



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

CRAB FEED A GREAT SUCCESS

Thank you so much to everyone who donated and participated in celebrating NAMI Contra Costa's 4th Annual Crab Feed! The evening was a success. Thank you to Dave Clark for hosting the event and to the performances of the Chris Cole band and Zoe, McKenzie, Grace and Addy from the Team Pink Dancers for keeping us entertained all night.

(Continued on page 4)

QUESTIONS ON MENTAL ILLNESS

If you have questions about mental illness and the resources that might help, you need to go to the next Crash course session.

The Crash Course is offered EVERY Wednesday of the year. It is entirely free and requires no reservation.

The location is central and easy to get to in downtown Concord. It is at the Family Justice Center at 2151 Salvio.

(Continued on page 4)

Shown below is a scene from the auction.



April 2019 GENERAL MEETING Thursday, April 18, 2019

Speaker
 Graham Wiseman
 Coaching Parents and kids struggling
 with stress, anxiety and depression.
 Please see the article on page 4



Location:

John Muir Hospital
 Concord Campus
 2540 East Street
 Concord

Open To The Public- Free Admission



NAMI California Conference 2019
 May 31 - June 1
 Newport Beach Marriott Hotel & Spa

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) 957 5139.

NAMI Contra Costa Writers' Group

All writing levels welcomed. 1st Tuesday of Each Month, Not July.

10:30 a.m. to 12:00 Noon
Rainbow Center-2118 Willow Pass Road, Concord
Roberto Roman 925-957 5105

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 5:30 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

Family Member Support Group

No Meeting In September 2018

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

Brentwood Support Group

Last Tuesday 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 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

NAMI CONNECTIONS

Support Group for Families and Consumers

EVERY Wednesday 7-9:00 pm,

John Muir Behavioral Health Center

2740 Grant St. Concord

reina@namicontracosta.org 925-798 9660

NAMI Contra Costa

National Alliance on Mental Illness

OFFICERS:

Charles Madison, President
(925) 256-9640
C_madison@msn.com

Mark Cohen, Secretary
mark.cohen@namicontracosta.org

David Kahler, Treasurer
(925) 676-5771
dk122932@aol.com

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Email: xnamicc@aol.com

Website: www.namicontracosta.org

Phone: (925) 676 5771

Newsletter Deadline:

032119 Th 943A TTTT
20th of Each Month

PRESIDENT'S COLUMN

Our Annual Crab Feed was a resounding success. Thank all of you who were able to attend. Thanks so very much to the Co-chairs of the event, Michelle Wong and Clare Beckner.

Also a big thank you to Chuck and Maryann Andrews and Richie Ngo who once again ran the cash table. A special thank you to Kathleen Henggeler and Monica Simmons for donating their time to help train the volunteers working the registration table and offering their help during the crab feed.



There were also a whole host of people that volunteered their time to make this event such a success which include members of our FSN staff, our NAMI core of volunteers, the DVR personnel and many more. To all we thank you so very, very much.

GENERAL MEETINGS

It was great to have Channel 5's Dave Clark as emcee of the event and David Aahl as our lively auctioneer. They along with the Chris Cold Band added the extra bit of spark and fun to the evening.

Although the final numbers are not all in yet, the projected proceeds are the best we have raised to this date and will assure this year's continued funding for our NAMI programs that are not funded by outside sources.

The General Meeting on March 21st featured an informative presentation by Natalie Oleas, J.D. on the Family Justice Center in Contra Costa County. Natalie is to be complemented for her professional and interesting presentation.

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.

(925-676- 5771)

E mail: crashcoursehelp@aol.com

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.

NAMI GENERAL MEETING **SPEAKER** **GRAHAM WISEMAN**

After the tragic loss of his son, Graham has devoted his career to educating parents with the knowledge, understanding and hope needed to guide their children toward happier, independent lives.



The Topics Will Be:

- ◆ How to be the perfect parent-Cliff's Notes
- ◆ California Healthy Kids Survey-What they are telling us
- ◆ What to look out for- warning signs your child can show.
- ◆ When not treated-it can grow worse-5150
- ◆ What has changed-why are our tweens and teens disconnecting.
- ◆ What is important to your child-is it what you thought.
- ◆ Where to get help-resources available.
- ◆ Social Media Strategies.
- ◆ Cell phone survival Guide.
- ◆ Getting them ready for the next step- College or High School.
- ◆ Mental Health for Life-Keeping you child well.

PROBLEMS WITH THE KIDS? ED REV EXPO

Are you a parent of a child who struggles with learning and attention differences and the anxiety and depression that often come with these differences? If so, then come join NAMI Contra Costa on May 4th at Oracle Stadium in SF for this free event to help children, their parents and other professionals. This unique ED REV event is free and includes a stadium full of resources and speakers. Football star Steve Young will share his journey with anxiety, and another renown speaker has a session on building healthy parent child relationships when kids have difficulty with behavior or anxiety. These are just a few of the resources and sessions. To sign up or learn more go to:

www.edrevsf.org.

Ed Rev Expo combines an educational conference with a celebratory community day at the ballpark, where you will have access to:

- Over 50 valuable sessions for parents, educators and other professional on topics related to the 1 in 5.
- Exhibit hall showcasing the latest learning technology, a stunning student art gallery, as well as 100+ schools, community organizations and service providers focused specifically on learning and attention differences.
- Student celebration on the field with live music and outdoor activities.

CRAB FEED A GREAT SUCCESS

(Continued from page 1)

A special thank you to Graham Wiseman and Marie for sharing your personal stories with us. The dinner from the men of DVR, was amazing!

All you could eat pasta and Dungeness crab. The cake decorations were incredible. The auction was a hit, many people walked away with awesome gift packages and prizes.

But above all, the memory of networking with family and friends for such a special occasion will last a lifetime.

Thank you for doing what you do every day to make this world a better place. An extra special thank you to Gigi Crowder, Gail Ellis and the NAMI CC staff, volunteers and Crab Feed Committee for the dedication and preparation it took to plan such a nice event.

MANDARIN EDUCATIONAL PRESENTATIONS

On March 9 the presentation was attended by 24. Topic: Raising Emotionally Healthy Kids. The meeting was held in San Ramon. The presentation was given in English. It is always free and open to the public.

NAMI BASICS CLASSES IN MAY

Reaching out to all parts of
Contra Costa County.

NAMI Basics in Spanish will be taught at the Latina Center in Richmond starting Thursday May 2nd, from 9:00-11:00 AM.

Many thanks go to Ana Torres and Alejandra Escobedo for Co-Teaching this class to our Spanish speaking community.

Two classes in English are being planned for May. One class will be held in Danville and another in Antioch. For additional information contact Susan at:

susanh@namicontracosta.org.

Contact our office to place your order, 925-942-0767.

QUESTIONS ON MENTAL ILLNESS

(Continued from page 1)

NEW! OPEN DISCUSSION AND RESOURCE SHARE

Horizon Mental Health Support Group

Join us for your Monday morning coffee! Make a new friend. Find resources and get your questions answered.

1st & 3rd Mondays
9:30 AM – 11 AM
Our Savior's Lutheran Church
1035 Carol Lane
Lafayette, CA 94549

DROP IN – ALL ARE WELCOME

Free & Easy Parking
Handicap Accessible

Beautiful Notecards Generous Donation ORDER NOW!



MEMBERSHIP MATTERS

Great news! NAMI-CC membership is growing by leaps and bounds! As of March 19, 2019 we have 376 members.

Your expiration date is on your Newsletter mailing label. Help our volunteer Membership Committee by renewing the month before your membership is due to expire.

Renew on our website www.namicontracosta.org or send a check using envelope enclosed in this Newsletter. Thanks to everyone for your continued faith and support of volunteer efforts and our NAMI mission.



Many thanks to Laurie Shapley for her most generous donation of all the proceeds from the sales of her notecards. Each of her cards has a spectacular, unique photograph from her worldwide travels. You select 8 pictures to go in your custom box. They make great gifts and support NAMI at the same time

Book Review

By Susan Norwick Horrocks

Daisy Has Autism

By Aaron J. Wright

Indiego Publishing, 2019

Anyone who has taken our NAMI Basics class will immediately recognize the dedication of this book, "For anyone who departed for Italy but touched down in Holland..."

So begins the agonizing true story written by the father of an autistic daughter. He tells of the impossible struggle to get appropriate testing and support from the Davis School District, near Sacramento, California. The book highlights intentional efforts to prevent identifying and admitting children, who are clearly disabled, from Special Education programs. It is a frightening exposure of the limitations and harm our current Special Education laws inflict on children and families. Some of the problems are caused by unfunded mandates resulting in inadequate Special Needs programs. Other problems are the result of misguided efforts by school districts, strapped for funds, to unlawfully avoid identifying special needs children.

The author, Aaron Wright, urges his readers to advocate for change to remedy this unjust and cruel situation facing children with disabilities and the families that struggle to have their special needs child appropriately served.

A beautifully written book and a very good read! Come check it out.

NAMI CC has a signed copy of this book in our library. It is a gift from Mary Jane Duthie who taught elementary school in West Oakland.

**TEACHERS
NEEDED**

We are actively recruiting new NAMI Basics teachers. We need more English, Spanish and Chinese speaking teachers. Don't miss this wonderful, fulfilling volunteer opportunity. Ideal for parents who want to "give back" and share their knowledge and experience with other families. For more information call:

Susan Norwick Horrocks
at 925-262-3404

HOMEFRONT

HOMEFRONT is a 6 week, on line class, for families of Veterans and families still active in the military. Please tell any military or veterans families with loved ones experiencing PTSD or symptoms of SMI they are eligible to attend this free class based on F2F but tailored to their

**Spanish NAMI Basics
Begins May 2**

WHAT: NAMI Basics Class taught in Spanish, meets on Thursdays, once a week for 6 sessions.

COST: Free, Sponsored by NAMI CC

WHEN: Starting Thursday, May 2nd, 9 - 11 AM

WHERE: The Latina Center, Richmond, CA

REGISTRATION RE-

QUIRED: Contact

ana@namicontracosta.org

Peer-to-Peer NAMI PEER-TO-PEER RECOVERY EDUCATION PROGRAM

**A free, 8-week course for
adults living with
mental illness**

*Classes meet once a week.
Classes are held at Central,
West, and East Contra Costa
County locations. The
upcoming class will be held
in Antioch at Recovery In-
novations, located at 3711
Lone Tree Way. Schedule
TBA. Reservations are re-
quired.*

Peer-to-Peer classes are taught
by trained Peer Mentors
living in recovery them-
selves

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living in recovery them-
selves

For more information about
the Peer-to-Peer course,
or to reserve a spot in the
class, please contact Lisa
Bruce, Lead Coordinator/
Mentor, at li-sa@namicontracosta.org,
or Mae at 415.652.9832,
or Carla at 925.518.2758

Please DO NOT contact the
class site for information.
Any contact regarding the
course must go directly
through NAMI Mentors



SAVE THE DATE!!!

Putnam Clubhouse members, staff, board members, NAMI members and community partners will gather on:

Friday, May 17th

To clean up a section of Concord, California. Our cleanup campaign, "Sweep Away Stigma" will bring the community to raise awareness of how stigma impacts the lives of those living with mental illness while helping beautify the Putnam Clubhouse neighborhood.

Mental health disorders are often called "invisible" but mental health is not. Join us in making a visible difference in our community as we **Sweep Away Stigma**.

The Clubhouse will provide everything you need to participate.



NAMI DONATIONS

In Memory of Fran Martin

Kay Derrico Dick Owens Dave Kahler
Bill Boyle Sue Blodgett

Donation

Laurie Shapley
Note: Laurie is donating all
proceeds from the sale of her
Notecards to NAMI CC.

Donation

Jo and Joseph Macaluso

Donation

Al Farmer
% Chevron Matching
Funds

Donation

In Memory of
Robert Henderson
Margaret Netherby;s Son

From: Rich and Kay Derrico

Donations

Kimberley Myers-Wirtz

3rd Monday Support Group

April 15, 2018 7:00 p.m.
 John Muir Medical Center
 Walnut Creek
 Epstein Meeting Room
 Basement Area (See page 2)
 Email: xnamicc@aol.com

**Questions About
Mental Illness?****Crash Course**

Every Wednesday

E mail: xnamicc@aol.com

Stamp

To:

From:

NAMI Contra Costa

2151 Salvio Street
 Suite V
 Concord, CA,
 94520

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
 2151 Salvio Street , Suite V
 Concord, California
 94520

Name _____

Address _____

City _____ Zip _____

Phone _____ Cell _____

Email Address: _____

☐ Renewal ☐ New Member
☐ Open Door \$ 5 ☐ General Membership \$40

DONATION FORM

Amount _____ . Mail to:

Treasurer, **NAMI Contra Costa**
 2151 Salvio Street, Suite V
 Concord, California
 94520

Note: Tax ID #68-0209474

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

Name _____

Address _____

City _____ Zip _____

Phone _____ Cell _____

Email Address _____