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-Anchor of 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.

Fourth Annual CRAB FEED

Saturday
March 2, 2019
Please See Page 5

Location:
Centre Concord
For information: Namicontracosta.com

This is an UNFINISHED-UNCORRECTED DRAFT
NAMI Contra Costa              February  2019

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

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

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 Riis Road, Lafayette
(In The Talitnu Torah Center, Room E204)
Call Karen at (925) 945-7272 or email at karen@mmcohen.com
www.openourhearts.net

NAMI Contra Costa 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

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

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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

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 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
defamiliafamilia@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 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

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Call Karen at (925) 945-7272 or email at karen@mmcohen.com
www.openourhearts.net

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@gmail.com

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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 continue 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 form 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.

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(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.

DR. TERRY KUPERS


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.

COPY TO FOLLOW
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 namif2fcourse@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

NAMI BASICS REGISTRAION

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 susanh@namicontracosta.org. More classes will soon be announced for

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.

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

COPY TO FOLLOW
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. 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. 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.”

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. 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 modulators and the use of probiotics and other agents to modulate the microbiome and the gut-brain axis. Some of these compounds also may be effective for bipolar disorder and major depression, especially for patients with psychotic features.

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.
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
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 ___________________________________
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Email Address: _____________________________