



Contra Costa

Contra Costa's Voice on Mental Illness June, 2011 50611*
The NAMI Contra Costa Newsletter is available on the web at: www.namicontracosta.org
E mail: xnamicc@aol.com

JUNE
General Meeting
Thursday, June 16, 2011
7:00 PM

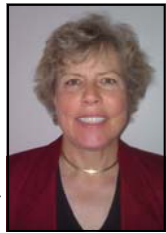
A Presentation by:
Universalist Legislative
Ministry

Topic
The new health care law and what it means to you.

Location:
John Muir Medical Center
Concord Campus
2540 East Street, Concord
925-682 8200

MARY ANN BERNARD ANSWERS KNIGHTSEN APPEAL

Mary Ann Bernard, a graduate of the University of Chicago law school, a former counsel to state mental hospitals and a NAMI member, has crafted an answer to the appeal that will be before the Board of Supervisors on Tuesday, June 21, 2011.



Mary Ann Bernard

The appeal is on behalf of some of the neighbors of the

(Continued on page 4)

A NEW SHERIFF IN TOWN

David Livingston was elected the 22nd Sheriff of Contra Costa County on June 8, 2010. He follows Warren Rupf, whose tenure in office set a record.

After graduating from college, he started his career as a police officer in the City of Fremont where he later rose to the rank of Captain.

He then served as Chief of Police in Pleasant Hill for about three years before assuming command of the Concord Police Department in 2005.



David Livingston
Sheriff
Contra Costa County

Sheriff Livingston now oversees an agency five times the size of the Concord Police Department which itself is the largest police jurisdiction in the county.

He also has the responsibility for the operation of the county jails, (see article on page 6) providing court security and managing contract law enforcement services.

He has these responsibilities at a time of historic budget problems.

(Continued on page 4)

A PROPOSED PROGRAM

A NEW PROGRAM TO HELP FAMILIES

A dynamic, comprehensive new program is being developed to help families that have a loved one that has a psychiatric disorder.

It is the brain child of a group of NAMI-CC families that

(Continued on page 5,)

22nd ANNUAL

SUMMER PICNIC

Friday, June 17

For the 22nd year, the families and consumers of Contra Costa County will join together at the Pleasant Hill Community Park for the annual summer picnic from 11:00 am to 2:00 pm.

(See the map on page 5 for directions)

NAMI-CC Care and Support Groups

Central Contra Costa County

3rd Monday of each month, 7:00 to 8:30 PM, John Muir Hospital, 1601 Ygnacio Valley Road, Walnut Creek Campus, downstairs in the Epstein Conference Room. Park in the FREE public garage on the La Casa Via side of the hospital. The group is facilitated by Sharon Madison and Rich Derrico. E mail: xnamicc@aol.com or call: 925-256 9640 925-676 5771

NAMI Contra Costa Writer's Group

All writing levels welcomed. Drop in or attend regularly. 1st Thursday of each month
7:00 PM—8:30 PM Susan Medlin 925-957 6369
550 Patterson (Crestwood) Pleasant Hill
Susan Medlin smedlin@hsd.cccounty.us

Information and Support

At the Central Clinic:
1420 Willow Pass Road, Concord
Robert Thigpen-Adult Family Support Worker
925-521 5121

OCD/Anxiety Disorders Peer Support Group

Every Monday of the month, 7:00-8:30 PM
Information: Steve 510-690 7901
Enter through rear doors off back parking lot
550 Patterson Blvd, Pleasant Hill

JOURNALING THROUGH SCRAPBOOKING

All welcome—Materials provided
Tuesdays 7:00 pm to 8:30 pm Hillary 925-890 4044
550 Patterson, Pleasant Hill, Next to NAMI Office

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 Walnut Creek

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
Contra Costa Jewish Community Center
2071 Tice Valley Boulevard, Walnut Creek
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, Suite 200
Facilitators: Chris and Tess

NEW HOPE

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, Prayer
Interfaith support group open to families
who are coping with a loved one with mental illness
2nd Monday of each month
7:00PM-8:30PM.
Christ the King, Parish Hall, Room A/B
199 Brandon Road., Pleasant Hill
Information: Joe or Pam Appel 925-947-0269 or
Clare Beckner 925-930-6591

Eating Disorders Support Group

Family & Friend Support Group
2nd and 4th Monday of each month
7:00 to 9:00 pm
115A Town & Country Drive, Danville
Contact Nancy at 925-829 5554 or
E mail: lablimo@pacbell.net

NAMI-Contra Costa
National Alliance on Mental Illness

OFFICERS:

- Al Farmer, President**
925- 254 8508
Fax: 925- 254 5043
farmerfamily@yahoo.com
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C_madison@msn.com
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| Dick Hunter | Sean Kleen |

E mail: xnamicc@aol.com
Website: namicontracosta.org
Phone: 925- 465 3864
Fax: 925-474 1444

Newsletter Deadline: 20th of Each Month

PRESIDENT'S COLUMN

By Al Farmer

The 2011 NAMI Walk in Golden Gate Park was a great success!

It grossed \$320,000 so far and the books are still open. We were blessed with good weather and great attendance in a new sheltered location in the Lindsey Meadow.

Judge Steven Manley, a Behavioral Court Judge from Santa Clara County, gave a very dynamic and inspirational presentation. He emphasized the urgent need for Behavioral Health Courts to serve the mentally ill within the criminal justice system.

Here the judges act as cheer leaders to encourage good behavior and compliance during the healing process. We were entertained by a lively band and enjoyed a marvelous NAMI Contra Costa picnic graciously provided by Kathy and John Hall, Sean Kleen and Dave Kahler, the picnic committee.

We are grateful to the many team leaders and their teams for their tireless efforts in raising the funds which enables us to provide free programs throughout the year.

Our very special thanks to Dan Shortenhaus for representing NAMI Contra Costa on the Bay Area Walk Steering Committee and for coordinating our overall team effort. At the walk, one of the new walkers was heard to say, "We are not alone. Somebody cares."

Dan is a school teacher, a graduate of the Family to Family classes, lives in Walnut Creek and is on the NAMI Contra Costa Board of Directors.



Save the Dates

August 19 and 20, 2011, NAMI California Conference, Doubletree Inn, Sacramento. Discounted consumer rates. Early bird rates for all, due by June 17. See www.namicalifornia.org.

September 1, 2011, 7:00-8:00 pm. Writers' Workshop with Peg Kennedy, 550 Patterson Blvd., Pleasant Hill. RSVP to (925) 942-0767 or namicc@att.net. Space is limited to 25.

Saturday, September 10, 10:00 am to 1:00 pm, including lunch. **Workshop with Jeff Bell**, KCBS radio new anchor. For NAMI members interested in using TV, newspapers, and radio to promote NAMI. Small fee for lunch and materials. Location to be set. RSVP to (925) 942-0767 or namicc@att.net.

Thursday, September 22, Day of Prayer for Hope and Healing for Mental Health Recovery and Understanding. 7:00-8:00 pm. 260 Walnut Avenue, Walnut Avenue United Methodist Church, Walnut Creek. Clare Beckner Coordinator: Beckner@astound.net or 925-930-6591.

October 12, 2011. The annual Clubhouse gala, "An Autumn Evening In The Garden."

NAMI Contra Costa Office and Library

550 Patterson Blvd
Pleasant Hill, CA 94523

(925) 942 0767
namicc@att.net

Office hours
Tuesday, Wednesday, Thursday
10:00 AM - 3:00 PM

A NEW SHERIFF IN TOWN

(Continued from page 1)

The recent budget cuts have taken personnel from the District Attorney's office and 20 deputies from the Sheriff's Department.

It is unfortunate, but the Criminal Justice system is now very involved with the mental health system. On most days, there are 120 to 160 inmates in the detention facility that have a psychiatric disorder. As shown in the article on page 6, the "M" Module only has a capacity of 60.

NAMI talked with Sheriff Livingston about the new website: www.5150crisis.com. He is very interested in using it as a tool to *decrease* the number of 5150's.

NAMI/SPIRIT ART AND TALENT SHOW SEEK CONSUMER TALENT

Watch for the date of the second, annual art show created by NAMI Contra Costa interns from the Contra Costa College SPIRIT program. Three student interns will be seeking consumer artists of all types, from singers to painters and poets and sculptors, to participate. The event will be scheduled during the last week of July. For information or to participate, contact one of the student coordinators: Jazmin Stearne (415-632-7570), Suzan Imani (925-812-3583), or Anthony Brewer (925-565-3904). NAMI CC co-supervisors: Merry Gregg (510-517-1567) and Kay Derrico (925-933-4012). Head Teacher, Hillary Westbrook Bowers, SPIRIT program (925-890-4044).

BERNARD ANSWERS KNIGHTSEN APPEAL

(Continued from page 1)

Bonita House Knightsen proposed farm. The farm would be a ten acre property that would accommodate ten mentally ill persons.

In her five page letter to the Supervisors Bernard urges them to allow the project to proceed. She stated "you should allow the Bonita House Farm to proceed, whatever your misgivings. My reasoning: if you do so, you *might* be sued by the neighbors, but you will prevail and you will likely get help in your defense from Bonita House and other advocacy groups. In contrast, if you grant the neighbor's appeal, you will almost surely be sued, and you are very likely to lose."

Bernard said that the county would not only be liable for the defense costs but very possibly for damages and the other side's attorney fees.

She made the point using as an example the U.S Supreme Court case, *Cleburne v Cleburne Living Center* that dealt with the mentally retarded. "Mere negative attitudes, or fear, unsubstantiated by factors which are properly cognizable in a zoning proceeding, are not permissible for treating a home for the mentally retarded differently from apartment houses, multiple dwellings and the like."

She quoted a California law, Welfare and Institutions Code (W.I.C.) (5115): "It is the policy of this state . . . That the mentally and physically handicapped persons are entitled to live in normal residential surroundings and should not be excluded based on their disability."

(Continued in the next column)

CRITICAL HEARING BONITA HOUSE FARM

Board of Supervisors
Tuesday, June 21
651 Pine Street
Martinez

The Bonita House Farm project, which will provide housing for ten people with mental illness in Knightsen under the capable supervision of Bonita House, Inc., has been approved by the Contra Costa County Planning Commission, but neighbors have filed an appeal based on prejudice against people with disabilities. We **MUST** send letters to our individual county supervisors urging them to approve the project. See insert in this newsletter for more information and a sample letter.

SAVE THE DATE: The Board of Supervisors hearing on the project is scheduled for Tuesday, June 21, at 651 Pine St., Martinez. We need a groundswell of people to attend and show their support for the facility. To confirm the date, time and location, watch for NAMI Updates in your email or call the NAMI office, 925-942-0767.

The Supervisors will deal with the application on Tuesday, June 21.

Bernard's entire five page letter to the Supervisors is available on the NAMI website:

www.namicontracosta.org

You will also find a detailed map to 651 Pine Street where the Supervisors meet. The more concerned mental health advocates that are there, the more impressed the Supervisors will be that there are a great many people that care about this issue.

A NEW PROGRAM TO HELP FAMILIES

(Continued from page 1)

recognize that families that are new to the mental health system are in desperate need of an orientation about the disorder and what resources are there to deal with it.

In an era of historic budget reductions, it would unrealistic to conceive of a program that did not make use of trained volunteers. Something NAMI-CC excels in.

The goal would be to offer information, education and support in a central location, seven days a week.

The definition of "central" would be to be within eight walking minutes of Concord BART.

The program would be in a retail store location that would be open from 9:00 am to 5:00 pm everyday.

NAMI will be consulting with the Mental Health Division, and CPAW to make this concept a reality.

PUTNAM CLUBHOUSE CERTIFIED FIRST ICCD CERTIFIED PROGRAM IN NORTHERN CALIFORNIA

Following an extensive multi-year review conducted by the International Center for Clubhouse Development (ICCD), Putnam Clubhouse has just been awarded a three-year certification by ICCD.

ICCD Clubhouse Certification involves a comprehensive evaluation in terms of fidelity to the 36 international standards established for Clubhouse programs. After careful study and consideration, including site visits, training and a self study process, ICCD has concluded that Putnam Clubhouse meets certification criteria and follows the practices that lead to positive outcomes for program participants.

Putnam Clubhouse is particularly pleased to become ICCD certified at this time, given that the ICCD Clubhouse Model was recently added to the United States Substance Abuse and Mental Health Services Administration's (SAMHSA) National registry of Evidence Based Practices and Programs.

So Putnam Clubhouse is now officially certified as a best practice model that has achieved recognition at the highest national level.

SAVE THE DATE

October 12, 2011
An Autumn Evening
In the Garden

This year's gala evening promises to be bigger and better than ever. Circle the date on your calendar and plan on a big evening! This is the Putnam Clubhouse's major fundraiser.



22nd Annual Picnic

Pleasant Hill Community Park Gregory Lane at Cleveland Avenue
Friday, June 17, 11:00 am to 2:00 pm Information: xnamicc@aol.com

The picnic is sponsored by MHCC (Mental Health Consumer's Concerns), NAMI Contra Costa and the Crestwood Healing Center.

There will be the largest raffle of the year, games, contests and an abundance of grilled chicken, hamburgers, hot dogs, salads and desserts.

Gregory Lane

Pleasant Hill Community Park

City Hall

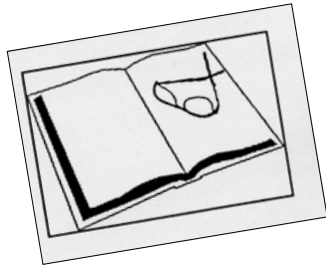
Cleveland Avenue

Contra Costa Boulevard

Hy # 680

Gregory Lane Exit

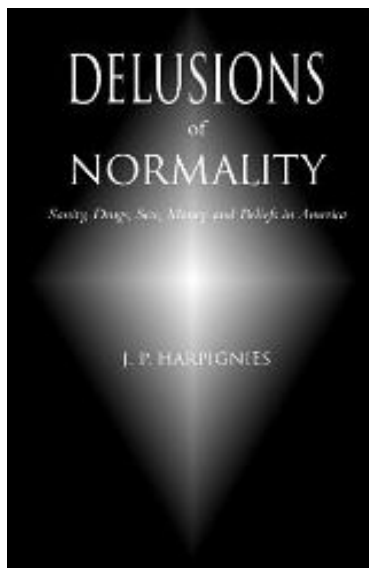
Information: xnamicc@aol.com



BOOK REVIEW

By Mark M. Cohen

Delusions of Normality: Sanity, Drugs, Sex, Money and Beliefs in America



By: J.P. Harpignies
 Publisher: Cool Grove Press
 Publication Date: 3/10/2009
 ISBN: 9781887276504
 Binding: Paperback
 Price: \$14.95

This book begins and ends on the same note, “A reasonable, impartial outside observer could easily come to the conclusion that ours is an extremely mentally unhealthy society. It’s in fact hard to imagine what else that observer could conclude.”

Normality, it would appear, is not only not a common thing, but probably non-existent. The only true measure is one’s ability to cope with the society he/she finds him/her self in.

QUESTIONS ABOUT THE JAIL

Editor’s note: *Unfortunately, the Criminal Justice system has become very involved with the mental health system. Below are answers to questions members have asked. The information was provided by the commander of the Jail, Matt Schuler.*

When did the jails open:

- Martinez Jail 1983
- West County Jail 1991
- Marsh Creek 1937

What is the Capacity of each:

- Martinez 650
- West County 800
- Marsh Creek 188

Is there any meaning to “M” Module? Answer: No. It just worked out that way.

Is the Martinez facility staffed with a psychiatrist or psychiatric nurses? Answer: Yes and with several trained Social Workers and Therapists.

(Continued in the next column)

The text is filled with statistics, references, and anecdotes that support the author’s conclusion. The endnotes after each chapter are interesting and point the way to get more information on a specific subject. That said, in many ways, I felt the author was unnecessarily repetitious and included much irrelevant material, perhaps to increase the length of the book. Unfortunately this left me often-times bored and detracted from this very important message that he was trying to make:

“If we admitted how widespread mental illness was in our society, we might become far more focused on finding humane treatments, and we might, more importantly, begin to try to understand why our society generates so much of it.”

What is the capacity of the “M” Module? Answer: Up to 60 inmates. Note: the ‘M’ Module is where most of the mentally ill are usually housed.

When there is no room in the “M” Module where are the mentally ill housed? Answer: In the general population.

Can an inmate be forced to take medications? Answer: No

Can inmates at the Marsh Creek facility take medications? Answer: Yes. Certain medications that can be self-administered.

Is it permitted to ask the “M” Module staff who the Public Defender is on their loved one’s case? Answer: They would not have that information available to them.

Loved ones can send a fax to the Mental Health Staff requesting screening for placement by a mental health specialist. Include legal name, date of birth, booking number and which jail. Include diagnosis, psychiatrist’s name and phone number. Also include if the person is developmentally disabled and list any medications, doses and time of day administered.

Be sure to include any medical conditions that might require immediate attention.

Fax number: 925-335 4758

Phone number: 925-335 4740

NAMI Newsletter

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 925-676 5771

CONSUMER OPPORTUNITIES

Both *Peer to Peer* and *In Our Own Voice* are taking applications for these two consumer-led programs.

To apply for **Peer to Peer*, the 10-week "recovery education course for adults living with mental illness," contact teacher/mentor Stacey Hoskins (925) 497-4712. To apply to become a NAMI-trained presenter for the ***In Our Own Voice* program that includes telling personal recovery stories, contact Coordinator Alita VanHee at (925) 324-9844 or alitavanhee@gmail.com.

Also, applications for both programs are available at the NAMI Contra Costa Office.

*starts Saturday, June 25, 2011

*week-end of August 27 and 28, 2011, with trainers Robert Villanueva and Krista Radojevich.



JUNE DONATIONS

In Memory of:

Dayna Alpin Hersh

From Eleanor and Dale Kramer

New Century Club Members

Martin and Maribeth Ristad

Karen Atkins

Donations

Herlinda L. Casados

Heather Quisenberry

Lori Teller

Roger Gregory

% Chevron Humankind Program

Car Donations:

Keith Monckton

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FAMILY TO FAMILY FOR MILITARY FAMILIES

What: a 13-week educational course for military families who have vets or currently serving military family members with mental health challenges. Includes a tailor made PTSD section. Other families welcomed, space available.

When: starting Wednesday evening, July 13, 2011.

Where: Martinez VA

Information/enrollment:
Susan Horrocks
snh2read @comcast.net.

Use Donation For:

- Peer to Peer Program
- NAMI-CC General Fund
- Family to Family
- Housing
- IOOV (In Our Own Voice)

E mail address: _____

Name: _____

Address: _____

Phone: _____

DONATION FORM

Make check payable to NAMI-CC
Mail to: Treasurer, NAMI-CC
P.O. Box 21247, Concord, CA. 94521
NAMI-CC is a 501(C)(3) organization
Tax ID # 68-0209474
No goods or services have been received from the following donor or donors.

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

MIMI'S CAFÉ FUNDRAISER

The June NAMI fundraiser will be at Mimi's Café which is in the Park and Shop Center in Concord at 1631 Willow Pass Road. 7:00 am to 10:00 pm. Present NAMI flyer so we get the credit. Get it off THIS website.

**Thursday, June 23,
 All Day**

For information call
 Steve Gallion: 925-691 5673.

Stamp

3rd Monday Support Group

For those in crisis and seeking education, information and support.

Location: John Muir Hospital, Walnut Creek, 1601 Ygnacio Valley Road, Walnut Creek
 Epstein Conference Room in the basement area.

3rd Monday of each month, June 20, 2011, 7:00 pm to 8:30 pm Sharon Madison and Rich Derrico
 Contact: xnamicc@aol.com or 925-256 9640 925-933 4012 925-676 5771

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.

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

Affiliated with NAMI National and
 NAMI California

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