



NAMI Contra Costa

National Alliance On Mental Illness

Contra Costa's Voice on Mental Illness May, 2010 *
50610

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

NAMI Walk 2010 JOYCE COOLING TO BE GRAND MARSHALL

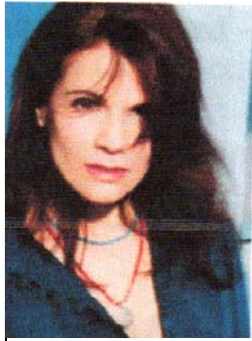
Joyce Cooling, one of the most dynamic and popular contemporary jazz guitarists in the world will be the Grand Marshall at the NAMI Walk Saturday, May 22.

Plan to be there, enjoy the activities and meet your fellow members for the free lunch which has become a NAMI-CC tradition.

Detailed information is available on the NAMI-CC website: www.namicontracosta.org

The Walk will again be a the Speedway Meadow in San Francisco's Golden Gate Park.

It will be a wonderful family day and an excellent way to help the mentally ill. The Walk is the major fund raiser of the year for NAMI Contra Costa.



Joyce Cooling

Psychiatric Emergency

ENTRANCE REOPEN

The entrance to the Crisis Stabilization Unit (CSU) is being reopened. The CSU is the Psychiatric Emergency unit for the hospital. The entrance, which opens directly onto the unit has been closed for about three years. During that time, people coming to the hospital because of a psychiatric problem were taken to the Emergency Department, which is located next door.

Many mental health advocates felt strongly that the environment in the regular emergency unit was very difficult for the psychiatric patient.

This change came about as part of the system change that is occurring at the hospital under Anna Roth, the CEO. Working with Teresa Pasquini, Vice Chair of the Mental Health Commission, a study was made and the change approved.

The consumer run agency, Mental Health Consumer Concerns offered to redecorate and restyle the entrance area which now features sharp designs of subdued earth colors.

A group of volunteers, led by Joy Witt and Stan Baraghin created a non-institutional design and put it in place.

(Continued on page 7)

MAY

General Meeting
Thursday
May 20, 2010
7:00 PM

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

In Our Own Voice A NAMI Signature Presentation.

Given by
**Roberto Roman and
Alita Van Hee**
See page 4, column 1

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

FREE CLASSES MENTAL ILLNESS

The spring session of the Family to Family classes begins May 12. Register now.

E mail: xnamicc@aol.com
925- 676 5771

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.
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
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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Website: namicontracosta.org
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Newsletter Deadline: 20th of Each Month

**PRESIDENT'S
COLUMN**

By Al Farmer

We just had another successful NAMI Walk Event! Our April 15th general meeting was a NAMI pre-walk celebration featuring live music, refreshments, a raffle and a silent auction. This was a great opportunity for many old friends and Family to Family groups to get together.

We greatly appreciate all the planning and organizing that Barbara Scott, Lori Teller and Kay Derrico did in order to make this event possible.

We have good news for consumers and their families in that the door to the psychiatric ward at the Regional Medical Center in Martinez will reopen on May 17th, 2010. Consumers can enter the ward without having to endure a long wait in the hospital emergency ward. We can all thank Teresa Pasquini for her tireless work at the Regional Hospital to make this happen. Many thanks Theresa!

Please mark your calendars and plan to attend the consumer's summer picnic to be held at the Pleasant Hill Park located at the corner of Gregory Lane and Cleveland on Thursday June 18th from 11:00 AM on.

Another important and fun event, the NAMI Bay Area Walk, is just around the corner and will be held at the Golden Gate Park at 9:00 AM on Saturday May 22, 2010. It will be a magnificent event featuring live music and a special NAMI Contra Costa picnic. Our speaker and grand marshal for the walk will be Joyce Cooling, a contemporary jazz artist and mental health advocate.

**General
Meeting**

May 20, 2010

In Our Own Voice, a NAMI Signature Presentation. Learn about mental illness from people who have been there.

June 17, 2010

Chemical Dependency and Co-Occurring Mental Health Disorders. Nina Farraris, MA, MFT. Program Manager for John Muir Behavioral Health Center for Recovery.

July 15, 2010

Sleep and Mental Illness. Allison J. Harvey, PhD, Psychological Disorders Lab, UC Berkeley.

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 will be included.

September 16, 2010—Dr. Stephen Hinshaw, Ph.D., Chair, Department of Psychology, UC, Berkeley. **Triple Bind: Adolescent Girls.** A talk about the unsettling issues of the "triple bind" and how it is putting adolescent girls at risk for depression, eating disorders, aggression, and suicide.

For program information and to suggest future speakers contact: (925) 683-8487.

May General Meeting:
IN OUR OWN VOICE

Let's listen and learn from the voices that NAMI exists to support:

In Our Own Voice (IOOV) is a unique public education program developed by NAMI, in which two trained consumer speakers share compelling personal stories about living with mental illness and achieving recovery. Roberto Roman and Alita Van Hee will be our speakers.

IOOV is an opportunity for those who have struggled with mental illness to gain confidence and to share their individual experiences of recovery and transformation.

Come to May's general meeting and offer feedback, ask questions and share you own insights. Your participation is an important aspect of IOOV because the more audience members become involved, the closer they come to understanding what it is like to live with a mental illness and stay in recovery.

To be eligible for training to become an In Our Own Voice presenter, you must attend a presentation. This is your opportunity.

**ORIENTATION
TO THE
MENTAL
HEALTH FIELD**

If you are new to the mental health field because you have recently had a loved one diagnosed with a serious mental illness, you need an effective orientation. That would be the First Tuesday Group that will meet June 1, 2010 in Pleasant Hill at 7:30 pm. See page 8 for details.

NAMI CONTRA COSTA
**BOARD
PLANNING
RETREAT**

For the first time the board held a planning retreat to define our priorities as an affiliate and to shape how we might achieve them.

The meeting began with a look back to 2009's achievements, challenges and lessons learned. New and existing board members described their roles and incorporated suggestions from one another.

NAMI National "Standards for Excellence" were reviewed for best practices that we might adopt locally. Finally, ideas and priorities were identified. While time did not allow for the completion of plans, several areas of focus emerged that we want your feedback on:

Form committees and have them set goals and make plans:

-Fundraising committee: led by Barbara Scott and Dan Shortenhaus (includes the NAMI Walk, grants and partnerships)

-MHSA (Mental Health Services Act):

Led by Charles Madison to understand, influence and inform policies and programs impacting our constituents

-Outreach including Membership: Led by Kay Derrico and Roger Gregory

Other possible committees are: Volunteer engagement, peer programs and communication (including social media, newsletter, flyers, a speaker's bureau, sharing science research and information and the web).

**GLORIA HILL
TO SPEAK**

Gloria Hill, Mental Health Division Adult Family Services Coordinator and former NAMI board member, will speak to the Diablo Valley Democratic Club about the topic "Mental Health Services in Contra Costa County" at its meeting on Wednesday, June 16, from 7 to 9 p.m. at the Ygnacio Valley Library, 2661 Oak Grove Rd., Walnut Creek. The program is free and open to the public.

Gloria will have helpful information and answer questions. Information: Karen Cohen, 925-945-7272 or www.dvdems.org

Gloria has helped hundreds of NAMI members and other people during her 11 years at the county, and as program chair for NAMI Contra Costa and co-facilitator of NAMI support groups. She won the Diablo Magazine Threads of Hope award in 2002 for her advocacy work in mental health; received the Mental Health Consumer Concerns' "Family Member of the Year" award three times; and founded the nonprofit, ABN Housing. The ABN project, a residence in the county that will serve people with mental illness, is expected to open this year.

Also of priority is getting the new office located at the Crestview Healing Center up and running.

Please consider whether the items listed fit with your expectations for our NAMI affiliate. Send your comments or suggestions to:

xnamice@aol.com or to loriateller@gmail.com .

Also speak to any board member to indicate your preference for getting involved.

GENERAL MEETING

**APRIL 15
MEETING
ROCKED**

The general meeting on April 15th was a great pre-walk party. Gerald, lead singer from the DAVE MARTIN HOUSE PARTY band sang Walk the Line and other walk songs.

Laurie Williams, Walk Director, inspired the members with a dream of what walk dollars could provide us. We had a Silent Auction with a variety of items: hand crafted jewelry, wine, beauty products, nail and pedicure gift certificate. Japanese Kimono, cleaning products, piano, handy man services, and tutoring gift certificates.

We socialized, ate, sang, and danced the evening away. Many thanks to all the contributors and special thanks to Sean for signing up walkers and teams. Are you walking . . . join a team. May 22 is less than a month away. Follow the instructions to the website and follow the simple instructions.

**NAMI
WEBSITE**

The NAMI website, under the direction of Sean Kleen, has evolved into being the affiliate's most important means of communicating with the public and the members. There is an incredible amount of current, informative material there.

www.namicontracosta.org

**Health Reform Legislation's
Implications For Americans Living
with Serious Mental Illness
and
Their Families**

By Jim Lugannani

Health Reform Legislation includes items of critical importance to those with mental illnesses.

Private Health Insurance

A full range of insurance market reforms including:

- Requirements for guaranteed issue and guaranteed renewal of coverage in the individual and small group markets.
- A prohibition of pre-existing health condition exclusions as well as restrictions to severely limit the use of health status in determining premium rates.
- Greater accountability for health plans seeking to increase premiums.

Legislation will ensure health plans offered through newly created health insurance Exchanges be required to offer coverage of mental illness and substance use treatment, and comply with the new Wellstone-Domenici parity law. New coverage made available to uninsured and underinsured must equitably cover treatment for mental illness.

Medicare and Medicaid

The bill includes improvements to Medicare and Medicaid, including:

- Expand Medicaid eligibility to 133% of the Federal Poverty Level, extending health coverage to literally millions of Americans living with serious mental illness.
- Enhance Medicare Part D, including filling the "doughnut hole" coverage gap, expansion of the Low-Income Subsidy (LIS) program, additional protections for dual eligible beneficiaries and codification of legal author-

ity to ensure inclusion of all medications to treat mental illness on prescription drug plan formularies.

- Authorize a Medicaid demonstration program for emergency psychiatric services.

Long Term Care Insurance

Community Living Assistance Services and Supports (CLASS) Act is a new voluntary, public, long-term care insurance program to help people with significant functional limitations, including serious mental illness. After a contribution period, individuals determined to need assistance as a result of functional limitations would qualify to receive assistance to purchase services to maintain personal and financial independence. CLASS Act would supplement, other long-term care assistance such as Medicaid.

More detail can be found at:
http://www.nami.org/Template.cfm?Section=Issue_Spotlights&template=/ContentManagement/ContentDisplay.cfm&ContentID=96353

James (Jim) Lugannani is a Member of NAMI Contra Costa and a Financial Advisor at UBS Financial Services, Inc.. He welcomes your e-mail at:
james.lugannani@gmail.com.



E mail:
xnamicc@aol.com



BOOK REVIEW

By Dan Shortenhaus

Brave New Brain: Conquering Mental Illness in the Era of the Genome. Nancy C. Andreasen, M.D., Ph.D., Oxford University Press, 2001

Dr. Andreasen's book gives an excellent overview of how knowledge gained from brain imaging, gene mapping, and modern neuroscience is being put to use in treating mental illnesses.

Early in the book, she discusses three false dichotomies that she feels have handicapped better understanding of mental illness. The first is the distinction between mind and brain, which in the extreme, leads to stigma surrounding mental but not physical illness.

The second is drugs vs. psychotherapy. The third is genes vs. environment. The book presents a good summary of brain structure and development, as well as the functions of key neurotransmitter circuits. Advances in brain imaging and genetics are given next.

She then focuses on schizophrenia, mood disorders, dementias, and anxiety disorders before wrapping up with a discussion of future implications. Her straightforward language and attention to the history of brain research make it a very readable and interesting book.

ROSE KING PRESSES COMPLAINT

Editor's Note: In the December, 2009 of this newsletter, Rose King's MHSAs complaint was covered in detail. It is still on the NAMI-CC website. What follows is Ms. King's continuing effort to get answers.

My name is Rose King of Sacramento County. I am a constituent still waiting for California to make good on the 40-year old promise to fund community mental health.

I drove my husband to DeWitt State Hospital in Auburn, where he was turned away because they said he wasn't sick enough and they were already in the process of closing the hospital. We came back to Sacramento County and my husband died by suicide two weeks later.

During the last 40 years I have sought help for numerous other family members, for friends, and for strangers. I also worked in politics, many years in this building for legislative leaders, and I am also one of several coauthors of Prop 63.

When we wrote the proposition, we had a dozen years of model program evaluations, and two LHC reports in hand, a report of a joint legislative committee, and a brand new California mental health master plan.

The research was done—we just needed the money to fund the services—the voters delivered the money source.

I hope you want to know why the counties still cannot provide humane services. Sacra-

mento was allocated about \$140 million in MHSAs dollars thru this fiscal year, and, during the same time period, has cut the mental health system budget by about \$45 million.

They also cut off services and medications for 4,500 established clients, while they spent MHSAs dollars to create new programs and find new clients. They closed the only county crisis unit, slashed the number of hospital beds by half, and now people can spend days on a hospital gurney in ER's with no mental health personnel.

NO, it does not make sense—and I hope you want an explanation. Last year, there were at least 200 reported suicides in this county. As far as we can know, people often attempt to end their lives in order to end the pain of mental illness. And we withhold the services that often can relieve that pain—a trusting relationship with a doctor and a therapist, education and employment, medication, and social support.

We withhold treatment dollars—and then spend more money to study problems with known solutions.

The language of Prop 63—and the ballot statement of the Legislative Analyst—are very clear in promising a higher standard of service in county systems. And the standards are already spelled out. That is the law enacted by the voters.

A Whistleblower Complaint I filed on the 5th Anniversary of passage explains why I believe the state violated its contract with the electorate. The worst violations are:

FIRST, State MHSAs policy funds a dual system—there is a separate tier of quality services for new clients in new Prop 63 programs—and a lower quality tier of programs for existing clients. No one denies this.

SECOND, State policies do not

promote integration of services, and continue to waste hundreds of millions of tax dollars inventing a new, parallel mental health system, and employing an industry of planning and training consultants.

THIRD, The state and counties operate with no public implementation plan. Integration and the Systems of Care funded by Prop 63 are the subject of conferences and white papers—but NOT the center of a known plan.

Policymakers, including stakeholders, have no baseline knowledge of existing county systems. That means MHSA programs are approved completely out of context. There is no way to measure whether any program will improve the county system.

A lot of people see that this dysfunctional system opens the door to special interests and conflicts of interest.

The Department of Mental Health was sitting on \$2.5 billion in MHSA revenue at the end of the last fiscal year, according to their expenditure report; they were spending almost \$50 million in state administrative costs, including funds for 17 state agencies, and \$4.5 million for an OAC that has never produced an oversight or accountability report, nor even declared its intent to do so. If this governor wants to hijack money sitting in the MHSA trust fund, he will simply be exploiting the incompetence of his own agents.

I urge you to ask that the Joint Legislative Audit Committee request the State Bureau of Audits to investigate—and ensure enforcement of the law. Policymakers and the public deserve answers—and consumers deserve benefits. Please stop wasting money and costing precious lives. We cannot wait any longer—and we don't need any more input, we want output.

ENTRANCE REOPEN

(Continued from page 1)

Joy and Stan's crew was made up of Peggy Harris, Franklyn Lee, Stanley Pugh, Robin Beck, and Melinda O'Day.

The project is a development of the system change process which has been working with a committee, the Healthcare-Partnership under the direction of Lynnette Watt.

The change process uses the "Lean Management" principals innovated by Toyota and then adopted by many major corporations around the world. It's fundamental principal is "continuous, incremental improvement" and that is what has been happening at the CCRMC (Contra Costa Regional Medical Center).

MAY DONATIONS

Donations

Phillippa Heathcock
William Watsky
Tom and Mary Brown
Abby Cane

Donations

Roger Gregory
Heather Quisenberry
Lori Teller

Through: Chevron Humankind
Employee Funds

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, June 1, 2010
 7:30 pm Hillcrest Church,
 404 Gregory Lane, Pleasant Hill
 You can download a map from the website
 925-676 5771

Stamp

Two June Fundraisers June 23, Wednesday, All Day
Red Robin Johnny Rockets
 Red Robin, 404 Sun Valley Mall, Concord, (925) 671 9315
 Johnny Rockets, 301 Sun Valley Mall, Concord, (925) 798 8335
At Sun Valley 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
 94521
 E mail: xnamicc@aol.com
 This Monthly Newsletter is Published by: NAMI
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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