



# NAMI Contra Costa

*The Family's Voice On Mental Illness*

**NOVEMBER, 2004**

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

# Vote! NOVEMBER 2

## PROP #63 LEADS

The General Election on November 2 will be the most important election in history for the Mental Health System in Contra Costa County.

It will be the final hurrah in the efforts to pass this historic proposition which has taken the name "Mental Health Services Act".

The Mental Health System, the orphan child of the Health Care System, would receive an ongoing injection of funds that would amount to as much as \$700 million, with the matching federal funds, more than \$1 billion annually statewide.

It is critical that this proposition pass. Anyone interested in the well being of the Mental Health System will certainly make it to the polls and vote for the measure. They also must get several other registered voters to the polls and make certain they vote for Proposition #63.

## BILL SHINN RUNNING FOR CONCORD CITY COUNCIL

Bill Shinn, NAMI-CC member and former member of the NAMI Board of Directors is running for the Concord City Council.

Concord is the largest city in Contra Costa County. Smaller communities are frequently influenced by what policies Concord adopts. It would be a real step forward for the Mental Health Community to have a person on the City Council that is knowledgeable about the ongoing problems in the Mental Health field.

Bill is a U.S. Navy veteran and a 47 year Concord resident. He graduated from Mt. Diablo High School and local colleges, obtaining a

(Continued on page 5, column 1)

## NOVEMBER

### General Meeting

November 11, 2004

7:00 pm

**Note: This is not the regular third Thursday date. Check your Calendar accordingly.**

### GUEST SPEAKER

#### Dr. Aaron Chapman

Medical Director  
South of Market Clinic  
San Francisco

#### Topic

The Intractable Problem of the  
Dual Diagnosis

For More Information See Page 3

#### Where:

Mt Diablo Medical Center  
(Go to the website for map)  
[www.namicontracosta.org](http://www.namicontracosta.org)

2540 East Street, Concord  
925-682 8200

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## 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, 7:15-9:15 p.m., John Muir Hospital, Downstairs in the Stern Conference Room.. The group is facilitated by Dr. Mary Staunton and Gloria Hill. Dr. Mary Olowin is on leave. There is also a support group for young consumers which is led by Katie Roberts. It is an excellent group for younger consumers. Call: 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

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

Contact: Russell or Donna White E mail: russsdonnawhite@sbcglobal.net 925-455 6901

#### **CONSUMER RUN BIPOLAR SUPPORT GROUP**

Where: 1420 Willow Pass Road, Concord. 2nd floor

When: Every Monday, 7:00 pm to 8:30 + pm

Contact: Colette O'Keeffe 925-646 5624- 925-646 5788

#### **TRI-VALLEY BIPOLAR (Consumer Run)**

Manic Depression Support Group

Wednesdays, 7:15 pm to 9:00 pm

St. Claire's Episcopal Church, Pleasanton

Krista Radojevich 925-462 1248

#### **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

#### **ALANON SUPPORT GROUP**

For those supporting one who is dually diagnosed

Wednesdays 7:30 to 9:00 pm

Holy Shepherd Lutheran Church

433 Moraga Way, Orinda

Contact Kay: 925- 933 4012

#### **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

When: The 2nd Monday of every month at 7:00 pm

Where: Lafayette Orinda Presbyterian Church, Rm. #4

E mail: newhopelopc@hotmail.com or 925-934 1216 (Nancy)

### **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 marilynchap@aol.com

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

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<b>Doris Watson,</b>	<b>Family to Family</b>
<b>Veronica Vale</b>	<b>NARSAD</b>
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**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**

# **PRESIDENT'S COLUMN**

*David Kahler*

The vote on November 2 will historic for the Contra Costa Mental Health System. The additional funds that Proposition #63 would yield would have been badly needed before the budget cuts of last spring. Since those cuts were made, the need has become critical.

As Darrell Steinberg has said so forcefully "This opportunity will not occur again in our life time." I plea with you to not only go to your local polling booth and vote for Proposition #63, but also make certain that you get four other of your friends and neighbors to do the same.

\*\*

For those that live in Concord you have the easy choice of selecting Bill Shinn for the Concord City Council. As the article on page 5 makes the point "Rarely does the City Council have the opportunity to have a member that has the depth of successful experience that Bill Shinn." Get your friends to join you in electing Bill to the Concord City Council.

\*\*

At NAMI-CC we have the exciting development of creating an entirely new educational program that will become available early next year. After making a careful survey of what is available on the market, we decided to create the program ourselves. NAMI-CC has an incredible wealth of talent that should be more than able to create an effective program tailored to the needs our local population.

\*\*

Do yourself an important favor. Make certain that your e mail address has been sent to:

xnamicc@aol.com

You can be assured that no other organization will ever have access to your address and it only be used to send you important and relevant information. NAMI-CC has purchased the software to make these mailings practice and effective.

# **DR. AARON CHAPMAN SPEAKS ON DUAL DIAGNOSIS**

The featured speaker at the November General Meeting will be Dr. Aaron Chapman, the Medical Director of the South of Market Clinic in San Francisco.

He has had considerable experience in dealing with dual diagnosis. He will address that subject and take questions from the floor.

He treats the whole range of psychiatric disorders, from bipolar to schizophrenia. This will be a real opportunity to get specific questions asked and answered. He gave the workshop at the NAMI California Conference in August and had one of the best received of the many workshops. His presentation is graphically illustrated, making the points very easy to follow.



Dr. Aaron  
Chapman

Dr. Chapman received his degree from Temple University in Philadelphia and then trained in psychiatry at the Stanford University School of Medicine.

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## **YOUR E MAIL ADDRESS**

Frequently events and happenings are occurring at times that the monthly newsletter cannot cover in a timely manner.

If you make certain that your CURRENT e mail address is on file at:

xnamicc@aol.com

You will receive notices and information you can get no other way. It is the instant way to receive timely, local information.

# TREATING MENTALLY ILL PRISONERS

From the New York times

With roughly one in six inmates suffering from mental illness, the American prison system has evolved into a mental institution by default. Mentally ill prison inmates receive little or no help while they are locked up, rather they are usually dumped onto the streets with neither treatment nor medication when their sentences are finished. It should come as no surprise that large numbers quickly end up back behind bars.

For psychotic inmates, psychiatric care is particularly poor. A recent study in New York found that nearly a quarter of the inmates in disciplinary lockdown, are confined to small cells for 23 hours a day and were mentally ill. Their symptoms worsened in isolation, and many tried to commit suicide.

Curbing recidivism means treating the mentally ill while they are still in custody. The optimal solution would be to extend public health services right into the jails and prisons, so inmates can begin drug and therapy regimens the moment they walk into custody.

The Mentally Ill Offender Treatment and Crime Reduction Act, which has now been passed by both houses of Congress, falls short of this ideal, but it moves national policy well along in a fruitful direction. The version of the bill passed by the Senate proposed spending \$100 million for a variety of programs that would train law enforcement officers to work more effectively with the mentally ill and would bring mental health programs into the juvenile justice and adult corrections systems. Many in Congress favor diverting some mentally ill people into so-called mental health courts, which would oversee treatments and ensure that such people comply with therapy regimens and actually take their medications. The House agreed to go along with the bill, but only if the funds were to be cut by half.

(The above was taken from an editorial in the New York Times.)

# HUD'S \$300 MILLION DISASTER

## UNNECESSARY CUTS TO SECTION 8 PROGRAMS

By Lynda Carson

Housing and Urban Development (HUD) is again under fire lately for its under-handed schemes to dismantle the Section 8 program by under funding housing agencies across the nation.

Since HUD's Secretary Alphonso Jackson took the helm in March of 2004, one intentional disaster after another has undermined the Section 8 program that serves nearly 2 million people across the nation.

A recent survey published on October 11 revealed that the nation's housing agencies are short \$93 million to fully fund the Section 8 program, and that 52,000 families will be forced to pay higher rents as a result, according to housing officials. 27% of the nations housing agencies had to raise the rents by as much as 9% on their Section 8 tenants as a means to cover the latest funding shortfalls.

In addition, the National Association of Housing and Redevelopment Officials (NAHRO) have assailed HUD for diverting over \$300 million from the Section 8 program in a complicated guideline scheme.

In essence, the results of the survey reveal that HUD is intentionally over funding some of the nation's housing agencies by as much as \$300 million, and that the over funding is being returned to the Treasury Department.

The insanity of the scheme results in a strange process where Congress fully funds the Section 8 program, but HUD has found a way to funnel hundreds of millions of dollars directly back into the Treasury Department where it ends up being diverted elsewhere.

(The above article was excerpted from the Bay News Wire October 19, 2004)

YOUR REPRESENTATIVE IS:

George Miller  
925-602 1880

1333 Willow Pass Road, Concord, CA, 94520

# LAWYER'S COMMERCIALS HIT A NEW LOW

*Lawyers have been running TV commercials to attract users of anti-psychotic medications to join a Class Action suit with the result that some consumers have stopped their medications taking the TV messages as the authority.*

By Beth Musgrave  
Biloxi-Sun-Herald

Mental health advocates want Mississippi television stations to quit airing an advertisement that has prompted some mentally ill patients to stop taking their medications.

The commercials are typical for a mass tort case. Patients who take Zyprexa and Risperdal are told that if they have experienced various side effects they may be eligible to participate in a lawsuit. A phone number follows.

But these are not typical drugs.

Zyprexa and Risperdal are used to treat patients with hallucinations, delusions and paranoia. Both drugs are approved for patients with schizophrenia and bipolar mania.

People see these ads and they think that they are bad for them, so they quit taking them," said Teri Breister, executive director of the National Alliance for the Mentally Ill in Mississippi. "Many of these people don't want to take their medications anyway. They are looking for reasons not to take them."

But lawyers who are sponsoring the commercials counter that all patients, especially the mentally ill, need to know about the possible side effects of a drug.

(This article was taken from the Biloxi Sun-Herald)

Editor's Note: If one of the lawyers mentioned above had a loved one who was fighting the battle of finding a medication that could restore some type of order to his or her life and realized how difficult it is to guide such a person, he might just rethink his quest for the huge settlement.

## THEATER REVIEW

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# BILL SHINN RUNNING FOR CONCORD CITY COUNCIL

(Continued from page 1)

Masters Degree in Public Administration.

He retired from the County Sheriff's Office in 1998, after 29 years of Public Safety service. As Commander, he was responsible for the County's \$40 million detention system with its 400+ employees and over 1700 inmates. He was at the same time responsible for the security of the courts and judges.

Bill has been married to his wife Gail for 35 years and has two grown daughters and four grandchildren.

He has had experience in representing labor in contract negotiations and has served on the advisory committee for Police and Jail Standards and Training.

Shinn is Chairman of the County Parole Commission and also represents Sheriff Rupf on the County Mental Health/Criminal Justice Policy Committee. He has also served on the Concord Planning Commission.

Rarely does the City Council have the opportunity to have a member with the depth of successful experience that Bill Shinn has.

NARSAD Artworks purchases artwork of consumers of mental health services and then sells the greeting and Christmas cards at all NAMI meetings. The proceeds from the sale of the cards goes into the research of schizophrenia, bi-polar, and depressive disorders.

Veronica Vale handles the NARSAD Artworks for NAMI-CC.

## SIDE BY SIDE.

A Journey With Depression Side By Side is a one man show written and performed by Brian Wetzel and directed by Lizann Bassman.

Brian Wetzel has over fifteen years of experience as a comedian, speaker, and lecturer. He spent a number of years teaching comedy traffic school for the Improv Comedy Club. He has also planned and led regional camps, conferences and retreats for junior and senior high youth and adults.

Brian also has twenty years of experience with clinical depression. In this show Brian takes his audience on a unique journey of laughter, painful truth, and finally hope. By walking side by side with the affliction, he finds a way to keep surviving, keep learning, and keep living. It is sometimes funny, sometimes poignant and always a real story of survival.

This show is for anyone who's ever dealt with depression or known someone who's struggled with depression. Due to mature themes, this show is not appropriate for children or young teens.

Upcoming performances are being scheduled for Northern California, and hopefully there will be one scheduled for Contra Costa County this coming year.

For more information contact:  
**www.frontporchspirit.com**  
Brian Wetzel at Wetzel Productions:  
**707.569.9690 or**  
**Camcaz@sonic.net**  
Lizann Bassman at: **707.829.1872**  
or **jefflizann@earthlink.net**



## NAMI-CC CELEBRATES 26TH ANNIVERSARY

NAMI-CC celebrated its 26th year serving the mentally ill Sunday, October 10 at the Concord Hilton. The dinner was well attended and featured a program that began with Kay Derrico describing the origins and early years of the affiliate.

This was followed by our senior Supervisor Mark DeSaulnier who after a few remarks, introduced Senator Tom Torlakson, who in turn introduced the voice of Proposition #63, Assemblyman Darrell Steinberg. The reception of the audience to their message shook the room.

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### In Our Own Voice

"Living with Mental Illness"

This program transforms and empowers persons with brain disorders, who have been hospitalized and told by others that there is no hope for a better and fuller life, into public speakers, who tell their stories in a way that touches the hearts and changes the minds of their audiences.

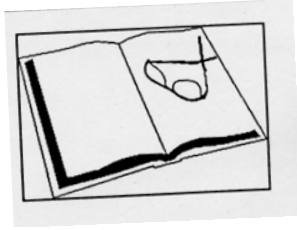
The presentations create an awareness in society about what is involved in recovery. They are powerful anti-stigma tools and offer opportunities for consumers to gain self-confidence and income. They are living proof that recovery from a serious mental illness is a reality.

The presentation and video take about 1 1/2 hours, leaving plenty of time for Q&A.

If you have any suggestions of audiences, like health care providers, consumer groups, faith communities, law enforcement officials, students and any community or civic organizations who may be interested in learning about mental illnesses and recovery; please contact: Chet Watson,

WATSONCORD@aol.com or  
call NAMI-Contra Costa

## BOOK REVIEW



*Mae Bragen, Librarian*

**Taking the Mystery Out of Medications,** A Guide for Parents and Non-Medical Professionals in Autism/Asperger Syndromes. By Luke Tsai, M.D. 164 pages with an appendix of 224 pages. \$39.95 is the price on the back cover, but it is usually available for less.

This is a wonderful book about medications and their use in general. The author makes the point that those with autism usually suffer a whole host of other disorders in varying degrees. Such as:

- ... Some 60 % had poor concentration
- ... 40 % were hyperactive
- ... 37% had obsessive phenomena
- ... Up to 74% had anxiety or fears
- ... 44% showed depressive mood
- ... 11% had sleep problems
- ... 43% a history of self injury
- ... 8% had tics

The author takes on the question of "is there a treatment that offers hope?"

He explores the uses of Magnetic Resonance Imaging (MRI) and PET's to investigate brain structures and brain cell function. His conclusions are conservative. He points out that the medications control the symptoms but do not cure the disorder. He says Improving the symptoms will also improve the patient's response to other forms of intervention. Rational use of psychotherapeutic medications will enhance the individual's ability to participate in educational, social, vocational and family settings.

The book takes the reader through exercises like the Pre-Medication Treatment Assessment. It provides samples of the charts and how to effectively use them.

(Continued in the next column)

## EASILY DISTRACTED DISORGANIZED MAYBE IT'S ADHD

Are you smart, but just can't seem to get organized? Easily distracted, or have trouble paying attention to conversations? For many, these may be symptoms of Attention Deficit Hyperactivity Disorder, or ADHD. ADHD starts in childhood, and can continue as an adult. ADHD affects relationships and productivity at work and at home.

Medical researchers nationwide are currently conducting a research study to learn more about an approved medication for Adult ADHD. If you are between the ages of 18 and 54 and assessments confirm ADHD, you may qualify to participate. All study medication and study-related procedures are provided at no cost.

Bay Area Research Institute  
Lafayette, CA  
(925) 283-9006  
info@bayarearesearch.com

Dr. Tsai gives much good advice like this: "When using psychotherapeutic medications, the ideal strategy is to achieve the maximum therapeutic response with a *minimum* dose of medication and minimum side effects. To accomplish this, the parent plays an important role in making sure the child takes his medication as recommended. . . Carefully monitor the treatment to ensure the desired effect of the medications, as well to prevent or detect the early signs of side effects that may impact behavior or learning.

Dr. Tsai is a scholar, researcher, teacher and friend of individuals with autism and related disorders. His academic achievements and responsibilities are very impressive. He is a Professor of both Psychiatry and Pediatrics at the University of Michigan Medical School. This is a very worthwhile book.

## BITS AND PIECES

### The reason for the dilemma

is that the scandal of the dysfunctionality of America's Mental Health System is a dirty little secret. The majority of families do not have a family member who suffers from a mental illness, so they know next to nothing about the problems. When it comes time to vote, it is not on their radar screen. It is not an issue with them. So it continues to be good copy for newspaper reporters and TV dramas, but no real progress is made.

(Dr. John Munson, University of Maryland)

### If just a small part of the

public were aware of the hell that life is for a mentally ill person in custody, they would be marching in the streets, stoning their congressman and not stopping until the system puts ill people in appropriate facilities. A person with a psychiatric disorder should be in a psychiatric facility, by definition. In most communities, the jail or prison is the largest mental hospital in the area. No one planned it that way which is why it does not work. It was never planned. Not in the last century or the one before that. And until it is planned and funded we will continue to have this hell on earth for a mental health system.

(Hod Myers, Mother Jones Magazine)

## DONATE A CAR

Get the generous tax deduction and help the mentally ill. NAMI will handle the smog, the DMV and the classified ad hassle. One call does it all! xnamicc@aol.com or 925-676 5771 or 925-567 6109.

## LETTERS TO THE EDITOR

NOTE: Below is a letter Dr. Wassermann sent to the Editor of the Oakland Tribune on behalf of Proposition #63.

Dear Editor:

I am responding to your editorial of 10/19/04 "Proposition 63: Good Idea, bad tax". (In the Oakland Tribune)

You have reported the arguments pro and con fairly. You then added arguments of your own to the effect that taxing the rich is the wrong way to run government and that there has to be a better, more equitable way. May I point out that the rich always pay a higher percentage of their income in taxes.

Others have pointed out that the government agencies have never supported mental health services adequately and that mental health services almost always are cut disproportionately because mental health advocates don't have the constituency or the money to compete with the advocates for other public needs. Under these circumstances the mental health system would have to wait forever for adequate funding.

Remember, the "mental health system" is people in distress, people left out of society. The rich do have a responsibility to help them and indeed, many of them already do through charitable contributions

Franz W. Wassermann, M.D.

NOTE: Dr. Wassermann has been a psychiatrist in Contra Costa County for over 50 years.

### COMMENTS

Comments for the newsletter should be sent to:

E mail: xname@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.

## MARK YOUR CALENDARS! SAVE THE DATE

WHAT:

THE FIRST EVER!

NAMI WALK SAN FRANCISCO  
BAY AREA

WHEN:

MAY 21, 2005

WHERE:

GOLDEN GATE PARK,  
SAN FRANCISCO, 10.00 AM

WHY:

TO PROMOTE AWARENESS,  
RAISE MONEY & REDUCE  
STIGMA

WHO:

FAMILIES AND FRIENDS OF  
NAMI, CONSUMERS AND  
CORPORATE TEAMS  
FOR MORE INFORMATION

WRITE:

CHET WATSON AT  
PASTPRESNACA04@AOL.COM  
OR CALL 925-682-7195.

EMAIL LIST IS BEING COMPILED  
FOR WALK UPDATES, SEND  
YOUR EMAIL ADDRESS TO  
ABOVE EMAIL ADDRESS

## SPEAKERS BUREAU

We are inviting you to join our Speakers Bureau which is part of the Contra Costa County Mental Health Campaign to Address Discrimination and Stigma. You can make an impact by speaking against discrimination and stigma of people who have mental health problems.

The Speakers Bureau mission is to educate the public about mental health problems and mental health recovery. Also, we want to educate the public by humanizing the experience that people with mental health disabilities are more like rather than different from everyone else.

Please join our all out effort to make a difference! If you are interested in joining the speakers bureau, please call Anna Lubarov, Chair at:  
(925) 957-5142.

## NOVEMBER DONATIONS

IN MEMORY OF:

**Matt Buscemi**

From;

**George Smallman & Family**

An Ongoing donation from:

**Monarch Mechanical**

Also:

**Sam Beal  
Chet Russell**

## 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: \_\_\_\_\_

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

**NOVEMBER MEETING**  
**Date changed from the regular third Thursday  
to the second Thursday, November 11, 2004,  
due to a scheduling conflict at the hospital.**

Stamp

## 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](mailto:xnamicc@aol.com) for instructions

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Affiliated with NAMI National and NAMI-California

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