



NAMI Contra Costa

Contra Costa's Voice on Mental Illness *October, 2007* *
100207/638A

The NAMI Contra Costa Newsletter is available on the website: www.namicontracosta.org

General Meeting

October

Thursday
 October 18, 2007

7:00 pm

Speaker:

John Dawdy
 Hearing Officer
 Contra Costa County

If a loved one is taken to a psychiatric facility, a hearing may be called for. You MUST know about and understand how the hearing works, if you are to achieve the best outcome. This talk will teach you just that.

Special Showing

Before the Meeting
 6:30 pm

There will be a special showing of the incredible *60 Minutes* segment (9/30/2007) that showed parents that were indicted for murder for the way they administered their child's prescribed medications.

John Muir Medical Center
 Concord Campus
 (Note: Formerly Mt. Diablo Medical Center)
www.namicontracosta.org
 E mail : xnamicc@aol.com

2540 East Street, Concord

General Meeting

JOHN DAWDY HEARING OFFICER

John Dawdy, the Hearing Officer for Contra Costa County for nearly 15 years will be the featured speaker at the October 18, 2007 General Meeting. See the notice to the left. There will be a handout that will give you detailed instructions as to what the hearing is all about and what you need to do to get the best outcome. E mail questions to xnamicc@aol.com

CLUBHOUSE DIRECTOR TAKES CHARGE

Yvonne Nair is now directing the efforts to open a Clubhouse in Contra Costa County.

She has acquired office space at the Crestwood Healing Center in Pleasant Hill and has been convening strategy setting sessions to identify where the sources of support are most likely to be. You may reach her at 925-627 4216 or yvonnenair@comcast.net



Yvonne Nair
 Executive Director
 Clubhouse

NAMI WALK 2007 YIELDS \$260,016

NAMI Contra Costa
 Share: \$14,820

The NAMI Walk 2007 was 31% ahead of the Walk in 2006. The Walk has turned into an important source of revenue for the affiliate.

Connie Steers, NAMI Board member, will head up the 2008 Walk efforts which will be May 31, 2008 in Golden Gate Park.

SPECIAL

**SPECIAL SHOWING
 60 MINUTES
 SEGMENT
 SHOWN AT 6:30**

There will be a special showing *before the General Meeting* at 6:30 pm of the incredible 60 Minutes segment that shows a set of parents indicted for murder for giving their child too much of the prescribed medication which resulted in her death.

It deals with the phenomena of the overdiagnosing of the bipolar disorder.

NAMI-CC Care and Support Groups

Central Contra Costa County

1st Tuesday of each month, 7:30-9:00 pm Hillcrest Congregational Church, 404 Gregory Lane, Pleasant Hill. Contact Peggy Luna, Dave Kahler, or Willie Mack 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 Dr. Mary Olwin and Gloria Hill. The Consumer Group will not be meeting.
Call: Gloria Hill 925- 957-5146.

East Alameda County

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

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

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

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

NEW HOPE

BIPOLAR SUPPORT GROUP

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

Two Meeting Locations:

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

Concord:

Last Monday of each month— 7—8:30 pm

Dr, Philip Shains' Offices-2630 Salvio St. Concord

Contact: Leslie 925— 518 6684

www.newhopesupportgroup.com

NAPA STATE HOSPITAL FAMILY SUPPORT GROUP (NSHFSG)

Meets the 2nd Saturday of each month

Where: Hospital's Volunteer Conference Room

For Information: Bill Schrader 707-433 9250

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

FAMILY ADVOCATE HOURS

Gloria Hill, Contra Costa County Mental Health Advocate

Mondays: 12:30—3:30 pm Tuesdays All Day: 925-957 5146 Thursday Morning: 925-957 5146

After 1:30 pm 925-646 5844 Pager: 925-476 2618 Any day of the Week.

NAMI-Contra Costa
National Alliance for the Mentally Ill

OFFICERS:

Art Honegger

President

925- 754 7216

Fax: 925- 754 6899

SKIIDER@aol.com

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1st Vice President

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Caroline.jackson@juno.com

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925-229 3883

j_schoepke@yahoo.com

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925- 676 5771

Fax: 925-476 1444

dk122932@aol.com

BOARD OF DIRECTORS:

Floyd Overby M.D.

Coralie Reed Gene Schulting

Marilyn Capener

Bob Newell Art Farmer

Connie Steers Bonnie Leys

COMMITTEES:

| | |
|-----------------------|--------------------|
| Marie Overby | Family to Family |
| Veronica Vale | NARSAD and IOOV |
| Cindy Baker | Library |
| Dick Hunter | Data Base |
| Craig Fletcher | Data Input |
| Annette Seelig | New Hope |
| David Kahler | Publishing |
| Thomas Cloney | Publicity |
| Sean Kleen | Web Master |
| Chet Watson | Religious Outreach |
| Connie Steers | Consumer Relations |
| Julia Bonicich | K.I.D.S. |
| Bill Schrader | Napa Support Group |

Newsletter Group

Bob Newell Caroline Jackson
Rich and Yevonne DeAndre Fran Martin
Peggy Luna Dave Kahler Dick Owens
Dick Hunter Thomas Cloney Sean Kleen

**PRESIDENT'S
COLUMN**

BY ART HONEGGER

The NAMI CC Board Nominating Committee is now accepting nominations for three Board positions. Anyone nominated must be a NAMI CC member, have consented to the nomination, and contact information must be provided. Submit these to Coralie Reed, 1934 St. Andrews Drive, Moraga, CA 94556, coralie@dafg.com.

The check is in from the 2007 San Francisco Bay Area NAMI Walk! The proceeds for our affiliate are \$14,820!! Congratulations to all who supported our efforts. And yes, we will do even better next year!

By the way, there were many leftover '07 NAMI Walk T-shirts. I have a large supply to distribute to NAMI-CC. If you know any Walk sponsor that may want some (they are free), or simply friends or church members who can fight stigma by wearing them, please let me know - skilder@aol.com.

Our bylaws are currently under revision. We are working with an attorney who specializes in not-for-profits, and he is assisting in bringing our 22 year old bylaws into meeting current legal requirements. Please contact Coralie Reed if you have any questions or comments.

We are still in need of a couple of members to help with the phone committee. Time investment is very minimal, so I would appreciate hearing from you!

**H.E.L.P.
AN INTERFAITH
SUPPORT GROUP**

H.E.L.P. an interfaith support group for families dealing with mental illness, meets monthly at Christ the King Church in Pleasant Hill. The address is 199 Brandon Rd., off Gregory Lane in the Ministry Center at the chapel.

Dates are: 9/25, 10/30, 11/27, and 12/18 from 7-9pm. This group is faith based, with friendship, fellowship, and prayer support in a safe environment and one can be certain that all will be confidential.

This is a different type of group for those not interested in the usual share and informational groups.

The success and continuation of the group depends on interest and support. For information call Joe or Pam Appel at 947-0269 or Gloria Hill at 957-5146. Leave a message and someone will get back to you.

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

E mail: xnamicc@aol.com

Websites:
www.namicontracosta.org
www.nami.org
www.namicalifornia.org

DARRELL STEINBERG RESIGNS OVERSIGHT POSITION

State Senator Darrell Steinberg, the driving force behind Proposition 63, the landmark effort to overhaul the troubled mental health system has announced that he will resign as chairman of the state commission that oversees the reform effort.

“Mental health is going to continue to be one of my absolute, top-tier priorities because there is so much more to do,” he said.

“I don’t feel like I can give this the same intensive, all-consuming attention that I’ve given in the past,” he said.

The commission helps oversee implementation of the act—helping supervise how the money is spent, and ensuring that it is spent in accordance with modern, reform-minded strategies of mental healthcare.

“In small and great ways, you will continue to improve the lives of those living with mental illness,” Steinberg wrote in his letter to the other commissioners.

NEW CONSUMER SUPPORT GROUP

Contact: Chris Dodd
925- 646 5549
925- 646 5480

cdodd@ hsd.co.contra-costa.ca.us
Where: 1420 Willow Pass Road
Central Clinic—2nd Floor
When: Tuesdays 3:30—5:00 pm

CRESTWOOD TURNS FOUR HEALING CENTER OPENED October 10, 2003

What a world of difference the passage of four years has brought to the Crestwood Healing Center in Pleasant Hill.

Instead of nasty flyers and ill feeling, the residents of the facility recently participated in a community day hosted by the city of Pleasant Hill where they went door to door distributing flyers on earthquake preparedness.

The building was reconfigured to better meet the needs of Contra Costa County consumers. Crestwood is now able to serve 40 consumers in the Bridge Program which is a licensed Board and Care and 24 consumers in the MHRC, which is the highest level of care and has a highly structured treatment program. The reconfiguration occurred on September 4th. The third program, Pathway has a capacity of 16 which gives the facility a total capacity of 80.

Finally, Contra Costa has one of Northern California’s leading mental health facilities located in the center of the county.



Cindy Mataraso, Psy. D.
Administrator

You’re Invited To

**Crestwood
Healing Center’s**

**4th Annual
Anniversary Party**

**Wednesday
October 10, 2007
1:00 pm till . . .**

**Please join us as we celebrate
four years of providing services
for consumers in Contra Costa
County.**

Crestwood Healing Center
The Bridge Program
The Pathway
550 Patterson Blvd.
Pleasant Hill, CA

925- 938 8050
Please R.S.V.P.

www.crestwoodpleasanthill.com

“A Beautiful Night”

ABN FARM MERGES WITH BONITA HOUSE

Ann Reynolds, president of ABN has announced that the development of the ABN Farm has been turned over to one of the Bay Area’s most successful mental health programs, the Bonita House of Berkeley.

Bonita House will endeavor to make the ABN dream of establishing a working farm into a reality.

American Forces Press Service
\$900 MILLION
FOR MILITARY
MENTAL HEALTH
SERVICES

By Fred W. Baker III

Service members and their families can expect sweeping changes throughout the Defense Department's Mental Health care services during the next year.

A plan submitted to Congress in September, 2007, details hundreds of proposed actions that officials hope will make the system more patient-focused. Many of the major changes are slated to be in place as early as May, 2008. "This is a paradigm shift for military medicine," said Ellen Embrey, deputy assistant secretary of defense.

Congressionally directed and funded last year, the task force reported that stigma attached to mental health, difficult access, bureaucracy and lack of resources contributed to a lack of adequate care for service members and their families.

Congress has provided \$900 million for the improvements.

Proposition #63
THREE NEW
MENTAL HEALTH
SERVICES

Contra Costa Mental Health has three new Mental Health Services Act programs serving children, transition age youth (TAY) and adults. One of them, Families Forward (children's program) is a collaboration between Familias Unidas, Asian Pacific Psychological Services and County Mental Health and is located in Brentwood.

The TAY program includes Fred Finch Youth Center, GRIP, the Latina Center and County Mental Health and is located in West County.

The new adult program, Bridges to Home, includes Rubicon, Familias Unidas, APPS, Anka, MHCC and County Mental Health and is also located in West County. Planning has also recently begun for the new MHSA Housing Program.

SPIRIT
TRAINING
INTENSIVE
RECOVERY
TRAINING

Mental Health Consumer Concerns, Contra Costa County Mental Health Division and the Office for Consumer Empowerment are now offering Mental Health Service Provider, individualized, intensive training.

A FREE comprehensive, 36 sessions of training and a support for mental health consumers who want to work as service providers in the mental health field is now available. Participants will be selected on basis of the written application and an in-person interview. Classes will begin in January, 2008. Call Anna Lubarov: 925-957 5142

BOARD
OPENINGS

The nominating committee is taking nominations for the NAMI-CC Board. Call: Marilyn Capener, 254 5090, Floyd Overby, 284 5240 or Coralie Reed, 376 0880.



SANTA ROSA

Mother of mentally ill man killed by officers sues police

By Henry K. Lee
CHRONICLE STAFF WRITER

The mother of an unarmed man with bipolar disorder who was shot and killed by Santa Rosa police after he allegedly charged at them has filed a federal civil rights

lawsuit, saying officers used excessive force.

Richard Desantis, a 30-year-old ironworker, was shot dead April 9 by officers in the driveway of his home, where he lived with his wife, Patricia, and two children.

Minutes earlier, he had fired about 10 pistol rounds into the ceiling of his home because he thought he heard strangers' voices.

His wife, Patricia Desantis, called police, and by the time officers arrived she had taken away the gun.

Richard Desantis allegedly charged the officers. Sgt. Jerry Soares tried to subdue him using a nonlethal plastic projectile, but it had little effect, authorities said.

Sgt. Rich Celli then fired one shot from his rifle, and Officers Travis Menke and Patricia Mann each fired once from their handguns. Desantis was hit twice in the chest.

In a suit filed Wednesday in U.S. District Court in San Francisco, Adrienne Desantis said her daugh-

ter-in-law had told the officers that the gun was in the house and that "this was a mental health emergency."

But the police had already drawn their guns and "assumed a confrontational approach," said the suit, which names the city, Police Chief Edwin Flint, the two sergeants and two officers as defendants.

City Attorney Brien Farrell said Friday that the officers had to assume that Desantis was armed un-

til they determined otherwise.

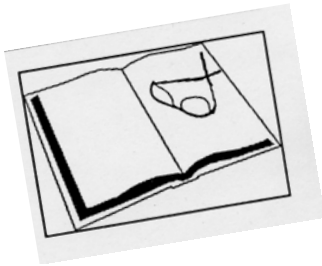
But Ben Nisenbaum, attorney for Adrienne Desantis, said, "The police were presented with the exact opposite information. Whatever information they had to believe he was armed was much older than the information that was right in front of them."

Patricia Desantis sued the city in June. That case is pending.

E-mail Henry K. Lee at hlee@sfrchronicle.com.

This case was covered in the July, NAMI-CC newsletter which is on the website: www.namicontracosta.org

BOOK REVIEW



Rewind, Replay, Repeat, A Memoir of Obsessive-Compulsive Disorder by Jeff Bell, published by Hazelden, 352 pages, \$15.00. Available in the NAMI-CC library.

Jeff Bell, the author, has logged some eight thousand hours behind a studio microphone in his 10 year career as a radio reporter and anchor.

The incredible part of the story is that all that time he was challenged by a severe psychiatric disorder. He has succeeded in bringing this story to the reader in a highly personalized and effective manner. You will know what OCD is when you finish this highly readable book.

Like most people that have afflictions they can hide from others, Jeff did just that. With this book, he has gone public in a most meaningful way.

The therapist he used in his quest for stability was Jacqueline Persons who was the featured speaker at NAMI-CC's May, General Meeting. He found her to be

(Continued in the next column)



**Book Signing
November
General Meeting**

Who: Jeff Bell, afternoon co-host on San Francisco's KCBS Radio.

What: To sign his new book *Rewind, Replay, Repeat*

When: Before 6:45 and after the General Meeting.

To order the book, pay \$15. at the meeting or send a check made out to NAMI-CC. Mail it to: Kay Derrico, 32 Kingston Place, Walnut Creek, CA., 94597.

NOTICE

The chair of the Bylaws Committee, Coralie Reed has announced that there will be a vote on the amendments to the Bylaws at the November General Meeting. If you have any questions on the subject call: Coralie Reed, 925-376 0880 or coralie@dafg.com

as effective as we found her interesting.

It is with the type of therapy he got from Persons that one is likely to get some relief. She has written and edited books on the subject.

Jeff will be the featured speaker at the November General Meeting.

**BITS AND
PIECES**

**MOST SCIENTIFIC
STUDIES ARE
WRONG!**

In an article in the Science Journal of the Wall Street Journal (9/14/07), Robert Lee Hotz quotes John Ioannidis as reporting that most published research findings are wrong.

"These flawed findings, for the most part stem not from fraud or formal misconduct, but from more mundane misbehavior; miscalculation, poor study design or self serving data analysis."

...

**DEPRESSION
MORE DAMAGING
THAN SOME CHRONIC
ILLNESSES**

By Michael Kahn, Reuters,

Depression is more damaging to everyday health than chronic diseases such as angina, arthritis, asthma and diabetes. The study explored the effect of depression in comparison with the four other chronic diseases the researchers wrote in the Lancet medical journal.

The most disabling combination was diabetes and depression.

The findings demonstrate the need to provide better treatment for depression because it has greatly added to the challenges of having a chronic disease.

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\$64 MILLION FOUND TO HELP THE MENTALLY ILL HOMELESS

EDITOR'S NOTE: The following was taken from a release from Senator Darrell Steinberg's office.

Senator Darrell Steinberg (D-Sacramento) lauded the California Department of Mental Health's announcement that it will make available to counties, \$64 million in unspent Mental Health Services Act (Proposition #63) administrative funds, which could be used to provide services to those seriously mentally ill, chronically homeless who were recently benefiting from the AB 2034 program.

The 07-08 budget defunded the nationally recognized AB 2034 program. The Governor proposed eliminating the funding for AB 2034, a clear violation of the voter-approved initiative.

Proposition 63 allows for up to 5% of annual deposits to be spent on administration costs. Any amount less than this 5% then is to be returned to the counties to be spent in accordance with the Act.

After three years, \$64 million remained. Counties determine how to employ these funds and the Senator urges that this windfall be spent on the former AB 2034 population.

"We have a unique opportunity, a gift," said Senator Steinberg. "It is unconscionable to abandon these formerly homeless folks to the street. Let's find today's safe harbor, then work on the long-term solution."

AB 2034 was passed as an expansion of a highly successful pilot program.

...

OCTOBER DONATIONS



A Donation
Mona A. Rusk
And
Jamice G. Khalil
From the AT & T United Way
Employee Giving Campaign

Car Donations
Susan Ritner
Patrick Walsh
Scott Beaudion

A Donation
In Memory of:
Ruth Day
From:
Reid and Susan Luhman
Of: Nevada City, California

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

A Donation
In Memory of:
Ruth Day
From:
The co-workers of her son:
John Day

Name _____

Street Address _____

City State Zip

A Donation
Richard S. and Kathleen Marshall

Phone: _____

A Donation
Tighe and Claudia O'Hanrahan
For the Family to Family Program

- Use Donation For:
- Peer to Peer Program
 - NAMI-CC General Fund
 - Family to Family
 - K.I.D.S. Program
 - Housing

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



Stamp

First Tuesday Support Group
 E mail your questions to: xnamicc@aol.com
 You will be assured of an answer when the group meets
Where: Hillcrest Church, 404 Gregory Lane, Pleasant Hill
When: First Tuesday of each month—November 6, 7:30 pm

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
 E mail address: xnamicc@aol.com

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 |