



NAMI Contra Costa

National Alliance on Mental Illness

Contra Costa's Voice on Mental Illness **OCTOBER, 2011** *092811 1038A

The NAMI Contra Costa Newsletter is available on the web at: www.namicontracosta.org
 E mail: xnamicc@aol.com 27/7 Phone Number: 925-465 3864

OCTOBER
 General Meeting
 Thursday, October 20, 2011
 7:00 PM

GENERAL MEETING

Speaker

Dr. Charles Saldanha
 Chief Psychiatrist
 Contra Costa Regional Medical Center

Topic

Dr. Saldanha will discuss the things you need to know when dealing with the Psychiatric Emergency Unit and the Acute Care Ward.

Location:

John Muir Medical Center
 Concord Campus
 2540 East Street, Concord

925-682 8200

General Meeting

DR. SALDANHA TO SPEAK

When all else fails and your loved one goes to or is taken to the Psychiatric Emergency Unit at the Regional Medical Center (the County Hospital), you need to be familiar with how it works, what they are able to do and what you can do to be helpful.



Dr. Charles Saldanha

A psychiatric incident can be very challenging for a family. To understand the operation of the hospital and the many legalities therein, you will be dealing with Dr. Saldanha's specialty.

(Continued on page 4)

REORGANIZATION

BEHAVIORAL HEALTH DIVISION THREE UNITS BECOME ONE

No one will be able to say they "didn't get the memo!"

The leadership of the new Behavioral Health Division offered a four hour seminar and discussion on the plans to launch a process to develop a welcoming, recovery oriented and *integrated* system of care in Contra Costa County.

The division has contracted with Zia Partners, Incorporated to introduce the staff to these concepts. Dr. Ken Minkoff and Dr. Christie Cline facilitated a four hour seminar Tuesday, September 20 in Martinez.



Cynthia Belon
 Director
 Behavioral Health
 Division

The event was attended by the staff and its community partners.

(Continued on page 4, column 3)

NAMI Walk 2011

\$363,367
BREAKS
RECORD

The NAMI Walk 2011 broke records. Both the gross and the number of attendees were
 (Continued on page 4)

CRESTWOOD 8 YEARS OLD

On October 10th Crestwood Healing Center will celebrate 8 years of serving the Contra Costa County mental health consumers. Opening the Center was not easy.

(Continued on page 4, column 2)

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 smedlin@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 Hillcrest Church #12
Steve Gallion: sgallion@dnix.net 925.691.5673
Contact Steve for date and time.

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

Tuesdays 1:30 pm 1420 Willow Pass Road, Concord, Suite 200
Facilitators: Chris and Tess

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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dk122932@aol.com

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Phone: 925-465 3864

Fax: 925-474 1444

Newsletter Deadline: 20th of Each Month

**PRESIDENT'S
COLUMN**

By Al Farmer

B. J. North's presentation and life style is built around her WRAP Plan (Wellness, Recovery, Action, and Planning). Her personal experiences in dealing with bi-polar disorder were very moving and elicited a lot of audience participation.

B. J.'s story is remarkable in that she managed to take control of her life and raise a fourteen year old boy in addition to helping consumers develop a plan to take control of their lives. She described her triggers, warning signs and symptoms that warned her that she was losing control and needed help from family and friends. She also described her ways of dealing with mood swings so as to blunt, offset and *overcome* these negative feelings.

B. J. developed a plan to deal with out of control mania by arranging for her father to shut down her bank account and credit card in order to protect her assets. She also listed family members and friends who could be asked for help. She identified hospital facilities and preferred food to help her recover from various types of mental breakdowns.

All in all she was incredibly organized and solicited comments from other consumers about their triggers and personal experiences. She stressed the importance of following a daily ritual, eating the proper food and developing a regular sleeping pattern. All of us can benefit from a well planned, structured life in dealing with our problems. Many thanks to B. J. North for sharing your WRAP ideas with us!

During the general meeting Joan Klein LCSW described how meditation has helped her deal with the problems of mental illness. If anyone is interested in exploring the potential benefits of meditation, please contact her at 510-705-3287.

**General
Meeting**

October 20, 2011-

Dr. Charles Saldanha, Chief Psychiatrist, CCRMC. See box on page 1.

November 17, 2011-

Suzanne Davis, R.N.-

County Conservator's Office "How can I get my loved one conserved?" That and many other questions will be dealt with. Suzanne worked on the Acute Care ward at the CCRMC for years.

December 15, 2011-

John Dawdy, hearing officer for Contra Costa County. When your loved one has a hearing to determine whether the stay in the hospital 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

DR. SALDANHA TO SPEAK

(Continued from page 1)

Dr. Saldanha is a graduate of Duke University School of Medicine and completed an internship at the Brigham Women's Hospital, general psychiatry training at the University of California, San Francisco (UCSF), and forensic psychiatry training at Yale University.

He currently serves as Chief Psychiatrist at the Contra Costa Regional Medical Center, the county hospital in Martinez.

He is an Assistant Clinical Professor at UCSF and teaches in the Psychiatry and the Law Program.

Dr. Saldanha's interests include public psychiatry, acute psychiatry and forensic psychiatry.

The October 20 General Meeting will be your opportunity to ask some of your questions and get real answers from the man in charge.

NAMI Walk 2011

\$363,367 BREAKS RECORD

greater than the 2010 Walk which also set records.

NAMI Contra Costa will receive as its share \$37,112, \$6000 more than in 2010. This is the affiliate's largest fundraiser of the year. Dan Shortenhaus was NAMI Contra Costa's lead in this effort and deserves a lot of credit for this success.

The NAMI Walk 2012 will be in June and again at Lindley Meadow in Golden Gate Park in San Francisco.

CRESTWOOD 8 YEARS OLD

(Continued from page 1)

In 2002 many from NAMI, the Interfaith Council and the greater community joined with Crestwood to address the discrimination of a small, but loud and well organized group of neighbors who were opposed to the site opening in their area.

Cindy Mataraso, the Director of the Center said the following in reflecting on the process, "The battle to open has left us at Crestwood with a sense of mission and commitment that only comes from hardship and struggle. Crestwood's opening in this location is a victory for all with mental illness. Today I recognize that we made the most of the situation by developing friendships that continue to thrive."



Cindy Mataraso
Administrator
Crestwood Healing

Crestwood offers residential recovery and rehabilitative treatment to 80 consumers in a step down process to allow for maximum independence and improved quality of life. The Crestwood community is vibrant with many different treatment options for consumers to choose from. There are many classes sponsored by the Center including their newly developed Dialectical Behavior Therapy program. DBT is a structured treatment where consumers learn life skills to become effective in their daily interactions. They learn to manage emotions and handle stressful situations with skill.

BEHAVIORAL HEALTH DIVISION

(Continued from page 1)

Among the community partners were MHCC, NAMI-CC, the Mental Health Commission, Rubicon, CPAW, Rainbow Coalition and the Office of Consumer Empowerment among others.

Doctors Minkoff and Cline have provided system transformation consultation in over 30 states, including 10 counties in California.

Their mission in Contra Costa is to bring the community together to develop a process of communication that emphasizes change and supports all who are part of the system.

The Behavioral Health Services Division was created in Spring, 2011, in response to many external challenges including Healthcare Reform. Also the challenge of merging Mental Health, Alcohol and Other Drugs and Homeless Services into one single administratively led system of care.

The hope is that this change will result in Contra Costa having a "no wrong door approach."

On site 30 hours weekly, is a psychiatrist who promotes recovery and is inclusive with consumers and their families in decision making. Recently there have been changes with their approach to nutrition and developing a greater understanding of the relationship between food and mental health.

Annual Report

**FAMILY
TO
FAMILY**

Thomas Cloney
Director

Family to Family (F2F) is the prime educational resource for NAMI Contra Costa. A summary of 2011 classes reflects the community need and our commitment to serve through education.

In January 2011 a large class was presented in Pleasant Hill taught by Dave Kahler, Sharon Madison & Sue Van Landingham. Also that month, in Pittsburg the first Spanish class was taught by Veronica McManus & Sal Morales.

May saw another large class in Pleasant Hill with Dave Kahler & Sharon Madison. In July a class for Veterans families opened for the first time at the VA campus in Martinez taught by Susan Horrocks, Dan Shortenhaus & Jackie Fernandez

This fall, F2F Contra Costa is providing three sets of courses. A Lafayette class on Monday, September 12 has 24 students. The teachers are Karen Cohen & Nancy Seibert.

Another Spanish class in Pittsburg also started on the same date. Veronica McManus is leading this class. West County is represented in Richmond on September 15. The teachers are Baby Raff and Dolores Ruff. We are gratified to contribute to the needs of all various county populations through education and support.

Peer to Peer

What: a free, ten week course for consumers to learn about healthy life styles, recovery tools, relapse prevention, and education about various mental health diagnoses. It is a small class that allows for sharing and support.

When: January, 2012. Start date and time to be determined; however, it will be a Saturday or Sunday class.

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

For applications: Contact Lisa Honneger at (925) 813-0539, lisa_maureen@comcast.net; Stacey Hoskins at (925) 497-4712; or contact NAMI Office (925) 942-0767.

**Tranquility
Meditation Class
Offered**

by Joan Klein

I am a new NAMI CC member and consumer, and I'm inviting consumers and family members to participate in a series of 3 meditation classes Saturday afternoons, October 22, 29, and November 5, at the NAMI CC Office, Pleasant Hill. It is best if you can attend all three classes.

I'll offer simple instruction, and we can practice sitting and walking meditation together. Like all NAMI CC classes, there is no fee.

We need 10 people to hold the class, and you can reach me at gotsangpa@yahoo.com and 510-705-3287.

***An Autumn Evening In
The Garden***

October 12, 2011

5pm-8:30pm

Centre Concord

5298 Clayton Road, Concord

JOIN US FOR AN EVENING
OF

GREAT FOOD, FRIENDS,
MUSIC,

MEMBER PROGRAM &
PRIZES



PROGRAM

Welcome & Appetizers

Dinner

Evening Program and Music

Live Auction

Dessert & Raffle Drawing

Putnam Clubhouse

*For more information or
to reserve your seat now
call*

Tamara Hunter at:

(925) 691-4276

www.putnamclubhouse.org

2011 Raffle Prize Guide

North Shore Tahoe Roycraft Home, 4 bd, 2 bath sleeps 8
\$1200.

BMW 2011 Convertible 4 days-3 nights.
\$1300.

San Francisco Weekend Package, Four Seasons Hotel **\$900.**

Disneyland for Four, Ayres Hotel For the Whole family, **\$800.**

Napa Valley Weekend, Hennessey House, **\$750.**

And Many Others

Prop 63 Committee

IMPORTANT MEETING

In an article in the Sacramento Bee (September 9, 2011) Amy Yannello wrote:

“In 2010-11, the state is allocating more than \$133.5 million for prevention and early intervention services—some of the programs claiming only loose ties to serious mental illness. For example, as some counties are not funding services for “severe” mental illness, but for “stress reduction” through “yoga, line dancing, drumming and soul Chi (soulful movement) equine-facilitated psychotherapy and drumming for Indian youth reading below grade level or exhibiting problems.”

Charles Madison, chairman of NAMI-CC’s Prop 63 Committee has announced that there will be an open meeting at 5:00 pm, Thursday, October 13, 2011 at the Crestwood Healing Center, 550 Patterson, Pleasant Hill to discuss these issues.

E mail: xnamicc@aol.com for directions and a map.

There have been substantial changes in the way Prop 63 is to be administered and all those that would like to offer input on the future expenditures should be there.



MHCC HOSTS DAN FISHER

Over 110 people came together Tuesday, September 13, 2011 at the offices of Mental Health Consumer Concerns to welcome Dr. Dan Fisher and the delegates of the International Initiative for Mental Health Leadership (IIMHL).

The delegates came from Australia, England, Iceland, Scot-



Brenda Crawford and Dr. Dan Fisher

land and the United States.

The delegates all agreed that they all face distinctly similar challenges and struggles as they passionately advocate for the empowerment, recovery and the rights of mental health consumer/survivors across the globe.

Dr. Fisher, a person who has recovered from schizophrenia, having been hospitalized several times before becoming a psychiatrist, is one of the few mental health professionals in the country who will openly discuss his recovery from mental illness.

This “International Day of Sharing” was a unique and special experience.

MHCC is the oldest consumer run organization of its type in the nation.

In Our Own Voice Presenters

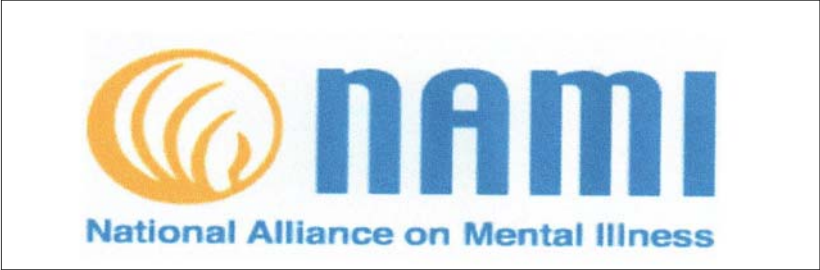
In Our Own Voice Coordinator, Alita VanHee was congratulated by NAMI California Coordinator of Consumer Programs, Rebecca Hawkins and the NAMI Contra Costa Board for organizing a successful training session that graduated over a dozen new presenters to broaden community outreach in order to increase knowledge about mental illness, replacing misunderstandings, fear, and judgment with insight, awareness, and acceptance.

With additional presenters, Alita is in the process of scheduling more presentations. You can help erase stigma by contacting Alita to schedule a program. Appropriate audiences are health care providers, human resource departments and corporations, students, faith communities, consumer groups, law enforcement professionals, county mental health services, and any community or civic organization. Although presentations are formatted for ninety minutes, times may be adjusted to the needs or time constraints of the requesting group.

To contact Alita VanHee, call 925-324-9844 or e-mail alita-vanhee@gmail.com.

JOURNALING THROUGH ART AND SCRAPBOOKS

Learn new ways to journal with or without writing, through scrap booking and other forms of art. Consumers, family members and friends have a safe environment to create, learn, and socialize. . Donations are gratefully received. See page 2 for location, DAY CHANGES, etc.



OCTOBER DONATIONS

Donations

Roger Gregory
MaryLavagnino

Chevron Humankind Program

Donation

In Memory of
Alexander Lyndon Quisenberry
From: His Mother

Donation

Terri Winnie

PG&E Corporation
Campaign for the Community

HAVE FUN, RAISE MONEY...

Make a Difference

Chevys
FRESH MEX

Please Join Chevys At Our Fundraising Event For

Nami Contra Costa Recreation Program

Invite all of your friends and family to dine with us and Chevys will donate 25% of the proceeds to our fundraising partner!

Date: Thursday 10/27/11: Time: 11:00 A.M.-10:00 P.M.

ADDRESS: 650 Ellinwood Way
Pleasant Hill, CA 94523
925-685-6651

It's just our way of giving back to the community!

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

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

24/7 Phone: 925-465 3864

Stamp

3rd Monday Support Group

For those in crisis and seeking education, information and support.
 Location: John Muir Hospital, Walnut Creek, 1601 Ygnacio Valley Road, Walnut Creek
 Epstein Conference Room in the basement area.
 3rd Monday of each month, October 17, 2011, 7:00 pm to 8:30 pm Sharon Madison-Bob Thigpen
 Contact: xnamicc@aol.com or 925-256 9640 925-521 5121 925-676 5771

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:

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