



NAMI Contra Costa

National Alliance on Mental Illness

Contra Costa's Voice on Mental Illness **March, 2011**

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

WIGAND TO RETIRE

Donna Wigand, the highly regarded Director of the Mental Health Division, since August of 1996, announced her retirement at the March 3, (2011) CPAW meeting (Consolidated Planning Advisory Workgroup).

The unexpected announcement brings to an end a nearly 14 year span during which many changes, budget cuts and changes in services made the system a challenge to the mental health staff and to those the system is assigned to help.



Annis Pereyra, left,
 Donna Wigand, Middle
 Rebecca Hernandez, right

(This article is continued on page 6)

MHCC CELEBRATES **35TH** **ANNIVERSARY**

MHCC (Mental Health Consumer Concerns) will be celebrating their 35th anniversary, Saturday, June 11, 2011.

The celebration will be held at the Concord Hilton, and will feature an 18 piece band, *The Generation Gap*.

The keynote speaker will be Senator Mark DeSaulnier. There will be an awards ceremony which will recognize those that did outstanding work in the mental health field.

MHCC operates three community centers for Contra Costa consumers. One at their headquarters at 2975 Treat Boulevard in Concord, one in Antioch and one in Richmond.

The centers serve meals, offer art and classes, and an exercise room. There are regular outings and instruction in the WRAP approach to wellness. For more information:

925-646 5788

(Please see article on page 5, column 2)

MARCH

General Meeting
 Thursday
 March 17, 2011
 7:00 PM

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

NAMI Walk

Kickoff and Fundraiser

Team Captains and Team Members Sign Up for the Walk

Learn The Tips for Success

Live Music and Refreshments

Great Raffle Prizes and

Silent Auction

Fabulous items for sale to fund the important programs and services that NAMI provides.

Location:

John Muir Medical Center
 Concord Campus

2540 East Street, Concord

Website: namicontracosta.org

NAMI Walk 2011

The 7th NAMI Walk

Please check the article on page 5 about NAMI-CC's largest fundraiser.

NAMI-CC Care and Support Groups

Central Contra Costa County

3rd Monday of each month, 7:00 to 9:00 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 Kay Derrico. E mail: xnamicc@aol.com or call: 925-933 4012 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
550 Patterson (Crestwood) Pleasant Hill

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

1st Monday of the month, 7:00-8:30 PM
conference room next to NAMI CC Office
Enter through rear doors off back parking lot
550 Patterson Blvd, Pleasant Hill

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

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, 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

And the Family & Friend Support Group
Two groups but separate meetings, same address and time.
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

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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

Treatment For Depression

There is a hopeful treatment for severe depression called Transcranial Magnetic Stimulation (TMS). This is a treatment prescribed by a psychiatrist that can be effective when medication has failed to achieve desired relief.

To date about 3000 patients have been treated at hospitals such as Stanford or UCLA with the following positive results:

One in two patients suffering with depression improved significantly, and one in three patients were completely free of depression symptoms after six weeks of treatment.

The treatment is non-invasive, does not require sedation and has minimal to no negative effects. The program requires four 40- minute treatments per week for a period of 4 to 6 weeks.

So far, 70 insurance companies have agreed to cover this treatment on a case by case basis, but medicare has not yet approved this treatment. More information on Neurostar TMS Therapy can be found on the web at:

www.neurostartms.com
or call 1-877-600-7555.

I hope some of you find this information useful.



General Meeting

March 17, 2011
Mental Health Walk Kickoff, Raffle and Silent Auction.

April 21, 2011
"WRAP" Wellness recovery Action Planning, with BJ North of Conscious Educators.

May 19, 2011
Shedding Stigma of the "Psycho Straitjacket." Speaker, Los Angeles Times journalist, Robert Jaffee.

June 16, 2011
The new Federal Health Care Law and You. Presented by Health Access and the Unitarian Universalist Legislative Ministry.

Note: There is no cost to the members or to the public. For further information contact the NAMI office at:

925-942 0767

E mail: namicc@att.net

NAMI Contra Costa Office and Library

550 Patterson Blvd
Pleasant Hill, CA 94523

(925) 942-
0767 namicc@att.net

Office hours
Tuesday, Wednesday, Thursday

DeSANTIS CASE APPROVED FOR TRIAL BY SUPREME COURT

By Bob Egeiko

Editor's Note: *Richard DeSantis was the son of a NAMI Contra Costa mother. An article on the shooting was in the July, 2007 NAMI Contra Costa newsletter. That issue is on the website: www.namicontra costa.org*

The U.S. Supreme Court cleared the way Monday for the family of a bipolar man to go to trial in a suit against Santa Rosa and its police department, which said officers mistakenly thought he was armed when they shot him to death in 2007.

A federal appeals court ruled in April that a jury should decide whether the officers who shot Richard DeSantis had known he was unarmed and had nonlethal ways to stop him when he allegedly charged at them outside his home. The Supreme Court, without comment, denied review of the city's appeal Monday.

DeSantis, a 30-year-old ironworker, had been hospitalized in the past for treatment of delusional and paranoid behavior. His wife, Patricia, called police early April 9, 2007, saying her husband was having a manic episode and had fired a shot into the ceiling.

She said in her suit that she had told police DeSantis left the gun in the home and was unarmed when he went outside, wearing only a pair of baggy pants.

Officers said DeSantis had knelt in response to their commands but then had gotten

up and run toward them.

One officer shot him with a plastic projectile that broke his arm, but he kept advancing until Sgt. Rich Celli and Officers Travis Menke and Patricia Mann fired their guns, killing him.

The Sonoma County district attorney's office cleared the officers in 2008, saying they had reasonably believed their lives were in danger. But a federal judge refused to dismiss the lawsuit by DeSantis' widow and three children, and the Ninth U.S. Circuit Court of Appeals in San Francisco upheld that ruling.

A jury could conclude, based on evidence presented by the family, that police had been told DeSantis was unarmed and that officers could see he did not have a gun in his hands or his waistband, Judges Johnnie Rawlinson and Carlos Bea said in the 2-1 ruling.

Dissenting Judge Diarmuid O'Scannlain said that allowing such a case to go to trial "would paralyze police officers' ability to make split-second decisions to protect themselves and the public."

In seeking Supreme Court review, City Attorney Caroline Fowler urged the justices to set "a clear standard for judging an officer's conduct in rapidly evolving situations."

But Eric Safire, a lawyer for the family, said Monday that the officers' claims were overblown.

"We're confident we're going to be able to prove that by the time police arrived, they knew he was unarmed," Safire said. "There were six cops and a trained dog, and they had an overabundance of nonlethal means at their disposal."

The case is Santa Rosa vs. DeSantis, 10-434.

E-mail Bob Egelko at: begelko@sfchronicle.com.

CONTRA COSTA CRISIS CENTER

The Crisis Center is available 7 days a week, 24 hours each day.

They operate Contra Costa's suicide prevention hotline. Founded in 1963, it was one of the first of its kind in the United States.

All local calls to the National Suicide Prevention Lifeline (800-273 TALK) are routed to the center.

The Center is staffed by highly trained volunteers. The lines provide counseling, support and resource information to people experiencing personal crises as well as those contemplating suicide.

They also handle all night, weekend and holiday child abuse calls to Children's Protective Services and elder abuse calls to Adult Protective Services.

NAMI Contra Costa presents a forum twice annually where consumers tell their stories to give the volunteers in training a glimpse into the world of mental illness. Some of the phone lines are:

Suicide Prevention:
800-273 TALK
800-SUICIDE

Crisis Intervention
800-833 2900

Grief Counseling
800-837 1818

211 Information and Referral
211

Homeless Services
800-808 6444

SHEDDING THE STIGMA OF THE “PSYCHO” STRAITJACKET

NAMI Contra Costa will present LA Times award winning Journalist, Robert Jaffee, who will join us to share his personal journey with mental illness.

As a writer on mental health issues and someone who has experienced psychotic breaks and hospitalizations, Robert aims to offer insight, hope and the opportunity to overcome stigma.

Where: Concord Campus
John Muir Medical Center

When: NAMI General Meeting
THURSDAY, May 19, 2011

7:00 pm

Doors open at 6:30 for manned information tables and to check out NAMI-CC Library materials.

Free and open to the public

For More Information:
E mail: xnamicc@aol.com

NAMI Walk 2011

Does your company have a sponsorship program or will they make a donation to this important cause? As a NAMI Walk sponsor your company will be doing well by doing good.

The 7th annual NAMI Walk SF Bay Area will be held Saturday, May 21 at Lindley Meadow in San Francisco's Golden Gate Park. For information: xnamicc@aol.com

W.R.A.P. WELLNESS RECOVERY ACTION PLAN

At the April 21, 2011 General Meeting, NAMI Contra Costa will present a program on WRAP.

WRAP is a self-management and recovery system developed by a group of people who had mental health and chemical dependency difficulties and who were struggling to incorporate wellness tools and strategies into their lives.

WRAP is designed to:

Decrease and prevent intrusive or troubling feelings and behaviors

Increase personal empowerment

Improve quality of life

Assist people in achieving their own life goals and dreams.

WRAP is a structured system to monitor uncomfortable and distressing symptoms that can help you reduce, modify or eliminate those symptoms by using planned responses. This includes plans for how you want others to respond when symptoms have made it impossible for you to continue to make decisions, take care of yourself or keep yourself safe.

The program will be presented by B. J. North of Conscious Educators. Call (925) 942-0767.

Information on the location, John Muir Medical Center, Concord Campus is on the front page of this newsletter in column 3. The General Meeting is always the 3 Thursday of every month.

THE NEW FEDERAL HEALTH CARE LAW

The June 16th NAMI General Meeting will feature the Unitarian Universalist Legislative Ministry, sponsored by Health Access. They will present information on the new federal health care law and what it means for you.

The presentation will help us better understand what changes are to take place, when and how these impact our access to health care.

There will be a particular focus on implications for mental health care.

Please join us to “decode” our new federal health care law and understand what it means for all of us.

The meeting will be in the usual location:

Concord Campus of John Muir Medical Center,
2540 East St., **Concord,**

When: Thur. June 16, 2011,

7:00 pm

For NAMI-Contra Costa information:
www.namicontracosta.org
To reach the NAMI-CC office, call (925) 942-0767.

Dine At Mimi's Café

The next NAMI fundraiser will be at Mimi's Restaurant on Willow Pass Road in Concord. It will be on Thursday, June 23. There will be more information in the April issue.

WIGAND TO RETIRE

(Continued from page 1)

Donna came to Contra Costa County to be the Director of the Mental Health Division in 1996. She became responsible for a budget that has been over \$100 million and a staff of nearly 400.

Before coming to Contra Costa, Donna was the Director of the Mental Health Department of Fresno County. She was responsible for all Mental Health programs and the Substance Abuse Administration which in our county has been a separate division. There are plans in the near future to combine the Mental Health Division, Homeless Services and the AOD (Alcohol and other drugs) into one unit.

Before her experience in Fresno, she was the Program Chief/Clinical Director of the Mental Health Department in Imperial county.

She knows the field from the ground up having been in her own practice in Encinitas where she did psychotherapy with couples, individuals, families, groups and youths. She was also a psychiatric social worker in the San Diego county Mental Health System.

Donna has held many offices in the field including chair of the Greater Bay Area Mental Health directors, chair of the California Mental Health Directors Legislative Committee and secretary/treasurer of that organization.

Bonita House Knightsen Facility

NEEDS SUPPORT

The long fought effort to locate a farm like, mental health facility in Knightsen will finally be decided by the Board of Supervisors.

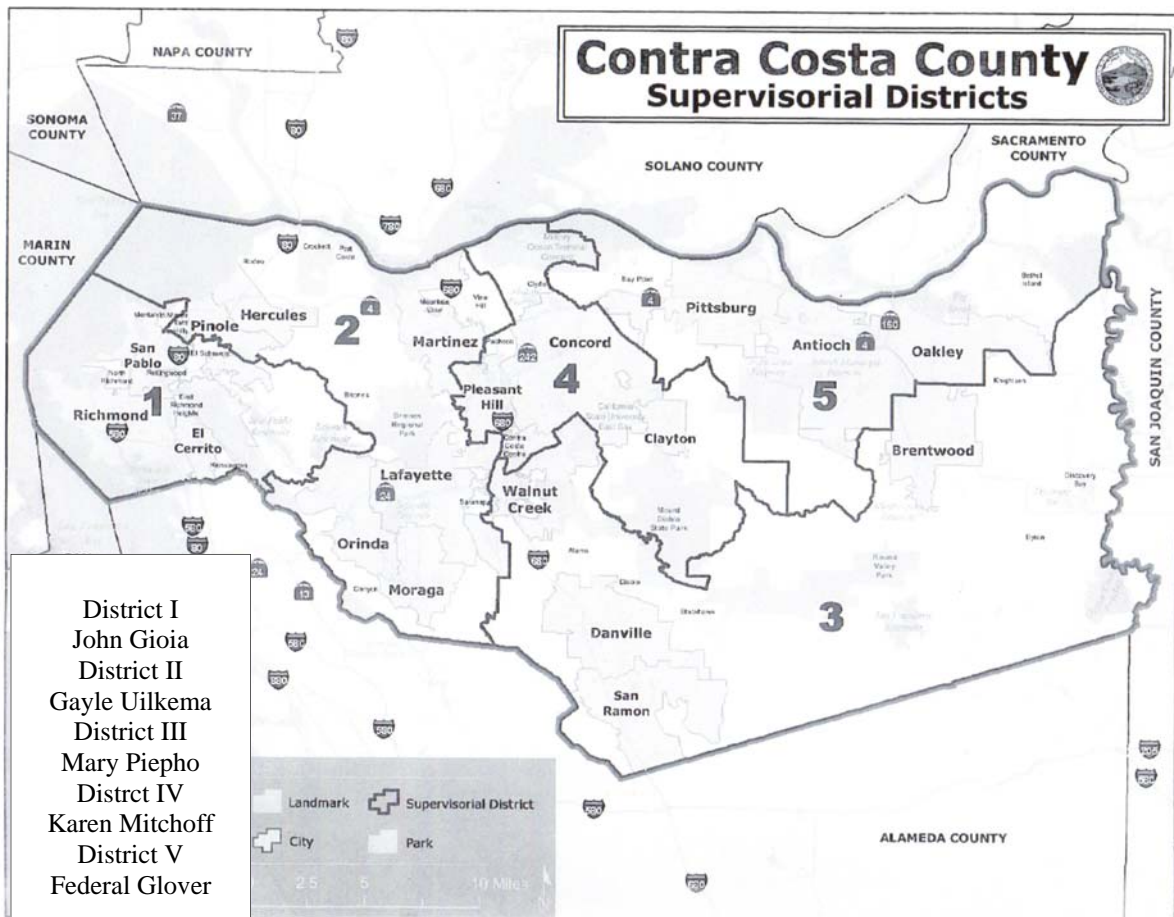
The NIMBY group has tenaciously thrown up the road-blocks. Wrong in most respects. Unfortunately the authorities listening to the facts are almost always greatly influenced by the emotionality of the NIMBY group. They should always demand actual evidence for each claim. For the information:

E mail: xnamicc@aol.com.

Or call:

Rick Crispino 510-923 1099

Get the information and then contact your supervisor. You can make a difference





MARCH DONATIONS

In Memory of:

Alice Gridley

From

Pat Gridley
Michael Gridley
Santana

Donations:

Teresa Pasquini
Susan Norwick Horrocks

Sandra Hare
For Family to Family

In Memory Of:

Dayna Alpin Hersh

From Eleanor
Dale Kramer

Donation:

Robert and Thalia Siegel

%Fidelity Charitable Gift Fund

Car Donations:

Jo-Ann Saba-Jimenez

Upcoming Events:

Writers' Group Workshop
With Peggy Kennedy
Thursday, April 7, 2011
7:00 PM-8:30 PM
Crestwood Healing Center
550 Patterson Blvd
Pleasant Hill
RSVP and information:
925-942-0767

NAMI Walk Kickoff Luncheon
for all team captains at the invita-
tion of Laurie Williams,
Walk Director
Thursday, March 31
11:15 am
Location: Faz Restaurant,
Pleasanton

E Mail: xnamicc@aol.com

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

E mail Address

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: _____

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

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, March 21, 2011 , 7:00 pm to 9:00 pm
 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