Wednesday, June 16, from 7 to 9 p.m. at the Ygnacio Valley Library, 2661 Oak Grove Rd., Walnut Creek.

She will address the topic "Mental Health Services in Contra Costa County" and answer questions. In her 11 years as adult family services coordinator, Gloria has assisted hundreds of family members, including many NAMI members.

She has received numerous awards for her work as an advocate for people with mental illness and her help to families. The program is free and open to the public. The library is located two blocks south of the intersection of Ygnacio Valley and Oak Grove roads. Information:

Karen Cohen, 925-945-7272
or www.dvdeems.org



protect your estate and your loved one.

Editor's Note: James Lugannani is a member of NAMI Contra Costa and a Financial Advisor at UBS Financial Services, Inc. He welcomes your questions and can be reached at 415-954-5956 or james.lugannani@ubs.com.

NAMI OFFICE TO OPEN SOON

The new NAMI-CC office located at the Crestwood Healing Center, 550 Patterson, in Pleasant Hill, is gathering names of people who are interested in volunteering, especially weekly. However, every other week or even monthly could be helpful. No experience is necessary and an orientation/training session will be provided. Contact:

Kay Derrico:
kayderrico@comcast.net
925-933-4012.

CPAW OPENINGS

Sherry Bradley is seeking a few more members for the CPAW Committee:

E mail: sbradley@hsd.cccounty.us

(President's Column continued from page 3)

Gavin Newson spoke and praised NAMI's importance in dealing with mental illness and praised our successful turnout for the NAMI Walk. The Putnam Clubhouse and the Behavioral Health Court were wonderfully supportive of our NAMI Walk and had more than 50 walkers. A special thanks to Marti Wilson and Tamara Hunter.

We would like to especially thank Dave Kahler and Sean Kleen for their special dedication getting up at 5:00 AM to set up the picnic in Speedway Meadow in the park. Everyone from NAMI Contra Costa plus a number of other consumers helped us to finish off the picnic in grand style. Again, thanks to Dave and Sean for their successful effort.

HISTORIC BUDGET CUTS LOOM

As you see in the popular press, the Legislature and the Governor are engaged in their annual ritual of playing political chicken with the state budget.

The results to the mental health budget have been bad in recent years, but not nearly as bad as it will be this year if the proposals currently being discussed manage to pass.

Dr. William Walker, Director of the Health Services Department said "If the Governor's proposal to take all the realignment funds from the county is carried out, the only remaining county mental health services for adults will be acute hospitalization and medications."

You can get all the information you need to contact your representatives from the NAMI website: www.namicontracosta.org



Above is the entrance to the Psychiatric Emergency Unit (CSU) at the CCRMC. For the first time in over three years, the arriving patients were able to enter directly into the unit instead of going through the Emergency Department. This is a significant change in procedure that provides a special welcoming environment so critical to the beginning of a recovery from a psychiatric disorder. A group of consumers led by Joy Witt and Stan Boraghin redesigned and repainted the entrance area.

Contra Costa Network of Mental Health Clients 21st Annual

SUMMER PICNIC

Friday, June 18, 2010

10:00 am to 2:00 pm

Pleasant Hill Park

147 Gregory Lane, Pleasant Hill, CA.

www.mhccnet.org 925- 521 1230

Sponsored by:

Crestwood Healing Center, MHCC & NAMI

OPENING THE DOOR To Physical Health Care For People With A Serious Mental Illness

By Nancy Owens

The County's Department of Health Services and two of its Divisions, Mental Health and Ambulatory (Outpatient) Health Care, have formed an unusual partnership with the CCRMC Foundation, the San Francisco Foundation and the Mt. Diablo Health District to address a major health disparity for those with serious mental illness.

It has been widely acknowledged that people with a serious mental illness have a 25 year reduction in life expectancy compared with the general population. NAMI's national advocacy for the integration of primary care with behavioral health both reflects this finding and has, together with its local chapters, brought the discussion to a new level in communities around the country.

In Contra Costa County, a newly created Office of Behavioral Health Services within Ambulatory Care has been charged with building behavioral health services for people with mild to moderate behavioral illness and to assure that people with serious mental illness have access to quality primary health care.

Dr. Bill Walker, Director of Health Services, has appointed Johanna Ferman, M.D. as the new Director of Behavioral Health in AmCare. In this role she reports to

Dianne Dunne-Bowie, CEO of AmCare and to Dr. Walker. She is working closely with Victor Montoya, Chief of the Adult System of Care in Mental Health, together with other Mental Health and AmCare Division staff, emphasizing BOTH input from the providers at the front end and support for sound design from all levels of the Health Department with the goal of achieving consumer and family responsive services in the most efficient manner possible.

Previously Dr. Ferman was the Medical Director of the Adult System of Care within Mental Health. Dr. Ferman comes from a background in program and system development with a focus on integrating services. She began this work as Deputy Commissioner of New York State's 33 hospital Office of Mental Health. There she built a Division of Clinical Programs, later building and restructuring the Center for Mental Health in Washington, D.C.. She served as CEO and Medical Director and more recently, after her arrival in Contra Costa County, developed bridges between Mental Health and Ambulatory Care through the expansion of consult-liaison psychiatry (psychiatrists assigned to BOTH mental health and primary care).

The partnership cited above reflects a national trend toward creating a "medical home," a concept being embraced by the County's Department of Family Practice, led by Chris Farnitano, M.D. For our Concord Adult Mental Health Clinic, which is not co-located with a primary care clinic, Dr. Ferman indicated we are embedding a primary care team into the 1420 Willow Pass site to create a "medical home" for our most vulnerable adult consumers. "Our goal is to create a supportive, consistent environment where health providers earn the trust of consumers." Staff will

range from family practice physicians, family nurse practitioners, community health workers and administrators.

Dianne Dunn-Bowie expects the Embedded Primary Care Clinic to open its doors in mid-January, 2011. She said this model could be used to transform services at other Health Centers and that she, along with Donna Wigand, Director of Mental Health, have been in close contact around this collaborative undertaking.

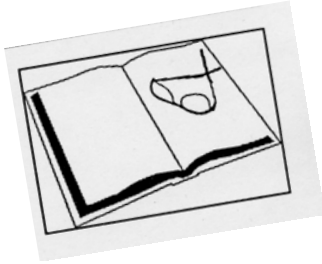
Initially, ALL consumers will be from the rolls of the Concord Adult Mental Health Clinic, with early emphasis on treating consumers who do not have consistent primary care access. There are approximately 1,000 people estimated to be in this group.

The Primary Care site will be open 20 hours a week and will function as an FQHC (Federally Qualified Health Center) satellite. Through this regulatory framework it is anticipated that the satellite will be able to receive MediCal as well as Medicare funding that will allow the Clinic to become self-sustaining.

To find out more about this project and the services to be offered, contact Dr. Johanna Ferman at:

jferman@hsd.cccounty.us or





BOOK REVIEW

By Dan Shortenhaus

Diagnosis Schizophrenia
Rachel Miller and Susan Mason
Columbia University Press, 2002.

Diagnosis Schizophrenia is an outstanding book that was written not only with the help of many mental health professionals, but also with the input from more than thirty people aged 17 through 39 who have schizophrenia.

The consumers who contributed their stories were participants in a National Institute of Mental Health research project at Hillside Hospital in New York which tried to gain greater understanding of the first episode of schizophrenia.

In the first chapter, the consumers share their experiences of the onset of their symptoms and their reactions to them. The second chapter is written in a very useful question and answer format with important questions such as What's happening to me? Why me? Can schizophrenia be cured? and How is schizophrenia treated? All these questions are answered concisely.

The remaining chapters go into greater depth on how the brain works, the symptoms and diagnosis of schizophrenia, how people react to the illness, medications, leaving a hospital setting, coping with symptoms and side effects, drugs and alcohol, social

(Continued in the next column)

TWO JUNE FUNDRAISERS

Don't miss this opportunity to support NAMI Contra Costa and have a wonderful time doing it. Download the coupons from the NAMI-CC website.
www.namicontracosta.org

Johnny Rockets
All Day Wednesday, June 23

Red Robin
All Day Wednesday June 23

services, housing, and jobs. Each of these chapters works in the experiences of the consumer contributors to the book. A valuable chapter titled "Who Am I Now ?" allows the consumers to tell what is happening in their lives after years of various treatments. The stories which are shared offer a

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

Name

Street Address

City State

Zip _____

Phone: _____

JUNE DONATIONS

Donation

In Memory of:
Michael McDowell

From:

William and Renee Egan III

Donations

Bruce T. Lowe
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NAMI-CC General Fund

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IOOV (In Our Own Voice)

E mail address: _____

Name: _____

Address: _____

Phone: _____

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

For Support and Information:
**First Tuesday Support
 Group**
 Tuesday, July 6, 2010
 7:30 pm Hillcrest Church,
 404 Gregory Lane, Pleasant Hill
 You can download a map from the website
 925- 676 5771 dk122932@aol.com

Stamp

Two NAMI June Fundraisers
 See Page 7 for Information On the Fundraisers At:
 Johnny Rockets and the Red Robin at the Sunvalley Mall

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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APPLICATION FOR NAMI-CC MEMBERSHIP
 Make check payable to NAMI Contra Costa
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Membership is: New A Renewal

<input type="checkbox"/> Mental Health Client	\$ 20.00
<input type="checkbox"/> Dual Affiliate	20.00
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