



# NAMI Contra Costa

*The Family's Voice On Mental Illness*

*March, 2004*

The NAMI Contra Costa Newsletter is available on the web at: [www.namicontracosta.org](http://www.namicontracosta.org)

## MENTAL HEALTH COALITION PLEADS

# NO CUTS IN DIRECT MENTAL HEALTH SERVICES

The Contra Costa Mental Health Coalition is in the process of meeting with the Board of Supervisors and making the case that the mental health services in the county are already underfunded and unable to serve even half of those that need services.



Mike Cornwall  
Chair,  
Mental Health Coalition

(Continued on page 5, column 2)

## JOHN DAWDY TO SPEAK AT MARCH MEETING

John Dawdy, the Hearing Officer at the Regional Medical Center will be the speaker in the second hour of the March meeting. John was the featured speaker in April of 2001 and drew a capacity crowd.

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## NAMI-CC WEBSITE GETS 5000 HITS

The NAMI-CC website, begun in 2003, has received over 5000 hits. The current rate is over 1000 each month. This is a whole

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## FRANZ WASSERMANN 50 YEARS IN CONTRA COSTA PSYCHIATRY

Part Two

(A considerable amount of the material in the second part of this article comes from an article by Dr. Wassermann.)

When Dr. Franz Wassermann Came to Contra Costa in 1952 he found only the very beginnings of a  
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## MARCH GENERAL MEETING

Thursday, March 18, 2004  
7:00 pm

### GUEST SPEAKERS

#### **John Dawdy**

Hearing Officer for  
Contra Costa County  
"What You Must Know about How  
A Hearing Works"

#### ALSO

#### **Officer Ray Peterson**

"What Is A 5150?"  
The fine points of this law explained so you will know what to do if the need should ever arise.

#### **Section "8"s**

There will be a brief discussion on the possibilities of you getting one for your loved one.

**WHERE:  
MT DIABLO MEDICAL  
CENTER**

2540 East Street  
Concord, CA  
925-682 8200

### IN THIS ISSUE

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**Depression Study . . . . . 4**  
New study shows SSRI's safer than non-treatment.

**NOW IS THE TIME TO  
RENEW YOUR  
MEMBERSHIP**

## 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**, 7:15-9:00 p.m., John Muir Hospital, Downstairs. The meeting has been moved from the Aspin Room to the Sterns Conference Room. Mary Olowin, MD and Gloria Hill. Contact Gloria Hill 925- 957-5146.

### West Contra Costa County

**4th Monday of each month**, 7:00 p.m., 10203 San Pablo Ave (Idaho Apts.), Conference Room, El Cerrito (across from Black Oak Motors). Contact Gloria Hill 925-957-5146.

### East Alameda County

**2nd and 4th Monday of each month**, 7:00-8:30 p.m., St. Claire's Episcopal Church, 3350 Hopyard Road. Pleasanton.

Contact Rev. Meg Brogan 925- 462-4802, and/or Russell and Donna White.

### Antioch Support Group

**4th Monday of each month**, NOTE: The meeting has been moved from the 2nd Monday to the 4th Monday at the Antioch Police Station at 7:00 p.m. Call Mae Bragen at 925-458 1438

### **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 925-676 5313

### **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 SUPPORT GROUP (NSHSG)**

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

Donna White: 707-451 8341

### **NEW BIPOLAR GROUP**

Where: The Central Clinic, 1420 Willow Pass Road, Concord. Behind the Hungry Hunter

When: Every Monday at 7:00 pm to 8:30 pm

Contact: Marian Guglielmo 925-646 5788

Colette O'Keefe 925-646 5624

**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**

WHERE: Lafayette-Orinda Presbyterian Church Room #4  
49 Knox Dr., Lafayette, 925-283 8722

WHEN: 2ND Monday of each month at 7:00 pm

Call: Nancy Weckel 925-934 1216 or newhopelopc@hotmail.com

### **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

**Kay Derrico, 1st Vice President**  
(925) 933 4012 vder123@aol.com

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

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

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

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## ***PRESIDENT'S COLUMN***

*David Kahler*

### ***We Are Worried . . .***

and concerned that the number of residents at the Crestwood Healing Center in Pleasant Hill is way below what they are authorized to have. No business can sustain huge losses on an ongoing basis. At this point all I can say is I am worried and concerned.

For years the county has had about 110 to 140 persons in facilities out of the county. Even with the conditions placed on this particular facility, there must be many that would be qualified to be lodged there. Housing these people in remote locations makes the servicing and treatment of the patients inconvenient and more costly.

A critical component of any treatment plan should be the support visits of the family and friends. This becomes possible when the facility is in the family's area. With the current price of gas and the congestion on the freeways, the visiting frequency goes by the board at remote locations.

However, we know that. We went through it all many times during the 14 month battle to get the permit for the Healing Center. NAMI-CC has spent \$16,000 on this critical effort. Words cannot describe the disappointment that we would feel should the facility have to close down.

Since the Healing Center opened last October it has equipped the facility with recreational and exercise equipment including a full sized pool table. The main attraction is the computer lab where the consumers can not only learn and practice their skills, but also stay in touch using e mails.

The first contingent of the Volunteer Brigade have had their interviews and will be ready to visit and support the residents in the near future. This is a unique feature that no other facility in the state has. The group will enjoy the advantage of ongoing informational training, which will make them very well informed and effective advocates for their own loved ones. For information: e mail: xnamicc@aol.com

## **THERE IS STILL TIME TO ENROLL FREE CLASS IN MENTAL ILLNESS HOW TO COPE HOW TO RECOVER**

The next NAMI Contra Costa Family to Family educational class will begin in early March. The class will give you up-to-date information about illnesses of the brain, their treatments and coping skills.

The classes are taught by trained NAMI family members. There is no educational course at any university or college that offers a comprehensive course on the problems of mental illness. This is something you must do.

The last class of the winter season begins in Lafayette:

Wednesday, March 3, 2004.

FOR MORE INFORMATION:

Doris Watson  
925-682 7195  
E mail: F2Fmom@aol.com

### **It's Time To**

## **RENEW YOUR MEMBERSHIP**

### **NAMI Contra Costa**

**Mailing Address:**  
P.O. Box 21247  
Concord, CA., 94521  
**Phone: (925) 646 5798**  
**E Mail: xnamicc@aol.com**  
**Web Site:**  
**www.namicontracosta.org**  
**namicalifornia.org**  
**nami.org.**

## DEPRESSION MORE DEADLY THEN SSRI'S

The SSRI class of antidepressants doesn't increase suicide in children and teens, a medical group reports.

SSRI's, selective serotonin reuptake inhibitors include the popular antidepressant drugs Prozac, Paxil, Zoloft and Celexa.

The report by the College of Neuropsychopharmacology convened its own task force and concluded that the FDA and the U.K.'s Healthcare Products Regulatory Agency were in error in urging doctors not to use the drugs. "Instead of being a risk for suicidal behavior, they are potentially therapeutic."

J. John Mann, M.D., Columbia University, said, "the SSRI's do vastly more good for depressed people than non-treatment. Suicide is a complication of psychiatric illnesses. And the commonest cause of suicide is untreated depression." There has been some reduction in the suicide rates which may be due to the use of these drugs.

### California Deaths

Suicide	3,256
Homicide	2,301
DUI	1,552
AIDS/HIV	529

Sources: California Department of Health Services, California Office of AIDS, AID's Reporting Registry, Mothers Against Drunk Driving, U.S. Surgeon General.

## E SCRIP

You won't find an easier way to help NAMI-CC to raise funds to aid the mentally ill than the E Scrip program. Call Ann Pereyra, 925-937 4369 or 1-800-801 4973.

## FRANZ WASSERMANN 50 YEARS IN CONTRA COSTA PSYCHIATRY

(Continued from page 1, Column 2)

mental health system. Dr. Samuel Susselman worked with several of the county's top officials to establish a clinic. It was 1948 and they concluded that there were neither sufficient funds, nor the community readiness for a clinic. Instead the committee decided to try a program of consultation to the workers in their agencies.

The funds came from a grant under the National Mental Health Act. The budget for the first year was \$1,125. For the first four years Dr. Susselman did all the psychiatric consultation himself. He realized that, for a long time to come, there would not be enough psychiatric facilities to take care of all those who express a need for service. A practical solution was to train workers who deal with people in trouble, to intervene with more understanding in the emotional crises which attend these social breakdowns. There was more collaboration between agencies at that time.



Franz Wassermann

Dr. Wassermann says, "if the legislature had seen fit to provide grants rather than reimbursement, we might have achieved an integrated system of health, education and welfare services."

As new psychiatrists moved into the county, they became associated part time with the County Psychiatric Program. By 1957 their commitment of time was the equivalent of six full time positions. They examined and prescribed for the approximately 80 patients who were admitted to the psychiatric ward each month. Most of them arranged to see some outpatients, usually for diagnosis only.

(Continued in the next column)

At that time Contra Costa had a psychiatric service staffed entirely by physicians and nurses.

In 1955 Dr. Portia Bell Hume submitted her proposal for a Community Mental Health Services Act to the California legislature. Assemblyman Donald Doyle from Contra Costa was one of the sponsors. The Short-Doyle Act which was passed in 1957, brought significant changes to the pattern of service. In place of the scattered, independent services of the various psychiatrists, an organized, formal out-patient clinic was established in Martinez.

By 1965 the county had the equivalent of seven full time psychiatric social workers, three full time psychologists and three full time psychiatrists. There was also the equivalent of three and a half psychiatrists as part time workers.

The County Hospital had about 40 psychiatric beds and out patient clinics in Martinez, Richmond and Pittsburg.

For the last forty years mental health services in Contra Costa County have expanded greatly. The emphasis has been on the treatment of the serious and persistently mentally ill.

Dr. Wassermann finished by saying, "consumers are now more involved in providing services. NAMI has become a potent force in shaping mental health policy, but we all know there are still many deficiencies and gaps in our mental health services."



## DONATE A CAR



NAMI is the ONLY organization that uses 100% of the proceeds to help those who need it most.  
xnamicc@aol.com

# NAMI-CC WEBSITE GETS 5000 HITS

(Continued from Page 1, column 2)

new universe for NAMI-CC. The website is putting the affiliate in contact with a great number of people that would otherwise not know of NAMI-CC.

There are currently twelve of the monthly newsletters available on the website. The newest newsletter becomes available on the site on the first of each month.

There are articles on the Home Page that are of great assistance to anyone just starting to advocate for a loved one. One is called the Survival Guide. It covers the basics like keeping a journal and creating a one page

## THE MOST IMPORTANT FAVOR

The most important thing you can do to help someone seeking information and support for a mentally ill loved one, is to alert them to:

[www.namicontracosta.org](http://www.namicontracosta.org)

If you or anyone you know has a loved one with a mental illness you need to direct them to the resources they will need to help that person towards recovery. The very most effective way to do that is for them to join and get involved with NAMI Contra Costa.

There they will find hundreds of folks that have been there and done it and would like to share their successes and failures. Tell them to contact NAMI-CC, the largest most active support group for the families of the mentally ill in Northern California.

E Mail: [xnamicc@aol.com](mailto:xnamicc@aol.com)  
Fax: 925- 476 1444  
Phone: 925- 646 5798

## MENTAL HEALTH COALITION PLEADS NO CUTS IN DIRECT MENTAL HEALTH SERVICES

(Continued from page 1, column 1)

The Coalition is made up of all the stakeholders in the mental health community.

- The Union, Local #1
- The Mental Health Commission
- NAMI Contra Costa
- The Contractor's Association
- Mental Health Client's Network
- Mental Health Association



John Gioia  
Supervisor  
District 1

Gayle Uilkema  
Supervisor  
District 2

In a discussion with Supervisor Gioia, Mike Cornwall described the system as "beyond inadequate". Gioia made the point that much of the problem is because the state has placed the counties in this position. Three years ago one of the Supervisors rated the system as a "2" on a scale of 10, 10 being the highest rating.

The Coalition's argument has been "absolutely no cuts in direct services." The mental health field deals with real lives that sometimes hang in the balance. The rate of suicide of the mentally ill is over four times that of the general population. Earlier this year there was talk of moving the suicide hot line to the psychiatric emergency unit which is already overloaded.

(Continued in the next column)

As far as lobbying at the state level, Supervisor Gioia made the suggestion that the other state representatives are generally supportive of mental health issues. He urged the coalition to concentrate on Guy Huston and others that may not be members of the choir.

We are ruining peoples  
lives to get a refund on  
the auto tax.  
John Gioia

Every member of NAMI-CC should know the District they live in and the name of their Supervisor. Each one has an office in the district so it's easy to drop off a letter to let them know how you feel about the mental health system that they are ultimately responsible for.

Below is a list of the Contra Costa County Board of Supervisors. Cut it out, get a permanent adhesive and affix it to your refrigerator door. You owe it to yourself and to your loved one to be effective in this area.



Federal Glover  
Supervisor  
District 5

**District 1** John Gioia  
11780 San Pablo Ave. El Cerrito, CA  
94530 510-374 3231

**District 2** Gayle Uilkema  
651 Pine St., Room 108A  
Martinez, Ca 94553 925-335 1046

**District 3** Millie Greenberg  
309 Diablo Road  
Danville, CA 94526 925820 8683

**District 4** Mark deSaulnier  
2425 Bisso Lane #110  
Concord, CA 94520 925-646 5763

**District 5** Federal Glover  
315 E. Leland Road  
Pittsburg. CA 94565 925-427 8138

# AMAZON.COM SHARES PROFITS WITH NAMI-CC

From Annis Pereyra

This is a win-win program for NAMI-CC. Just visit:

[www.nami.org/amazon](http://www.nami.org/amazon)

Then anything you purchase from one of the following categories, NAMI-CC will automatically receive a percentage of the total sale (5% on average).

- Books
- Music
- DVD's & videos
- Jewelry & Watches
- Electronics
- And more, see [nami.org](http://nami.org) for the full list.

Amazing! You were going to order anyway and now at no cost to you, a percent of the purchase can go to NAMI-CC.

## \$450. FOR NAMI-CC VOLUNTEERS REQUIRED

If NAMI-CC will man a polling place in next November's election, the group will be paid \$450. A great way to raise some money to help the mentally ill.

Call: 925-676 5771  
925-686 5237  
[xnamicc@aol.com](mailto:xnamicc@aol.com)

### IN MEMORIAM

**Robert Prouty**, the husband of a former NAMI-CC president, Bernadine Prouty, passed away recently. We offer our prayers and condolences to Bernadine and her family.

## JOHN DAWDY TO SPEAK AT MARCH MEETING

(Continued from page 1, column 2)

He is also the Hearing Officer for the Mt. Diablo Pavilion. John has practiced law for over 25 years and has been the Hearing Officer in Contra Costa for over 10 years.

Since January 2003, the new law AB#1421 has put more emphasis on information from the family. He will discuss this in detail. There will be ample time for questions.



### 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 Program
- NARSAD (Research)
- Other \_\_\_\_\_

In Honor Of: \_\_\_\_\_

## BITS AND PIECES

**Zyprexa produced** \$3.69 billion in revenue last year (2003), making it Lilly's top seller and the sixth-largest-selling drug in the world. In the United States, 70 percent of Zyprexa sales are sold to government agencies, mostly to Medicaid.

**"Antipsychotic Drugs** are the third rail of Medicaid politics", said David Parella, director of Connecticut's Medicaid program. "If you try to confront this issue, you get hit with these strange bedfellows of the Trotskyite lawyers for patient advocacy groups being allied with the plutocratic lawyers for the big drug companies."

(From E News-Treatment Advocacy Center)

**There appeared** to be no differences between olanzapine (Zyprexa™) and haloperidol (Haldol™) in efficacy in reducing manic symptoms. The authors concluded that olanzapine and haloperidol were equally efficacious in achieving overall remission for acute bipolar mania, with differences seen primarily with side effects.

(Tohen M. Goldberg, Archives of General Psychiatry)

### ASSISTED TREATMENT

When a person is overcome by a mental illness and is no longer capable of managing his or her treatment, that is where assisted treatment comes into play. Otherwise, it is not the person but the untreated illness that is in control.

## LETTERS TO THE EDITOR

Dear NAMI:

I just talked to your...I think daughter on the phone concerning our 27 year old son who as far as we know has Bipolar, he doesn't think so but that's what we have been told. The hardest thing we ever had to do was to check him into the hospital and drive away some years ago so they could determine what his disorder was and what medicine would help him. I just think of it and I get sick to my stomach. Within three days he changed from a totally out of control young man who thought he could conquer the world back to our loving son. He hasn't had a problem since then until the last month or so. We and his fiancé started noticing a mood change but for what ever reason he didn't want to accept that he may be having the same problem again. The doctor who he has been seeing on and off, lowered his medicine to the point he only took it if he felt he needed it. I was able to get him to increase it until he gets into see the doctor. He says he is taking it, but no one of us know for sure. He is to the point of blaming everything on his job and is close to losing the job. He doesn't seem to want to listen to us and has said he doesn't want to get married this May, even though we all know how much he loves his bride-to-be. He's talked about moving out of state to get away from everything. My wife and I only get at the best 2-3 hours sleep each night thinking about him, trying to figure out what we can do for him. I usually wake up in a cold sweat and both my wife and my stomachs are upset 24 hours a day. We tell him that we love him and only want to help. Our son and his fiancé live together in a home they purchased three years ago and I can't imagine what she must be going through at this point. She is quite a girl being by his side through all of this including the spell three years ago. Others would have probably pulled the plug at that time and left just to get out of the situation.

## MARCH DONATIONS

### IN MEMORY OF:

Sara Hoppe  
Daughter of Jay and Mary Hoppe

From:

Nancy M. Klein and  
John V. Tozer

### A Grant From:

Chevron-Texaco  
From their  
"People Making A Difference  
Campaign"

Note: Chevron-Texaco  
Adds 50% to the Employees  
Contribution

A NEW MEMBER TO THE  
LIFETIME MEMBERSHIP CLUB

Lynda Chasnoff

NEW MEMBERS TO THE  
CENTURY CLUB

Warren and Constance Pinckert

Floyd and Marie Overby

For FAMILY TO FAMILY

Mona and Tom Rusk

For NAMI GENERAL FUND

Elaine B. Kaufman

All three of us need help understanding the Bipolar Disorder and are hoping maybe you can lead us in the right direction. We don't know enough about Bipolar to know if we are helping him or making it worse for him. He had a scheduled doctor's appointment last Monday which he missed due to what he says was his busy work load. He said he has rescheduled it for next Wednesday. His fiancé doesn't want to put the additional pressure on him over the wedding and doesn't know if she should postpone it, stay at home with him or what.

As you can see, we "ALL" need a little help. Any direction you can give to us would be appreciated.

Thanks, R.M.  
Martinez

NOTE: The above letter is from a real family, with a real son with real problems. It is representative of the many of the letters NAMI Contra Costa receives month after month.

Dear NAMI-CC Editor:

Every NAMI member should boycott all Tom Cruise movies. On Larry King's CNN show he mouthed the Scientology propaganda about psychiatrists are so terrible and harmful to people, as are their medications. We need to reply to such terrible talk.

I am so grateful to NAMI for all the help I have received. My mentally ill loved ones can live peacefully because of psychiatry and medications.

Tom Cruise needs to be reckoned with!

Mary Shearer  
Walnut Creek

### COMMENTS

Comments for the newsletter should be sent to:

E mail: xnami@aol.com

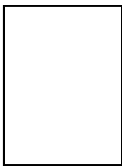
Fax: 925-476 1444 or mail to:

P.O. Box 21247

Concord, CA., 94521

All letters are subject to abridgment and those unpublished can be neither acknowledged nor returned.

**Effective Information. . . Immediately Available!**  
**www.namicontracosta.org**



Have You Renewed Your  
**NAMI MEMBERSHIP?**

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

## 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.

**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