



# Contra Costa

## Contra Costa's Voice on Mental Illness May, 2011

The NAMI Contra Costa Newsletter is available on the web at: [www.namicontracosta.org](http://www.namicontracosta.org)  
E mail: [xnamicc@aol.com](mailto:xnamicc@aol.com)

### NAMI Walk 2011

Saturday, May 21  
Golden Gate Park

By Dan Shortenhaus

The 2011 San Francisco Bay Area NAMI Walk is Saturday, May 21, and its not too late to sign up for this great event.

Check-in begins at 9:00 am and the walk starts at 11 am. The walk starts and ends at Lindley Meadow in San Francisco's beautiful Golden Gate Park. If you don't feel you can walk the full 5 K, there is a shorter route you can take. Afterwards, we will have a wonderful picnic in Lindley Meadow.

The NAMI Walk is the primary fundraiser for all the NAMI Contra Costa programs we value so much, such as Family to Family, Peer to Peer, In Our Own Voice, Crisis Intervention Training, and the many support groups. Even if you can't make it on May 21, you can be a virtual walker or donate to any Contra Costa walker or team. Walker registration and donations are done through the website:

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

We really need the support of every NAMI Contra Costa member to help us reach our goal of \$40,000 this year.

(Continued on page 4)

### COUNTY HOSPITAL CCRMC PATIENT FAMILY PRESENTATION

The CCRMC Improvement Academy held a special session May 5.

It was part of a group of presentations that were given simultaneously around the world. They were given in the U.S, England, Ireland, Scotland, Wales and New Zealand.

The goal was for the



Anna Roth Teresa Pasquini attendees to learn about the "Triple Aim" program developed by the Institute for Healthcare Improvement.

The program has three areas of focus: Health of a Population, Experience of Care and Per Capita Cost. They are shown on the icon on page 4.

The featured speaker was Dr. James Mountford, the Director of Quality for the University College of London.

(Continued on page 4)

**MAY**  
General Meeting  
Thursday  
May 19, 2011  
7:00 PM

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

Speaker

**Robert Jaffee.**  
Los Angeles Times Journalist  
(See article on page 3)

Topic

Shedding Stigma of the "Psycho Straitjacket."

Location:

John Muir Medical Center  
Concord Campus

2540 East Street, Concord

925-682 8200

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

**BUDGET 2011-2012**

**BUDGET  
PASSED**

**\$1.6 MILLION  
TRIMMED FROM  
MENTAL HEALTH  
BUDGET**

See Article on Page 5

## **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 Kay 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 95-957 5104  
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**

1st 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

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Website: namicontracosta.org  
Phone: 925- 465 3864  
Fax: 925-474 1444  
Newsletter Deadline: 20th of Each Month

**PRESIDENT'S COLUMN**

By Al Farmer

Preparations for the NAMI Walk got off to a good start with the bay wide Team Leaders Luncheon on March 31st, 2011 and the NAMI Contra Costa Walk kickoff and fundraiser at our general meeting on March 17th. Both functions were very successful.

The walk fundraiser was well attended with live music, refreshments and great raffle prizes including a silent auction.

We raised about one thousand dollars at the fundraiser. We congratulate all the hard workers who organized and conducted this event and we are especially grateful to the chairman and master of ceremony of the event, Dan Shortenhaus.

The clock is ticking, leading up to the Bay Area NAMI Walk on Saturday May 21, 2011 at Lindley Meadow in Golden Gate Park.

Last year's walk had about two thousand participants. This year NAMI Contra Costa will host a special picnic. So don't miss out on this wonderful opportunity to support NAMI and mental health.

This is NAMI Contra Costa's major fundraiser to fund all of our free programs throughout the year.

We look forward to seeing you at the park to share in the enjoyment of this special event! Please mark your calendars and save the date.

**General Meeting**

May 19, 2011

Shedding the stigma of the "Psycho Straightjacket."

Speaker: Los Angeles Times Journalist, Robert Jaffee.

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

June 16, 2011

The new Federal Health Care Law and you. Presented by Health Access and the Unitarian Universalist Legislative Ministry.

Note: The General Meetings are the third Thursday of each month. They are held at the John Muir Medical Center, Concord Campus. They are usually held in the meeting room Concord 1.

There is an informal social hour from 6:00 pm to 7:00 pm and the meeting begins at 7:00 pm.

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

925-942 0767

**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

**NAMI Board Meeting**

2nd Thursday of Each Month  
May 12, 2011  
7:00 to 9:00 pm  
Crestwood Healing Center  
550 Patterson Boulevard, Pleasant Hill

## PATIENT FAMILY PRESENTATION

(Continued from page 1)

Dr. Mountford made the point that Americans don't use the healthcare system more than other countries. They just pay a lot more. In some cases they pay 30% to 40% more.

He showed where England doubled their healthcare costs in recent years while the productivity remained the same.

The IHI stresses Involving Patients as a Path to Achieving the IHI Triple Aim which is shown below. The term "patient involvement" was stressed as a paradigm shift. (Note the cartoon on page 5.)

CCRMC began this paradigm shift with the Kaizen Weeks which began 18 months ago and has led to the Healthcare Partnership group which is working in this area.

The University of Minnesota's Bill Doherty was quoted: "The greatest untapped resource for improving healthcare is the knowledge, wisdom and energy of the individuals, families and communities who face challenging health issues in their everyday lives."

The other three speakers were Sharon Madison, Teresa Pasquini and Anna Roth the CEO

of the hospital. Sharon and Teresa told their stories of the challenges in managing a psychiatric case in a broken system. Between the two of them, they have over 40 years in advocating for their sons. Both sons have had extensive experience with the CCRMC.

Both of them have told their stories to various groups in the mental health field and more important, to groups outside the field. They strive to educate others about the pain and problems serious mental illness brings to a family.

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## FREE CLASSES ON MENTAL ILLNESS

NAMI'S Family to Family classes will begin again Wednesday, May 25, 2011.

The classes have graduated nearly 1000 people since they started 8 years ago.

They cover the disorders, the treatments, the medications and helpful approaches to the difficult situations. For information:

xnamicc@aol.com or  
925-676 5771

# NAMI Walk 2011

(Continued from page 1)

If you have any questions or would like to volunteer for a job on walk day, please contact Dan Shortenhaus at (925)943-1704 or e mail

calhaus@astound.net.

A hearty thank you goes out to all those that attended the March NAMI Walk Kick-Off Party. We had a great evening and raised over \$1000, which provided a NAMI Walk sponsorship from our affiliate.

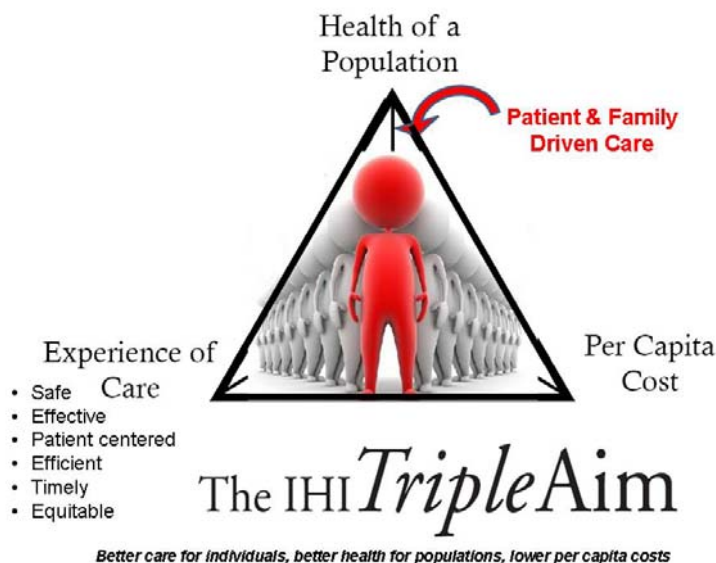
Special thanks go out to those businesses or individuals that donated auction items and raffle prizes for the event. They were Natural Nail Care, Kelly Ann's Day Spa, Alicia Klein Leather Goods, Cheesecake Factory, Secret Garden Salon, Sunrise Bistro, Powell's Sweet Shoppe, Mira Vista Golf Club, Hyatt Summerfield Suites, SF Museum of Modern Art, Sinful Bliss Cupcakes, Round Table Pizza, Charles and Sharon Madison, Al and Sue Farmer, Lori Teller, Sonia Miller, Susan Horrocks, Deborah Fruchey, Barbara Scott, Kay Derrico, and Merry Gregg.

## Help needed on day of Walk

To help with registration or along the Walk route, contact Dan Shortenhaus at (925) 943-1704 or

[calhaus@atound.net](mailto:calhaus@atound.net).

To sit at our affiliate's information table for an hour, between 9 and noon, leave your name and contact information at the NAMI CC Office (925) 942-0767. Directions to the Walk are on the next page, column 1.



# MONTHLY PICTURE REPORT

The NAMI monthly newsletter is being expanded to be a 12 page publication. The extra four pages will appear only on the website and not in the hardcopy version.

There will be an opportunity to feature pictures of interest which will have the advantage of being in color.

Last month they showed the NAMI office party, the CIT training which some of the officials that NAMI works with.

To visit the NAMI website:

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

Scroll past the first eight pages to the four pages of pictures.

## NAMI Walk 2011

# HOW TO GET THERE

Coming from Contra Costa County:

1. Coming off the Bay Bridge take the 9th Street exit.
2. Go to Van Ness Avenue.
3. Once on Van Ness, go to Geary Avenue, turn left
4. Stay on Geary to 30th, turn left.
5. Enter park and Lindley Meadow will be straight ahead.

The Walk's location has changed. In previous years it was at the Speedway Meadow.

This years location will be at Lindley Meadow. Check in begins at 9:00 am. Join a team or create one.

## BUDGET 2011-2012

# BUDGET PASSED

## \$1.6 MILLION TRIMMED FROM MENTAL HEALTH BUDGET

Almost \$50 million was cut from the county's \$1.2 billion budget. \$1.6 million of that will come from the Mental Health Division. This is the 8th year the division's budget has been cut. In the fiscal year 2011-2012 its budget will be around \$150 million.

In a Contra Costa Times on April 23, 2011, article Supervisor John Gioia (District I) said, "Three main factors have contributed to our budget crisis: declining property tax revenues, increasing employee compensation and benefit costs, and a dysfunctional state-local fiscal relationship."

Suzanne Tavano, Assistant Director of the Mental Health Division said that some of the savings will have to come from not replacing some of the six senior managers that are retiring in June and July.

Mark Peterson, elected District Attorney last November, argued vehemently before the Board of Supervisors that the cuts to public safety were disproportionate and unfair. They will lose \$23 million and 82 positions.

Peterson told NAMI that the county should use some of the reserve funds to ease the strain. He also said they should hold the budget hearings in the evenings so ordinary citizens could offer input.

Supervisor Gioia explained that for every dollar the county spends on health and human services, it receives \$4 in state and federal dollars. So a \$1 million cut really amounts to a \$5 million loss to the county. That is certainly a very influential factor in determining where the Supervisors make the cuts.

The Sheriff's Department may have to lay off as many as 40 deputies. That will mean that emergency calls will not have as quick a response time as is currently the case.

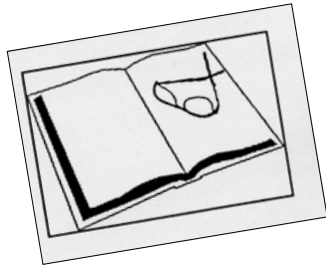
Peterson argued that "you want a Rolls-Royce in public health, and we can only afford a Honda Accord."

There will be a follow-up article on the budget issues in the June newsletter.

## Patient Involvement: a Paradigm Shift



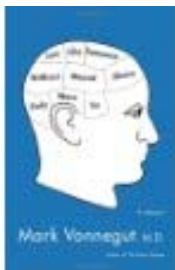
When we want your opinion, we'll give it to you.



**BOOK REVIEW**  
By Mark M. Cohen

**Just Like Someone  
Without  
Mental Illness  
Only More So:  
A Memoir**

By Mark Vonnegut M.D.



Hardcover: 224 pages, \$16.15,  
Paperback scheduled September  
27, 2011. Publisher: Delacorte  
Press (October 5, 2010)

Mark Vonnegut, son of Kurt Vonnegut, Jr., is a renowned pediatrician and physician of Adolescent Medicine. He received his M.D. at and is affiliated with the Harvard Medical School\* despite being affected by dual diagnosis schizoaffective disease.

He required three hospitalizations in his twenties and one fourteen years later during which he was taken to the hospital where he worked, (finding himself greeting colleagues while tied to a gurney).

Nevertheless, he still maintains a hopeful outlook: this isn't just a memoir about the very bad periods in Vonnegut's life.

**Would you like to be a presenter for *In Our Own Voice*?**

Training for additional presenters for this in-demand program is being scheduled for August, 2011. If you are interested in applying for this upcoming training, contact *In Our Own Voice* Coordinator Alita VanHee at (925-324-9844) or [alitavanhee@gmail.com](mailto:alitavanhee@gmail.com). Also, applications can be mailed to you by leaving a message at the NAMI CC Office (925) 942-0767; or you can drop by the office and pick one up.

*In Our Own Voice* is a nationally acclaimed program that helps audiences understand mental illness and the recovery process. NAMI CC made over 70 presentations last year alone. Stephen Hinshaw, Psychology Department Chair, UC Berkeley, highly recommends *In Our Own Voice* as a powerful tool for combating stigma.

The book also serves as an uplifting and honest look at the choices he made, in spite of the possibility of regression.

He believes that “None of us are entirely well, and none of us are irrevocably sick” while demonstrating how to be “comfortable with the uncomfortable.”

In a note, explaining the title, he writes:

“When I talk to the National Alliance on Mental Illness (NAMI) and other patient groups, I take questions at the end. At one talk I was asked, “What’s the difference between yourself and someone without mental illness?”

At another talk I was asked, “How do you make the voices be not so mean?”  
“I wish I knew.”

\* Interestingly, of twenty programs he applied to, this was his only acceptance.

**MORE EMPHASIS  
NOW ON MENTAL  
HEALTH CARE**

by David Gorn

The California Senate Office of Research released a new policy brief this week that outlines some of the new ways mental health issues will need to be handled in California.

The brief laid out several developments in mental health care:

- Starting in 2014, private health plans will need to cover mental health.
- Health plans will be required to provide coverage for substance use disorder treatment by 2014.
- As part of a shift of responsibilities to county governments, Medi-Cal patients in most counties with serious and persistent mental illness or serious emotional disturbances are now typically referred to county care, at county mental health departments; and poor, childless people without disabilities had been ineligible for Medi-Cal, but now will qualify for health benefits.

Some of the details of caring for patients with mental health issues still need to be worked out, the report said. States will be responsible for defining the scope of these benefits within established federal guidelines, which have not yet been released.

According to the report, 20% of California adults suffer from some kind of mental disorder and one in 25 California adults shows signs of a serious mental illness.



**Next Peer to Peer starts Saturday, June 25.**

To obtain an application for this free, 10- week recovery education course for adults with mental illness, drop by the NAMI Office (550 Patterson Blvd., Pleasant Hill); leave a message at the NAMI Office (925-942-0767) requesting an application be sent to you; or contact mentors/teachers Stacey Hoskins (925) 497-4712 or Michael Aiman (925) 497-0711.



**MAY DONATIONS**

In Memory of

Dayna Alpin **Neish**  
Died January 2011

From: Eleanor and Dale Kramer

Donation

Edward G. Bartholomew

**New Century Club Members:**

Linda and Barry Miller

Donations

Roger Gregory  
Mary T. Lavagnino  
%Chevron Humankind Matching Gift Program

NAMI Newsletter

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sktuarim@gmail.com

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dk1229322aol.com  
925676 5771

**DONATION FORM**

Make check payable to NAMI-CC  
Mail to: Treasurer, NAMI-CC  
P.O. Box 21247, Concord, CA. 94521  
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**NEXT MONTH**

- “There’s a new Sheriff in town.” There will be an article on our new sheriff, David Livingston, in the June issue.
- There will be an update on the new website: 5150crisis.com
- Information on the NAMI California August Conference.

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, May 16, 2011, 7:00 pm to 8:30 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