



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

ORINDA WOMEN'S CLUB RAISES \$13,200 FOR NAMI CC

By: Susan Horrocks

NAMI CC was honored to be a beneficiary of funds raised by the Orinda Women's Club at their Festival of Trees Luncheon and Fashion Show held in November, 2018.

Over 400 people attended the event held at the San Ramon Marriott Hotel. The Master of Ceremonies was Dan Ashley, Co-Anchored Channel 7.

(Continued on page 4)

TERRY KUPERS TO SPEAK

Terry Kupers is the author of several books on incarceration and solitary confinement.

A NAMI member might well say "my loved one would never end up in state prison." In spite of the fact that the son of a man that was president of NAMI Contra Costa got involved in a spousal incident and did six years in state prison.

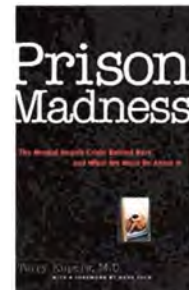
Dr. Kupers is a psychiatrist with a background in psychoanalytic psychotherapy, forensics and social and community psychiatry. He did his residency at the University of California, Los Angeles Neuropsychiatric Institute and because of an interest in object relation theory, spent the third of

(Continued on page 4, Column 1)

February 2019 GENERAL MEETING Thursday, February 21

Speaker
Terry Kupers
Author

Topic:
Incarceration and Solitary Confinement
See the column to the left.



John Muir Hospital
Concord Campus
2540 East Street
Concord

Open To The Public- Free Admission

**This is an
UNFINISHED-UNCORRECTED
DRAFT**



The NAMI Group At the Orinda Woman's Fundraiser
 From the left: Al Farmer, Charles Madison, Gigi Crowder, Michelle Wong, Gail Miller, Shelly Ji, Anna Torres and Susan Horrocks.

Fourth Annual CRAB FEED

Saturday
March 2, 2019
Please See Page 5

Location:
Centre Concord
For information:
Namicontracosta.com

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@mmicohen.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 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 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

BOARD OF DIRECTORS

Barbara Scott Susan Horrocks

Al Farmer Tony Khalil

Don Green Michele O'Keefe

Emeritus Board Member: Kay Derrico

Executive Director

Gigi Crowder

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David Kahler Publishing

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Gigi Crowder FaithNet Coordinator

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Karen Cohen e news

Steve Sullivan Librarian

Douglas Dunn Political Advocacy

Newsletter Group

Fran Martin Peggy Luna Bill Boyle

Dick Owens David Myers

David Kahler Caroline Jackson

Email: xnamicc@aol.com

Website: www.namicontracosta.org

Phone: (925) 676 5771

81918 Sun654A RRRR

Newsletter Deadline:

20th of Each Month

PRESIDENT'S COLUMN

The board of directors will be holding its Strategic Planning in February. We review and build upon our successes. It's going to be a very exciting year. All this is a result of a very dynamic team of staff and volunteers.

With this in mind we are getting very close to getting our official notification that we have completed our re-affiliation process since it has been approved by almost all parties and the final should be right around the corner



We are very excited about our Crab Feed that will be held on March 2nd at Centre Concord. Michelle Wong and Clare Beckner are the co chairs of the Crab Feed and I thank them for their fine work. This is our affiliate's main source of funding which allows us to con-

GENERAL MEETINGS

March 21– Family Justice Center

April 18– Graham Wiseman

May 19– Jeff Bell (KCBS)

June 20– Dr. Bill Shyer

tinue to offer our programs free of charge to all. We need your support in providing donations and sponsorships to support our unfunded programs. This is a wonderful time for you to contribute to helping make a difference. So Save the Date on your calendar and come join us for a fun filled event.

The General Meeting on January 17th featured an informative presentation from Jennifer Park of Rogers Behavioral Health. I was very interesting to learn about this program and the help that it provides to our community... Thank you Jennifer and we look forward to further collaboration.

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.

TERRY KUPERS TO SPEAK

(Continued from page 1)

His residency at the Tavistock Institute in London. Since 1974 he has psychiatry in both the public and private sectors.

He was at the Richmond Community Mental Health Center where he served as director of an outpatient, psychiatric residency program and a partial hospitalization program.

In 1981 he joined the faculty at the Wright Institute and has continued to teach and maintain his private practice while consulting to various mental health centers and social rehabilitation programs in the community.



Terry Kupers

**COPY
TO
FOLLOW**

Dr. Terry Kupers

B. A. Psychology, Stanford, 1964
-M.D. University of California,
Los Angeles, 1968. MSP Social
Psychiatry, University of California,
Los Angeles, Neuropsychiatric
Institute, 1974, Residency in
Psychiatry, University of California,
Los Angeles and Neuropsychiatric
Institute and Tavistock
Institute, London, England, 1969-
1972.

ORINDA WOMEN'S CLUB RAISES \$13,200 FOR NAMI CC

(Continued from page 1 Column 1)

NAMI CC member Sue Farmer helped model the fashions from Helen Lyall Clothes for Women of Napa. NAMI CC members contributed a basket for the silent auction and several NAMI volunteers enjoyed the luncheon and the show.

We were thrilled and humbled when the club announced they were sending donation check of \$13,200. Having support and acknowledgement from this prestigious community organization goes a long way to fight the stigma of mental illness and to spread our message of hope to the general population.



WHO WILL HELP YOUR LOVED ONE WHEN YOU CAN'T

Do you worry about the future of your loved ones when you can no longer care for and/or advocate for them? Where will they live? Who will be there when they need help?

NAMI is forming a group to explore alternatives. We will talk about a full spectrum of needs, from an occasional helper to housing with support services. Family members who already have a plan are welcome to come and share their ideas. Interested family members should contact Karen Cohen:

Karen@mmcohen.com

925-945 7272

Or Gigi Crowder

510-990 2670

gigi@namicontracosta.org

Family to Family Education Course

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. Currently there are four Family to Family courses in progress throughout the county with 80 participants.

We project that the next English-speaking courses will be presented in May in Pleasant Hill and San Ramon. In the fall, starting in early September, we will offer the locations of Antioch, Richmond and Lafayette.

Registration for spring courses will open in late February at nami2fcourse@gmail.com.

YOUR MEMBERSHIP COUNTS

WE NEED YOU. Keep your membership current. Check the mailing label on this Newsletter for your Membership expiration date.

Renew on our website,
www.namicontracosta.org

or mail a check to:

Treasurer

NAMI CC

2151 Salvio St., Suite V

Concord, CA 94520

Choose the Annual Dues category that fits your family.

\$60 - Household

\$40 - Regular

\$5 - Open Door

4th ANNUAL CRAB FEED

MARCH 2 5:00– 9:00 PM

Location: Centre Concord

5298 Clayton Road

Concord

Only 1 more month until the biggest event of the year! This year's party is hosted by KTVU's Dave Clark and will feature live jazz performed by the Chris Cole Band. Can't make it? Please consider donating or asking your employer to sponsor us! All our programs are free and rely on events like this to bring in funding. Buy tickets online at:

www.namicontracosta.org or by scanning the QR code on the flyer with your cell phone.

NAMI BASICS REGISTRATION

A new NAMI Basics begins February 3, 2019 in Brentwood. To get your name on a waiting list for a Basics class email Susan at susan@namicontracosta.org More classes will soon be announced for

**COPY
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PUTNAM CLUBHOUSE 11th Anniversary

**Thursday
February 21
4-8:00 pm**

Where:

3024 Willow Pass Road, Concord

4:00-6:30 pm: Tours, Refreshments, Dinner and Live Music

6:30-8:00 pm:

Raffle, Awards and Cake

925-691 4276

NIMH CUTTING DRUG TRIALS SCHIZOPHRENIA

By : Dr. E. Fuller Torrey

Schizophrenia is one of the most important diseases in the United States both socially and economically; a study estimated its annual cost to be \$155.7 billion in 2013.¹ The major developers of new drugs for schizophrenia have been the pharmaceutical industry and the National Institute of Mental Health (NIMH). In recent years, the former have reduced their efforts to develop new schizophrenia drugs, in part because of the failure of genetic research to identify new targets for drug development.

To assess the number of treatment trials for schizophrenia for industry and NIMH, we examined all trials registered on ClinicalTrials.gov from 2005 to 2017.² The pharmaceutical industry funded 718 trials, with the number decreasing over time. In 2005–2007, they funded 218 trials, but in 2015–2017, only 90 trials, a decrease of 59%. During the same period, NIMH funded 166 trials, decreasing from 38 in 2005–2007 to 21 in 2015–2017, a reduction of 45%. However, when these 21 trials are examined, almost all utilized non-pharmacologic agents (eg, transcranial magnetic stimulation) or psychosocial interventions (eg, cognitive remediation). Thus, over the 3-year period 2015–2017, NIMH funded only 2 trials using a pharmacologic agent intended to improve the symptoms of schizophrenia.

The current NIMH policy for treatment trials requires the identification of specific biological targets for each trial. This policy was based on policies established by the previous Director of NIMH, Thomas Insel. At the 2017 International Conference on Schizophrenia Research, the current director, Joshua Gordon, indicated that individuals with schizophrenia and their families should not expect new drugs from NIMH. He acknowledged that neither genetic research nor the study of complex circuits was likely to produce new treatments anytime soon. “The path forward to better treatments, in the short term,” according to Gordon, “is to use the treatments we have in a more efficacious way and make them available to more people.”³

We believe that restricting targets to genetics or neural circuits is too narrow a vision. Ironically, the strongest genetic finding for schizophrenia to date, the major histocompatibility complex on chromosome 6, points to immunologic/inflammatory abnormalities. Neuropathological, clinical, and epidemiologic studies, as well as preliminary clinical trials, also point toward an altered immune system in schizophrenia.⁴ NIMH should undertake a major treatment initiative directed at the subset of individuals with evidence of immune activation, using as targets the normalization of the immune system.



Since many potential immune-based schizophrenia treatments involve compounds that are off-patent, and thus already available in relatively inexpensive generic versions, pharmaceutical companies will not undertake such drug development since it would not be profitable. Additional promising treatments for which targets are available include neurohormones such as estrogen and related selective estrogen receptor modulators⁵ and the use of probiotics and other agents to modulate the microbiome and the gut-brain axis.⁶ Some of these compounds also may be effective for bipolar disorder and major depression, especially for patients with psychotic features.⁷

Finding better drugs for schizophrenia has been a central goal for NIMH since it was created by Congress in 1946. There has been no significant pharmacologic advance for schizophrenia since clozapine was approved almost 30 years ago. Given the importance of this disease, it is unacceptable for NIMH to abandon efforts in this field, especially at this time when NIMH has received significant budget increases from Congress for each of the last 2 years.

Potential conflicts of interest: None.

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Family to Family

Education Course
Seeking More Teachers

Family to Family Education Course is a free 12 week series. If you have attended the series in the past, you are personally aware of positive impact that education, workshops, discussion and community is, even while your family member is struggling with mental illness.

For every course that NAMI CC presents, we need two volunteer teachers to present the national curriculum. The commitment of the teachers is to teach once a year, two times. The newly trained teachers are paired with a veteran teacher, at a location that is convenient for commute and availability.

As you observed as a class participant, the Family to Family Education Course co-educators are not experts. They are persons who have "lived experience" with challenges of mental illness, each has learned some things along the way and takes opportunities to advocate for their loved one.

A F2F teacher training will be held in Concord at our NAMI office on Friday pm April 26 and all day Saturday April 27, 2019. If you would like to discuss this opportunity to help others, call:

Nancy Seibert
Program Coordinator
(925) 285-5995.

NAMI DONATIONS

In Memory of Valerie Compton

Linda N. Shehane
Patrick and Gayle Scott

Donation

Karen McDowell

Donation

Richard Owens

Donations

Thomas and Catherine Lauren Rettagliata
Robert and Thalia Siegel
Thomas A. Bridges

Donations

Tracy Murray Orealis Alvarado
Piyanooch and Isamu Tsujimoto
Douglas Dunn
Michael D. and Marilyn S. Astin
Marion E. Leland Trust

3rd Monday Support Group

February 18, 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)

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