



NAMI Contra Costa

National Alliance On Mental Illness

Contra Costa's Voice on Mental Illness November, 2009

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

20 ALLEN STREET VS ALTERNATIVES IN LIMBO

By Sharon Madison and David Kahler

The proposal for the new Psychiatric Health Facility at 20 Allen Street, has been put on hold. Dr. William Walker, Director of the Health Department responded to concerns from the Mental Health commission and said go ahead and "start over."

The Commission then invited, the CPAW (MHSA Consolidated Planning Advisory Work Group to join with the Capital Facilities group into one commit-

**The layout of the
20 Allen Street Project
Is on page 6**

tee to study the alternatives and to prioritize them and report back to the Commission at its regular meeting, Thursday, November 12 at the Concord Police Building (1350 Galindo). The public is urged to attend. Their comments will be welcome.

(Continued on page 4)

NAMI Walk 2009

WALK SET FOR MAY 22, 2010

NAMI-CC's major fundraising event and the family-day of the year, the NAMI Walk, 2010 has been set for Saturday, May 22, 2010.

(Continued on page 5)

\$3000 VOTED FOR CIT

The NAMI-CC Board of Directors voted \$3000 to help fund the Sheriff's Department CIT training (Crisis Intervention Training).

(Continued on page 5)

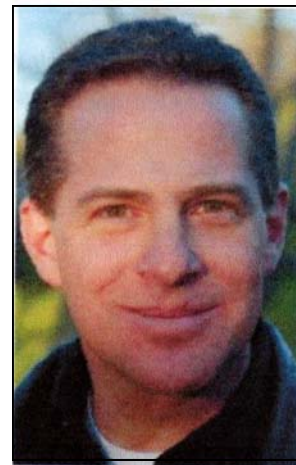
NOVEMBER

General Meeting, Thursday,
November 19, 2009
7:00 PM

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

Speaker: Jeff Bell
KCBS News Anchor and
Author

Note: See Article on page 4



Topic

Obsessive Compulsive Disorder (OCD)

Mr. Bell will share his challenges and successes in dealing with OCD. We will have book selling and signing featuring his books.

Note: Drop Christmas donations for BHC clients in the Xmas Box. (See article on page 5)

Location
John Muir Medical Center
Concord Campus
2540 East Street Concord
925- 682 8200

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 Stern Conference Room. The group is facilitated by 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

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 #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

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

H.E.L.P.

Hope, Encouragement, Love and Prayer
See page 6 for specific hours
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, Parish Hall
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

OFFICERS:

Al Farmer, *President*
925- 254 8508
Fax: 925- 254 5043
farmerfamily@yahoo.com

Art Honegger, *1st Vice President*
925- 754 7216
SKIIDER@aol.com

Kay Derrico *2nd Vice President*
925-933 4012
kayderrico@comcast.net.

Beatriz Celi, *Secretary*
925-951 7121

David Kahler *Treasurer*
925- 676 5771
Fax: 925-476 1444
dk122932@aol.com

BOARD OF DIRECTORS:

Coralie Reed	Gene Schulting
Marilyn Capener	Roger Gregory
Joani DeVries	Teresa Pasquini
Barbara Scott	Fran Martin

COMMITTEES:

Thomas Cloney	Family to Family and Veterans Liaison
Fran Martin	Library
Veronica Vale	IOOV
Liza Bruce	Peer to Peer
Roger Gregory	Database
Richard Derrico	Behavioral Health Court
David Kahler	Publishing
Sean Kleen	Web Master
Connie Steers	Consumer Relations
Julia Bonacich	Family to Family
Naomi Chamberlin	Faith Outreach
Steve Gallion	Consumer Recreation

Newsletter Group

Bob Newell Caroline Jackson
Rich and Yvonne DeAndre Fran Martin
Peggy Luna Dave Kahler Dick Owens
Dick Hunter Sean Kleen
Nancy Swartz

E mail: xnamicc@aol.com
Website: namicontracosta.org
Phone: 925- 465 3864

Newsletter Deadline: 20th of Each Month

**PRESIDENT'S
COLUMN**

By Al Farmer

I would like to congratulate the Putnam Contra Costa Clubhouse on its outstanding progress in establishing and growing an amazingly successful clubhouse in a period of only two years!

Herb and Bev Putnam had visited a clubhouse in Hawaii and were so impressed that they made a matching grant of \$50,000 to start the first clubhouse in the Contra Costa Area.

This clubhouse now serves more than 170 members six days a week. The members plan a breakfast, purchase and prepare the food, clean up and work out the budget with guidance from the staff and with the help of several new computers.

In addition the members run a snack bar and many participate in arranging artistic floral arrangements. They work with computers to develop vocational skills and the clubhouse has made arrangements with area businesses to establish apprenticeship programs which several clubhouse members participate in now.

Besides the vocational programs, the clubhouse provides weekly social activities with yoga and zamba sessions and various exercise classes. Afternoon and evening social time can also include music and movies complete with popcorn. The first Friday of each month, NAMI serves a three course, chili dinner.

They also organize outings to baseball games and Halloween and Holiday Parties.

(Continued on page 7, column 1)

**General
Meeting**

Thursday, December 17, 2009
Transformation of Community Through Integration of Behavioral Health and Primary Care.
Dr. Johanna Ferman, M.D., Medical Director, for Adult Systems of Care, Contra Costa County Mental Health Adult Services.

Thursday, January, 2010
Research in Schizophrenia: Psychosis as a Continuum. How to assess risk and find the right treatment regimen as soon as possible.
Dr. Demian Rose, M.D., PhD, UCSF Department of Psychiatry, Medical Director, Prodrome Assessment Research and Treatment Program.

Thursday, March 18, 2010
Robert Villanueva, featured in BP Magazine, guest speaker, Stanford Bipolar Education Day, National IOOV Trainer and Trainer of Trainers.

**Nominating
Committee**

The nominating committee is accepting nominations for Officers and Board members to be presented for election at the November general meeting. The person being nominated must consent to having his/her name placed in nomination. That person must be a paid member of NAMI-CC.

Contact Coralie Reed at:
coraliereed@comcast.net

NOVEMBER SPEAKER**JEFF BELL**

Jeff Bell is a nationally recognized author, speaker, and radio news author. His first book, *Rewind, Replay, Repeat: A Memoir of Obsessive-Compulsive Disorder* was published in 2007 and quickly established Bell as a leading voice in the mental health community. Since *RRR's* publication, Bell has traveled extensively, becoming a sought-after motivational speaker across the country, while lending his support to numerous mental health awareness and advocacy programs, including the Obsessive Compulsive Foundation, for which he serves as a National Spokesperson.

Bell has been featured in prestigious periodicals, such as *The Wall Street Journal* and *Psychology Today*; and was commissioned to write a feature in *The New York Times* that ran internationally in 2008. He has appeared on NPR's *Talk of the Nation* and *The Infinite Mind* programs, *Good Morning America Radio*, and on more than 50 TV and/or radio stations in New York, Los Angeles, Washington, D.C., and numerous other top markets.

Bell is a local man, a regular participant in Bay Area mental health events and a 20-year veteran of radio and television news, currently co-anchoring the afternoon news at KCBS Radio.

Praise for November Speaker's Books

Published two years ago, Jeff Bell's memoir *Rewind, Replay, Repeat* continues to garner praise. Charles Osgood of *CBS News Sunday Morning* says, "A page-turner for anyone interested in obsessive-compulsive disorder. Beautifully written, and gripping

in its intensity, it takes the reader on the perilous adventure of the fight against OCD. Jeff Bell's sense of humor, irony, and reportorial skills make this book a 'must read.' "

When In Doubt, Make Belief, published this September, is likewise receiving excellent reviews. Stephen Hinshaw, PhD., Psychology Department Chair, UC, Berkeley states, "More than insightful, Jeff Bell's *When in Doubt, Make Belief* is at once humble, human, practical, thoughtful, and masterful. Through vignettes, examples, and a rigorous but intuitive set of guidelines for encountering and countering doubt—whether in the context of OCD or other life dilemmas—Bell shows how focusing on the big picture, and the Greater Good, can lead us out of blind alleys and self-imposed traps. My strongest recommendations."

Both books will be available for purchase and signing the night of Jeff Bell's presentation, November 19, 2009.

CHRISTMAS FOR BHC CLIENTS

Dale Brodsky again will be organizing gifts for BHC men and women and needs our help. There are several ways to assist. First, you can donate new socks, toiletries, writing tablets and pens, towels, wash cloths and other creative items or accessories.

Drop them in the BHC Xmas box at the November or December General Meetings, or give them to Rich Derrico, BHC Liaison: (925) 933-4012.

A second way to donate is to give money, again at the meetings or contact Rich.

(Continued in the next column)

**20 ALLEN
STREET**

(Continued from page 1 Column 1)

The proposal has created some heated controversy. Those against the project say that it is not accessible to the East, West and Southern parts of the county. They argue that the money could be better invested in the outpatient treatment programs.

Those in favor counter that providing transportation to the site could resolve the problem.

There is great concern that the new facility would lead to the closure of the existing acute ward (4C). This was originally part of the plan but has been rescinded. Those in favor of the project argue that if the advocates continue to closely monitor the situation, Ward 4C would not fall prey to budget cuts. There would simply be too much public scrutiny.

One of the major criticisms is that the process did not involve the families and consumers as specified by the MHSA law.

It was at that point that Dr. Walker said, "well let's just start over." The supporters of the proposal say that the site could then go to another use and be lost to the mental health system.

These will be the issues that will be discussed at the Commission meeting Thursday, November 12, 2009, 4:30 pm, Concord Police Building, 1350 Galindo.

The third way would be to help Dale (and her family!) put together the gift bags a couple of weeks before Christmas Day. Feel free to contact Dale at:

dalebrodsky@yahoo.com.

OFFICE FOR CONSUMER EMPOWERMENT

By Susan Medlin

I am a new member of this community and the new Mental Health Consumer Empowerment Program Coordinator for Contra Costa Mental Health. I moved here from Kern County in June to help persons with lived experience and their family members have a greater voice at Contra Costa Mental Health.



Susan Medlin

My goal is to engage as many people as possible in the recovery process by teaching them empowerment techniques. In turn, consumers will have a greater impact on their wellness. This will help consumers become more involved in leading their treatment and becoming more involved in the direction of mental health service and planning.

Additionally, I am recruiting mental health consumers and family members as volunteers to become part of our Wellness and Recovery Task Force and our Speaker's Bureau. These volunteers will work together to guide and deliver a message of hope, social inclusion, and awareness to the community. I hope to reduce stigma in the community and internalized stigma in persons recovering from mental illness.

I would like to follow the example of NAMI in creating opportunities for consumers and family members to work together on issues that are of mutual importance, enhance consumers' connections for peer support, and give

NAMI Walk 2009

WALK

(Continued from page 1 column 2)

There will be a free picnic right after the Walk that is developing into a NAMI tradition.

People come from around the world to see San Francisco and Golden Gate Park. Take advantage of this opportunity to enjoy a great fundraising Walk, socialize at the picnic and maybe do some San Francisco sightseeing after.

Your information person is :

Barbara Scott
barbarajeane39@astound.net

\$3000 VOTED FOR CIT

(Continued from page 1, column 2)

CIT (Crisis Intervention Training) is the program that trains police officers on how to access mental illness and how to deescalate an incident involving a mentally ill person.

The third CIT program will be presented by the Sheriff's Department in March of 2010 in Concord. According to Lt. Mitch LeMay, about 70 officers have benefited from the program.

them the support they need to make a greater contribution. If you are interested in becoming a part of this process, are looking for something meaningful to do, or are interested in learning more about how the Office for Consumer Empowerment can help, please call me (Susan Medlin) at (925) 957-5104.

To the:

NAMI Membership

By: Roger Gregory

The days are getting shorter and the 2009 Membership year is drawing to a close. NAMI Contra Costa will send a letter in December reminding you that it's time to renew but we also thought we'd do something a little different this year and put a notice in the Newsletter issue. Remember:

- Any renewals that arrive during the last quarter of 2009 cover you for 2010.
- A NAMI Contra Costa membership includes National and State NAMI membership, so you receive the publications of the three locales.
- A regular membership is \$40/year and a consumer membership is \$20/year. We have options available for a Lifetime membership (\$500)/ Century Club (\$100), or Professional Membership (\$50).

No one at NAMI CC receives a salary so we stretch these membership dollars just as far we can. You have heard of a low overhead operation. NAMI-CC has always been a NO overhead operation. The donations are not spent on offices and equipment or paid employees.

Every dollar goes to help the mentally ill.

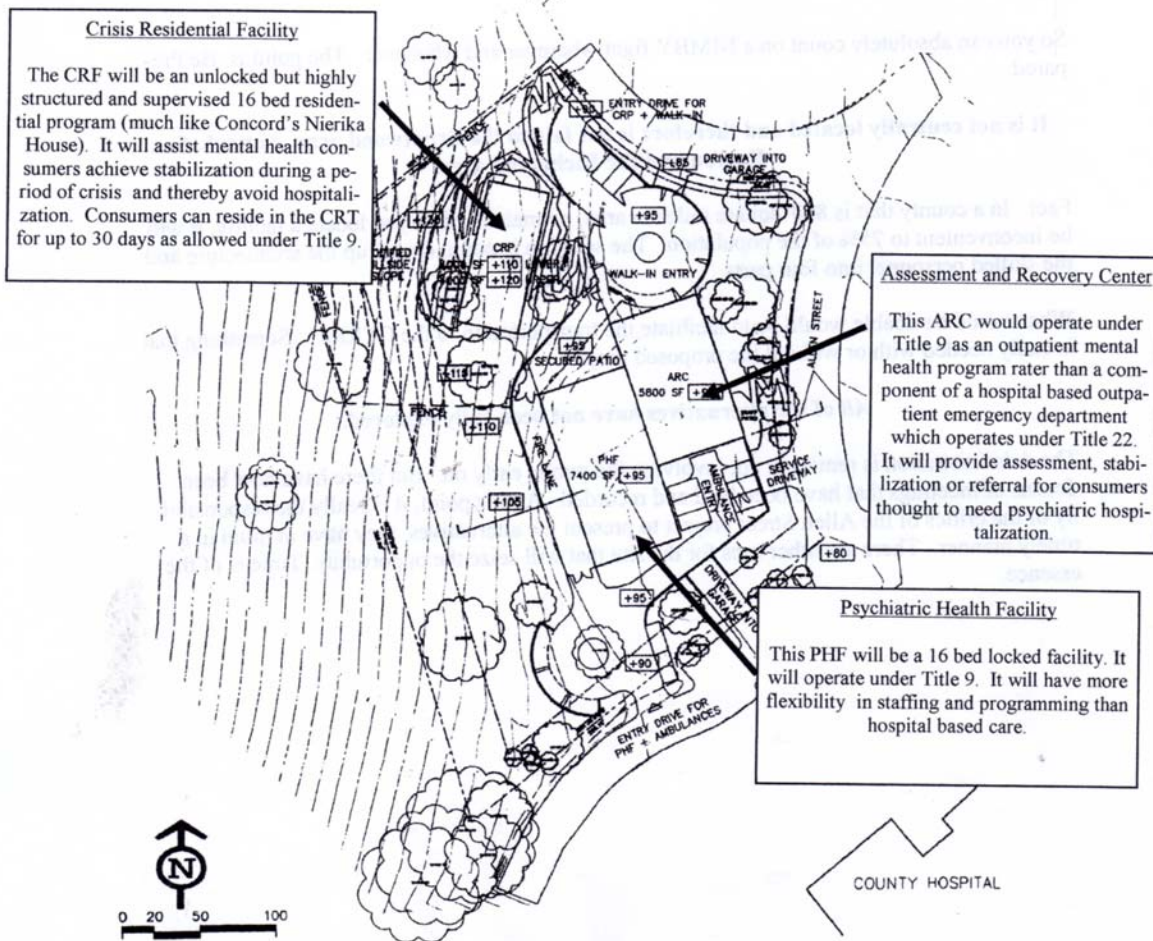
Family to Family Classes

Winter classes will begin January, 2010. For information contact:

Tom Cloney:
tmclone@gmail.com

PROPOSED NEW PSYCHIATRIC HEALTH FACILITY 20 ALLEN STREET MARTINEZ

Note: The NAMI Board has not taken a position on the project, for or against.



How To Get Your Story Into the NAMI Newsletter

<p>Contact or send the material to one of the editors. All submissions must be by E mail to avoid re-keyboarding and they must be submitted by the 20th of the month.</p>	<p><u>Editors</u> Caroline Jackson: Caroline.jackson@juno.com Sean Kleen seankleen@yahoo.com David Kahler dk122932@aol.com</p>	<p>If you do not receive a confirmation of your submission, call the NAMI-CC phone number: 925- 465 3864 or 925- 676 5771 or 925- 687 7052</p>
---	--	---

President's Column

(Continued from page 3)

We are grateful to Herb and Bev Putnam who would be proud to see the clubhouse's progress and to the well organized directors and loving staff who work tirelessly to make the clubhouse such an on going success.

The clubhouse officers and board of directors are constantly involved with fundraisers to maintain the wonderful programs. Just last week the clubhouse held an extremely well organized fundraiser dinner for over 200 guests who heard Dr. Sophia Vinogradov, a UCSF Professor of Psychiatry, speak about an effective treatment for the cognitive dysfunction of schizophrenia.

Clubhouse consumers made all the beautiful topiaries on each table and served, hosted and fundraised for the event! We heard several consumers speak and were impressed with how meaningful the clubhouse is to them.

Congratulations clubhouse for your extraordinary accomplishments!

NOVEMBER DONATIONS

DONATIONS

Willie Mack
Daniel P. Griffin

Roger Gregory
Heather Quisenberry
%Chevron Humankind Program

Special Project

Art Honegger

In Memory Of:

William Burns
From: Jean Wagner

In Honor of the Wedding of:

Gil and Stacey Khalil

Janice G. Khalil
Nancy Orenblad

In Memory Of:

Guy Christmas

From: Mary L. Howard

FUNDRAISER

FUDDRUCKERS

Enjoy great hamburgers and help NAMI to help the mentally ill. Redeem this coupon and Fuddruckers will donate 10% of the food sales to NAMI.

Fuddruckers
1975 Diamond Blvd.,
Concord
November 17, 2009
5:00 pm to 8:00 pm

DONATION FORM

Use Donation For:

Peer to Peer Program
 NAMI-CC General Fund
 Family to Family
 Housing
 IOOV (In Our Own Voice)

Make check payable to NAMI-CC
Mail to: Treasurer, NAMI-CC
P.O. Box 21247, Concord, CA.
94521
NAMI-CC Tax ID # 68-0209474

Name

Street Address

City State

Zip _____

Phone: _____

E mail address:

Phone: _____

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

For Support and Information:
**First Tuesday Support
 Group**
 Tuesday, November 3, 2009
 7:30 pm Hillcrest Church,
 404 Gregory Lane, Pleasant Hill
 925- 676 5771
 See Page 2

Stamp

Contra Costa Network of Mental Health Clients Present
Annual Holiday Party
 Friday, December 11th, 2009, 11:00 am to 2:00 pm
 Pleasant Hill Community Center, 320 Civic Drive, Pleasant Hill
 Call Sarah at 925- 521 1230, ext. 205 RSVP by December 1, 2009

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
 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

<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