



NAMI Contra Costa

National Alliance on Mental Illness

Contra Costa's Voice on Mental Illness September, 2011

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

AB 100 IS NOW LAW

By: Mary Roy
Acting MHSA Manager

Editor's Note: *Much of the dissatisfaction with the distribution of MHSA funds may be corrected by the passage of AB 100 and the systemic changes at the Mental Health Department.*

The Mental Health Services Act has undergone some significant changes through the passage of AB 100. However, core elements of the Act which remain in place are the component parts of the Act. These include:

- Community Supports and Services (for children, adults, and seniors with severe illnesses).
- Prevention and Early Intervention (aimed at preventing mental illnesses from becoming severe and disabling.)
- Workforce Development.
- Innovative Programs (designed to increase access, quality, inter-agency collaboration and access to underserved groups).
- Capitol Facilities & Technology (electronic medical records; bricks and mortar projects).

(Continued on page 4)

General Meeting B. J. NORTH

B.J. North, the speaker at the September 15 General Meeting is one of the most experienced exponents of the WRAP plan (Wellness, Recovery, Action, Planning) in the nation.

She has worked in the human resource and organizational development area as an adviser, manager, group facilitator and project development officer

(Continued on page 3)

VOCATIONAL SERVICES

JOBS

When it comes to looking for a job, you need all the help you can get. If you are in the county system, the Vocational Services Division can be an enormous help. You can be referred by a psychiatrist, a case worker or the Department of Rehabilitation which is located in Concord in the Enea Plaza.



John Hollender

Since 1991, John Hollender has been the coordinator. He has been

(Continued on page 5)

SEPTEMBER

General Meeting

Thursday, September 15, 2011

7:00 PM

GENERAL MEETING

Speaker

B.J. North

Certified WRAP Consultant

Topic

WRAP is a self-management and recovery system developed by a group of people who had mental health issues. WRAP is a structured system to monitor uncomfortable and distressing symptoms that can help consumers reduce, modify or eliminate those symptoms by using planned responses.

Location:

John Muir Medical Center

Concord Campus

2540 East Street, Concord

Facility Profile

JUVENILE HALL

NAMI-CC met with Sharon Cabading, one of the senior staff at the Juvenile Hall to update our information on that facility. The article is on page 6. The phone number at Juvenile Hall is: 925-957 2700

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 Rich Derrico. E mail: xnamicc@aol.com or call: 925-256 9640 925-676 5771

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
Tuesdays 7:00 pm to 8:30 pm Hillary 925-890 4044
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

SECOND NAMI BAY AREA AFFILIATE MEETING

Saturday, October 1, 2011
10:00 am to 2:00 pm

Featuring: Jeff Bell, anchor for KCBS radio, Monday through Friday afternoons, a NAMI member and nationally recognized author.

Location: John Muir Medical Center, rooms Concord I and II.
2540 East Street, Concord.

NEW OFFICE MANAGER

Welcome Veronica McManus as our first official NAMI CC Office Manager. She comes to us with office management, bookkeeping experience, and fluency in Spanish and English. She is responsible for the first graduating class Familia a Familia en Espanol. Her particular interest is outreach to diverse communities, with special interests in faith groups and youth.

Contact her at:
925 942-0767 or 925 250-4032

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

PRESIDENT'S COLUMN

By Al Farmer

Sue and I just returned from an outstanding and inspirational NAMI California Conference in Sacramento.

The keynote speaker on Friday morning was Dr. Cameron Carter, a psychiatrist and professor at the University of California, Davis. Dr. Carter was incredibly knowledgeable about all aspects of Schizophrenia and other mental illnesses. He summarized the tremendous progress in the understanding of mental illness with the help of C- scans and MRIs.

Recently researchers have begun to better understand the plasticity of the brain and they have begun the development of new medications with different approaches dealing with mental illness.

We were especially honored to have Dr. Joyce Burland, the creator and implementer of the Family to Family Program. Dr. Burland felt that the family was the most critical element in the identification and support of family members suffering from mental illness. Families are poorly prepared to deal with a sudden mental illness. They don't know what to do.

So, she developed a program to educate the family about the various types of mental illness, the medications available, and the support available. This was an incredible break through twenty years ago and there are thousands of family members who have benefited and have been empowered by this wonderful program.

Dr. Burland received a hearty standing ovation to thank her for her incredible and very unique contribution to all those NAMI families seeking help.

NAMI-Contra Costa National Alliance on Mental Illness

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Barbara Scott Scrip Program

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Steve Gallion Consumer Recreation

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Newsletter Deadline: 20th of Each Month

AB 100 IS NOW LAW

(Continued from page 1)

On March 24, 2011, Governor Brown signed into law AB 100. It eliminates the requirement that the Department of Mental Health review and approve the Annual MHSA Plan. The state will now administer the funds and regulations.

The Act deletes the requirement that counties need to update the 3-year MHSA plan annually. This is a major change.

The Act reduced the funds allocated to the Department of Mental Health Oversight and Accountability Commission, thus reducing funds spent on administration and transferred these funds to the local level.



Mary Roy
Acting MHSA
Manager

The Act provided a one-time transfer of \$862 million out of the Mental Health Services Act to fund Medi-Cal Managed care, Mental Health Services to Special Education Pupils and Early and Periodic Screening, Diagnostics and Treatment.

What this means locally is that some of the administrative burden of reporting has been eliminated. Our allocations are received monthly as they are received by the State and our plans will be approved locally, without going through an onerous state approval process. Some of the funds which were being held by

CLUBHOUSE JOBS PROGRAM

The Career Development Unit was established in November 2010 at the Putnam Clubhouse. Operated collaboratively by Clubhouse members and staff, the Unit offers the members career and healthy living workshops, assistance in developing personal career plans, guidance for returning to school, applying for paid employment and ongoing support for career success.

The Unit also develops relationships with area businesses who hire members for transitional, supported, and independent positions.

If you or someone you know might be interested in hiring a Clubhouse member or for more information about Career Unit programming, please contact:

Tech Tran at (925) 691-4276.



the State Department of Mental Health awaiting plan approval have been distributed to our county.

I am hopeful that the direction toward more local determination and access to funds will result in improved access to care for those whom we serve.

CLASSES FALL 2011

Classes listed by start date.

Family to Family

Program Director, Thomas Clooney (510) 705-2608 or famto-famcc@gmail.com; assistant director, Nancy Seibert (25) 285-5995.

September 15, 7-9 p.m. Grace Lutheran Church, 2369 Barrett Ave at 24th, Richmond. Contact Baby Raff (510) 374-9651 or Dolores Ruff (510) 593-7971

Monday, September 12, 7-9 p.m., Lafayette. Our Savior's Lutheran Church. Contact Nancy Seibert (925) 285-5995.

Monday, September 12, 7-9:30 p.m., Church of the Living God Pittsburg. Familia-a-Familia for Spanish speakers. Church of the Living God. Contact Veronica McManus (925) 250-4032.

Peer to Peer

Sunday, September 25, 2-4 p.m. Crestwood Healing Center, 550 Patterson Blvd., Pleasant Hill. To apply, call coordinator Stacey Hoskins (925) 497-4712 or leave a message with NAMI Office (925) 942-0767.

Crestwood Car Wash

When: Friday, September 23, 2011, 1:00-4:00 PM

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

Cost: Donations accepted

Purpose: To provide funds for activities for Crestwood residents

Contacts: Lisa Bruce and Laurie Schnider 925-938-8050

VOCATIONAL SERVICES

JOBS

(Continued from page 1)

the driving force in increasing the funding and the staffing of the agency. There are now 19 employees at the Willow Pass Road, Suite 140, location in Concord working on locating jobs and guiding people into them.

Some of those people are what they call "Job Developers." They are in contact with the companies that are most likely to have job openings. They make it their business to have those companies feel that when they need a job slot filled, Vocational Services would be one of the resources they should contact.

Another job category is that of "Job Coach." This person offers support to the new employee to answer questions, offer suggestions and help in every way they can. The service is offered for the first year.

Vocational Services has every reason to make the employee successful. Their contract with the Department of Rehabilitation does not call for payment if the new employee does not stay with the job for at least 90 days.

Individuals can request a referral from their Mental Health clinician or Alcohol and Other Drug Services personnel.

Some of the services offered are:

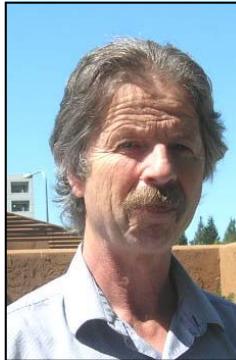
- Vocational rehabilitation counseling/guidance.
- Benefits counseling.
- Job placement services.
- Job retention support services
- Supported Education Services

For help from the Clubhouse in seeking a job, see the article on page 4.

3rd MONDAY SUPPORT GROUP

Bob Thigpen is going to join Sharon Madison in facilitating this long established support group.

It was begun by Mary Shearer and continued for many years by Gloria Hill. Bob has been the family advocate at the Central Clinic on Willow Pass Road in Concord.



Bob Thigpen

The next meeting will be September 19. Detailed information is on page 2 of this newsletter. Bob's phone number is: 925-521 5121

Volunteer at a NAMI Information Table

The two events below need additional table monitors to help diverse communities become informed about NAMI CC's free educational programs and support services. Shifts can be for two or more hours.

Sunday, September 25, 10:00 AM-3:00 PM. African American Health Summit, Pittsburg High School.

Saturday, October 1, 11:00 AM-4:00 PM. Monument Community Health Fair, Meadow Homes Park. Spanish speakers in demand.

Contact Kay Derrico (925) 933-4012 or kayderrico@comcast.net

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

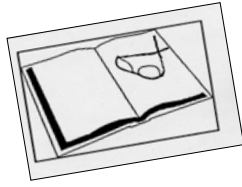
General Meeting

B. J. NORTH

(Continued from page 1)

throughout the United States and Canada. She contracts with many government agencies, privately held companies and community base non-profits.

B.J. works to build bridges across uncommon grounds. She helps participants identify and use a common foundation for their approach.

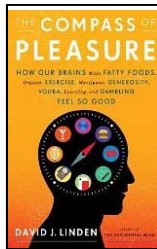


BOOK REVIEW
By: Mark Cohen

The Compass of Pleasure: How Our Brains Make Fatty Foods, Orgasm, Exercise, Marijuana, Generosity, Vodka, Learning, and Gambling Feel So Good

David J. Linden (Author) Penguin Publishing, Hardcover, \$13.93

What do cravings for food, sex, gambling, and exercise have in common with addictions to alcohol, cigarettes, and drugs?



Are we able and is it proper to call a behavior an addiction if it is non-destructive?

Some answers to these questions and others are lucidly explained in this book, using language that is comprehensible to the general public.

David J. Linden, professor of neuroscience at *The Johns Hopkins University School of Medicine* does a remarkable job explaining the physiology and neurochemistry of addiction, in particular, and how it relates to the evolutionary basis our underlying desire to experience *pleasure*.

All addictions have certain things in common: tolerance, withdrawal, craving, and relapse. "As addiction develops and tolerance, dependence, and cravings emerge, the euphoria produced by the drug gradually drains away.

Pleasure is replaced by desire; liking becomes wanting."

Why are certain people prone to addictive behavior while others seem to be somewhat resistant?

The roles played by the medial forebrain pleasure circle neurotransmitters such as dopamine, serotonin, GABA (gamma amino butyric acid), endorphins, and endocannabinoids are described and related to the functions that heredity and environmental factors play in determining the risk of addiction. Current and possible newer treatments for addiction are explored.

He points out that throughout history people have sought ways to alter the functions of their brains, while cultural enforcers such as governments and religious institutions have often sought to regulate their use, not necessarily for the general good.

For example, in our society, highly addictive and destructive substances such as alcohol and smoking are well tolerated while less destructive substances such as marijuana are criminally prohibited. Statistically "80% of the people who try cigarettes become addicted while only about 8% get addicted to cannabis."

In calling for "A disease model of addiction," as opposed to criminal, he points out that even though "the development of addiction is not the addict's responsibility. . . crucially, recovery from addiction is."

Peer to Peer
Sunday, September 25, 2-4 p.m.
Crestwood Healing Center, 550 Patterson Blvd., Pleasant Hill.
Call coordinator Stacey Hoskins (925)497-4712

Facility Profile

JUVENILE HALL

The typical resident is male, 16.2 years of age, detained while awaiting court proceedings on a Felony charge. A Felony is a serious charge, that if he/she were an adult, they could be sentenced to State Prison. For the month of July, 2011, 175 residents were booked into Juvenile Hall. Fourteen of those youth were booked in on weapon-related offenses. For the month of July, the average daily population was 140 youth. The vast majority of this population is male (119 males/21 females). Most minors in custody are awaiting court on new charges (58%). Out of the remaining residents approximately (28%) are committed to a Treatment Program within the Juvenile Hall Facility. The remaining 14% are detained for an assortment of reasons. The reasons include, but are not limited to: pending court for a Violation of Probation; awaiting delivery to our Boys Ranch, a placement facility, State Prison, the Department of Juvenile Justice; pending transfer to another jurisdiction, or remanded by the court.

The current Juvenile Hall opened in 2005 and is rated to house 290, however the facility is currently staffed to house 174 youth.

Juvenile Hall is operated by the Probation Department whose Director is Philip Kader. The guideline for the minimum

(Continued on the following page)

Operation Standards is stated in Title 15, of the California Code of Regulations.

The average length of stay is 24 days.

Residents may receive visits from their parents or legal guardian. Each resident is entitled to visit for a minimum of two hours per week. The hours and days for visits are determined by the resident's last name (A-I Monday, J-R Tuesday, S-Z Wednesday, A-Q Saturday, R-Z Sunday).

In addition to parents, residents may receive visits from pre-approved clergy members, Social Workers, therapists, and other professionals granted authorization to visit by the Court or the minor's Probation Officer. If a resident has a child or spouse, after verification, arrangements for visits will be made to maintain these relationships.

The Health Services Department provides mental health services to youth in custody seven days a week. Juvenile Hall Mental Health Services is staffed by one Psychiatrist (part-time), five therapists (three full-time/two part-time interns).

Residents have access to mental health services, which include but are not limited to, screening for mental health problems, crisis intervention, management of acute psychiatric episodes, stabilization of persons with mental disorders and the prevention of psychiatric deterioration in Juvenile Hall.



SEPTEMBER DONATIONS

DONATIONS

Roger Gregory Mary Lavagnino Heather Quisenberry

%Chevron Humankind Employee Funds

Evening of Prayer for Hope and Healing for Mental Health Recovery and Understanding (See flyer insert.)

This popular NAMI Contra Costa healing service is expanding in scope. First, military people have been invited, the Concord Vet Center endorses the event, and the personal sharing will be from a US Air Force Veteran. Additionally, more faith groups will be represented this year, helping with personal blessings for those who would like this.

The labyrinth again will be open after the service for silent, meditative walking. Labyrinths are based on ancient pathways that begin at an opening on the edge of a circle that leads to twists and turns to the center, then back to the edge. It is a single pathway in and out with no dead ends. Used by faith communities, hospitals, and schools, it is a way to turn inward and to promote calm, peaceful feelings.

7:00 PM, 260 Walnut Avenue, Walnut Avenue United Methodist Church, Walnut Creek. Clare Beckman Coordinator, Beckner@astound.net or 925-930-6591.

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.

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

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, September 19, 2011, 7:00 pm to 8:30 pm Sharon Madison
 Contact: xnamicc@aol.com or 925-256 9640 925-933 4012 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
Mental Health Client		\$ 20.00
Dual Affiliate		\$ 20.00
General Membership		\$ 40.00
Professional Membership		\$ 50.00
Century Club		\$ 100.00
Lifetime		\$ 500.00