



NAMI Contra Costa

National Alliance On Mental Illness

Contra Costa's Voice on Mental Illness **NOVEMBER, 2008**

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

YOUTH CENTER OPENS IN RICHMOND

The RYSE Youth Center in Richmond opened its doors Saturday, October 18, 2008. RYSE is the acronym for Richmond Youth Student Empowerment.

John Gioia, Supervisor, District I, was on hand to celebrate the fruit of eight years of planning and work to create the much needed Youth Center for the Richmond area.

Planning started eight years ago when a rash of youth-related shootings galvanized the community to stop the violence by addressing the root causes.

RYSE took a giant step towards becoming a reality when in 2005, Supervisor Gioia located the vacant county building and committed the former Public Defender's office



John Gioia
Supervisor, District I

(Continued on page 4)

Legislative Analyst SYSTEM FUNDED AT 45% OF THE NEED

It was stated at the Mental Health Commission October meeting that the California mental health system is currently funded at about 45% of what is actually needed to help those suffering from a mental illness.

The report was discussing the mental health system state-wide. In Contra Costa County there have been five major cuts in seven years, amounting to \$25 million, causing clinic closings and staff layoffs.

GENERAL MEETING DEPRESSION SADNESS

Anne Mabee will be speaking about clinical depression and sadness in adolescents and adults. She will help us to detect the sometimes difficult to discern differences between the two and when to seek professional assistance. Depression touches more people and affects more lives than any other form of mental illness.

You can e mail questions in advance and they will be
(Continued on page 5)

General Meeting NOVEMBER

Thursday,
November 20, 2008
7:00 pm

Speaker

Anne Mabee

Topic

Depression
How It Differs from Sadness
Symptoms in Adolescents and Adults

What to Do

(More Information in column 2)

Come early (6:30 pm) and talk with the various programs that may be able to help you or you may be able to help them.

Location

John Muir Medical Center
Concord Campus
(Note: Formerly Mt. Diablo Medical Center)

www.namicontracosta.org
E mail : xnamicc@aol.com

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, 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: dk122932@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 Stern Conference Room. The group is facilitated by Dr. Mary Olowin and Gloria Hill.

Call: Gloria Hill 925- 957-5146.

NAMI Tri-Valley

2nd Monday of each Month: 7:15—9:00 pm Livermore Public Library, 1188 S. Livermore Ave., Livermore.

Contact support facilitator Marsha McInnis, marsha@nami-trivalley.org or 925- 980 5331

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

Contact Russell or Donna White. russdonnawhite@comcast.net 925- 455 6901

Family Support Group

For families with a mentally ill loved one, Meets Monthly

Pastor Heather Hammer

San Ramon Valley United Methodist Church

902 Danville Blvd., Alamo

925-837 5243

BIPOLAR CHILL (CLIENT RUN)

Manic Depression Support Group

Wednesday 7:00—8:30 pm

710 Broadway #3G Walnut Creek

Contact Lisa or Scott 925-743 1160

TRI-VALLEY BIPOLAR (Consumer Run)

Bipolar and Depression Support Group

Wednesdays, 7:15 pm to 8:45 pm

St. Claire's Episcopal Church, Pleasanton

Contact: Bob Hogan: 925-462 5481

NEW HOPE

BIPOLAR SUPPORT GROUP

For parents of children and adolescents diagnosed with a mood disorder.

Lafayette:

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

SELF-INJURY SUPPORT GROUP

(Consumer Run)

For self-injury sufferers to talk about ways to change these behaviors and resolve feelings brought on by trauma.

Call: Veronica 925-945 7871

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: Last Monday of each month 7:00—9:00 pm

Where: Christ the King Church, Parish Hall

199 Brandon Road, Pleasant Hill

Contact Joe or Pam Appel 925-947 0269

Richmond Support Group

Richmond Health Center 100 38th St. Room 2400

2:00 pm to 3:30 pm

Matthew Luu, LCSW 510- 374 7500

FAMILY ADVOCATE HOURS

Gloria Hill, Contra Costa County

Mental Health Advocate

Monday - Friday 9:30 am - 6:00 pm

925-957 5146

NAMI-Contra Costa
National Alliance on Mental Illness

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Website: namicontracosta.org
Phone: 925- 465 3864

Newsletter Deadline: 20th of Each Month

**PRESIDENT'S
COLUMN**

By Al Farmer

Tom Wootton gave an extraordinary talk at our NAMI October General Meeting. He is dedicated to helping those with a mental illness turn a negative condition into an advantage. Thus, one of his books is called *The Bipolar Advantage*. However, you don't have to be bipolar to benefit from his suggestions. All of us would benefit from meditation, introspection and focus and he offers workshops to develop these skills.

I came home from the meeting enthused about his ideas with his books and DVD in hand and my wife Sue immediately was inspired to read the books. She complained about having to miss his talk because of another board meeting. I found her curled up in a chair in the middle of the night engrossed in one of the books because she was so excited about his ideas.

Tom believes that there are clear steps that all of the mentally ill can take to gain control of their demons. His recipe for positive results requires acceptance, commitment, meditation and focus in order to drown out those voices and distractions that keep mentally ill people from developing their potential. And by the way, he pointed out that bipolar people are among the most creative in society.

However, there is a need to channel those talents. Tom uses specific methods to turn a disadvantage into an advantage. I can recommend that you visit his web site: www.bipolaradvantage.com and buy his books. Thank you Kay Derrico for bringing another inspiring speech to our meeting!

**GENERAL
MEETING**

Thursday, December 18, 2008—
Third Annual Report on Contra Costa County Mental Health: Where We Are & Where We Are Headed. A panel chaired by Dave Kahler, Contra Costa County Mental Health Commission, NAMI-CC Board, past NAMI-CC President

Thursday, January 15, 2009—
Topic: Social Security. Speaker: Daniel Fortuna, President/Director of Benefits, Education Center, San Francisco. NAMI California Conference Presenter

Thursday, February 19, 2009
Anxiety Disorders. Speaker: Dr. Robin Zasio, Director/Clinical Psychologist, Anxiety Treatment Center, Sacramento.
www.YourGreaterGood.com.

Thursday, March 19, 2009, Integrating Relaxation Strategies With Therapy. James Bramson, Psy.D., LCSW, Clinical Psychologist

Thursday, May 21, 2009, Issues in Healthcare Reform: Care of the Mentally Ill Under a Single Payer System. Speaker: Pat Snyder; Chair, Contra Costa chapter of Health Care for All; Legislative Consultant, League of Women Voters.

Authors Wanted

The Newsletter is always looking for people to write articles of interest to the NAMI membership. E mail: xnamicc@aol.com
925-676 5771

YOUTH CENTER OPENS IN RICHMOND

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to becoming the 6600 square foot youth center.

The center is located at 205 41st Street next to the Macdonald 80 Retail Center. It is a safe place for West Contra Costa's County's young people, ages 14 to 21.

The center will serve as a hub for youth to gather and work together to develop leadership skills, promote peace and multi-racial unity, advocate for and organize campaigns to better the health and wellness of their communities.



“With and Dr. Bill Walker RYSE, the young people told us what they want in a youth center to make it successful,” said Supervisor Gioia. “I’m proud of all the work we’ve done together.”

“I went from running the streets to running a youth center,” said 19 year old Leadership Team member Carvonna Franklin.

BYCYCLES WANTED

If you have an unneeded bike that you would like to donate, NAMI will find a consumer that can use it for transportation and exercise this winter.

xnamicc@aol.com
925-676 5771

BAILOUT BRINGS PARITY

Parts of this article were excerpted from an article By Robert Pear, New York Times

The headline in the October newsletter read “Parity At Last.” Everyone heard about the \$800 billion bailout, most did not realize that the bill mandating parity in insurance coverage was part of it.

More than one third of all Americans will soon receive better insurance coverage for mental health treatments because of this new law that, for the first time, requires equal coverage of mental and physical illnesses.

The requirement, included in the economic bailout bill that President Bush signed, is the result of 12 years of passionate advocacy by friends and relatives of people with mental illness and addiction disorders. They described the new law as a milestone in the quest for civil rights, an effort to end insurance discrimination and to reduce the stigma of mental illness.

Most employers and group health plans provide less coverage for mental health care than for the treatment of physical conditions like cancer, heart disease or broken bones. They will need to adjust their benefits to comply with the new law, which requires equivalence, or parity, in the coverage.

For decades, insurers have set higher co-payments and deductibles and stricter limits on treatment for addiction and mental illnesses.



ASK THE DOCTOR

Dr. Robin Zasio, Director and Clinical Psychologist of the Anxiety Treatment Center, Sacramento, will be answering your questions about anxiety disorders in a column called "Ask Dr. Robin." Send questions to kayderrico@comcast.net, and then look for your answers in the NAMI-CC newsletter.

Dr. Zasio will be the featured speaker at the February, 2009 General Meeting.

Dr. Zasio's website is:
www.anxietytreatmentexperts.com;
(916) 366-0647

OPENINGS ON NAMI BOARD

The nominating committee is soliciting candidates for positions on the Board of Directors to be voted on at the November general meeting.

Please give the names of any possible candidates to

Coralie Reed :
925-376-0880 or
coralie@dafg.com.
Marilyn Capener
marilyncap@aol.com
Kay Derrico
kayderrico@comcast.net

Please keep in mind that the persons submitted must be a paid member of NAMI and have given approval for their name to be placed in nomination for a Board position.

The Board meets the second Saturday of each month at the Shellridge Community Church, which is across the street from John Muir Hospital, Walnut Creek.

GENERAL MEETING DEPRESSION SADNESS

(Continued from page 1)

answered first. E mail to: x nami@aol.com

The talk will include handouts and there will be plenty of time for questions.

Ms. Mabee has a Masters in Counseling Psychology, with experience in mood disorders, depression, anxiety, PTSD, trauma and crisis assessment and management. She is currently in private practice in Lafayette.

HEALTH CONFERENCE

Temple Isaiah is sponsoring a mental health conference called "Beginning a Conversation About the Stigma of Mental Illness."

12 noon to 5:30 pm
January 25, 2009
openourhearts@temple-isaiah.org

OPENINGS ON MENTAL HEALTH COMMISSION

There are three openings on the Mental Health Commission which meets once each month in Concord. There are two openings in District 1, (John Gioia) and one in District 3, (Mary Piepho).

If you are interested, call your supervisor's office. The number is listed in the front of the phone book.

Family to Family FREE CLASSES ON MENTAL ILLNESS

If your family has a loved one that suffers from a psychiatric disorder, your family needs someone to take charge of and manage the case.

That is a difficult challenge if you know nothing about mental illness. NAMI-CC has been offering a Free 12 week class, one night each week, that explains what mental illness is, what resources are available to help, where they are located and how you can hook up with other families that have the same problems.

The classes explain how the diagnosis is arrived at, how medications are selected and why and what the various therapies are all about.

The winter classes will begin in January in Pleasant Hill and Lafayette. Thomas Cloney is the Director: 510-705 2608 or

E mail: tmclone@gmail.com

NEW CONSUMER GROUP THE SOCIAL CLUB

This new group is called the "Social Club." It meets every two weeks for dinner. They go different places as the group makes the selections.

This is a club where peers can meet and get to know each other. There are also other activities. They went to Six Flags in August.

Contact Lisa Bruce at 925-827 5435.

NAMI MAKES BOARD OF SUPERVISORS PRESENTATION

NAMI Contra Costa made a slide presentation to the Board of Supervisors at their regular weekly meeting, October 7, 2008. It was made to increase the awareness of the Board and the public of the work NAMI does and has been doing for 30 years. 2008 is NAMI-CC'S 30th year serving the county.



Teresa Pasquini
NAMI-CC Board

The presentation was narrated by NAMI Board member, Teresa Pasquini. You can view the presentation on their website. It is suggested that you fast-forward to the 40th minute, which will take you directly to the presentation.

NAMI's activities and programs were described. They included the support groups, lectures, Family to Family classes, the In Our Own Voice program, the Peer to Peer classes.

Recently the NAMI Board voted \$1000 grants to:

- The Crisis Intervention Training program
- The Behavioral Health Court
- Friends Outside (They service people in the jail)

Many of the people that NAMI works with were seated in the audience and when Teresa closed by saying "would all the members, partners and friends of NAMI please stand" dozens of them stood, side by side.

BP MAGAZINE

Finally, a slick, readable, colorful magazine to serve the mental health field. It is large, with easy to read fonts and many full color pictures. And most important, articles with vital information for those interested in the bipolar disorder.

The Fall 2008 issue is a great example. It features meaningful articles on anger,

psychotherapy, personal stories people can identify with, tips for managing symptoms, information on dental hygiene and an excellent article on managing your thoughts.

The front part of the magazine carries an array of short articles. One telling of the stigma on mental illness in Canada. It is called a "national embarrassment."

A poll conducted by the Canadian Medical Association (CMA) showed that only 50 percent of those polled would tell a friend that a family member has a mental illness while 72 percent would disclose a cancer diagnosis.

Another of the articles reported that one in four adult Americans without medical insurance have a mental illness, a substance abuse disorder, or both.

One headline states "Smoking worsens outcomes in the treatment of mania." A study has found that smoking interferes with treatment for mania.

Australian researchers examined how bipolar symptoms responded to either the antipsychotics olanzapine or haloperidol, or the anticonvulsant divalproex among smokers and non-smokers. The non-smokers showed better treatment outcomes and stayed on their medication longer.

One surprising article shows that researchers in the United Kingdom have found that ECT, Electroconvulsive Therapy is more cost effective than repetitive transcranial magnetic stimulation in treating depression.

Anger

One of the two featured articles is on anger. It says that mood specialists are careful to distinguish between occasional hot flashes of anger and the long-simmering irritability and rage, angry outbursts lasting over several days, during manic episodes and agitated states of depression—that is symptomatic of bipolar disorder.

"As bipolar disorder receives more media attention, it's easy for any type of aberrant behavior to be attributed to it when in fact, this has to do with one's temperament," says Ronald A. Remick, MD, a consulting psychiatrist at St. Paul's Hospital in Vancouver, British Columbia.

He says "Bipolar patients are not angry, hostile, irritable people with short fuses. If people with bipolar illness have anger issues, they simply have anger issues."



SAVE THE DATES

Upcoming Mental Health Conferences

Opening Our Hearts to People With Mental Illness; Sunday afternoon, January 25, 2009 Temple Isaiah, Lafayette

Annual Mental Health Conference Saturday, May 2, 2009 Menlo Park Presbyterian Church, MenloPark, Contact information, FnJPramann@comcast.net

NAMI 2009 National Convention; July 6-9, 2009; San Francisco Hilton Towers San Francisco; For information, www.nami.org

NOVEMBER DONATIONS

Samuel S. Yoshioka
Continues his Generous Support of NAMI'S Efforts to Help the Mentally Ill

Chevron Humankind Program
Continues It's Monthly Support

Heather Quisenberry
Through the Chevron Humankind Program

Sandra Duncan
Through the PG & E Corporation
Campaign for the Community

Walter P. Steinberg
Cynthia L. Cushings
Charles Yanish.
Richard and Yvonne DeAndre

Psychotherapy

The second featured article is on psychotherapy. The incredible vanishing treatment in the mental health field.

According to Joseph R. Calabrese, MD, "the best treatment for bipolar disorder includes both a mood stabilizer, which is used to prevent future mood episodes and psychotherapy/counseling, which is used to help people learn how to manage the symptoms of their illness. Either alone does not work as well."

"Medications can help control symptoms, but they don't help fix relationships or get a job back. That's where the therapy comes in" says Monica Ramirez.

BP Magazine is a refreshing new tool for the mental health field.

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

Use Donation For:

- Peer to Peer Program
- NAMI-CC General Fund
- Family to Family
- K.I.D.S. Program
- Housing
- IOOV (In Our Own Voice)

Name

Street Address

City State Zip

Phone: _____

E mail address:

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

If you need Support, Guidance
 and Information:
**First Tuesday Support
 Group**
 Tuesday, November 4, 2008 7:30 pm
 Hillcrest Church, 404 Gregory Lane
 Pleasant Hill See Page 2



Stamp

NAMI Membership Drive
 Your membership in NAMI Contra Costa directly supports
 the first line of defense for the mentally ill.
 Due paid now will be effective through December 2009
 An addressed envelope has been enclosed for you convenience

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 _____

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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 |
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