72017 824A GGGG
First . . .

INTRODUCTIONS
“YOU ARE THE WORLDS FOREMOST EXPERT . . .
ABOUT YOUR LOVED ONE’S BEHAVIOR!”
Let’s not only recognize this . . .

Let’s capitalize on it!
Re-Active . . .

Pro-Active
Welcome to Contra Costa's Crash Course on Mental Illness
Mental Health Advocacy

NAMI Contra Costa
NAMI
General Meeting
3rd Thursday Every Month

Dr. Steven Seager
“Shattered Families”
Award Winning Film
Fact: No one ever joined NAMI that did not have a loved one that has a mental illness. When you talk with a member that has been working with their love one’s case for awhile, you can see that they have acquired a wealth of information. Information acquired by making mistakes and taking time. The School of Hard Knocks has a very high tuition!
CRASH COURSE

Five Sponsors

Contra Costa County
BEHAVIORAL HEALTH SERVICES
Administration
George & Cynthia
Miller Wellness Center
BEHAVIORAL HEALTH

FAMILY JUSTICE CENTER
SERVING • CONNECTING • EMPOWERING

National Alliance on Mental Illness

Contra Costa Crisis Center
CRASH COURSE

• First offered February 3, 2016
• Will be offered EVERY Wednesday of the year without exception.
• A 120 minute orientation to the mental health field
The Crash Course:
Was created in October - December 2015, with the backing of the five sponsors by:

The Committee of 10

Chair: David Kahler
Robert Thigpen  Kimberly Krisch
Peggy Harris
Lela Clark
Greg Beckner
Sharon Madison
Mark Cohen
Connie Steers
Sue Vanlandingham
CRASH COURSE
Workgroup Partners
& Volunteers

Robert Thigpen
Charles & Sharon Madison
Greg Beckner

Lela Clark
Dave Kahler & Peggy Harris
Also One of the Principle Authors

Kimberly Krisch

George & Cynthia Miller Wellness Center – Behavioral Health

Community Support Worker

Martinez, CA
Cell Phones and Pagers

Leave them On!
Whenever you go to a university or college, they start you with an Orientation! This is the orientation for the mental Health field.
Case Managers

Where would you get the many case managers that are so badly needed?
From the Families
Our Paramount Goal
Is to get one of the family members
To become

The Family Case Manager
The Family Case Manager Would use the Survival Guide’s five Points

The five points are:

1. JOIN A STRONG SUPPORT GROUP. You can’t do it alone. You will need the education, information and support of an organization. NAMI Contra Costa is one such group.
   www.namicontracosta.org Email: nancocostail@gmail.com

2. SETUP FILES. Setup a permanent set of files to receive all the paperwork the case will generate. Ask for a copy of any documents you come in contact with. Especially copies of diagnosis’s and prescriptions. Follow the rule that you never let an original out of the file, but make many copies and make certain that all the folks involved in the case have a copy.

3. START AND KEEP A JOURNAL. Get a 3-ring binder, fill it with lined paper, divide it into several parts and make entries as you have the time and the need. Setup one section to record observations about your subject, one on notes about ideas and concepts you think important, one on listings of various locations, facilities, programs and other resources that might be helpful in your efforts.

4. ONE PAGE SUMMARY. Do not go from office to office endlessly repeating the basics of the case. Create a summary, so you would a resume for a job search, that gives the particulars of the case up to the present time. Put the subjects name, address, phone number, a mail address, and contact persons (with dates). At the top of the sheet. Use a type size that will let a lot of information on one page, but large enough to be legible (Font 10). Leave the document in the computer memory for future use. The page should be limited to just one page as that encourages the reader to actually read the material.

5. COVER LETTER. A very brief cover letter (Optional) may add to the flexibility of your message. Leave that in the computer’s memory.

6. RELEASE OF CONFIDENTIALITY. Get your loved one to sign a Release of Confidentiality at each office or facility that your loved one goes to. This is imperative. You can talk with the doctor or his staff without that signed document. Your can download this form at http://www.namicontracosta.org/information/release_confidentiality.pdf

7. STRATEGY - WRITTEN. In the Journal (Point #3). Create a section to think out and write down your strategy for managing the case.

8. SUPPORT GROUPS. These groups will give you the continuing support and information you will need. They are held monthly throughout the county. For information: Email: nancocostail@gmail.com Go to www.namicontracosta.org/calendar.htm for a dates and times of groups in the county.

9. EDUCATION AND INFORMATION. In a very short period of time, you can educate yourself on the basics of mental illness. You will be empowered. NAMI Contra Costa offers a FREE 12 week one night weekly course that gives you the information you need. There is no course in any university or college like it.
1. Set of files
2. Journal
3. One Page Summary
4. Signed Release of Confidentiality
5. Written Strategy
The

“One Page Summary”

Put Your Cell Phone Number at the top of the
One Page Summary
**TIP**

When conveying information:

1. Keep the information on an 8 ½ x 11” document and put it in a manila folder. It is imperative to keep all the documents in the memory of your computer.
2. Top sheet: the Cover Letter
3. Any other sheets to substantiate your message
Release of Confidentiality
Authorization to Disclose Information

HIPAA Laws Protect Patients’ Privacy

- Have your Loved One / Family Member sign Consent Form when he/she is doing well
- Sign a Form for each Healthcare Provider
  - Psychiatrist
  - Therapist
  - Primary Care Physician (PCP)

• Sign Forms Annually

HOWEVER! There is nothing in the law To Prevent you from giving information to The psychiatrist or facility starting with The One Page Summary.
Note:

You are Welcome To Stop by The Crash Course Any week at 6:00 pm To have your Survival Guide Checked Over
Note:

There is a lot of material being presented here tonight. Don’t worry.

Be sure to carefully page through the Info Pac.
You will have:

1. Slide Printout
2. Slides on the NAMI Website
3. Information Packet
NAMI Contra Costa

We are a charitable non-profit providing outreach, education, support and advocacy to families and individuals in need of help. Get involved with our free education and support programs and start making a difference for yourself and the local community today.

Featured Programs

The Mental Health Crash Course is every Wednesday evening. A 90 minute seminar acts as an orientation to the mental health field. Located in downtown Concord’s Salvio Square, it is within five minutes walking from BART and two nearby parking garages. Click here to learn more. To download the class curriculum, click here for full size slides or click here for pages with room for notes.
Here are some pictures of the Resources You may have need of:
Contra Costa Regional Medical Center - The County Hospital
Components of the Mental Health System
1. Mental Health
2. "CRISIS"
3. 5150 Criteria
   1. Danger to Self
   2. Danger to Others
   3. Gravely Disabled

ADD 1

Summary
Peace Officers
Police
Sheriffs

ONE PAGE
Summary
to Sheriff and
Ambulance
Personnel
However . . .
DON’T CALL 911
BE PROACTIVE
AND STAY AHEAD OF THE GAME

Alternatives
NAMI and the Crash Course will alert you as to what the alternatives are.

A 5150 event is a major traumatic event to the subject. It will not be soon forgotten. So it
only should be done as a last resort.

Many people who call 911 feel that most of the behavior
problems will be solved. Not usually so. It’s only another step
on the psychiatric journey.
The system is seriously overloaded. All 5150 cases are
taken to Psychiatric Emergency Services (PES). A few years ago
about 250 people were being tak-
en to PES. Currently, the traffic
is frequently over 900.
The result is about 60%
of the people are out of there in 2
to 5 hours.
The cost to the system
(policie, the Ambulance, PES, the
Acute care ward 4-C and maybe a
sub acute facility) is frequently
over $10,000.
The emotional cost to
your loved one is incalculable
Equip yourself. Go to
the Crash Course and become the
Family Case Manager.

CRASH COURSE
Offered EVERY
Wednesday Night
6:30 PM
2151 Salvio Street
Family Justice Center
Note: Across from Todos Santos Park in the same building as the
E.J. Phair Restaurant
dk122092@aol.com
925-676-5771 867-6109

FAMILY ADVOCATE
Bob Thigpen
925-987-5130
bob.thigpen@broadreach.com
Bob Thigpen is the County’s Family Advocate. You can talk with him at the
Crash Course which is every Wednesday night
(925-676-1733)
crashcourse@aol.com
When an Incident Occurs and 911 is called:

The Police Officer Has three choices

If the Incident involves
The breaking of a law,
The subject would be taken
to the Martinez Detention Facility (Jail)

If the Officer sees that the subject meets the LPS Criteria: Danger to Self or Others, the officer would call an ambulance and send the subject to the PES

If the decision is neither of the above, the subject would be free to go. The Family Case Manager would have a strategy for that.

When the patient does not meet the criteria But has a substance use related issue, refer to AOD 1-800-846 1652

Here is where the WRITTEN Strategy Really Comes In!
The 5150

1. Make certain your car is ready to go.
2. Make the call in a way your loved one can’t hear it.
3. Make sure you have a stack of “One Page Summaries”.
4. After making the call, unobtrusively go outside so you can encounter the police car as it arrives. Immediately give the officer the One Page Summary.
5. Tell the police officer that you loved one’s behavior is such that he/she should be taken to the Psychiatric Emergency Unit (PES) at the County Hospital.
6. If possible, e-mail the Emergency Unit sending the one page Summary as an attachment. The E-mail address is: crisisunit@hsd.cccounty.us
7. The phone number is: 925-646 2800
8. As soon as the ambulance has left, you drive directly to the Emergency Unit.

Note. An Enlarged Version is In the Information Packet
1. Ring the doorbell and tell the staff person “Here is the “One Page Summary” for a person is will be arriving shortly.

2. Tell the staffer your cell phone number is on the top of the “One Page Summary” and you will be waiting on the Bench if they have any further questions.

Again: E mail address: crisisunit@hsd.cccounty.us
Phone Number: 925-646-2800
3 Adult Clinics

Information for all clinics
(877) 905-4545

1. Antioch Health Center
   3505 Lone Tree Way, Antioch
   Appointments (800) 495-8885

2. Bay Point Family Health Center
   215 Pacific Ave., Bay Point
   Appointments (800) 495-8885

3. Brentwood Health Center
   171 Sand Creek Road, Suite A
   Brentwood
   Appointments (800) 495-8885

4. Concord Health Center
   3052 Willow Pass Rd., Concord
   Appointments (800) 495-8885

5. Contra Costa Regional Medical Center
   2500 Alhambra Ave., Martinez
   Information (925) 370-5000

6. Martinez Health Center Building 1
   2500 Alhambra Ave., Martinez
   Appointments (800) 495-8885

7. North Richmond Center for Health
   1501 Fred Jackson Way (Formerly Third St.), Richmond
   Appointments (800) 495-8885

8. Pittsburg Health Center
   2311 Loveridge Rd., Pittsburg
   Appointments (800) 495-8885

9. West County Health Center
   13601 San Pablo Ave., San Pablo
   Appointments (800) 495-8885

DIRECTIONS

CONTRA COSTA REGIONAL MEDICAL CENTER & HEALTH CENTERS

2500 Alhambra Avenue
Martinez, CA 94553

From East and Central County
Take Highway 4 toward Martinez
Exit Highway 4 at Alhambra Avenue
Turn Right at Stop Light at Exit
Medical Center is 1 mile down on left
hand side at B Street.

From West County
Take I-80 East
Exit I-80 at Highway 4 East towards Martinez
Exit Highway 4 at Alhambra Avenue
Turn left at Stop Light under Freeway
Medical Center is 1 mile down on left
hand side at B Street.

BUS SERVICES
Bus Services from all locations is available.
Schedules are available at the Hospital and
all Health Centers.
The County Connection bus stops at the
corner of Alhambra and “C” Street, adjacent
to the hospital.
The Regular Emergency Unit
Psychiatric Emergency Services (PES)
PES
Psychiatric Emergency Services
“The Bench”

Tell them you will wait in case they have need for further information.
The Fishbowl
About 800 people a month pass through the PES.

About 900 person each month pass through the PES. 60% are evaluated and then sent on their way in 2 to 5 hours. You must make every effort to go personally and become familiar with the location. And the facility across the street: The Miller Wellness Center.
PES Discharge Form

10 Pages of information

Imperative to save!
Psychiatric Emergency Services
2500 Alhambra Avenue
MARTINEZ CA 94553
Phone 925-370-5000

MRN

Department: Psychiatric Emergency Services
Date of Visit 8/20/2016

Diagnoses this visit Bipolar Disorder

Your diagnoses were MAJOR DEPRESSIVE DISORDER, SINGLE EPISODE, MODERATE and ALCOHOL ABUSE.

You were seen by Dr. Joe Jones

Discharge Instructions
SOCIAL SERVICES DISCHARGE INSTRUCTIONS

An enlarged view.
The CCU - IMCU Waiting Room

- Has Restroom
- Water Fountain
- Pay Telephone
- House Phones
  - TV Set

Problem: You can be forgotten there.

You are better off waiting on the “Bench”
Peace Officer Writes 5150 HOLD — 72 Hour CLOCK Starts
1st Assessment / 5150 Hold Evaluation

- Peace Officer
  Transport to Martinez Detention Facility
  Booking — Placement

- GENERAL Population

- M-Module
  Persons w. Mental Illness

- AMR Transport to Psychiatric Emergency Services (PES)

- PES
  Crisis Stabilization
  2nd Assessment/Evaluation*

- Patient
  MEETS 5150 CRITERIA
  5150—72 Hr. Hold Continues

- Patient NO LONGER Meets 5150 CRITERIA
  Patient Released
  5150 HOLD Lifted

COULD Lead to 5250 Hold
- * Lanterman Petris Short (LPS)

Crash Course
* M-Module is where persons with physical and/or mental health disabilities are held.
CENTRAL COUNTY CHILDREN’S MENTAL HEALTH SERVICES

Children’s Specialty Program
Address: 2425 Bisso Ln. #235, Concord
Population Served:
- Children & TAY
  - Emergency Foster Care
  - Child & Family Mental Health Services
  - Social Services Child Assessment Unit
  - Spirit of Caring
  - Katie A

Juvenile Probation Services
Address: 202 Glacier Dr., Martinez
Population served:
- Juvenile Hall
- Orr Allen Youth Rehabilitation Facility
- Regional Probation Liaisons

Consumer Self-Help Center
(Patients' Rights Advocates)

School Based Program Unit
Unbundled Day Treatment
Contractor: La Chaine
At: La Chaine School - Antioch (NPS)

First-Hope Program (FHP)
Contractor: Family First
At: Mount Diablo High School (MDUSD)
Contractor: Oliveira High School

Mental Health Enhanced Classroom(s)
At: Campolindo High School (AUHSD)
At: Marchess School Middle Class (CCODE)
3 Classrooms Contractor: Seneca
At: Pleasant Hill Middle School (MDUSD)
Contractor: Fred Fosh at ML Diablo High School

Outpatient School Wide Mental Health Services
At: Marchess Elementary Grades (CCODE)
At: Belcar Jr. (MDUSD)
Far Cala Jr. (MDUSD), El Dorado Jr. (MDUSD)
At: Mi Diabo/ Olympic Alliance High Schools (MDUSD)
Sunrise Elem (MDUSD)

Central County Children's Mental Health Clinic
Address: 2425 Bisso, Ste. 200
Concord, CA 94520

Population Served:
Children & Transitional Age Youth

Services:
- Head Start Program
- Psychiatric Services
- Outpatient Services
- Parent Partners
- Parent Project
- PIP Program
- Wrap Around Services
- Cognitive Behavioral Therapy
- Dialectical Behavior Therapy
- Trauma Focused Cognitive Behavioral Therapy
- Triple P Parenting

Psychiatric Emergency Services
(County Inpatient)

CCRM - 4C (County Inpatient)

County-Wide Assessment Team
Address: 2425 Bisso Ln. #230, Concord
Population Served:
- Children & TAY
  - Local and National Case Management
  - Hospital Liaison
  - TBS Services Coordination

Contra Costa Crisis Center
Lincoln
(Multi-Dimensional Family Therapy)

Contra Costa Health System

Central County Children's Mental Health Services

Hospital & Residential Unit
Address: 2425 Bisso Ln. #230, Concord
Population Served:
- Children & TAY

TBS Providers
- COFY
- STAND!
- Seneca

Prevention & Early Intervention Programs:
Child Abuse Prevention Council (Concord)
Contra Costa Interfaith Housing (Walnut Creek)
Center for Human Development (Pleasant Hill)
C.O.P.E. Family Support Center (Concord)
La Clínica de la Raza

Community Health for Asian Americans
Antioch

New Leaf (Martinez)
Rainbow Community Center (Concord)

Prevention & Early Intervention Programs:

Provider Network
Organizational
YWCA (Martinez)

Individual (72*)

Both adult and children

Pathways to Wellness
Martinez

La Clínica de la Raza
Oakley
The Martinez Detention Facility

The Martinez jail is the largest mental health facility in the county!
CONTRA COSTA’S
CRASH COURSE
ON MENTAL ILLNESS
A Critical Website

5150crisis.com

This is in your Information packet
Criminal Justice System I

Chief Public Defender
Robin Lipetzky
robin.lipetzky@pd.cccounty.us

Contra Costa County
Office of the Public Defender

Office of the Public Defender
800 Ferry Street
Martinez, CA 94553
Phone: (925) 335-8000
Fax: (925) 335-8010

925-335 8000

Crash Course
Criminal Justice System II

Mark A. Peterson, District Attorney
mpeterson@contracostada.org

900 Ward Street
4th Floor
Martinez, CA 94553
Phone: 925-957-2200
Fax: (925) 646-4445

Greg Chiarella
Deputy District Attorney
gchiarella@contracostada.org

Mental Health Litigation

Hours
8:00 am - 5:00 pm
Monday - Friday
Probation

Potentially A Positive Development

925-313 4000
It is imperative that you get the judge to insert the following sentence in the probation papers!

The subject shall participate in an extended psychiatric program, take medications if prescribed and not stop taking them without the express permission of the probation officer.
Summary of Lanterman-Petris Short ACT (LPS)

WIC 5150 - Up to 72-Hour Hold
WIC 5250 - Up to 14-Day Hold
WIC 5260 - Up to 30-Day Hold

Temporary Conservatorship (T-CON)
Permanent Conservatorship (Up to 1yr term)
Permanent Conservatorship

Up To One Year

5150  Up To: 72 Hours
From the time the officer wrote the incident up.

5250  Up to 14 Days

5260  Up To 30 Days

T. Con. (Temporary Conservatorship)
Up to Six Months

Permanent Conservatorship
Up To One Year
When a person as a result of a mental health disorder, is a danger to others or to himself or herself, or gravely disabled, a peace officer, . . . May upon probable cause take the person into custody for a period of up to 72 hours for assessment, evaluation, and crisis intervention . . .

without being detained, he or she shall be provided evaluation, crisis intervention, or other inpatient or outpatient services on a voluntary basis. Nothing in this subdivision shall be interpreted to prevent a peace

Asterisks (***). Denote Text Deleted By Legislation
Diagnosis

How is the diagnosis arrived at?
The Doctor arrives at a diagnosis based on subjective observations of the subject’s behavior. And your reports. The DSM may be used
Greg has had experience with medications
Example:

Lithium can do damage to the kidneys. So there should be a periodic blood draw to determine the level in the blood. Many doctors, for their own reasons don’t call for the blood draw. The Family Case Manager should insist.

The desired level is approximately .09. If it is as low as .03 or lower, it is not likely to a therapeutic dose. If it is over .10 and up, it could be doing damage to the kidneys.
Note:

“You are the world’s foremost expert on your loved one’s behavior!!”
At this point it is important for you to understand the financial aspects of the system and how they drive decisions.
**Monthly Costs:**

- Acute Care Ward 4C: $44,880.
- Sub Acute Facilities: 8,580. 19%
- State Hospital: 15,210. 33%
- Martinez Detention Facility 1,830 4%
A Major Reason

1955: 340 beds per 100,000
2010: 14 beds per 100,000

Note: 50 beds per 100,000 is a minimum
Total:
Behavioral Mental Health Budget
$193 Million

$43 Million from MHSA
Plus money from Realignment and Federal Reimbursement (Medi-Cal)
Results in:

15-20 Million Shortfall

Paid from County Funds
Number Of Persons Served Annually:

Total: 9453
Adults: 7863
Children: 1590
If a caregiver or staffer can be shown to have violated the HPAA Law, they could be fined $10,000 and lose their job.
The subject is in: DENIAL
A Technical Term is:

ANOSOGENOSIA
A Deficit of Self Awareness
A Classic Book.
Available on You Tube

youtube.com

Dr. Amador has 5 films on YouTube.com
You can watch FREE!
Schizophrenia is a mental disorder characterized by abnormal social behavior and failure to understand what is real. Common symptoms include false beliefs, unclear or confused thinking, hearing voices that others do not hear, reduced social engagement and emotional expression, and a lack of motivation. People with schizophrenia often have additional mental health problems such as anxiety disorders, major depressive illness, or substance-use disorders. Symptoms typically come on gradually, begin in young adulthood, and last a long time.
SURVIVING
SCHIZOPHRENIA
A FAMILY MANUAL
THE INDISPENSABLE GUIDE TO TODAY'S MOST MISUNDERSTOOD ILLNESS
E. FULLER TORREY, M.D.
The Complete Family Guide to Schizophrenia

- Understand the illness
- Head off relapses and reduce symptoms
- Learn about recovery
- Improve work and relationships
- Solve problems as a family
- Plan for the future

Kim T. Mueser, PhD, and Susan Gingerich, MSW
Schizoaffective disorder (SZA, SZD or SAD) is a mental disorder characterized by abnormal thought processes and deregulated emotions.\[1\][2] The diagnosis is made when the person has features of both schizophrenia and a mood disorder—either bipolar disorder or depression—but does not strictly meet diagnostic criteria for either alone.\[1\][2] The bipolar type is distinguished by symptoms of mania, hypomania, or mixed episode; the depressive type by symptoms of depression only.\[1\][2] Common symptoms of the disorder include hallucinations, paranoid delusions, and disorganized speech and thinking.\[3\] The onset of symptoms usually begins in young adulthood, currently with an uncertain lifetime prevalence because the disorder was redefined, but DSM-IV prevalence estimates were less than 1 percent of the population, in the range of 0.5 to 0.8 percent.\[4\] Diagnosis is based on observed behavior and the person's reported experiences.
Bipolar disorder, also known as manic depression, is a mental disorder that causes periods of depression and periods of elevated mood.[2][3] The elevated mood is significant and is known as mania or hypomania, depending on its severity, or whether symptoms of psychosis are present. During mania, an individual behaves or feels abnormally energetic, happy, or irritable.[2] Individuals often make poorly thought out decisions with little regard to the consequences. The need for sleep is usually reduced during manic phases.[3] During periods of depression, there may be crying, a negative outlook on life, and poor eye contact with others.[2] The risk of suicide among those with the illness is high at greater than 6 percent over 20 years, while self-harm occurs in 30-40 percent.[2] Other mental health issues such as anxiety disorders and substance use disorder are commonly associated.[2]
A review of “Bipolar Disorder”
Will appear in the July NAMI Newsletter
TAKE CHARGE OF BIPOLAR DISORDER

A 4-Step Plan for You and Your Loved Ones to Manage the Illness and Create Lasting Stability

Julie A. Fast and John Preston, PsyD
Authors of Loving Someone with Bipolar Disorder
<table>
<thead>
<tr>
<th>APPLICATION FOR ASSESSMENT, EVALUATION, AND CRISIS INTERVENTION OR PLACEMENT FOR EVALUATION AND TREATMENT</th>
</tr>
</thead>
<tbody>
<tr>
<td>CONFLICTING INFORMATION INFORMATION See California Welfare and Institutions Code (WIC) 5150 et seq. and (i) require that each person when first detained for psychiatric evaluation be given certain specific information only and it would be part of the information given to the facility by the examining facility.</td>
</tr>
<tr>
<td>Good Cause for Incompleteness/Advisement Complete/Advisement Incomplete</td>
</tr>
<tr>
<td>Admissions Initials/Date</td>
</tr>
<tr>
<td>To (name of facility)</td>
</tr>
<tr>
<td>Application is hereby made for the assessment and evaluation of</td>
</tr>
<tr>
<td>Residing at California, for up to 72-hour assessment, evaluation and crisis intervention or placement for evaluation and treatment at a designated facility pursuant to Section 5150 et seq. (adult) or Section 5500 et seq. (minor) of the WIC Code. If a minor, authorization for voluntary treatment is not available and to the best of my knowledge, the legally responsible party appears to be (Name of Person). (Circle one) Parent, Legal Guardian, Juvenile Court under WIC Code 350, Juvenile Court under WIC Code 601/602, Conservator. If known, provide names, address and telephone number:</td>
</tr>
<tr>
<td>I have probable cause to believe that the person is, as a result of a mental health disorder, a danger to others, or to himself/herself, or gravely disabled because: (state specific facts)</td>
</tr>
<tr>
<td>Based upon the above information, there is probable cause to believe that said person is, as a result of a mental health disorder:</td>
</tr>
<tr>
<td>Signature: Title and badge number of peace officer, professional person in charge of the facility designated by the county for evaluation and treatment, member of the admitting staff designated members of a mobile crisis team or professional person designated by the county.</td>
</tr>
<tr>
<td>Name of Law Enforcement Agency or Evaluation Facility</td>
</tr>
<tr>
<td>Date</td>
</tr>
<tr>
<td>Time</td>
</tr>
<tr>
<td>NOTIFICATIONS TO BE PROVIDED TO LAW ENFORCEMENT AGENCY</td>
</tr>
<tr>
<td>Notify (officer) at telephone:</td>
</tr>
<tr>
<td>NOTIFICATION OF PERSON’S RELEASE IS REQUESTED BY THE REFEREEING PEACE OFFICER:</td>
</tr>
<tr>
<td>The person has been referred to the facility under circumstances which, based upon an obligation of facts regarding actions witnessed by the officer or another person, would support the filing of a criminal complaint.</td>
</tr>
<tr>
<td>Welfare was confirmed pursuant to Section 8152 WIC Code. Upon release, notice is required to provide notice to the person regarding the procedure to obtain return of any confiscated firearm pursuant to Section 8152 WIC Code.</td>
</tr>
<tr>
<td>SEE REVERSE SIDE REFERENCES AND DEFINITIONS</td>
</tr>
</tbody>
</table>

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APPLICATION FOR ASSESSMENT, EVALUATION, AND CRISIS INTERVENTION OR PLACEMENT FOR EVALUATION AND TREATMENT

REFERENCES AND DEFINITIONS

"Gravely Disabled" means a condition in which a person, as a result of a mental disorder, is unable to provide for his or her basic personal needs for food, clothing and shelter. SECTION 5059(b) W&I Code.

"Gravely Disabled Minor" means a minor who, as a result of a mental disorder, is unable to use the elements of life which are essential to health, safety, and development, including food, clothing, and shelter, even though provided to the minor by others. Intellectual disability, epilepsy, or other developmental disabilities, alcoholism, other drug abuse, or repeated antisocial behavior do not, by themselves, constitute a mental disorder. SECTION 5059.25 W&I Code.

"Peace officer" means a duly sworn peace officer as that term is defined in Chapter 4.5 (commencing with Section 830) of Title 3 of Part 2 of the Penal Code who has completed the basic training course established by the Commission on Peace Officer Standards and Training, or any parole officer or probation officer appointed in Section 830.5 of the Penal Code when acting in relation to cases for which he or she has a legally mandated responsibility. SECTION 5008(b) W&I Code.

Section 5152.1 W&I Code

The professional person in charge of the facility providing 72-hour evaluation and treatment, or his or her designee, shall notify the county mental health director or the director's designee and the peace officer who makes the written application pursuant to Section 5152 or a person who is designated by the law enforcement agency that employs the peace officer, when the person has been released after 72-hour detention, when the person is not detained, or when the person is released before the full period of allowable 72-hour detention if all of the conditions apply:

(a) The peace officer requests such notification at the time he or she makes the application and the peace officer certifies at that time in writing that the person has been referred to the facility under circumstances which, based upon an allegation of facts regarding actions witnessed by the officer or another person, would support the filing of a criminal complaint.

(b) The notice is limited to the person's name, address, date of admission for 72-hour evaluation and treatment, and date of release.

If a police officer, law enforcement agency, or designee of the law enforcement agency, possesses any record of information obtained pursuant to the notification requirements of this section, the officer, agency, or designee shall destroy that record two years after receipt of notification.

Section 5152.2 W&I Code

Each law enforcement agency within a county shall arrange with the county mental health director a method for giving prompt notification to peace officer pursuant to Section 5152.1 W&I Code.

Section 5685.02 W&I Code

The facility shall make every effort to notify the minor's parent or legal guardian as soon as possible after the minor is detained, Section 5685.60 W&I Code.

A minor under the jurisdiction of the Juvenile Court under Section 300 W&I Code is due to abuse, neglect, or exploitation.

A minor under the jurisdiction of the Juvenile Court under Section 601 W&I Code is due to being adjudged a ward of the court as a result of being out of parental control.

A minor under the jurisdiction of the Juvenile Court under Section 802 W&I Code is due to being adjudged a ward of the court because of crimes committed.

Section 8102 W&I Code (EXCERPTS FROM)

(a) Whenever a person who has been detained or apprehended for examination of his or her mental condition or who is a person described in Section 8100 or 8103, is found to own, have in his or her possession or under his or her control, any firearm whatsoever, or any other deadly weapon, the firearm or other deadly weapon shall be confiscated by any law enforcement agency or peace officer, who shall retain custody of the firearm or other deadly weapon.

"Deadly weapon", as used in this section, has the meaning prescribed by Section 910.

(b)(1) Upon confiscation of any firearm or other deadly weapon from a person who has been detained or apprehended for examination of his or her mental condition, the peace officer or law enforcement agency shall issue a receipt describing the deadly weapon or any firearm and listing any serial number or other identification on the firearm and shall notify the person of the procedure for the return, sale, transfer, or destruction of any firearm or other deadly weapon which has been confiscated. A peace officer or law enforcement agency that provides the receipt and notification described in Section 33800 of the Penal Code satisfies the receipt and notice requirements.

(2) If the person is released, the professional person in charge of the facility, or his or her designee, shall notify the person of the procedure for the return of any firearm or other deadly weapon which may have been confiscated.

(3) Health facility personnel shall notify the confiscating law enforcement agency upon release of the detained person, and shall make a notation to the effect that the facility provided the required notice to the person regarding the procedure to obtain return of any confiscated firearm.

DHCS 1801 (07/2014)
. . .is found to own, have in his or her possession or under his or her control, any firearm whatsoever, or any other deadly weapon, the firearm or other deadly weapon shall be confiscated by any law enforcement agency or peace officer, who shall retain custody of the firearm or other deadly weapon.
LPS Conservatorship – Guardianship I

- Process Starts in ACUTE CARE Facility with Psychiatrist
  - Patient deemed “Gravely Disabled” –
    - Patient considered highest level of vulnerability
  - Patient is unwilling to accept psychiatric treatment voluntarily
  
  - Referral made to CCBHS Public Guardian’s Office for
    - Temporary Conservatorship (T-CON)
      - Acute Care Facility Chief/Director signs
  
  - T-CON authorizes facility to make decisions for psychiatric care
    and treatment for 30-45 days (Can be up to 6 months)
Bob Thigpen has something to say on this subject.
Bob Thigpen is the County’s Family Advocate. He is an employee of the county with a wealth of information. You can talk with him at the Crash Course which is every Wednesday night (925-676-5771)
crashcoursehelp2aol.com
Public Guardian FAQ

A quick and easy guide to help answer your questions regarding Conservatorship.

Probate Conservatorship

What is conservatorship?
A legal procedure enabling a person, the conservator, to authorize care, affix residence, and exercise reasonable control over a person, the conservatee, who is determined by the Court unable to manage his/her own affairs.

Who can be referred?
Anyone who is unable to provide for his/her own care and maintenance in a responsible manner.

How does a person become conserved?
A petition is filed with the Superior Court explaining the problem and why the appointment is necessary. The Court appoints a Court Investigator to determine the facts and appropriateness of such an appointment as well as advise the proposed conservatee of his/her rights. A Court hearing is held and the Judge make a determination.

Lanterman Petris Short (LPS) Conservatorship

A legal procedure enabling a person, the conservator, to authorize psychiatric care and treatment to a person, the conservatee, found by the Court to be gravely disabled due to mental illness and is refusing voluntary psychiatric treatment.

Any gravely disabled adult who is unable to provide his/her food, clothing, or shelter due to mental illness and refuses psychiatric treatment voluntarily.

Referrals may be made only by professional persons in charge of certain psychiatric facilities designated by the Board of Supervisors. Referrals are investigated by the LPS Intake Unit. At the end of the investigation a report is prepared for the Superior Court which discusses the proposed conservatee’s grave disability and unwillingness to accept voluntary psychiatric treatment. A Court hearing is held with the proposed conservatee being represented by the Public Defender and the Judge makes a determination.
Probate Conservatorship
NOT used in psychiatric Cases

LPS Conservatorship
Lanterman Petris Short
Authorizes psychiatric Care
The Conservatorship / Public Guardianship Program

Contra Costa Health Services
Conservatorship / Public Guardianship Office
1111 Ward Street
3rd Floor
Martinez, CA  94553
Phone:  (925) 646-2791
Fax:  (925) 646-2853

Linda Arzio, Program Supervisor

* Located across from Martinez Detention Center - Jail

925-646 2791
Consumers Self Help Center
Advocacy · Peer Support · Education

Office of Patients’ Rights
Sacramento · Yolo · San Joaquin · Contra Costa

Bernadette Banks
Program Director
Phone: (925) 293-4942 x100
bbanks@consumersselfhelp.org

1350 Arnold Dr. Ste 203
Martinez, CA 94553
Toll Free: 844-666-0472
Fax: (925) 387-0968
Office of Patients’ Rights
Serving Contra Costa County

925-293-4942   844-666-0472
Patient Challenges HOLD
**Patient Meets with Patients’ Rights Advocate To File Petition**

**Inpatient Acute Care**
5150 Clock Nearing End
Patient NOT Stable
Dr./Clinician Write 5250 Hold

**Patients’ Rights Advocate & Consumer Present Case**

**5250 Hold “Gallinot Hearing”**
Hearing Officer Determines Need for Additional 14 Days

**Hearing Officer Grants 5250 HOLD**
*Patient Remains at Acute Care Facility 4C or JMBH*

Riese Hearing Refusing Medications

**Hearing Officer Denies 5250 HOLD**
*Patient is RELEASED To the Community*
Sub Acute Care

Crisis Residential Facilities

Crestwood Healing Centers
Crisis Residential Facility (CRF)

Crisis Stabilization
- Where persons can stabilize mental health symptoms and return to their previous level of functioning in the community.
- Referral of Medi-Cal CCHP patients from PES and Acute Care 4C to CCBHS Transition Team

* Opened 2014
Crisis Residential Facility (CRF) II

Telecare Corp.
Contra Costa Hope House
300 Ilene Street, MARTINEZ

Anka Behavioral Health, Inc.
Nierika House
1959 Solano Way, CONCORD
A very important Resource:

George and Cynthia Miller Wellness Center
25 Allen Street
Martinez, CA 94553
Phone: (925) 313-7940
Fax: (925) 646-9997

Monday – Friday
* Doors lock at 8:15 p.m.
12:00 to 9:00 p.m.

Saturday
* Doors lock at 4:15 p.m.
8:00 a.m. to 5:00 p.m.

Closed Sundays and all major holidays.

925-313 7940
Miller Wellness Center – Behavioral Health

- A “Walk-In” Transitional Outpatient Behavioral Health Treatment Clinic - “Bridge Clinic”
  - Persons not currently connected to mental health services
  - Medication refills for persons with appointments months out
  - Clients participating in other County Medi-Cal Treatment Programs
  - Short term services up to 60 days to address immediate issues

- Persons Meet with A Psychiatrist, LCSW, CSWs, and RN
  - Same day or short term appointments
MILLER WELLNESS CENTER
Behavioral Health

Directly across the street from

Psychiatric Emergency Services (PES)

Medical Emergency Department (ED)
The Behavioral Health ACCESS Line is the Mental Health and Substance Use Disorder resource line for Contra Costa County.

We are open 24 hours a day, seven days a week.

For non-urgent calls, it is best to call during regular business hours: 8am-5pm, Monday-Friday, except Holidays.

Interpreters or staff are available for ALL languages.

**What does the Access Line do?**

- Complete telephone screenings to determine appropriate care and referrals
- Provide MediCal authorization to Network Providers
- Assist with mental health emergencies or crisis situations
- Linkage to a Substance Use Counselor
- Linkage to Homeless/housing resources

**Who is eligible for services?**

- Anyone can call to be screened and to request information about community mental health, substance use, and homeless/housing resources
- Eligibility for services will be determined as part of the screening process
Out-Patient Mental Health Treatment

- Contra Costa County Behavioral Health Access Line
- Important: This is the door to County Service
  - Access Line: (888) 678-7277
  - Toll Free # - Link to Medi-Cal Mental Health Provider Network
  - Collocated Behavioral Health Services AOD + MH + Homeless
  - At each of the Clinics
Again . . .

Access Line:

888-678 7277
Note:

Beginning August 20, 2017

NAMI’s Crash Course
Will be part of the message. They will be urged to attend. They get hundreds of calls every month.
Levels of Mental Health Treatment II

- **OUT-Patient Treatment** – For the **Moderate to Severe** patients.

  - **Adult** Mental Health Clinics – East, Central & West Co.
    - Referrals from PES, Acute Care (4C), Mental Health Access Line, Miller Wellness Center Behavioral Health

  - **Children & Adolescent** Mental Health Clinics - East, Central & West Co.
    - Referrals from PES, Acute Care (4C), **Mental Health Access Line**, Miller Wellness Center - Behavioral Health

  - George & Cynthia **Miller Wellness Center** – Behavioral Health
    - **Walk-in Transitional Clinic for Adults, Children and Adolescents**
Work:
“A real, paying job is the most effective form of therapy possible.”
Recovery Through Work

VOCATIONAL SERVICES  925-288 3973

Vocational Services may be able to help you or a loved one enter the workforce, return to work or find a more suitable job.

You are eligible if you are a part of one of the following groups:

- Receives on-going care from Contra Costa County Adult Mental Health Services.
- Receives on-going Mental Health treatment from the Concord Health Clinic, Richmond Health Clinic or Pittsburg Health Clinic.
- Is currently in a Contra Costa County Alcohol and Other Drug Services residential treatment facility.
Elena Eagan, M.S., C.R.C.
Mental Health Vocational Services Coordinator
Contra Costa Mental Health Vocational Services
1430 Willow Pass Rd. Suite 230
Concord, CA 94520
Ph 925-288-3973
Fax 925-646-5518
eeagan@hsd.cccounty.us

925-288 3973
Levels of Mental Health Treatment I

- OUT-Patient Treatment - Medicare
  - Partial Hospitalization Program (PHP)
    - 5-Day Intensive Therapeutic Services
    - Psychiatric Evaluation / Assessment
    - Individualized Treatment Plan

Program Objectives

- Prevent hospitalization
- In-patient hospitalization alternative
- Reduce symptoms and relapse
- Stabilize by reintegrating into the community

Portia Bell Hume Behavioral Health & Training Center
1333 Willow Pass, CONCORD
Phone: (925) 825-1793
ALCOHOL AND OTHER DRUGS
The Many AOD Phone Resources.

When you print this sheet out at home, you will find the numbers legible.
Alcohol and Other Drug Services

- Is the life of your loved one affected by the use of alcohol and other drugs?
- Need to access outpatient counseling, residential treatment, detoxification, and support groups for men, women, families and youth.
- Addicted to prescription drugs?
If you need to talk to a substance abuse counselor or need information about AOD (Alcohol and Other Drugs) Treatment Resources

Toll Free: 1-800-846 1652
Nearly 6,000 individuals experienced at least one episode of homelessness last year.
If your loved one is homeless or potentially homeless - You should call these numbers well in advance!

People seeking Behavioral Health Information and Resources in Contra Costa County may call:

**Alcohol and Other Drugs Access**
Alcohol y Drogas
1-800-846-1652 (M-F 8am-5pm)

**Mental Health Access**
Salud Mental
1-888-678-7277 (24hr)

**Homeless Shelter Access**
Vivienda - Refugio
1-800-799-6599 (M-F 8am-4:30pm)

**Crisis/Suicide Hotline**
Prevencion de Suicidio y Crisis
1-800-833-2900 (24hr)

Information and Referral
Informacion y Otros Recursos
dial 211 (24hr)
HOMELESS?
LOSING YOUR HOUSING?

CALL 211
FREE CONFIDENTIAL SERVICE
24 hours a day, 7 days a week
Callers will be matched and referred to appropriate programs

OR

WALK INTO A C.A.R.E. CENTER
For assistance with:
- Showers
- Food
- Laundry
- Benefits enrollment
- Substance Use Disorder services
- Housing assessments
- Health care services
- Screening and referrals for housing and utility assistance

CONCORD
*Specializing in Families and Seniors*
Monogram Care Center
1990 Market Street
M, W, Th-F: 9 am-5 pm Tu, 9 am-7 pm

CONCORD
1924 Trinity Street
20th and Mission
M-F: 8 am-5 pm

http://cchealth.org/homeless/
Or visit a Multi-Service Center for food, clothing, or housing assistance.

Anka Behavioral Health, Inc.
1515 Market Street, San Pablo
(510) 232-7571

2047-A Arnold Industrial Way
Concord
(925) 685-7613

1401 4th Street, Antioch
(925) 778-3750

Trinity Center
1924 Trinity Ave, Walnut Creek
(925) 949-8712

Greater Richmond Interfaith Program
165 22nd Street, Richmond
(510) 233-2141

Contra Costa Health Services
ARE YOU IN NEED OF SHELTER CALL...

Shelter Hotline (for single adults)
(800) 799-6599

Homeless Youth Services
(800) 610-9400

Project HOPE Outreach (Daytime)
(925) 435-3650

Contra Costa Homeless Outreach (Evening/Night)
(925) 812-3511

And for general information or referral for services, dial 211
Laura’s Law
Started February 1, 2016

This is the Front Page of the NAMI April Newsletter
Contra Costa ACTiOn Team
*A Program of Mental Health Systems

2280 Diamond Blvd. #500
Concord, CA 94520
(925) 483-2223
What is AOT?

- Assisted Outpatient Treatment, also known as Laura’s Law, offers **court ordered** treatment to individuals who qualify for the service.

- AOT provides an added layer of support through the court’s monitoring of engagement with the program.

- AOT is a **civil process** (not criminal)- consumers do not have the threat of jail or other punitive actions for noncompliance; rather, this is an added layer of support for consumers who are otherwise resistant to treatment.

- The referral process for AOT is highly structured and regulated
  - All referrals go through CCCBHS for initial investigation and processing
  - Once the consumer has enrolled in services (voluntarily or by court order), all services are provided by the Contra Costa ACTiOn Team.
Scope

- The Contra Costa ACTiOn Team is the treatment provider for individuals who qualify for Laura’s Law (AB1421).

- This program is a collaborative effort between Mental Health Systems and CCCBHS to provide AOT (*Assisted Outpatient Treatment)*.

- Two aspects of service:
  1. *How people get into the program (the population we serve)*
  2. *The service they get once they are enrolled (service delivery)*
Population
(How clients get into the program)
Clients must qualify for Laura’s Law:

• Adult with a serious mental illness
• Unlikely to survive safely without supervision—due to mental illness
• Seriously deteriorating (gravely disabled)
• Service would be the least restrictive care necessary
• Mental health problems have resulted in at least one of the following:
  - Hospitalized or detained at least twice in the last 36 months;
  - One or more threats of serious violence in last 48 months
• Has been offered services but repeatedly fails to engage
• Is likely to benefit from the services offered
Service
(The service they get once enrolled)

- Assertive Community Treatment
- **Multi-disciplinary** treatment team includes:
  - Psychiatry
  - Group & Individual Counseling
  - Independent Living Skills
  - Vocational Rehabilitation
  - Social Support & Community Connection
  - Housing support
  - Family support
  - Case Management
- **24/7** Supportive Response
- Harm-reduction model highlights client **strengths** and encourages clients to be the driver of treatment
- **Intensity**: clients are seen on average 4 times per week for up to 2 hours per week
Thinking about referring someone?

1-888-678-7277
https://cchealth.org/mentalhealth/lauras-law.php

1-888- 678 7277
CONTRA COSTA
ACTiOn Team
2280 Diamond Blvd., #500
Concord, CA 94520
(925) 483-2223

Working in concert with the County’s Behavioral Health Services Division, the Contra Costa ACTiOn Team provides Assisted Outpatient Treatment (AOT) to residents who qualify for AB 1421, also known as Laura’s Law. Delivered through an Assertive Community Treatment (ACT) model, our services include:

- Outreach & Engagement
- Psychiatric Services
- Medication Management
- Psychological & Substance Abuse Counseling
- Vocational Rehabilitation
- Supportive Housing Assistance
- Family Support & Consultation
- Health and Wellness Education
- Daily Living & Social/Recreational Support
- Case Management
- 24/7 Supportive Response

Screening and service requests are made through the Contra Costa County Behavioral Health Services Department only. For more information visit us at:

www.mhsinc.org/listing/contra-costa-action-team
http://cchealth.org/mentalhealth/lauras-law.php
What is Laura’s Law?

- California version of Assisted Outpatient Treatment (AOT):
  - If necessary, civil court ordered treatment for persons demonstrating resistance to participating in services.
  - Mental health treatment modeled after Assertive Community Treatment (ACT).
    - Experienced, multi-disciplinary team.
    - 24/7 mobile out-of-office interventions
    - Low participant to staff ratio; max. of 10 clients per staff member
    - Provides full spectrum of services, to include health, substance abuse, vocational and housing services
Laura’s Law—Who needs it?

- Seriously mentally ill and 18 or older.
- Unlikely to survive in the community w/o supervision.
- Due to mental illness, hospitalized or incarcerated at least twice in last 36 months, or committed one or more acts of serious violent behavior to him/herself or others within last 48 months.
- Has been offered Assertive Community Treatment (ACT) level of care but has continued to fail to engage in treatment.
- Condition is substantially deteriorating.
- Participation in treatment would be the least restrictive placement necessary for recovery.
- Needs the treatment to prevent grave disability or serious harm to him/herself or others.
- Would likely benefit from treatment.
AB 1194

- AB 1194 adds two significant new criteria for a 5150. In addition to:
  1. Danger of harm to self
  2. Danger of harm to others
  3. Grave Disability
- AB 1194 explicitly requires that law enforcement, clinical evaluators, and discharge personnel:
  4. Actively consider the person’s mental health history.
  5. Not limit themselves to just considering danger of imminent harm.

- Governor Brown signed into law October 7, 2015
  Effective January 1, 2016
Behavioral Health Court (BHC)
- Intensive clinical case management program
- Evidence Based Model – Launched in 2009
- 20 to 25 Dual Diagnosis clients
- Clients transition to long term mental health treatment program post graduation

Contra Costa County
Behavioral Health Court (BHC)
835 Castro Street
Martinez, CA 94553
Phone: (925) 646-1154
Fax: (925) 335-8010
Email: mwilson@hsd.cccounty.us

Behavioral Health Court (BHC)
Martha “Marti” Wilson, PhD, Team Lead – Forensic Mental Health (right) with and Judge Mary O’Malley (Left)
Suicide Prevention

- **Facts About Mental Illness and Suicide**
  - According to NAMI National ([www.nami.org](http://www.nami.org))

- **American Foundation for Suicide Prevention** ([www.afsp.org](http://www.afsp.org))
  - Research
  - Advocacy
  - Education

- It would be advisable to go in person to the Contra Costa Crisis Center and talk with them about suicide. They are located in the Shadelands Office Park in Walnut Creek
Suicide Prevention III

If you or someone you know is in an emergency, call . . .

911

Contra Costa Crisis Center – Suicide Hotline
(800) 833-2900

National Suicide Prevention Lifeline
(800) 273-8255
Myths About Suicide

Author: Thomas Joiner
Night Falls Fast

Author: Kay Redfield Jamison

Author of:
Knowing YOUR Insurance is **CRUCIAL**!

**DO YOU KNOW?**  *If your Loved One is . . .*

- Transported to PES on a 5150 Hold, who pays for the ambulance?
- Transferred from PES to an Acute Care psychiatric hospital and has private insurance, how much will services and transportation cost?
- Discharged from an Acute Care hospital, admitted to a Sub-Acute mental program or Crisis Residential Facility (CRF), will it be in Contra Costa?
  - *Will hospital staff contact me when he/she is discharged?*
- Not stable enough to return to the community, but not appropriate to remain in PES or in Acute Care – can he/she go to a CRF?
MISSION

Bring together our community to support the healing of family violence survivors, and to integrate capable partners with a comprehensive service approach to renew individuals and our community from a trauma of family violence.
Advocacy - Veterans

Veterans Support Services – Benefit Support

U.S. Department of Veterans Affairs
Department of Defense
California Department of Veterans Affairs

- Comprehensive benefit counseling
- Claim development, preparation & submission
- Case Management
- Networking with federal, state and local agencies

Information & Referrals
- Crisis Intervention
- Social Security
- Public Assistance
- Homeless Services

Contra Costa County
Veterans Service Office
10 Douglas Drive, Suite # 100
Martinez, CA 94553
Phone: (925) 313-1481
Fax: (925) 313-1490

Nathan D. Johnson
Veterans Service Officer

925-313 1481 Nathan Johnson
Advocacy – Clubhouse Members

○ Putnam Clubhouse

- Mental Health Social & Vocational Rehabilitation Program

  - Program participants called “members” share ownership and responsibility for the success of the organization – called “The Clubhouse.”

  - Recovery from serious mental illness is achieved at the Clubhouse through restorative work and work-mediated relationships with fellow members and a small staff.

  - Members spend the day in an accepting environment, performing valuable work to support running the organization, enjoy opportunities to socialize, learn and grow through wellness activities, expressive arts, education and paid employment assignments.
Recovery Innovations International

925-363 7290

Director: April
RAP Plan
Monday:
9:30 am to 12:00 Noon
Handbook Supplied
Advocacy – Mental Health Consumer

- Recovery Innovations International
  - Mental Health Wellness & Recovery Program
  - Program participants or “Citizens” embark or expand on their mental health recovery journeys in Wellness City communities
  - Those new to the journey learn to identify personal strengths and challenges
  - Wellness coaches work alongside supporting citizens to develop personalized plans, learn new skills and set goals.

Recovery Innovations
2975 Treat Blvd., Suite C-8
Concord, CA  94518
Phone:  (925) 363-7290
Fax:  (925) 691-5643
Three Tier Service Model

Rainbow Community Center

Tier 3
- Counseling
- Mentoring
- Case Mgmt.
- Coaching
- Crisis Intervention

Tier 2
- Youth Prog.
- Food Pantry
- HIV Support
- Snr. Wellness
- AA/NA
- Home Visits
- Q-Scouts
- Survivor Stories

Tier 1
- Outreach
- HIV Testing
- Community Events
- Social Media
- Social Groups
- Senior Luncheon
- Brotherhood First
- Sisterhood First
- Libres Y Unidos
- LGBTQ Business Meetup
- Gender Voice
- Coming Out of Marriage
- Book Club
- Thrift Store
Rainbow Community Center

- RCC is located at 2118 Willow Pass Road in Concord CA

- Our founders wanted to develop programs to reduce isolation of LGBTQ people; provide a space for community development; and serve as an alternative to gay bars

- RCC is the only community center serving the Lesbian, Gay, Bisexual, Transgender and Queer (LGBTQ) community in Contra Costa County
The annual NAMI (National Alliance on Mental Illness) Contra Costa Chapter held its 20th anniversary celebration in February. The event was well-attended and featured keynote speakers, including mental health professionals and survivors of mental illness.

The keynote speaker for the event was Dr. Kimberly Kreish, a Transdermal Wireless Caretaker. Kreish shared insights into the latest developments in mental health technology and how these advancements can help improve the lives of those affected by mental illness.

In addition to the keynote address, the event featured a panel discussion on the current state of mental health care in California. The panelists included representatives from various mental health organizations, as well as mental health professionals and advocates.

The event concluded with a special performance by the Contra Costa County Youth Symphony Orchestra, featuring a selection of classical music.

The NAMI Contra Costa Chapter is committed to raising awareness about mental illness and providing support to those affected by it. To learn more about the organization and its activities, visit www.nami-contra-costaco.org.
If You don’t remember anything else . . . Remember what is on the next slide!
At the top of Each Newsletter
The Family to Family classes will be in Lafayette and Brentwood.
Contra Costa II

- NAMI Website: www.namiccontracosta.org
- NAMI Monthly Newsletter
  - Top NAMI Affiliate Newsletter in CA
- NAMI 24 x 7 Phone: (925) 465-3864
- Crisis Intervention Training (NAMI helps Fund)
- NAMI In Our Own Voice – Speakers Bureau
NAMI Contra Costa – Support Groups

- NAMI Family Member – **Third Monday Monthly Support Group**
  - John Muir Medical Center – Walnut Creek – **7:00 – 9:00 p.m.**
  - Facilitators: Sharon Madison & Robert Thigpen, CCC Family Advocate

- NAMI Writer’s Group
- NAMI West County Support Group
- Bipolar Chill Community Support Groups
- All are on page 2 of every NAMI Newsletter
NAMI CC Care and Support Groups

Central Contra Costa County

3rd Monday of Each Month, 7:00 to 9:00 p.m.; John Muir Medical Center, 1611 Ygnacio Valley Road, Walnut Creek Campus, downtown in the Joisten Conference Room. Parking in the FREE public garage on the La Casa Via side of the Hospital. The group is facilitated by Sharon Madson and Bob Thigpen. Email: namiccc@jcm.com or call (925) 256-0643, (925) 269-0671.

NAMI Connection
A weekly recovery support group run by Para
Saturdays: 1:00 to 2:30 p.m.; Call (925) 375-2210
John Muir Behavioral Health – 2749 Grant St., Concord
Facilitated by Hang Ahn and Sharen Walker. Contact Hang Ahn.

NAMI Contra Costa Wellness Group
All writing levels welcomed. Drop in or attend regularly. 1st Tuesday of Each Month
10:00 a.m. to 12:00 noon; Susan Muirhead (925) 375-3104
Rainbow Center 270 Willow Pass Road, Concord

Richmond Support Group
2nd Wednesday of Each Month, 6:30 to 8:00 p.m.
Conference Room A1, Building A
Richmond Medical Center
301 Nova Avenue, Richmond
Contact: Dr. Sarlah (510) 237-9277

NEW HOPE SUPPORT GROUP
Offering support, education and resources to parents, caregivers of children, teens and young adults diagnosed with a mood disorder or neurocognitive disorders (bipolar, depression, anxiety and more).
Meets the 2nd Monday of Each Month
Lafayette/Orinda Presbyterian Church
49 Kent Drive, Room 204, in Lafayette
7:00 to 8:00 p.m.
Contact Terri Hurst at (415) 748-1529

Open Our Hearts
Family Member Support Group
For family members of adults with serious illness. All folks welcome!
1st Monday of Each Month 7:00 to 8:30 p.m.
Temple Beth
805 Blue Road, Lafayette
On the honors, Temple Beth, Room 2304
Drive across the parking lot, turn left at the Day School and drive down the hill to the first building on the right.
Call Karen at (925) 945-7272 or email n.karen@fmlcath.org
www.openourhearts.org

Support Group for Parents of Children with Mental Illness
Meets the 2nd Sunday of Each month
2:00 p.m. to 3:30 p.m.
San Ramon Valley United Methodist Church
902 Danville Blvd., Alamo, CA 94507
Karen Scattad (925) 832-7447 or kscattad@comcast.net
Marilyn Clarke (925) 637-3243; Office (925) 637-3243

Clueless Self Help Group
Mondays, 7:00 to 8:30 p.m., Room 7
St. Mary and St. John’s Catholic Church
4300 Miramar Drive, Pleasanton

NAMI Mandate Educational Workshops
2nd Saturday of Each month, 10:00 a.m.-noon.
San Ramon Valley United Methodist Church
902 Danville Blvd., Alamo
Information: mandate@namicentralcc.org
Gloria (925) 487-3238 or Susan (925) 226-9992

Additional Support Groups — www.namicentralcc.org
Remember
You will ALWAYS Have the information You need by simply E Mailing:

xnamicc@aol.com
Which is at the top of every NAMI Newsletter

Which is always on the Website
The Website:

namiccontracosta.org
All this is so you won’t feel lost!
Thank you and Good Evening!
Keep in Mind . . .

The people that have

“Questions About Mental Illness”

Need this Orientation!
Tell them about it!
And now to Your Questions
CONTRA COSTA’S

CRASH COURSE

ON MENTAL ILLNESS