To:

3rd Monday Support Group
January 21, 2019 7:00 p.m.
John Muir Medical Center
Web Meeting Room
Basement Area (See page 2)
Email: xnamicc@aol.com

Questions About Mental Illness?
Crash Course
Every Wed. See Page 2

Stamp

Stamp

JAN COBALEDA-KEGLER
MENTAL HEALTH PROGRAM CHIEF

In December we had 375 paid members. This is nearly 75 more than last December! Your membership is so very important. It means we can continue to offer our outstanding programs free of charge to more families throughout the county. The more members we have, the greater our voice and the more our local Board of Supervisors will listen to our concerns and improve services for the severely mentally ill.

Renew on time and keep the momentum going. Your renewal date is on the label of this newsletter.

Choose the yearly membership dues that fit your budget: $60 - Household $40 - Individual $5 - Open Door (No questions asked.)

Make your check Payable to NAMI Contra Costa.

Mail your renewal to our new address:
NAMI Contra Costa
2151 Salvio St., Suite V
Concord, CA, 94520

or renew online at www.namicontracosta.org

Thank you for keeping NAMI Contra Costa strong, vibrant and able to help all those in need.

Jan Cobaleda-Kegler

375 and GROWING
By Susan Norwick Horrocks

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NAMI Contra Costa 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. Parking is available 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) (925) 676-5771.

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Open Our Hearts
No Meeting in December
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

NAMI CC Mandarin Program
Family Support Group
Language: Mandarin
2nd Saturday of every month
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
Latina Center, 3727 Barrett Ave, Richmond
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., Danville, CA 94507
Karen Scalzi: (925) 820-7495 or kscalzi@comcast.net
Marilyn Clarke: (925) 837-5243 Office: (925) 837-5243

The Crash Course
A comprehensive orientation to the resources in Contra Costa to help with recovery
EVERY Wednesday night 5:30 pm
If you want to discuss a case, come at 5:00 pm
2151 Salvio St, Concord
2nd Floor
dk122932@aol.com 925-676 5771
Free-RSV NOT Required

NAMI West County Support Group
2nd Wednesday Each Month 6:30–8:00 pm
Richmond Medical Center of Kaiser
901 Nevins Avenue– 3rd Floor Room 317 Conference Rm 1
Richmond - Contact Dr. Sumchai: 510-237 9277 or email: family2familyrichmond.nami@gmail.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
lphong19@gmail.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/Durham Presbyterian Church – 204 in Lafayette
7:00 to 9:00 p.m.; Christina Mollin 925-499-0862

CRAB FEED
This will be the fourth annual Crab Feed for NAMI Contra Costa. It will be on March 2, 2019. It is the really fun event of the year!
It does take a lot of doing. The Crab Feed Committee is looking for volunteers to help with this fun event.
• Help with the Raffle (where you might win one of the great prizes.)
• Donate a homemade cake to be auctioned off. Very popular!
• Help with the setup and decoration
• Volunteer to help with the greeting of the people.
• Help with the clean-up.
There will be a volunteer meeting on Saturday, January 12, 2019 at the NAMI office (2151 Salvio Street, Suite V, Main Floor).
For information please call Gail Ellis  253–678 2703

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These are the NAMI volunteers that process the NAMI Newsletter for mailing:
From left to right: Greg Beckner, Ann Collins, Peggy Lunn, Lisa Bruce and John Fetterly.

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THANK YOU TO:
Kimberly Borquez Les Williams Lisa Hogan
Charles and Sharon Madison Barbara Mitchell
Michael Appel Norman Glickman Nicholas Bargas
Dina Oakes Jason McCurry Thomas Liemann
Dana Keyes John Keyes Blanco Manansala
Caroline Jackson

AUTOMOTIVE DONATIONS
Acura, RV and Truck Donations
Are An Important Source of NAMI Income
Thank you To: Kimberly Borquez, Les Williams, Lisa Hogan, Charles and Sharon Madison, Barbara Mitchell, Michael Appel, Norman Glickman, Nicholas Bargas, Dina Oakes, Jason McCurry, Thomas Liemann, Dana Keyes, John Keyes, Blanco Manansala, Caroline Jackson

Caroline Jackson

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2400 Sand Creek Road, Brentwood
7:00 pm to 9:00 pm
Contact: Laurel Howard-Fong 925-437 1751
lphong19@gmail.com

NAMI Contra Costa Writers’ Group
All writing levels welcomed 1st Tuesday of Each Month
10:30 a.m. to 12:00 Noon
Rainbow Center-2118 Willow Pass Road, Concord
Roberto Roman 925-957 5105
Margaret Netherby, facilitator, mlnetherby@yahoo.com.

Support Group for Parents of Adult Children with Mental Illness
Meets the 2nd Sunday 2-3:30 pm
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902 Danville Blvd., Danville, CA 94507
Karen Scalzi: (925) 820-7495 or kscalzi@comcast.net
Marilyn Clarke: (925) 837-5243 Office: (925) 837-5243

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THE FAMILY CASE MANAGER

By Dick Owens

The centerpiece of the Crash Course is to urge the members in the audience to accept the commitment to take over the management of their loved one’s psychiatric cases.

Of course, they usually feel they are already doing that. Upon examining the situation, they find they have been simply reacting to the various situations as they arise and hoping the behavioral problems will go away like a summer rash or a bad cold.

They are urged to make the specific commitment to be the Family Case Manager. They always respond, “I can’t do that, I am not trained.” They are told they already have begun the training they will need.

They are told that they will follow the instructions in the “Information Packet” that every Crash Course attendee is given. It tells them:

- Set up a special file to hold the documents related to the case
- Create a Journal (a ring binder) to house the ongoing information and observations
- Create a and on in the computer the all important “One Page Summary.” An example is in both the Slide Printout and the Information Packet
- Get the loved one to sign a “Release of Confidentiality.” The loved one may refuse to sign it and the Crash Course can help with that.
- One of the sections in the Journal is “Strategy.” It is important to have that strategy written out.

For all the information you need, you should go to the next Crash Course, which is EVERY Wednesday night in Concord.

Contra Costa Use of LPS Holds

By: Doug Durr

When our loved ones are in crisis and need help, the county regional medical center mainly uses three levels of involuntary holds:

- Medication Capacity (Rieze) hearing held.
- Police Officers and evaluating clinicians MUST consider the person’s documented mental health history (AB 1194). One page summary is absolutely critical!

5250: for up to 14 days of additional treatment.
- Probable Cause (“Galilini”) hearing held to determine if the person will be held for up to 14 days of additional treatment. Depending on the outcome, the person is either held or discharged.

5150 and 5250 Hold Criteria:
- Danger to Self or Others, or Grave Disability
- Probable Cause hearing.
- Doctor signs Declaration of Patient’s Need for continuing treatment up to 30 additional days.
- Patient may request a writ of habeas corpus for a probable cause hearing any time during this period. Depending on the outcome, the person is either held or discharged.

5270 Hold Criteria:
- Grave Disability (i.e. inability to provide for either their food, or clothing or shelter).
- Maximum of 47 days of consecutive involuntary hospital holds:

(5150-5250-5270).

Information: 703-524-7600.

BOULING TOURNAMENT

January 18th 1:00 to 4:00 pm
Communities Partnership Deadline: January 11th
Contact: Tamara Hunter
925-691 4276

Information: Phone: (925) 676-5771
Neleft Deadline: 20th of Each Month

FAMILY ADVOCATE

Bob Thiggen 925-957 5139

Bob Thiggen is the County s Advocate. You can talk directly with him at the Crash Course which is EVERY Wednesday night At the Family Justice Center

NAMI Contra Costa

NAMI Basics

Registration Still Open
Enroll Now!
Classes Starting NOW

NAMI Basics is a free class for parents or family members with children, ages 5-22 having emotional and or behavioral challenges.

Topics covered include mental health, communication, dealing with school and health professionals, record keeping, treatment, resources, and self-care.

January 8 - Feb. 12, 2019
NAMI Office, 2151 Salvio St., Suite V, Concord
Six Tuesday Morning Sessions
9:30 AM - 12:30 PM
February 3 - March 10, 2019
Immaculate Heart of Mary Church, 500 Fairview Ave., Brentwood
Six Sunday Afternoon Sessions
2:30 to 5 PM

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OCD

Obsessive-Compulsive Disorder (OCD) is a common, chronic and long-lasting disorder in which a person has uncontrollable, recurring thoughts (obsessions) and behaviors (compulsions) that he or she feels the urge to repeat over and over.

Obsessions are repeated thoughts, urges or mental images that cause anxiety. Common symptoms include:
- Fear of germs or contamination
- Unwanted forbidden or taboo thoughts involving sex, religion and harm
- Aggressive thoughts towards others or self
- Having things symmetrical or in a perfect order
- Compulsions are repetitive behaviors that a person with OCD feels the urge to do in response to an obsessive thought.

Common compulsions include:
- Excessive cleaning and/or handwashing
- Ordering and arranging things in a particular, precise way
- Repeatedly checking on things, such as repeatedly checking to see if the door is locked or that the oven is off
- Compulsive counting

Not all rituals or habits are compulsions. Everyone double checks things sometimes. But a person with OCD generally:
- Can’t control his or her thoughts or behaviors, even when those thoughts or behaviors are recognized as excessive.
- Spends at least one hour a day engaged in these thoughts or behaviors.
- Doesn’t get pleasure when performing the behaviors or rituals, but may feel brief relief from the anxiety the thoughts cause.

Experiences significant problems in their daily life due to these thoughts or behaviors.

O.C.E. ENCOURAGES PEER AND FAMILY VOICES

By: Roberto Roman

The Office for Consumer Empowerment (OCE) is an administrative unit of Contra Costa Behavioral Health Services encouraging greater participation by peers and family members in advocacy, training, and employment. OCE’s staff and volunteers have had personal interaction with behavioral health services as a peer or family member.

OCE began in 1997 when then-MH Director Donna Wingard hired Jay Mahler as Coordinator. Sharon Kuehn and Susan Medlin succeeded him in the role. Jennifer Tuiputalo is the current Coordinator.

OCE offers peer/family support skills and vocational assistance through SPIRIT and SPIRIT Vocational Program.

OCE collaborates with the public on stigma and discrimination reduction via the Committee for Social Inclusion.

OCE’s Photo-Voice Empowerment Project features photography and narrative from clients emphasizing how stigma affects their lives.

OCE extends opportunities to peers and family to share experiences with behavioral health services via its WREACH speakers’ bureau.

OCE’s Overcoming Transportation Barriers Project is dedicated to fostering transportation independence among behavioral health clients and their caregivers.

To learn more about OCE, call the office at (925) 957-5105.

HOMEFRONT

HOMEFRONT is a free, six-session class for family, friends and significant others of Military Service Members and Veterans.

The class helps families comprehend what the Military Service Member/Veteran is experiencing related to trauma, combat stress, civilian life, PTSD and other mental health conditions.

Topics covered include:
- Mental health
- Communication
- Handling crises
- Treatment and recovery
- Register on line
- Go to: NAMI.org

Homefront Online:
- This free class is offered online, in a virtual classroom.
- Online classes meet weekly in a virtual classroom. You must have access to a laptop, PC or tablet with a stable internet connection to participate.

Audio will be via the telephone line.

Learn more about NAMI Homefront at www.nami.org or email

BOOK REVIEW

Rewind, Replay, Repeat: By: Jeff Bell, Anchor-KCBS Mon-Fri. Publisher: Hazelden, Center City, Minnesota, 344 Pages. Review by Dave Kahler

Jeff Bell is an old friend of NAMI Contra Costa. He was the featured speaker at the General Meeting a few years ago and at that time his classic book was reviewed in these pages. We recently have had a remarkable run of families with an incident of OCD so we have invited him back to be the General Meeting speaker at the May 16 General Meeting. His book has been in the NAMI library for several years.

The book does a remarkable job of putting a human face on the disorder. It is an incredible tale of a man with a devastating disorder living and working with problems that you would think would make meaningful work impossible.

He is the anchor on KCBS Radio, afternoons, 2:00 to 5:00 pm. KCBS is one of the most successful all-news radio stations in America. After much effort and many tries he finally managed to get a handle on the OCD situation. One significant development was going on a “Adults of Unity” retreat in Kansas City, Missouri.

With that and the continuing, informed support of his wife, he finally was able to understand the disorder and his relationship to it. Quite remarkable as he managed to “log in some eight thousand hours behind a studio microphone.” He says of his wife Sam, “How would I ever get by without Sam to cover for me when I’m about to get caught in another OCD ritual or to talk me out of pursuing some god-awful compulsion I’ll later regret.”

He says, “I myself don’t even pretend to understand those brain complexities.” Nor do the rest of us. We all just have to work with what we can see.

The book about his personal challenges are very helpful in signaling that a person with OCD are certainly not alone and that others have gone through the same thing, although every case is somewhat different.

I asked him once, “When you find you are over organizing and constantly lining things up (that don’t need to be lined up) what do you do?”

He said, “If you find it is interfering with your life . . . do something about it.”

And I think that’s the message.

Learn more at:
rugershb.org

LAPTOP NEEDED

A consumer that has done many NAMI projects has great need of a laptop computer.

If you have one you have been thinking of donating, please call or email: 925-676-5771

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