



The NAMI Contra Costa Newsletter is available on the web at: [www.namicontracosta.org](http://www.namicontracosta.org)  
 You can get a copy of this newsletter and/or the eNews newsletter by e mailing: [info@namicontracosta.org](mailto:info@namicontracosta.org)  
 Email: [Ashley@namicontracosta.org](mailto:Ashley@namicontracosta.org) Phone Number 24/7: (925) 465-3864 Office Number: (925) 942-0767

## NAMI CC KICKS OFF THE "TAKE ONE" OUTREACH PROGRAM FOR 2020



One of NAMI CC's goals for the new year is to further spread awareness of our mental health resources to all regions of Contra Costa County; Central, East, South and West. By doing this, we hope to meet the needs of more individuals impacted by mental illness and also expand our network of volunteers.

With assistance from volunteers, NAMI CC recently kicked off it's "Take One" Outreach Program for 2020 by dropping off NAMI CC monthly newsletter, brochures, volunteer applications and other important resources to assist English, Spanish and Mandarin speakers to have better knowledge of our services.. We worked together to identify locations where the materials could benefit visitors, including community partners and other local offices like provider sites and county clinics.

## A BLACK HISTORY MONTH MENTAL HEALTH AWARENESS EVENT

NAMI Contra Costa, Mental Health Friendly Communities and Solomon Temple Ministries International presents Mental Health 101 for the African American Faith Community.

**Saturday, February 22, 2020  
9:00 am—3:00 pm  
Solomon Temple Ministries  
International  
655 California Avenue  
Pittsburg, CA 94565**

This free training will include lunch and empowering entertainment.

This event is designed to provide educational information about mental health, what it is and what it is not and how it manifests in the African American community. We will discuss community defined strategies and advance our efforts to partner with churches as they commit to being Mental Health Friendly Congregations and take on the challenge to heal their own.

MHFC TRAINER, NAMI CC EXECUTIVE DIRECTOR: Gigi R. Crowder, L.E., Taun Hall, the loving mother of Miles Hall, Benjamin Turner, Pastor Horacio Jones, Supervisor Federal Glover and Victor Brice – Senior Pastor Solomon Temple Ministries International

Contact Gigi R. Crowder to RSVP or if you need accommodations at [gigi@namicontracosta.org](mailto:gigi@namicontracosta.org).

## February 2020 GENERAL MEETING Thursday, February 20, 2020

### Speaker

Dr. Phillip Lowe, PsyD  
Psychiatry  
Walnut Creek Medical Center



Dr Phillip Lowe is a clinical psychologist at Kaiser Permanente, Walnut Creek treating mental disorders among adult populations. He is also the author of numerous articles and a book on family/marriage interventions, with extensive experience in gerontology and interventions with people of Asian cultural backgrounds.

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

**Purchase your 4th  
Annual Crab Feed  
Tickets!**

## 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](mailto:xnamicc@aol.com), or call: (925) 256-9640, (925) 957 5139.

#### **NAMI Contra Costa Writers' Group**

All writing levels welcomed. 2nd Saturday of Each Month,  
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](mailto: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](mailto:dk122932@aol.com) 925-676 5771  
Free-RSVP NOT Required

#### **NAMI CC Mandarin Program Family Support Group**

Language: Mandarin 中文  
2<sup>nd</sup> 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](mailto: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](mailto:gigi@namicontracosta.org)

#### **SPANISH SUPPORT GROUP**

3RD Tuesday 6:30-8:30 pm  
The Latina Center 3727 Barrett Ave, Richmond 94804  
Ana Torres, 510-367-3338

#### **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](mailto:karen@mmcohen.com)  
**[www.openourhearts.net](http://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](mailto:kscalzi@comcast.net)  
Marilyn Clarke: (925) 837-5243 Office: (925) 837-5243

#### **CHINESE SUPPORT GROUP—CONCORD**

1st & 3rd Saturdays each month 12:30 pm - 2:00 pm  
Open to API community and DVC students  
2151 Salvio Street, Suite V  
Concord, CA 94520  
Hanqing Zhang and Yue Shen, [nicolashen09@gmail.com](mailto:nicolashen09@gmail.com)

#### **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](mailto: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](mailto:lphfong19@gmail.com)

#### **NAMI CONNECTIONS Support Group for Peers and Invited Family Members**

EVERY Wednesday 7 - 8:30 pm,  
John Muir Behavioral Health Center  
2740 Grant St. Concord, Classroom B  
[NancyBolcerek@Namicontracosta.org](mailto:NancyBolcerek@Namicontracosta.org) 925-826 8433

## NAMI Contra Costa

National Alliance on Mental Illness

### OFFICERS:

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**Susan Norwick Horrocks**

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**Mark Tiano, Treasurer**

(510) 810-0881

[mtiano@telecarecorp.com](mailto:mtiano@telecarecorp.com)

### BOARD OF DIRECTORS

Barbara Scott Clare Beckner  
Al Farmer Charles Madison

Emeritus Board Member: Kay Derrico

### Executive Director

Gigi Crowder

(510) 990-2670

### COMMITTEES:

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<b>Shelly Ji</b>	API Groups
<b>Susan Horrocks</b>	Membership
<b>Barbara Scott</b>	Nominating Committee
<b>Nancy Seibert</b>	Family-to-Family
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<b>Jo Fetterly</b>	Donations

Email: [xnamicc@aol.com](mailto:xnamicc@aol.com)

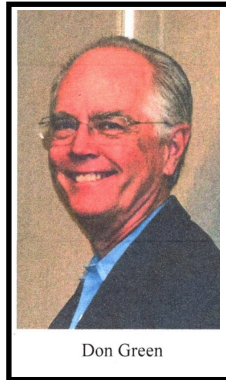
Website: [www.namicontracosta.org](http://www.namicontracosta.org)

Phone: (925) 676 5771

Newsletter Deadline:

20th of Each Month

## PRESIDENT'S COLUMN



Don Green

I'm excited about our upcoming, annual NAMI-CC Crab Feed Fundraiser on March 7. If you just found out about it by reading my column, then I might be inclined to worry about our publicity. But, no, I know they're doing a terrific job and don't need any help from me on that front. What I am happy to be writing about is what a delightful event this is, for so many reasons.

First, of course, there's lots and lots of really, really delicious crab. I don't order crab at restaurants anymore because I am disappointed that I don't get enough crab. That never happens to me at our Crab Feed. Yes, not just crab but lots of other delicious food too. This is definitely not haute California cuisine (You, know, like "Waiter, some grass clippings seem to have blown onto my salad plate. Oh, that is the salad?"")

There will be lots of fun auction items. I'm especially happy that we'll have some of the late Barbara Plowman's

photo art. She pioneered her own art form, starting with photos from a scanning electron microscope, then turning them into strange and beautiful photo art that evokes a sense of wonder.

Our Crab feed is a good event. This is the NAMI-CC major annual fundraiser, and we depend on its success to keep doing the many good things that we do.

But the best part of the event, for me, is being surrounded by so many people who care so much about helping those affected, directly or indirectly, by severe mental illness.

Whether they are just volunteering to make the event something people look forward to attending all year, or loosening their purse strings so we once again have the funding we need to do what we do for so many people who need our help, I look around and see a halo around everyone there. In these times when many of us find the news terribly distressing, and divisive, and frightening, attending the NAMI-CC Crab Feed is a powerful, non-clinical, therapeutic reminder that there are also many good and nice people doing good work. You'll find a large room full of those people on March 7, at the NAMI-CC Crab Feed. I hope you can be there and share this experience with me.

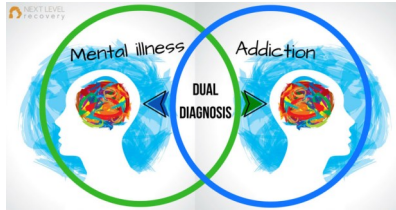


## NAMI Contra Costa's Mission Statement

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



## DUAL DIAGNOSIS IN MENTAL ILLNESS



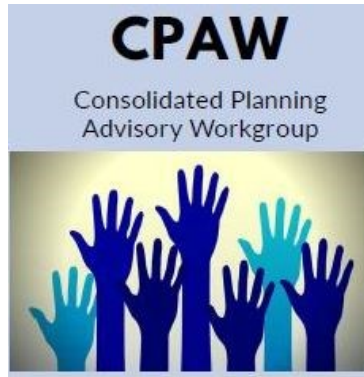
Dual diagnosis (also referred to as co-occurring disorder) is a term for when someone experiences a mental illness and a substance use disorder simultaneously. Either disorder—substance use or mental illness—can develop first. People experiencing a mental health condition may turn to alcohol or other drugs as a form of self-medication to improve the mental health symptoms they experience. However, research shows that alcohol and other drugs worsen the symptoms of mental illnesses.

Dual Diagnosis can have biological, physical, psychological, emotional, social and occupational effects. The professional fields of mental health and substance use recovery have different cultures, so finding integrated care can be challenging.

### How Common Is Dual Diagnosis?

According to the National Survey on Drug Use and Health, 9.2 million U.S. adults experienced both mental illness and a substance use disorder in 2018. 60% of persons with psychiatric disorders also have problems with substance use/abuse or addictions.

## IMPORTANT 2020 MHSA COMMUNITY MENTAL HEALTH MEETINGS



The Mental Health Services Act (MHSA) community forum meetings for the new 2020-2023 3 Year Plan have concluded. The need for additional family services and programs rank very near the top of the identified needs for additional funding.

The first three critical meetings to make decisions on funding any new MHSA program will take place on the following dates and times at:

- ♦ **Thursday, February 6, 2020 from 3-5 PM**
- ♦ **Thursday, March 5, 2020 from 3-5 PM.**

All of these meetings will be held at 2425 Bisso Lane, Concord, CA 94520.

The fourth meeting, the Public Hearing at the Mental Health Commission, will take place on April 1, 2020 from 4:30-6:30 PM. This meeting will be held at 500 Ellinwood Way, Pleasant Hill, CA 94523.

Thank you for your support.

## NAMI CALIFORNIA'S 2019-2020 STAKEHOLDER SURVEYS FOR DIVERSE COMMUNITIES & FAMILIES AVAILABLE NOW!



NAMI CA is seeking to understand the experiences of families, loved ones, and diverse communities navigating the disparities in the public mental health system. Our goal is to have as many individuals from all over California to get a chance to share their experiences with accessing mental health care and suggestions for what needs to be improved based on their needs. The surveys are used in the NAMI CA Annual State of the Community Reports.

- **Families or Loved Ones** *\*Must be a family member/ loved one of an individual/s with lived experience in the mental health care system\**

*Topics: Mental Health Care System, Support, Early Intervention, Family Participation*

Link: <https://www.surveymonkey.com/r/Fami2020>

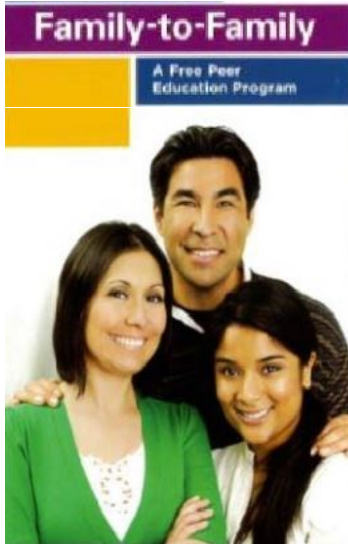
- **Diverse Communities** *\*Must be a consumer with lived experience in the mental health care system\**

*Topics: Mental Health Care System, Discrimination, Support, Community Participation*

Link: <https://www.surveymonkey.com/r/Div2020>

Available in English, Spanish, Chinese and Arabic.

## FAMILY TO FAMILY EDUCATION COURSE 2020 SCHEDULE



Family to Family Education Course is a free series of classes that cover the symptoms and treatment of major mental illness, as well as skills to help family members and friends communicate with, and advocate for, their loved one more effectively.

We are taking registration now for the following locations in English: Walnut Creek, Danville and Brentwood.

For Information and to pre-register please contact Gloria at (925) 244-0873 or [Namif2course@gmail.com](mailto:Namif2course@gmail.com).

De Familia a Familia will begin Martes 10 de Marzo, 2020 de 5:30pm a 8pm at Bethesda Center for Faith and Wellness 995 East Street, Pittsburg CA 94565 y Miércoles 4 de Marzo, 2020 de 5:30pm a 8pm at The Latina Center 3701 Barret Ave, Richmond CA 94805

For more information contact Mercedes Márquez at (510) 576-9517 or [mercedes@namicontracosta.org](mailto:mercedes@namicontracosta.org).

## REGISTER FOR NAMI CC PEER-TO- PEER PROGRAM STARTING IN MARCH



Peer to Peer is a free, 8-week course for adults living with mental illness.

Classes meet once a week. Topics include: relapse prevention, stigma and recovery, mindfulness, empowerment and advocacy and symptom management.

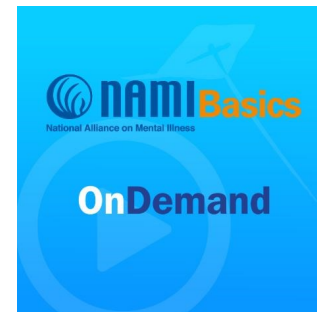
Peer-to-peer classes are taught by trained Peer Mentors living in recovery themselves.

The upcoming class will be held at the NAMI CC Concord office, located at 2151 Salvio Street, Suite V.

Starting March 2  
Dates: Every Monday  
Time: 5:30 pm-7:30 pm  
NAMI CC Office  
2151 Salvio St., Suite V  
Concord, CA 94520

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 925.956.2242 or [lisa@namicontracosta.org](mailto:lisa@namicontracosta.org), or Christina (Peer Mentor) at 925.266.1488, or Carla (Peer Mentor) at 925.518.2758

## NAMI BASICS IN MANDARIN AND ON DEMAND



NAMI Basics is a 6-session educational program for parents, family members and caregivers of children and adolescents, under the age of 22, who are experiencing behavioral and emotional difficulties. No diagnosis is necessary.

Register now for NAMI Basics in Mandarin from February 15, 2020-March 3, 2020 from 1 pm—4 pm at the NAMI CC Concord office. Contact Shelly Ji at [shellyji@namicontracosta.org](mailto:shellyji@namicontracosta.org) for more information.

In an effort to offer more flexibility to busy parents, NAMI National has designed Basics OnDemand. OnDemand is self-paced and available 24/7. It too is guided by parents and family members with lived experience. Both formats provide identical information, strategies and the opportunity to connect with other parents and caregivers.

Contact Susan at [Susan@namicontracosta.org](mailto:Susan@namicontracosta.org) for further information.

## VOICES OF LIVED EXPERIENCE FROM NAMI CC Mike Gendron



If depression had stages like cancer, it's felt like I've had stage 4 depression for the past decade.

My life didn't always consist of depression. I grew up with hopes and dreams like most people. I pretty much attained all my realistic dreams by age 28. However, I noticed that with all I had accomplished in life, that I was still horribly depressed with suicidal thoughts.

I started telling some of my family members about how I couldn't possibly maintain the lifestyle of working long hours as a CPA, keeping up a new house, worrying about a mortgage and making plans to have a child with my wife. People kept giving me pep talks about needing to "man up" because all my concerns were normal and that'd I make things work out.

I totally disagreed with them because I knew something

and dreams had turned into hopelessness and nightmares. There was no joy when I woke up and I felt numb all the time. I constantly thought about closing my garage door when I got home from work with the car running and die from the exhaust fumes.

That was 10 years ago and my life is still exhaustive. Not exhaustive from working long hours, but from the simple day to day tasks like grocery shopping, cooking meals, taking care of my pets and keeping up with my mental health therapy. I've been in 3 mental hospitals in the past 6 years and still struggle with daily suicidal thoughts. One improvement is I don't actually have plans to commit suicide.

To those who don't have depression, it's impossible to describe the amount of pain and suffering it causes. One misconception is that depression is the same as sadness. It's not. I've experienced sadness only a couple times in the past few years and it's a relief to actually feel some sort of emotion instead of the constant dull, numb pain of depression.

For those living with depression, just know you are not alone. I always felt like I was the only person experiencing depression. I didn't have anyone to discuss my depression with for the longest time. I was also embarrassed about being mentally ill but now I feel comfortable telling anyone I meet that I have a mental illness. It's one step I can do to hopefully end the stigma.

The most important tool that NAMI offered my Mom was the Family to Family Group. They provided information about mental illness that helped her help me. Some other family members had tried tough love with me, but I needed more help than that.

I'll always remember living in my apartment by myself in 2013 and literally running out

of money for rent, food, gas and water. I had a college degree and the intelligence to become a CPA, but depression doesn't discriminate. I was stuck and didn't know what to do. Luckily, my Mom came and rescued me because of what she learned from NAMI. I'd probably be homeless otherwise. Don't give up on your loved ones.



## NAMI CALIFORNIA



driving the  
**CHANGE**

## CONFERENCE

**June 2-3  
Sacramento, CA**

**NAMIcon 2020**

Participate: Submit to be an exhibitor. Submit a workshop proposal.

## NAMI NATIONAL CONVENTION

July 15- 18  
Atlanta, Georgia

newsletter@connect.nami.org

### 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



## PEER-LED WELLNESS HIKING GROUP



Join us every Saturday as we come together in nature to deepen our self-care and path towards wellness. We aim to build upon the love, connection and support we share at NAMI Connections support group, in the beautiful Briones Regional Park.

We meet in the parking lot at the end of Brentwood Road, then gather at the picnic tables (to the right of the main entrance gate) for check-ins and wellness activities. We then walk a mostly flat path for a total of about 30-40 minutes.

We meet back at the tables for a quick check-out. But the fun doesn't have to end there! Some of the members choose to stay and connect for a longer hike, lunch and other fun activities.

Come join us for connection, support, and mental wellness in Mother Nature's perfect healing place!

**Date:** Every Saturday  
**Time:** 12:00 PM-1:30 PM  
**Location:** Alhambra Greek Staging Area  
285 Brookwood Dr.  
Martinez, CA 94553

# NAMI DONATIONS

## Donations

Mel & Marianne Siegel  
Joyce MacKaig  
Lester Vergara  
William & Suzanne Lingo  
Margaret Miraglia  
Claire Holmes  
Anthony & Janice Khalil  
Margaret Netherby  
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Teresa Cloney  
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Mark & Judith Cohen  
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Jack & Beccie Kunzman  
Anne Kuritsubo  
Gloria Hing  
Amrik Pannu  
Anonymous

## Company Donations

The Lions Club of Walnut Creek  
East Bay Tree Service, Inc.  
Kaiser Permanente Employee Match  
Ameriprise Employee Match  
Bank of America Employee Match  
Wells Fargo Employees  
Bank of The West Employees

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

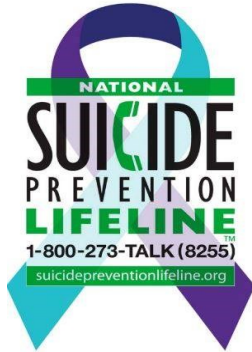


**3rd Monday Support Group**

January 20, 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:****Follow Us On Social Media!**

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NAMI Contra Costa



Instagram:

@namicontracosta



Twitter:

@namicontracosta

**APPLI-****CATION 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 \_\_\_\_\_

**From:**

**NAMI Contra Costa**  
 2151 Salvio Street, Concord, CA., 94520  
 Phone: (925) 942 0767 Email: info@namicontracosta.org