



NAMI Contra Costa

National Alliance On Mental Illness

Contra Costa's Voice on Mental Illness March, 2010

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

NAMI WALK 2010

The NAMI Walk 2010 is shaping up to be the most successful ever! Over 80 teams are signed up and the "Kick-off Luncheon" is likely to draw an overflow crowd. The Walk will be on Saturday, May 22 at San Francisco's Golden Gate Park

The luncheon will be at the Faz Restaurant which is at the Four Seasons Sheraton in Pleasanton. It will be on Thursday, March 25 and is free to anyone who wants to create a Walk team. You can make your reservations by going to :

rsvp@namiwalksfbay.org
Or calling 800- 556 2401
(Continued on page 4)

GOVERNOR'S SHOT AT PROP 63 FAILS

The committees that control whether an issue can be placed on the June ballot have evidently responded to the enormous number of letters, e mails and phone calls that NAMI California and the local affiliates generated.

(continued on page 5)

MARCH GENERAL MEETING

BIPOLAR RECOVERY

The speaker for the March General Meeting will be Robert Villanueva. He is a popular Bay Area speaker and mental health advocate. His work includes presentations at Stanford Bipolar Education Day and a KCBS panel with anchor, Jeff Bell.

He has been featured in *BP Magazine* and is a state and national trainer and presenter for the *In Our Own Voice* NAMI signature program.



Robert Villanueva

Mr. Villanueva will share his story of bipolar recovery, including how NAMI has been instrumental in the process and what he has discovered about stigma.

(Continued on page 5)

Orientation Family to Family

The First Tuesday Support group now offers an orientation for this free class on mental illness. Call: 925- 676 5771

MARCH

General Meeting
Thursday
March 18, 2010
7:00 PM

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

Speaker:

Robert Villanueva

Topic:

The Power of NAMI
Moving Beyond Stigma

Powerful, Useful Information

Location
John Muir Medical Center
(Formerly Mt. Diablo Medical Center)
Concord Campus
2540 East Street, Concord
925- 682 8200

HELP THE MENTALLY ILL

One of the most effective ways you can extend support to the mentally ill is to support the first line of defense:

NAMI Contra Costa

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 Epstein Conference 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.
Monthly potluck dinner, social sharing.
Jewish setting and prayer but all faiths welcomed.
4th Monday of each month: 6:15-8:30 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
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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Dan Shortenhous

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Website: namicontracosta.org
Phone: 925- 465 3864

Newsletter Deadline: 20th of Each Month

PRESIDENT'S COLUMN

By Al Farmer

I am pleased to welcome our new Second Vice President Lori Teller and new board members Dan Shortenhous and Charles Madison.

We are very fortunate to have such dedicated and professionally experienced people join our board. Lori will be responsible for organizing the NAMI general meetings and arranging for our future speakers.

I would also like to thank Kay Derrico for her tireless dedication and her remarkable success in arranging for numerous outstanding speakers over the past several years.

In addition, our special thanks goes to our past secretary Beatriz Celi and to past board members Teresa Pasquini, Joani DeVries, and Marilyn Capener for their major contributions to consumers and to NAMI.

Our sincere appreciation for the continuing commitment and dedicated service of all of these wonderful people who keep the spirit of NAMI alive!

Public Union #1 conducted a survey of the staff in the mental health department. Over 80% or 132 of them responded.

The survey determined that there was widespread low morale and dissatisfaction with their managers revealing a very serious situation.

The NAMI Contra Costa board of Directors passed a motion asking the Board of Supervisors to take this survey seriously. The motion states "We urge the BOS to take immediate steps to analyze the leadership issues raised by the Local 1 survey."

General Meeting

Thursday, March 18, 2010
Celebration: Discovering Recovery, the Power of NAMI, and Moving Beyond Stigma.

Robert Villanueva; featured in *BP Magazine*; frequent guest speaker, (e.g. Stanford Bipolar Education Day); *In Our Own Voice* National Trainer and State Trainer. Talk will include his bipolar recovery story, NAMI's influence, and research regarding stigma and mental illness.

April 15, & May, 19, 2010—to be announced

Thursday, August 19, 2010
Writing Your Way Out of Darkness. Peggy Kennedy, author of the memoir *Approaching Neverland* and NAMI activist, will talk about her family's experience with bipolar disorder, read a bit of her book, and share strategies of therapeutic writing. Research in therapeutic writing to be included.

Information on the above and other speakers not listed:

(925) 933-4012

Newsletter Editors

Caroline Jackson:
Caroline.jackson@juno.com
Sean Kleen
seankleen@yahoo.com
David Kahler
dk122932@aol.com

Send material for the newsletter to one of the editors. All submissions must be by E mail to avoid re-keyboarding and must be submitted by the 20th of the month.

NAMI WALK 2010

(Continued from page 1)

The Walk is the major fund raising event of the year. All the NAMI Contra Costa programs benefit from it. It gives real muscle power to the NAMI efforts to help the mentally ill.

The free picnic after the Walk is evolving into a NAMI tradition. It is the ideal family outing.

SF BAY AREA
2010 NAMIWALK

Contact: Barbara Scott
925- 689 9380
Cell: 925- 363 3408
800- 556 2401
925- 465 3864

E mail: barbarajeane39@astound.net
xnamicc@aol.com

OPEN TO THE PUBLIC

IN OUR OWN VOICE

If you or your loved one wishes to hear from consumers who have recovered, please attend this special presentation. This will be one of the few "In Our Own Voice" programs that is open to the Public.

Tuesday, April 13th

8:45 am - 10:45 am

JFK University in Pleasant Hill
100 Ellinwood Way.

925- 465 3864 xnamicc@aol.com

MENTAL HEALTH COALITION

The Mental Health Coalition turned 15 years old in 2010. It was organized during one of the epic budget crisis's of the mid-1990's.

It was recognized that it was self defeating for each of the stakeholder groups in the mental health system to advocate cuts in other areas to salvage their own funding.

The founder of the group was Herb Putnam who also founded the Clubhouse.

The Coalition is made up of the five key stakeholding groups in the county's mental health system.

- MHCC (Mental Health Consumer Concerns)
- Human Services Alliance of Contra Costa (Contractor's Group)
- Public Union #1
- Mental Health Commission
- NAMI Contra Costa (Made up of families and consumers)

John Gagnani, President of Public Union #1, is the Chair of the Coalition. Teresa Pasquini, represents the Mental Health Commission, Brenda Crawford, MHCC, Mariana Moore, the Human Services Alliance and David Kahler represents NAMI.

Authors Wanted

Authors are wanted to write articles and to tell their stories in the newsletter. Please contact the Editorial Board:

xnamicc@aol.com

CIT Training

FAMILY MEMBERS WANTED

CIT (Crisis Intervention Training) will again be offered this April by the Sheriff's Department for the third time in Concord.

Each session has a forum that features several families that have had some experience with the 5150 process and law enforcement officers.

Two more families that have had experience with the 5150 process are needed to join the forum and share their experiences to enable the officers to see the process from the families perspective.

CIT is a component of the Behavioral Court which NAMI helped found.

Consumers are also involved with their own panel. The consumers allow the officers to ask them questions about what they might do differently.

The training consists of 32 hours. It is certified by the State Office of Police Standards and Training.

Those families that are interested should E mail:

xnamicc@aol.com

Or call: 925-676 5771

Board of Directors Monthly Meeting

The NAMI-CC Board meets the 2nd Saturday of each month at the Shellridge Community Church in Walnut Creek at 200 La Casa Via, across from John Muir Hospital. All members welcome.

BOARD AND CARES
WESTWOOD
RESIDENTIAL

One of the finest residential facilities in Northern California for the mentally ill is Westwood Residential. It is a group of four homes owned and managed by Rebecca Hernandez.

Each of the homes are staffed with trained personnel which are on the premises at all times.

Rebecca, opened her first licensed Board and Care in 2003. It is located in Pittsburg. Since then, she opened three more, one in Pleasant Hill and two in Concord.



She works closely with local hospitals, clinics and county mental health to place those being processed out of the facilities and are in need of a safe and tranquil environment.

Rebecca was born in the Philippines 51 years ago. She came to America 33 years ago where she met her husband who was in the U.S. Navy and is now retired. They have a 30 year old daughter and live in Mountain Home which is near Tracy.

She got a good grounding in the hospitality business when she worked as night manager for 11 years at what is now the Marriott Hotel in Walnut Creek.

There are generally six persons at each of the homes. The monthly cost is about \$2200. For more information:

RHER59@att.net

BIPOLAR
RECOVERY

(Continued from page 1)

He wants this meeting to be a celebration of community.

Please join us as we learn together from Robert's experience about addressing the inner and outer challenges associated with Bipolar illness.

Meeting Location:
 Concord Campus of
 John Muir Medical Center
 2540 East Street
 Concord

6:30-7:00 Meet and Greet
 Library resources available
 7:00-9:00 General Meeting and presentation.

Special opportunity to have pizza (while it lasts) with Robert before the meeting from 6:00-6:30 PM. Use this time also to get registered for the NAMI Walk.

GOVERNOR'S
SHOT AT
PROP 63 FAILS

(Continued from page 1)

The idea was to add it to the ballot just as it was in 2008 where it appeared as Prop 1E. It failed. It could have resulted in nearly \$1 billion being shifted into the General Fund.

NAMI California deserves much credit for the campaign to save funds that were designated by the voters to be used to help the mentally ill.

The testimony that NAMI members gave at both the Senate and Assembly committees proved to be effective. Thanks to all of you who gave of your time.

WHAT DO
YOU
WANT

In an effort to make the NAMI Contra Costa monthly newsletter better meet the needs of the members, we conduct a survey from time to time and ask for your input. E mail your answers to: xnamicc@aol.com

Would you prefer:

- Longer or shorter articles
- More pictures
- More graphics
- To receive the newsletter online only. The newsletter is always available on the NAMI-CC Website
- Original articles about the local mental health system and what it has to offer
- Profiles on the people that we encounter in the system
- Profiles on the facilities that make up the mental health system

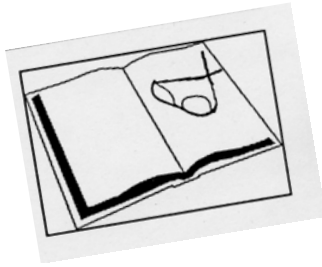
E mail your thoughts and suggestions to xnamicc@aol.com
 Or

Mail to: NAMI
 PO box: 21247
 Concord, CA., 94521

Office Furniture

The new NAMI office at the Crestwood Healing Center can use some office furniture.

If you have some in good condition call Kay Derrico, 925-933 4012 or e mail: xnamicc@aol.com

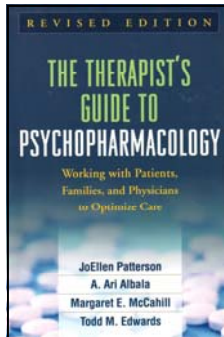


BOOK REVIEW

By Nancy Owens

The Therapist's Guide To Psychopharmacology, JoEllen Patterson, A Albala, Margaret McCahill and Todd Edwards, 2006, Revised Edition 2010, 310 pages, \$22.50.

This fine book will probably become a classic. The title may scare off many who fear they require special training to deal with the material. That is clearly not the case. It is a very readable book with much imperative information to be digested.



W a y n e Denton, MD said "This book fills an important gap in the literature by providing psychotherapists with trustworthy medical information. The authors get to the essence of complex subjects and present them in an engaging and conversational writing style that readers will appreciate."

The fact that the material is also suitable for the lay person is quite a credit to the author's style.

There is excellent information on psychotropic medication and how medication referrals are made. The subject of how to combine medication and psychotherapy is made clear.

CLUBHOUSE REPORT

NAMI'S Chili Night has developed into good draw the first Friday of each month.

NAMI hosts 20 to 25 members with a three course dinner with the main course being a robust chili con carne.

There is now an In-House Outreach program operating. This involves a social call to one who might feel reluctant to initiate a first visit to the Clubhouse.

Many members find the multi-media program of great interest in this media age. Skills of use recreationally and vocationally can be developed. The program is well equipped.

A gala for the second year birthday party was held on February 18. Jack Yatsko ICCD Associate Director gave the keynote presentation. The Clubhouse's first video-produced members of the new multimedia lab was shown. It was funded by MHSA (Proposition 63) and Contra Costa Mental Health.

For more information call:

Tamara Hunter
925- 691 4276

It is a shame that the use of both medication and psychotherapy is not used more often.

The difficulty we are all familiar with is covered. "Even if our patients were open to the idea of medication, structural impediments, especially the lack of communication between the prescribing physician and the therapist, limit the medications effectiveness." Lack of communication in a badly stressed system.

RAISING THE ROOF

There will be a meeting Monday, April 12, in the chambers of the Board of Supervisor's to address the tragic shortage of housing for the mentally ill. Come raise your voice.

Time: 6:00 pm to 8:00 pm
Place: 651 Pine Street
Map available on the NAMI Website

Board of Supervisor's Chambers
Martinez

mhsa@hsd.cccounty.us
xnamicc@aol.com

REMEMBER NAMI

They rate non-profits as to how much of the donated funds actually get to those that the non-profit is dedicated to helping.

NAMI Contra Costa has never run up administrative costs with offices and paid staff. All of the money donated to NAMI-CC goes directly to help the mentally ill.

It has been like that for 30 years!

When planning your estate, remember NAMI-CC and you will be effectively helping the mentally ill. For questions or information:

E mail: xnamicc@aol.com
925- 465 3864
Or
NAMI Contra Costa
P.O. Box 21247
Concord, CA.,

**LETTERS TO THE
EDITOR**

Editor's Note: *This brief letter is from a mother who has been there and done it.*

Tommy and Douglas are two peas from the same pod. Only difference is that Tommy cleans up on the right meds but we can't keep him on permanent conservatorship. So he just gets off conservatorship, stops the meds and *recycles endlessly*.

Doug has been permanently conserved for a long time. Tommy is employable when he is on the right meds and the last long-time conservatorship he was on, the conservator told me that he was more functional than a lot of the staff who were working with him.

That's the rub . . . he gets better, threatens to file for a hearing to be released and his conservator drops the court ordered control. As soon as that happens, he stops his meds and starts his descent into behavior that puts him and the community at risk.

Doug has remained on conservatorship for years and his problems got dealt with almost immediately. Yet he doesn't recover to the same level of functioning that Tommy attains.

I keep hoping some day the light will come on because the last time they hauled him in, he was attempting suicide by cop. He claimed they would never take him in because he was going to be dead first. He took a pellet gun with him but the police dogs they sent after him were something he hadn't bargained for. *Next time he will have learned from that lesson.*

MARCH DONATIONS

In Memory Of:

Michael Alexander McDowell

From: Karen McDowell
For the Family to Family Program

John and Denise Branch

In Memory Of:

Mathew John Mohler

From: Paul and Virginia Mohler

Donation:

AT & T United Way
Employee Giving Campaign

Donation:

Richard and Kathy Marshall

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: _____

Use Donation For:

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

E mail address:

Phone: _____

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

For Support and Information:
**First Tuesday Support
 Group**
 Tuesday, April 6, 2010
 7:30 pm Hillcrest Church,
 404 Gregory Lane, Pleasant Hill
 925- 676 5771
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Stamp

**A Great Way To Support
 NAMI**

xnamicc@aol.com 925- 465 3864

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
 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

<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