



NAMI Contra Costa

National Alliance on Mental Illness

Contra Costa's Voice on Mental Illness **NOVEMBER, 2011** 110611 110p

The NAMI Contra Costa Newsletter is available on the web at: www.namicontracosta.org
 E mail: xnamicc@aol.com Phone Number: 925-465 3864

NOVEMBER

General Meeting
 Thursday, November 17, 2011
 7:00 PM

GENERAL MEETING

Speaker

Suzanne H. Davis-Lucey
 Conservator's Office
 Contra Costa County

Topic

How to secure a conservatorship
 and what are the chances of
 getting one?

Location:

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

SUPPORT GROUP

3rd Monday of Each Month
 See page 3 For Details
 7:00 to 8:30 pm
 John Muir Hospital
 Walnut Creek,
 1901 Ygnacio Valley Road

Conservatorships

SUZANNE DAVIS-LUCEY TO SPEAK

The time to get your questions answered about how to secure a conservatorship will be at the November 17 General Meeting.

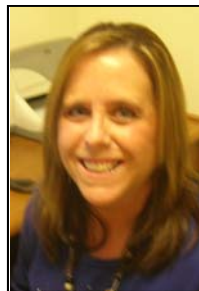
Suzanne Davis-Lucey, who works in the Conservator's Office, will be the featured speaker. She is a Deputy Conservator/Public Guardian.

She is uniquely qualified on the subject as she worked on the Psychiatric Ward at the county hospital for several years. She is very familiar with the territory.

There will ample time for questions and handouts and literature will be available.

HOUSING

It has been a year since the county got a Coordinator for Housing Services. That is when Sandy Rose was hired by Vic Montoya to work with one of the most pressing problems in the mental health field, housing.



Sandy Rose

(Continued on page 5)

SUPERVISOR KAREN MITCHOFF TO ADDRESS NAMI

Karen Mitchoff, Supervisor, District IV, will address the November 17, 2011 General Meeting.

She was elected to the Pleasant Hill City Council on November 4, 2008 for a four year term and was elected Mayor on December 7, 2009.

She then ran for and won the office that Susan Bonilla left when she was elected to the State Assembly.



Supervisor
 Karen Mitchoff
 District IV

John Henry Kahler III 1928-2011

John Kahler, a lifetime member of NAMI Contra Costa and a generous donor passed away October 28, 2011, after a short illness.

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 Bob Thigpen. E mail: xnamicc@aol.com or call: 925-256 9640 925-676 5771 925-521 5121

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 925-957 6369
550 Patterson (Crestwood) Pleasant Hill
Susan Medlin susan.medlin@hsd.cccounty.us

Information and Support

At the Central Clinic:
1420 Willow Pass Road, Concord
Robert Thigpen — Adult Family Support Worker
925-521 5121

Smoke Zero

Smoking Cessation Class at Oak Park Christian Center
2073 Oak Park Blvd., Pleasant Hill, Pastor Flores
For Information: xnamicc@aol.com

JOURNALING THROUGH SCRAPBOOKING

All welcome— Materials provided
1st and 3rd Tuesdays 7:00 pm to 8:30 pm Nayyirah 925-957 5149
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

Thursdays 10:30 to Noon With Chris Dodd and Maria Kim
1420 Willow Pass Road, Concord, Suite 200

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
Website: www.getwelltogether.com

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

Congratulations to the Putman Clubhouse for another stunning event! Their *Autumn Evening in the Garden* was beautifully organized and orchestrated. The food was excellent and the entertainment by clubhouse members was lively and varied under the direction of Tamara Hunter.

About 320 people attended this successful clubhouse fundraiser which brought in about \$57,000 from dinner tickets, a raffle, silent and live auctions. Plan to attend this outstanding gala event next October. You won't want to miss it.

We were very pleased to have Dr. Charles Saldanha, Chief Psychiatrist at the Contra Costa Regional Medical Center, as the speaker at our NAMI General Meeting on October 20th.

Dr. Saldanha gave us an overview of the Psychiatric Emergency and Critical Care Units at the hospital. The Psychiatric Emergency Unit has about 700 visits per month, two thirds of which are on legal holds (5150, etc.). The average length of stay is about 11 hours and generally less than 24 hours.

This is a period of rapid assessment, stabilization and referral to appropriate resources. The Inpatient Psychiatric Services Unit on Ward 4C has 23 beds for adults aged 18 and over. The patients are primarily on Medi-Cal, Medicare or uninsured. This locked unit provides acute psychiatric care with an average stay from 7 to 8 days.

(Continued on page 7)

**General
Meeting**

November 17, 2011-

Suzanne Davis,
County Conservator's Office
"How can I get my loved one con-
served?" That and many other
questions will be dealt with. Suz-
anne worked on the Acute Care
ward at the CCRMC for several
years.

December 15, 2011-

John Dawdy, hearing officer for
Contra Costa County. When your
loved one has a hearing to deter-
mine whether the stay in the hospi-
tal should be extended, John is
usually the Hearing Officer. The
hearings are held at the hospital.
There is much to know about
them if you are going to stand a
chance of getting the outcome you
feel would be most helpful to your
loved one.

All NAMI meetings are
open to the public and there is
never a charge. They are held at
the John Muir Medical Center in
Concord the third Thursday of
every month and begin at 7:00 pm.

**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

LETTER OF APPRECIATION TO

ASSEMBLY WOMAN

SUSAN BONILLA

FOR HER DEDICATION TO THE MENTALLY ILL

September 7, 2011

Dear Assemblywoman Bonilla,

NAMI CC is grateful for your work on AB 614 that adds a mental health representative to each school district's truancy board known as SARB, the School Attendance Review Board, a committee that looks at reasons why certain students have high absence rates and tries to find solutions to help these students back into the classroom.

The addition of a mental health representative assuredly will become an early warning/early intervention tool for some youth with mental health challenges, especially those with severe mental illness, including mood disorders (e.g. bipolar disorder), anxiety disorders (e.g. obsessive compulsive disorder), and thought disorders (e.g. schizophrenia). It has become abundantly clear that children, adolescents, and transitional aged youth can have a mental illness. They will profit from having "an essential expert" on the panel. Research is

showing us that, like other illnesses, early intervention and prevention leads to healthy lives and indeed, saves lives, with suicide prevention being critical. Furthermore, families of mentally ill students have a better chance of remaining intact and functional; and costly problems for students, family, schools, and community are diminished or prevented.

Addressing mental illness early on is essential, as it affects roughly 6% of the population. SAMHSA (Substance Abuse and Mental Health Services Administration), has found that about half those with drug and alcohol addictions have a severe and persistent mental illness. Up to 50% of youth in juvenile halls have mental health problems.

We encourage your office to inform school boards that NAMI has free support services for families and individuals challenged by mental illness. Affiliates exist in most counties and can be located at www.namicalifornia.org.

Mental health is a huge issue in our society, fraught with stigma, blame, and shame; and our children with mental illness deserve help. Your bill, AB 614, is critical, though it appears to be a small thing, just the addition of a single person to a committee. Therefore, we are extremely pleased with your awareness and insight regarding mental illness, so eloquently, but succinctly, evidenced in AB 614. Bravo!

With respect and appreciation,

Al Farmer
NAMI CC Board President

CC:

Maurice Delmer, Field Representative, Susan Bonilla

Governor Jerry Brown

Jessica Cruz, Executive Director, NAMI California

State Senator Marc DeSaulnier

HOUSING

(Continued from page 1)

Sandy is very qualified to bring MHSA (Mental Health Services Act) dollars to the county to provide housing. She was employed by the MHSA program in Sacramento for three years. She helped administer the funds to all 58 counties.

The historic cuts in budgets in the last few years make MHSA funds not only valuable but imperative.

Sandy presented a report to the Mental Health Commission September 22, 2011. It showed three developments that have opened or are in progress.

- Lillie Mae Jones Plaza that opened in July, 2010. All units are leased.
- ANKA (Shared Housing) These are houses that shared.
- Satellite Housing (New Development) It will be an 84 unit complex that will have 5 one bedroom MHSA units.

Housing is difficult to come by in this high-cost area. Sandy Rose may be able to point you in the right direction.

sandy.rose@hsd.cccounty.us

NAMI SURVEY

NAMI would like to know what types of subjects you would like to see in the NAMI newsletter and at the General Meeting.

What challenges have you dealt with and what were your problems? What would be helpful to you to have covered? What programs, facilities, laws and procedures have you found difficult to deal with. E mail your ideas to:

xnamicc@aol.com

TERRY DILLINGHAM

1947– 2011

By: Fran Martin

NAMI member, Terry Dillingham, lost her life on October 12th, following a traffic accident in Martinez.

Terry worked for the non-profit, Phoenix Programs, in Concord for years. She was a mentor to many and was dedicated to helping consumers of Mental Health services. Terry had an uncanny ability to understand their concerns. Terry organized a walk team for the first ANNUAL NAMI Walk. She started the picnic lunch at that walk. Intended for her family and team, the lunch was shared with anyone who wanted to partake.

In the following years, she continued the practice. To this day there is a picnic lunch for all NAMI members who participate in the Walk even without Terry. The tradition she started carries on.

Terry served on the Board of Directors for the National Alliance of the Mentally Ill (NAMI/CC). She took the Family-to-Family training and it opened her up even more to the way an individual with Mental Illness responds and how they feel. She was also a member and officer of the Rotary Club. She loved serving and bringing her ideas and abilities to help these organizations. Whatever she undertook, Terry gave her standard 110% to the assignment with good humor.

She will be missed.



Terry Dillingham

SPECIAL FUNDRAISING EVENT

TROPICAL VALENTINE'S DAY

Sneak peek! Plan on celebrating a tropical Valentine's Day this coming February 18 (Saturday) with live music, delicious munchies, and activities for family members of all ages (bring the kids!) The location will be the Elk's club in Walnut Creek.

NAMI CC is hosting this Hawaiian fund raising event, featuring hula dancers and lessons, face painting, and a photo opportunity complete with props and costumes.

Music will be provided by Ehukai Sako and her band, All in da Ohana, who will play tunes from the '50s, '60s, and '70s as well as Hawaiian songs, and perform graceful Hawaiian dances.

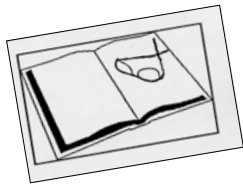
Sako is a probation officer with the Contra Costa County Behavioral Health Court and an enthusiastic NAMI fan. Profits from this fundraiser will benefit the Behavioral Health Court and NAMI's free education and support programs.

Save the Date

WRITERS' WORKSHOP WITH PEGGY KENNEDY

Thursday, December 1, 7:00-8:30 PM
Crestwood Healing Center
550 Patterson Blvd.
Pleasant Hill, 94597
No charge

RSVP helpful for our planning
(925) 942-0767



BOOK REVIEW

By: David Kahler

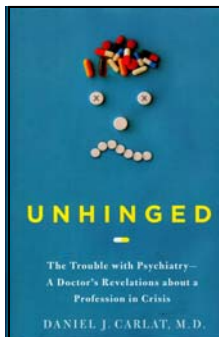
Unhinged, The Trouble With Psychiatry, A Doctor's Revelations About A Profession In Crisis, by psychiatrist, Daniel J. Carlat, M.D., 255 pages, Published by Free Press, 2010.

This is an important book for anyone who wants to understand the mental health field.

Writing from an insider's perspective Dr. Carlat shows how the field has forsaken psychotherapy for psychopharmacology and the cash rich "15 minute med-check." Dr. Carlat says "As psychiatrists have become enthralled with diagnosis and medication, we have given up the essence of our profession . . . understanding the mind. We know so little about the underlying neurobiology of their causes that our treatments are often a series of trials and errors."

In Dr. Carlat's opinion, medical school is the *wrong* place to train psychiatrists:

- It pushes an excessively biomedical view of multidisciplinary problems.
- It makes them feel less medically competent than their fellow doctors.
- It deprives them of time that they should use to learn other



skills and knowledge relevant to the work such as psychotherapies, family treatment, group treatment, neuropsychological assessment and the use of community supports.

Much of what Dr. Carlat says in this book will be helpful to anyone who has made the commitment to manage their loved one's psychiatric case.

What he says is refreshingly forthright and honest:

- "We have both exaggerated the effectiveness of the new drugs and given psychotherapy a premature burial."
- "There is no direct evidence that depression is a disorder of reduced serotonin."
- "The underlying science of psychiatry was in a shockingly primitive state in comparison with the rest of medicine."
- "Tranquilizers and psychotropic drugs serve as a life jacket . . . they keep you afloat, but they do not show you the way back to the shore. Therapy may get the patient back to shore."
- "The DSM and the pharmaceutical companies have long been engaged in a symbiotic dance."
- "Since the mid-1990's, psychiatrists have gone on a binge of drug prescribing unprecedented in history."
- "Few lay people realize how little we actually know about the underpinnings of these disorders."

But then he goes on to say "For all their drawbacks, the meds are often effective and they are the tools at the psychiatrist's disposal."

He is very hard on his profession but he makes it clear, it is the only port in this storm.

Consumer Led Class

PEER TO PEER

Consumers are invited to participate in *Peer to Peer*, a course taught by and for consumers, to learn about healthy life styles, recovery tools, relapse prevention, various mental health diagnoses, and much more.

Classes are free and meet weekly for 10 weeks. They are small, and allow for sharing and support.

Dates: Saturdays, 2:00-4:00 PM, Jan.21- March10, 2012

Location: Crestwood Healing Center, 550 Patterson Blvd. Pleasant Hill

Applications: Due by Friday, January 13. Applicants are taken on a first come first served basis.

To apply: Stacey Hoskins (Co-coordinator) at 925- 497-4712 or Kay Derrico (Co-coordinator) at 925-933-4012 and kayderrico@comast.net; or leave a message at the NAMI Office 925-942-0767.

BEHAVIORAL HEALTH COURT NEEDS

Some of the equipment in their recreation room has given up. Donations would be appreciated:

- Microwave oven
- Colorful area rugs
- Carpet cleaner and cleaning liquids

Contact
Marti Wilson
925-646 1154 or 207 6321
mwilson@hds.cccounty.us



NOVEMBER DONATIONS

In Memory Of

John Downing

From: Wing Ching

Century Club Members

Roger and Janet Gregory

Vickie Andreason-Deem

Mark and Judy Cohen



Donation

Susan and Keith Horrocks

In Memory of

Terry Dillingham

Fran and Paul Martin
David Kahler
Al Farmer
Charles and Sharon Madison

DONATION FORM

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

Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Phone: _____

E mail: _____

Make check payable to NAMI-CC
Mail to: Treasurer, NAMI-CC
P.O. Box 21247, Concord, CA. 94521
NAMI-CC is a 501(C)(3) organization Tax
ID # 68-0209474

No goods or services have been received
from the following donor or donors.

PRESIDENT'S COLUMN

(Continued from page 3)

The services include psychiatry, nursing, social services, occupational therapy, discharge planning and internal medicine. The reasons to hold patients are danger to self, danger to others and gravely disabled (unable to feed, cloth or house oneself). Safety is the most important concern. The psychiatric emergency staff needs to be advised about the

and current medications. The phone number for the Psychiatric Emergency Unit is 925-646-2800; fax 925-370-5770, Psychiatric Inpatient Unit 4C, 925-370-5389. Lynnette Watts, Coordinator of Patient and Family Advisory Council, can be reached at 925-370-5403 or by email at lynnette.watts@hsd.cccounty.us.

Thank you Dr.Saldanha for your informative and helpful presentation.

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Stamp

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:

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110611 108p

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Make check payable to NAMI Contra Costa
Complete this information cut-out and return it to:
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E Mail Address: xnamicc@aol.com

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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
<input type="checkbox"/> Lifetime	\$ 500.00