



The NAMI Contra Costa Newsletter is available on the web at: www.namicontracosta.org 1518814P
 You can get a copy of this newsletter and/or the electronic newsletter by e mailing: xnamicc@aol.com
 Email: xnamicc@aol.com Phone Number 24/7: (925) 465-3864 Office Number: (925) 942-0767.
 If Your Family Faces The Challenge of Mental Illness . . . E mail: xnamicc@aol.com and/or crashcoursehelp@aol.com

ANNA ROTH NEW DIRECTOR HEALTH SERVICES

After a nationwide search, the Contra Costa County Board of Supervisors appointed Anna Roth to be the new director of Contra Costa Health Services (CCHS) on January 10. Anna has served as Chief Executive Officer of the Contra Costa Regional Medical Center and Health Centers for nine years.

Roth succeeds Dr. William B. Walker, who served more than two decades as Health Services Director and over three decades as County Health Officer.

Roth holds a master's degree from the University of California, San Francisco and a

Master in Public Health from Harvard University. She is a registered nurse with more than 30 years of healthcare experience and is a renowned leader in system redesign and innovation. She is a strong advocate for the inclusion of patients, families and the community as full partners in the delivery of health care services.

CCHS is the largest department of county government in Contra Costa with an annual budget of \$1.8 billion and 4,400 employees.



5th ANNUAL CRABFEED FUNDRAISER OF THE YEAR

Get excited! NAMI Contra Costa will host it's 5th Annual Crab Feed fundraising event on Saturday, March 17th at 5:00pm at Centre Concord. Please join us and delight in all you can eat crab, pasta and green salad as we raise funds to continue our mission to educate, advocate and support those impacted by mental illness.

This highly anticipated annual fundraiser with it's mouth watering and very popular cake auction and exceptional raffle prizes allow us to continue offering our free to the public signature educational programs.

The funds generated support our 12 week family education Family to Family training and the Crash Course offered weekly to support families seeking navigational supports. These essential courses are facilitated by volunteers and 100% funded by donations and fundraisers.

We are counting on this year's crab feed to raise enough funds to help us launch the much needed, "Ending the Silence", school based, Suicide Prevention Program. Because our crab feed falls on St. Patrick Day our fun and energetic entertainment will carry an Irish theme. You will be green with envy if you miss the Irish line dancing.

January 2018 GENERAL MEETING 7:00 - 9:00 p.m.

Speaker

Dr. Stuart Buttlair
Kaiser Permanente
Dr. Buttlair will speak on the Kaiser system and how you can make it work for you.

Location:

John Muir Hospital
Concord Campus
2540 East Street
Concord
Open To The Public- Free Admission

Please go to our website at namicontracosta.org to purchase your single ticket for just \$65.00 or purchase a table that seats 10 for just \$600.00. You can also mail in your check Attention: NAMI Crab Feed to 550 Patterson Blvd., Pleasant Hill, CA 94523. Raffle tickets can also be purchased at the door or in advance by visiting our office, contact any of our board members or contacting our Crab Feed Coordinator, Lanita Mims at 510-459-8665.

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, 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. Email: xnamicc@aol.com, or call: (925) 256-9640, (925) 676-5771.

NAMI Contra Costa Writers' Group

All writing levels welcomed. 1st Tuesday of Each Month
10:30 a.m. to 12:00 Noon
Rainbow Center-2118 Willow Pass Road, Concord
Roberto Roman 925-957 5105
Margaret Netherby, facilitator, mlnetherby@yahoo.com.

NEW HOPE SUPPORT GROUP

Offering support, education and resources to parents, caregivers of children, teens and young adults diagnosed with a mood disorder. Meets the 2nd Monday of Each Month
Lafayette/Orinda Presbyterian Church
49 Knox Drive, Room 204, in Lafayette
7:00 to 9:00 p.m. Christina Mellin 925-899 0862

The Crash Course

A comprehensive orientation to the resources in Contra Costa to help with recovery
EVERY Wednesday night 6:30 pm
2151 Salvio St. Concord 2nd Floor
dk122932@aol.com 925-676 5771
Free-RSVP NOT Required

NAMI CC Mandarin Program Family Support Group

Language: Mandarin 中文
2nd Saturday of every month
Time 10:00 to 12:00 Noon
Location: DCBC, 2278 Camino Ramon, San Ramon, CA 94583
Contacts: Shelly 925-238-6286;
mandarin@namicontracosta.org

Open Our Hearts No Meeting in December 2017

Family Member Support Group
For family members of adults with mental illness.
4th Monday of Each Month 7:00 pm to 8:30 pm
Temple Isaiah

945 Risa Road, Lafayette
(In The Talmud Torah Center, Room E204)
Call Karen at (925) 945-7272 or
email at karen@mmcohen.com

www.openourhearts.net

SPANISH SUPPORT GROUP

3RD Tuesday 6:30-8:30 pm
Salvation Army, 4900 Appian Way, El Sobrante
Alejandra, 510-837 4077

Support Group for Parents of Adult Children with Mental Illness

Meets the 2nd Sunday 2-3:30 pm
San Ramon Valley United Methodist Church
902 Danville Blvd., Alamo, CA 94507
Karen Scalzi: (925) 820-7495 or kscalzi@comcast.net
Marilyn Clarke: (925) 837-5243 Office: (925) 837-5243

NAMI West County Support Group

2nd Wednesday Each Month 6:30—8:00 pm
Richmond Medical Center of Kaiser
901 Nevin Avenue—3rd Floor Room 317 Conference Rm 1
Richmond Contact Dr. Sumchai 510-237 9277 or
E mail: family2familyrichmond.nami@gamil.com

NAMI SPANISH LANGUAGE FAMILY SUPPORT GROUP—PITTSBURG

1st Thursday each month 7:00-8:30 pm
Faith Based-ALL Creeds Welcome!
Church of the Living God
1125 Harbor St. Pittsburg
Veronica: 925-250 4032
defamiliaafamilia@namicontracosta

Brentwood Support Group

Last Monday Evening of the Month
Raley's Grocery Store
2400 Sand Creek Road, Brentwood
7:00 pm to 9:00 pm
Contact: Laurel Howard-Fong 925-437 1751
lphfong19@gmail.com

NAMI Contra Costa

National Alliance on Mental Illness

OFFICERS:

Charles Madison, President

(925) 256-9640

C_madison@msn.com

Douglas Dunn 1st Vice President

douglaswilldunn@sbcglobal.net

Graham Wiseman 2nd Vice President

gwiseman@wisemangifts.com

Mark Cohen, Secretary

mark.cohen@namicontracosta.org

David Kahler, Treasurer

(925) 676-5771

dk122932@aol.com

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Susan Horrocks Phil Belisle

Al Farmer Guy Qvistgaard

Shelly Ji Don Green

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Gigi Crowder:

Executive Director

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Kay Derrico Outreach Committee

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Greg Beckner Caroline Jackson

Email: xnamicc@aol.com

Website: www.namicontracosta.org

Phone: (925) 676 5771

20318 824A SSSS

Newsletter Deadline:

20th of Each Month

PRESIDENT'S COLUMN

By Charles Madison

As of January 1st I am very pleased to report that Gigi Crowder will now be serving as the Executive Director for NAMI CC. Gigi brings a tremendous amount of experience and knowledge to our affiliate. We welcome Gigi.

The Volunteer Family Support Network Steering Committee is continuing to meet with the County and the Systems of Care Committee on the New Program between the County and NAMI CC. The meetings continue to be very positive. The New Program cleared the consent calendar with the Board of Supervisors in December.

As a result the New Program officially commenced on January 1st. We have posted the job descriptions for the new personnel that will run the New Program. Our first priority will be the hiring the Executive Administrator/Office Manager and Lead Family Systems Volunteer Coordinator.

At our General Meeting, Thursday, January 18th Charles Madison and Gigi Crowder provided an overview of the New Program with the County. This was followed by John Dawdy. John Dawdy is the Hearing Officer for Contra Costa County. He provided the attendees with an

GENERAL MEETING MARCH 2018

Allen Fertziger will be the featured speaker. He was born and raised in the Bronx, New York. He attended the City College of New York and received a Ph.D. degree from the University of Michigan School of Medicine where he studied medical physiology and specialized in brain research.

Dr. Fertziger has taught at the University of Maryland Medical School in Baltimore and for the past 30 has been teaching at the University of Maryland in College Park, MD.

For more than 20 years he taught a course on Death and Dying for the University's Honors Program. Currently, he consults with people who are suffering from loss, life threatening illnesses and chronic diseases.

excellent review of the types of hearings that are involved in the 5150 process. We thank John for providing us with an in depth discussion.

The very best to all and remember that everyone counts.

NAMI Contra Costa Mission Statement

Our Mission is to provide support, outreach, education and advocacy to families affected by and individuals living with a mental illness.

TOM TAMURA
APPOINTED
EXECUTIVE DIRECTOR
CONTRA COSTA
CRISIS CENTER

The Crisis Center has announced the appoint of a new Executive Director whose name is Tom Tamura.

He has spent 30 years as a therapist and administrator, providing services to the most vulnerable and at risk clients and their families.

Most recently, Mr. Tamura was the Regional Executive Director of the Seneca Family of Agencies, serving from 2014 to 2017. this position grew out of his 17 years of experience and growth within the organization.

The mission of the Crisis Center is to keep people alive and safe, help them through crises and connect them with culturally relevant resources in the Community.

The Crisis Center opened in 1963 in order to provide a safety net for depressed and suicidal people beyond usual business hours. They also provide grief support and a 211 line which helps people make timely connections to safety-net resources.



WHEN IS MY MEMBERSHIP DUE?

YOUR MEMBERSHIP IS IMPORTANT TO US!

Check the address label on this newsletter.

Use the envelope included in this mailing to renew your membership.

Or go online to:

www.namicontracosta.org

GENERAL MEETING
JUNE 2018

Dr. Gilbert Kliman
 To Be Speaker

Mental illness is always a formable challenge. In children it is just that much more challenging.

Dr. Kliman has spent a lifetime in the field and has developed programs that are developing cost-effective and well-suited methods to multiply the effectiveness and economy of early childhood therapy for serious psychiatric disorders.



He says: In our most carefully studied methods we train and place a therapist in an existing regular or special education preschool and work with the child patients right in the classroom. Our outcome measures include significant rise of I.Q. among autistic as well as among traumatized preschoolers.

He continued to refine the methods at The Children’s Psychological Health Center, Inc., the third nonprofit he founded, where he has served as Medical Director since 1993. He is responsible for that agency’s clinical research, supervision and staff training.



JOHN DAWDY
HEARING OFFICER

John Dawdy, who has been a hearing officer in Contra costa County of over 30 years gave a presentation to NAMI at the January General Meeting.

In it, he provided guidelines for family input into the hearing process.

- It is important to let facility staff know of “patient medication history”
- With “patient consent” staff can acknowledge patient in facility and communicate freely with family.
- Without consent facility cannot acknowledge patient in facility.
- Notwithstanding families may call or leave information by vm, e mail or in writing but may not receive any information without consent of patient.
- Facility staff may contact outside parties (family) who left messages in order to receive information but may not exchange information without patient consent.
- Families may be present at hearing on W&I 5250 only with patient consent. However can convey relevant information to staff even if prevented from attending hearing.
- Family can always call Psych Unit and ask for fax # without and acknowledgement the person is on the ward.
- Additionally, authority to take patient off a hold resides with the facility, not the family.
- The “patient call out phone” on the ward is: 925- 335 7431
- PES “patient call out phone” is 925-370 5048

BIPOLAR DISORDER

NEW METHOD PREDICTS WHO WILL RESPOND TO LITHIUM THERAPY

This article was excerpted from the Science Daily, March 20, 2017

For roughly one-third of people diagnosed with bipolar disorder, lithium is a miracle drug, effectively treating both their mania and depression. Now a new tool has been developed to gauge the success of preferred treatment for bipolar disorder.

Once someone is diagnosed, it can take up to a year to learn whether that person will be among the 30 percent who respond to lithium or the 70 per cent who do not.

Now scientists at the Salk institute report a way to predict, with 92 percent accuracy, whether an individual with bipolar disorder will be a lithium responder.

The work which appeared online in *Molecular Psychiatry* validates the lab's 2015 discovery of a cellular basis for the disorder and could benefit not only those who will respond to lithium but also the vast majority who will not, sparing them an ineffective treatment.

"What's remarkable about this system is that you don't need to use 500 or 600 cells from multiple patients," says Rusty Gage, a professor in Salk's Laboratory of Genetics and senior author of the new work. "Five cells from one patient is enough to define whether someone is responsive or non-responsive to lithium."

More than five million Americans suffer from bipolar disorder, a progressive psychiatric condition that, left untreated, puts sufferers at high risk for suicide. Lithium is the preferred drug to treat the disorder, but it isn't clear why it works for some people and not others. It was suggested that the neurons of people with bipolar disorder are more easily stimulated firing

electrical impulses more rapidly than the neurons of people with out the disorder.

"These stem cell-based studies are technically challenging, in addition being labor and resource intensive. As a result, many of the studies describe only two or three patient cell lines," says David Panchision, who oversees the NIMH's program which supported this work. The fact that this group can replicate the hyper excitability characteristic in neurons from additional bipolar disorder patients is very important. Findings like these are needed to utilize these cells to develop new drugs to treat mental illnesses."

The team says their method could be applied to lymphocytes taken from bipolar patients' blood samples, to find out whether specific individuals would be good candidates for lithium therapy.

"Replication of scientific results is not very sexy, but it's crucial," says Gage. "When different scientists are able to get the same results in different cells from different patients, we can have more confidence that we really are onto something that will be beneficial for patients.



From left to right: Sharon Madison, Gigi Crowder, Charles Madison, Bishop Barber and Father Armstrong.

There was a very successful Mental Health Awareness training for the Oakland Diocese with more than 150 in attendance. It was held at the St. Stephen Catholic Church in Walnut Creek.

FAMILY ADVOCATE

Bob Thigpen

925-957 5139

robert.thigpen@hsd.cccounty.us,

Bob Thigpen is the County's Family Advocate. You can talk directly with him at the Crash Course which is EVERY Wednesday night At the Family Justice Center 2151 Salvio St., Concord

(925-676- 5771)

E mail: crashcoursehelp@aol.com

De Familia a Familia (DFAF) For Spanish Speakers

DFAF is a free, 12-week (meets weekly), education course for those who have loved ones with a mental illness. We are now registering for Spring (April - June) and Fall (Sept - November) Classes in El Sobrante.

For more information on how to participate in these upcoming classes, please contact Gloria Menjivar at:

[510-334-4906](tel:510-334-4906).

West Contra Costa County
**Spanish Support
Group for Families**

The Salvation Army
4600 Appian Way
El Sobrante, CA, 94803

Third Tuesday
Of Each Month
6:30-8:00 pm

THE WARM LINE

JUST A PHONE CALL AWAY

To make contact with a live, human being with a background in mental illness, call the NAMI Warm Line. The service will take your name and number and a NAMI member will then return your call.

925-942 0767

SPACE AVAILABLE NAMI BASICS

Beginning Wednesday
February 21 from 9 am to 12
noon in Concord.

Do you have a child with ADHD? Do you know any parents with children having difficulty at school? Our next NAMI Basics class will begin Wednesday, February 21 from 9 am to 12 noon in Concord.

NAMI Basics is a 6 week, free, peer education class, much like Family to Family. It is specifically designed for parents and other family caregivers of children and adolescents experiencing mental health challenges and taught by trained family members. Please help us spread the word about this valuable class. To register or get additional information please call our office number 925-942 0757 and leave a message or send an e mail to Susan Norwick Horrocks at:

susan@namicontracosta.org

*Thought: Laws should
prevent dangerous
behavior, not require it.*

SOCIAL MEDIA

NAMI needs a volunteer who has expertise with the social media to help us do outreach and attract people in need to the NAMI meetings and workshops.

Contact: xnamicc@aol.com

LONG-ACTING INJECTABLE ANTI-PSYCHOTICS REDUCE MORTALITY IN SCHIZOPHRENIA PATIENTS

Reprinted from Schizophrenia Research

The long-acting injectable formulation of antipsychotics reduces mortality risk by 33% compared to oral medicines, according to new research.

Patients with schizophrenia have a 20-25 year lower life expectancy compared to the general population. This is due in part to the increased risk of other co-morbid physical health conditions, such as cardiovascular disease, that result from lack of treatment and self-care.

New research to be published in *Schizophrenia Research* suggests that the long-acting injectable formulation of antipsychotics can reduce mortality risk by up to one-third compared to the equivalent oral medications because of a higher adherence to the medication. The authors found that mortality is over 40% lower during time periods when patients are taking their antipsychotics than when they do not, and patients on the long-acting injectable formulation have higher rates of being on the medication than those on the oral medicines.



NAMI CONTRA COSTA DONATIONS

Brookside Place Neighborhood Giving Tree In Danville
 Jim and Gwen Aberer Bob and Teresa Pierce Steven and Laura Glover Greg and Elizabeth Wilson
 Chris and Kristen Neighbor Dave and Ondi Tricasco Scott and Nora Nelson Ron and Helene Glaser
 Dan and Suzanne Lynch Mike and Carrie Shapiro Juan and Carlos Asenjo and Valerie Colacurcio
 Lee and Dana Arbach

In The Memory of

 Isaiah Moon
 From: Leslie Harris
 Bill and Clarisse Young Choy
 Kenneth and Sylvia Gentli and Mark Stivers

Donation

 Pampered Chef
 Shelley Vallett



Janet Marshall Wilson
 January 28, 1950 ~ January 6, 2018
 Resident of Concord, CA

Janet entered into eternal rest at her Concord home on January 6th, 2018, with her dear cat Peter and friends at her side. Janet was 67 years old and her struggle with end stage renal disease over.

Born in San Francisco on January 28th, 1950, Janet was a loving daughter and sister. Janet was a well known activist and courageous advocate for persons with mental illness. She received her Doctor of Jurisprudence in 1986 from the John F. Kennedy Law School in Pleasant Hill.

She was generous in giving & gracious in receiving. Janet loved nature and animals, and all things creative. She was a prolific writer, very witty, forthright & plainspoken.

Janet is survived by her loving brother Robert A. Wilson of San Jose, many cousins, and a wide circle of friends and colleagues.

She was preceded in death by her father, Robert Anthony Wilson, who was also gifted in law, her mother, Nancy Kelley Wilson, and her sister, Virginia.

A private gathering will be held on January 28th. A public celebration of her life will be announced later.

For Family to Family

 Marianne Beltram

**In Memory of
Glen Madison**

 James Aberer and
 Gwendolyn Aberer

Donations

 Bernadette Bitton
 Deanna Lynn and Ronald Moser
 Dana Frances Gallagher

In Memory of

 Ruth Ann Craig
 Harder Company
 Rose-Marie Westberg

In Memory Of

 Lorna Bastan

 Julie Peck

3rd Monday Support Group

February 19, 2017 7:00 p.m.
John Muir Medical Center
Walnut Creek
Epstein Meeting Room
Basement Area (See page 2)
Email: xnamicc@aol.com

Stamp

To:

From:

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

Phone: (925) 465-3864
Email: xnamicc@aol.com

APPLICATION FOR MEMBERSHIP
NAMI CONTRA COSTA
Make check payable to NAMI Contra Costa
Complete this information and please return to:

Treasurer
NAMI Contra Costa
550 Paterson Boulevard
Pleasant Hill, CA., 94523

Name _____

Address _____

City _____ Zip _____
Phone _____ Cell _____

Email Address: _____

Renewal New Member
 Open Door \$ 5 General Membership \$40
 Household \$60

DONATION FORM

Amount _____ Mail to:

Treasurer, **NAMI Contra Costa**
550 Patterson Boulevard
Pleasant Hill, CA., 94523

Note: Tax ID #68-0209474

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

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