



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

NAMI IN MOTION

KEEP NAMI CLASSES FREE

NAMI offers a wide variety of free programs and services including Family to Family classes, NAMI Basics, Peer to Peer, In Our Own Voice, NAMI Connections, our very own Crash Course and many support groups.

Our NAMI IN MOTION community event raises much needed funds to support these free programs.

HOW TO HELP WITH NAMI IN MOTION

There are many ways one can help with this fundraiser, like posting flyers, getting sponsors, joining the walk itself.

To be the most successful NAMI event ever, we need your support.

Please e mail us at:

michele@namicontracosta.org

WHAT TO DO IF YOUR LOVED ONE GOES TO

JAIL

Occasionally a family will receive an unwanted call that their loved one is in jail. It's called the Martinez Detention Facility and is located in Martinez right near the court houses.

The inclination is to feel that you will immediately go to Martinez and visit the loved one. No you won't. It does not work that way.

The procedure specifies that the inmate must put your name on a list of people he agrees to see. You may or may not be one of them.

Once your name is on that list, a date and time has to be agreed upon.

Knowing the procedures and regulations will help you to avoid surprise, frustration, anxiety and disappointment.

(Continued on page 4)

TO JOIN A TEAM

See the detailed
instructions on page 4.

August 2019 GENERAL MEETING

Thursday, 15, 2019

Two Programs

1. PG & E will present a variety of programs that might save you money.
2. Jude Leung from FIRST HOPE will present their efforts to offer Early Intervention In Psychosis. More on page 3.

Doors open at 6:30 pm
Meeting at 7:00 pm

Location:

John Muir Hospital
Concord Campus
2540 East Street
Concord

Open To The Public- Free Admission

MEMBERSHIP REPORT

NAMI'S membership chair, Susan Norwick Horrock's report shows membership has grown to 378 members, the greatest number in the history of the affiliate

Follow us on Social Media!



Facebook: NAMI Contra Costa



Instagram: [@namicontracosta](https://www.instagram.com/namicontracosta)

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

NAMI Office 2151 Salvio St., Suite V

Gigi Crowder 510-990 2670

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-Rm. 204
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

Doors Open at 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

African American Family Support Group Mental Wellness Wise Wednesdays

4th Wednesday Each Month 6:30-8:00 pm

5144 Union Mine Drive, Antioch, CA 94531

Contact: Gigi Crowder E mail: gigi@namicontracosta.org

SPANISH SUPPORT GROUP

3RD Tuesday 6:30-8:30 pm

Salvation Army, 4900 Appian Way, El Sobrante

Alejandra, 510-837 4077

Open Our Hearts 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

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 are Welcome!

Church of the Living God

1125 Harbor St. Pittsburg

Veronica: 925-250 4032

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 CONNECTIONS

Support Group for Peers and
Invited Family Members

EVERY Wednesday 7 - 9:00 pm,

John Muir Behavioral Health Center

2740 Grant St. Concord, Classroom B

NancyBolcerek@namicontracosta.org 925-826-8433

NAMI Contra Costa

National Alliance on Mental Illness

OFFICERS:

Charles Madison, President

(925) 256-9640

C_madison@msn.com

Susan Norwick Horrocks

First Vice President

Tony Khalil

Second Vice President

Mark Cohen, Secretary

mark.cohen@namicontracosta.org

David Kahler, Treasurer

(925) 676-5771

dk122932@aol.com

BOARD OF DIRECTORS

Barbara Scott Clare Beckner

Al Farmer Don Green

Emeritus Board Member: Kay Derrico

Executive Director

Gigi Crowder

(510) 990-2670

COMMITTEES:

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Shelly Ji API Groups

Susan Horrocks Membership

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Clare Beckner Database

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072119 SunP 1133P WWWWW

Email: xnamicc@aol.com

Website: www.namicontracosta.org

Phone: (925) 676 5771

Newsletter Deadline:

20th of Each Month

PRESIDENT'S COLUMN

Our Family Volunteer Support Network is developing more outreach to assist families and their loved ones. If you have questions and want to volunteer, call the NAMI CC office at 925 942-0767. Thank you.

I want to thank all the IOOV (In Our Own Voice) presenters and its dedicated coordinator Deborah Fruchey for making over 200 important presentations each year of hope in our community.

I repeat the message I sent last month. It is very important. We need someone from NAMI CC to get involved. So I say again, to all stakeholders, your help is needed. The Consolidated Planning Advisory Group (CPAW) meets the first Thursday of every month from 3 to 5 pm. This group discusses programs and methods to improve our county's mental health system. We need the voices of the families at these meetings and I encourage you to attend and provide your input. This is a great opportunity to make a difference.

Thank you to everyone who attended the County's MHSA Community Forum meeting on July 18th at Contra Costa College in San Pablo.

The very best to all and remember everyone counts.

GENERAL MEETINGS

Future Speakers:

August 15 -

PG&E and First Hope

Sept. 19 -

Barbara Mann

October 17 -

John Bateson

Nov. 21 -

Christina Wade

December 19 -

Tom Wootton

August 15, 2019

Since 2013 First Hope has been working with young people at "Clinical High Risk" for developing a psychotic disorder to prevent progression. They are expanding to include young people who have had a first episode of psychosis to support their recovery and functioning.

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)

xnamicc@aol.com

NAMI Contra Costa's Mission Statement

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

JAIL

(Continued from page 1)

When you do make the trip, take the Pacheco Boulevard exit off #680 and follow it to downtown Martinez.

It is located at 1000 Ward Street and will be prominently on your right.

The jail opened in 1981 to house 695 inmates. In recent years it has housed over 800 from time to time.

Recently the population has been from 475 to 500. It is estimated that from 10% to 15% of the inmates suffer from some form of mental illness.

Those that are acute are housed in what is called the "M" Module which has 52 beds. When the number of the mentally ill exceeds the capacity of the module, they are housed in with the general population.

The jail cannot force an inmate to take psychiatric medications without having a hearing. They have to volunteer to take them.

O.C.E. CELEBRATES SPIRIT ANNIVERSARY

By: Roberto Roman

2019 marks the 25th anniversary of SPIRIT, the longest standing program at the Office for Consumer Empowerment. SPIRIT trains clients and family members to work in behavioral health as peer and family providers. With SB 10 peer certification legislation pending, SPIRIT continues promoting client and family involvement in behavioral health.

The address of the jail is:
Martinez Detention Facility
1000 Ward Street
Martinez, California 94553

925-335 4600

Fax: 925-335 4679

TO JOIN A NAMI IN MOTION TEAM

The information and website is set up. Here is the link to the page:

www.firstgiving.com/event/34688/name-in-motion-2019

1. Click "register today" in the NAMI In Motion section on the NAMI CC homepage.
2. On the right hand side you can choose to donate to a team or NAMI CC in general or just join the walk.
3. To join the walk, click "Join Now."
4. On the new page, fill in ALL the forms.
5. Click next.
6. Choose one of the following options:
 - A. I want to join a team.
 - B. I want to create my own team
 - C. I don't want to join a team.
7. Follow and complete the rest of the steps as stated in the registration process.

If you have questions please contact:

Michele O'Keefe

925-689-4447

OR

Gigi Crowder

510-990-2670

Listing of Free NAMI CC Events In Chronological Order

- **Fri., Aug. 9.** Invitation to Open House/NAMI Contra Costa's first anniversary of our new office and workspaces, Time: 6 pm Please see article on page 5.
- **Thurs., Aug. 15,** 7pm, John Muir Medical Center, Concord. Speakers: (1) Jude Leung, PhD, First Hope Program Manager, early episode psychosis in youth and early adulthood. (2) short PG&E presentation on reduced rates for certain medical needs requiring extra use of electricity, gas.
- **Saturday, September 14, 9:00 am to Noon.** Todos Santos Park, Concord. NAMI In Motion, an annual community mental health awareness event featuring fun activities for all. Live music, stations for kids, fitness exercises, mental health information, teams strolling, and to honor those who have passed, a releasing of doves.
- **Thurs., Sept. 19,** 7pm, John Muir Medical Center, Concord. Speaker, Barbara Mann, Attorney at Law, Disability Specialist, SSI, Social Security Disability appeals process.
- **Thurs., Friday, October 10, 11,** Walnut Creek Presbyterian Church, *Spirituality A Cornerstone in Building Mental Health Friendly Communities* Statewide Mental Health and Spirituality Conference.
- **Thurs., October 17,** 7pm, John Muir Medical Center, Concord. Speaker, John Bates, author of *The Final Leap*, Suicide on the Golden Gate Bridge.
- **Thurs., November 21,** 7pm, John Muir Medical Center, Concord. Speaker, Christina Wade, LCSW, Suicide Prevention Coordinator, East Bay, VA-Northern California



NAMI CC CELEBRATES 1st Year in New Office

Join us to celebrate the first anniversary of NAMI Contra Costa's and the Family Volunteer Support Network's beautiful offices at 2151 Salvio St., Suite V, Concord, on Friday, August 9 at 6 p.m. NAMI Board Members, leaders and staff will be there to chat with and take you on a tour of the modern meeting and work spaces.

After socializing, at 7:00 p.m., you are invited to the casual kitchen area for a Quick Summer Cooking Class (Southwest Chicken Lettuce Wraps) presented by our personal Pampered Chef consultant and NAMI member, Shelly Weeks.



Southwest Chicken Lettuce Wraps will be made in cooking class.

NAMI Contra Costa will receive 20% of the proceeds for Pampered Chef items purchased. If you have questions, call or text Shelley Weeks, Registered Dietitian, at;

510-290-2508 or
ChefShelley@comcast.net
For early ordering,
<https://pamperedchef.com/party/nami0809>.

RSVP to the cooking class hosts, Richie and Michelle,
michelle.wong@namicontracosta.

Thank you and congratulations on our latest interns from SPIRIT Class 2019.

De Wanda Joseph
Kimber Kennedy

FAMILY TO FAMILY EDUCATION COURSE

Fall Registration Now

Family to Family Education Course is a free 12 week series. The course covers the symptoms and treatment of major mental illnesses, as well as skills to help family members communicate with and advocate for their loved one.

The fall 2019 courses will be held in two locations: Richmond starting Thursday evenings, Sept 5, 7:00pm and Lafayette starting Monday Sept 9, 7:00pm. For information or to register for Fall 2019 Family to Family Education Course contact Gloria Davidson at:

(925) 244-0873 or email
namif2fcourse@gmail.com.

James Ramirez, Cody Sickinger, and Aram Boyd have co-taught



the Danville location course held at Community Presbyterian Church. Also concluding another F2F course held at Hillcrest Church, Pleasant Hill, are co teachers Nancy Jordan, Sophie Littlefield and Michelle Anderson. We appreciate each volunteer co-educator and each church that shares their campus with NAMI CC.

Our goal is to present the course in every quadrant of the county at least two times a year. In order to do that, additional teachers need to be trained. If you have graduated from the F2F course, please consider becoming a co-educator.

Please contact our
Family to Family Coordinator:
Nancy Seibert at
fam2fam4u@gmail.com

BOOK REVIEW

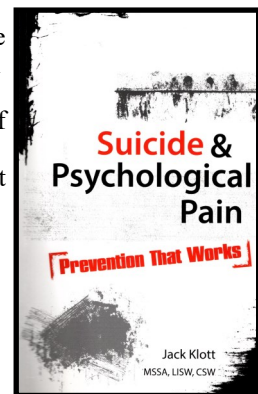
SUICIDE & PSYCHOLOGICAL PAIN

Author: Jack Klott, MSSA, LISW, CSW.
Publisher: PESI Publishing and Media.

This is a book written for professionals that is very useful for family members.

Jack Klott (all the letters after his name are shown above) is the author. He has spent his entire career in the mental health field. A career of over 40 years. He's "been there and done it."

So the book is a treasure trove of useful observations and conclusions. He is a 30 year member of the American Association of Suicidology and was the founder of the Michigan Association of Suicidology. (not misspelled)



He is also the author of The Suicide and Homicide Risk Assessment and Prevention Treatment Planner.

One of his interesting observations: "major depression, while a powerful correlate to completed suicide, is NOT causal. . . We cannot get ourselves to believe that medication and its appropriate administration is the "cure" to suicide."

He points out that when working with a resistant person, you must respect their view and that the resistance is never opposed. A point emphasized in the book featured in the Crash Course, "I'm Not Sick" by Dr. Xavier Amador. Dr. Amador has several clips on U Tube on this subject.



JOINING ON LINE IS EASIER THAN EVER

1. Go to our website,
www.namicontracosta.org
2. Renew on line, no checks, envelopes or stamps necessary. Remember to check the back of this newsletter for your renewal date.



Many, many thanks to our eNews editors Karen Cohen and Michelle Wong who are retiring from designing and editing the eNews. It was their vision, skills and hard work that brought us **A Ray of Sunshine, eNews** each month.

We appreciate all they have done to make our eNews, a reality and a genuine success.

Next month Karen and Michelle will pass their editorial and design duties over to Ashley Ciullo and Doug Halpern. We wish Doug and Ashley all the best with their new assignment.



eNEWS

Don't miss out on receiving our free monthly eNews. Go to our website www.namicontracosta.org, scroll down to the very bottom of the first page and enter your name and email address.

A Ray of Sunshine will come your way once a month full of announcements of NAMI sponsored events and resources.

RE-AFFILIATION

Success! We couldn't have done it without you! We have just received our official certificate announcing our successful completion of a year long re-affiliation process that insures NAMI CC will be recognized as a NAMI affiliate with all the benefits afforded. Thanks to everyone who attended the special meeting at John Muir Hospital in Concord last August. Your attendance was vital to assure our re-affiliation with NAMI National.



WHO WILL HELP YOUR LOVED ONE WHEN YOU CAN'T

NAMI CC's "Planning for the Future" group is exploring ways to meet the needs of our loved ones when we can't.

We meet at the NAMI CC office at 2151 Salvio Street, Suite "V", ground floor, Concord. Same building complex as the restaurant E.J. Phair.

For information, date and time, e mail:

Karen@mmcohen.com

THE LEAKY BUCKET

Editor's note: This was excerpted from the President's Column in the NAMI Newsletter, September of 2001.

It's difficult for many family members to understand why the resources and services to serve the mentally ill are so scarce and inadequate. The majority of the mentally ill are underserved.

It is not fault of those who work in the mental health field. If your house is on fire and you ask a friend to join the bucket brigade, you could hardly complain that he is not carrying enough water if you gave him a bucket with holes in it.

That is what the system does with the people that work in the field. They have scarce inadequate resources (like psychiatric beds). So when they say they can't find a suitable place to house your loved one, that's why.

The person to lodge a severe complaint to is your elected representatives.

THEODORE SCOTT KUNZMAN

September 23, 1969-June 4, 2019

Ted is survived by his loving family: parents John and Rebecca Kunzman; his brothers Daniel (Kelly) and Charles; his cherished nieces and nephews: Kennedy, Jonathan, Aiden and Charlotte.

His warm, generous and caring heart endeared him to all who knew him. He was the first to reach out to help a stranger in need, but was always too humble to draw any attention to himself. We will miss him dearly and cherish him in our hearts forever.

In lieu of flowers, contributions to the National Alliance on Mental Illness are welcome.



FAMILY MEMBER SUPPORT GROUP

Are you a parent, sibling or child of an adult with mental illness? This group provides information as well as the opportunity to share an support each other as you learn to help your loved one. Facilitated by licensed clinical social worker, Rosemarie Frydman and NAMI certified trainer Karen Cohen.

Call NAMI: 925-942 0767 for time.

Where: Temple Isaiah
Talmud Torah Center
945 Risa Road, Lafayette
925-988 9707

NAMI DONATIONS

Donations

Mary Ann Cousin
Joanne Bouland
Susan Horrock
Graham Wiseman
Mercedes Marquez
Leah Shelleda
David Lukoff
Nancy Chen
Gigi Crowder

Vaughan Johnson
Gloria Hill
Richard & Alice Lulka
Nancy Bolcerek
Hua & Shelly Ji
Mark Cohen
William Kruse
Norman Weinstein
Ruth Phillips

Donations

In Memory of Ted Kunzman

Jack & Beccie Kunzman
Dianne Schneider
Carol Derry
Virginia Samuelson
Joy Muhs

Carle Hirahara
Jo Macaluso
Robert & Joan Brunelle
William & Wanda Moore

Donations

In Memory of: Joseph A. Macaluso

Susan Horrocks

Donations

In Memory of Nadine Ancillotti

Carol Savio
Richard & Yvonne De Andre

If you lost a loved one, and would like to direct funds to NAMI Contra Costa, please contact Jo Fetterly at jojac6996@gmail.com

3rd Monday Support Group

August 19, 2019 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, Concord, CA., 94520
 Phone: (925) 942 0767 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, CA., 94520

Name _____

Address _____

City _____ Zip _____

Phone _____ Cell _____

Email Address: _____

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

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 _____

050319F613P

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