

3rd Monday Support Group
January 21, 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 Wed. See Page 2
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, CA., 94520

Name _____

Address _____

City _____ Zip _____
Phone _____ Cell _____

Email Address: _____

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

DONATION FORM

Amount _____ Mail to:

Treasurer, **NAMI Contra Costa**
2151 Salvio Street, Suite V
Concord, CA., 94520

Note: Tax ID #68-0209474

(No goods or services have been received
from the following donor or donors)

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Address _____

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Phone _____ Cell _____

Email Address _____



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

**375 and
GROWING**

By Susan Norwick Horrocks

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 on line at
www.namicontracosta.org

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

**JAN COBALEDA-
KEGLER
MENTAL HEALTH
PROGRAM CHIEF**

Jan Cobaleda-Kegler has been the program chief since she took over from Vic Montoya in the spring of 2016.

She previously managed the Central County Children and Adolescent Services Clinic in Concord. She was also the Director of the Chris Adams Center.

She brings a lengthy history of experience in behavioral health treatment.



She served children, youth, adults and families in direct services. She had management duties encompassing a broad spectrum of community-based mental health treatment settings including in-patient, residential, specialty mental health, outpatient services, and private mental health practice.

She has coordinated the implementation of evidence based practices in the

(Continued in the next column)

**January 2019
GENERAL MEETING**

7:00 - 9:00 p.m.
Thursday, January 17, 2019

Speaker
Dr. Jennifer Park, PhD
Clinical Director
Rogers Behavioral Health

Topic
What Rogers Behavioral Health can do for your loved one.
Learn more by reading the article on page 4.

Location:
John Muir Hospital
Concord Campus
2540 East Street
Concord
Open To The Public- Free Admission

Contra Costa Behavioral Health System of care and participated in working collaboratively with the system partners in developing trauma informed approaches to care.

**Fourth Annual
CRAB FEED**

(See page 7)

Saturday
MARCH 2, 2019

Location:
Centre Concord

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) (925) 676-5771.

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.

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-RSVP NOT Required

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 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

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

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

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., Alamo, CA 94507
Karen Scalzi: (925) 820-7495 or kscalzi@comcast.net
Marilyn Clarke: (925) 837-5243 Office: (925) 837-5243

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



THE NEWSLETTER COMMITTEE

These are the NAMI volunteers that process the NAMI Newsletter for mailing.

From left to right:
Greg Beckner, Ann Collins, Peggy Luna, Lisa Bruce and John Fetterly.

NAMI CONTRA COSTA DONATIONS

AUTO DONATIONS

Auto, 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

Donation

Robert and Thalia Siegel Family Fund
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Through: Pacific Gas and Electric
Your Cause, LLC Trustee for PG & E

Donation

Ameriprise Financial, Inc
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Impact Fund



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 (3-ring binder) to house the ongoing information and observations
- ♦ Create and store 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 Dunn

When our loved ones are in crisis and need help, the county regional medical center mainly uses three levels of involuntary holds: **5150:** for up to 3 days (72 hours) of evaluation and treatment.

- Medication Capacity (Riese) 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 ("Gallinot") 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

5270: for up to 30 days of additional treatment.

- 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 discharge:

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.

namieducation@nami.org

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 difficulties.

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



BOWLING TOURNAMENT

January 18th 1:00 to 4:00 pm

Communities Partnership
Deadline: January 11th
Contact: Tamara Hunter
925-691 4276

Entrance Fee: \$16. For a team of 4
(Pays for lanes, shoes and drinks)



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

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Website: www.namicontracosta.org

Phone: (925) 676 5771

November 24, 10:34 pm JJJJ

Newsletter Deadline:

20th of Each Month
x

PRESIDENT'S COLUMN

By Charles Madison

We are now entering a New Year and will be looking at 2019 to increase our presence throughout the County. Our objective will be to 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.

We are very excited about our Crab Feed that will be held on March 2nd at Centre Concord. The Crab Feed committee has been hard at work. This is our affiliates 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 December 20th featured an informative presentation by John Muir Health. Jeremy Taubman, LCSW CAS who is the Director of the Behavioral Health Outpatient Center. He provided us with an excellent overview of their programs and then entertained numerous questions. We all learned some valuable information. Thank you Jeremy and we look forward to further collaboration.

The very best to all and remember that everyone counts. Have a wonderful and safe Happy New Year.

GENERAL MEETING

NAMI Contra Costa offers a General Meeting the third Monday of each month. It's Free and everyone is welcome. See the box in column 3 on page 1.

Speakers:

January 17: Rogers Behavioral Health. Speaker: Dr. Jennifer Park, PhD

February 21: Terry Kupers, author of "Prison Madness".

March 21: Family Justice Center

April 18: Graham Wiseman

May 16: Jeff Bell, Anchor KCBS

June 20: Dr. Bill Shryer



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 which is EVERY Wednesday night At the Family Justice Center 2151 Salvio St., Concord

(925-676- 5771)

E mail: crashcoursehelp@aol.com

ROGERS BEHAVIORAL HEALTH

Dr. Jennifer Park, PhD is the Director of the Rogers East Bay Team. She will be the speaker at the NAMI January 17, 2019 General Meeting. See the box in column 3 on page 1

Rogers Behavioral Health is a leading provider of mental health and addiction services nationwide. In its East Bay operation, Rogers offers evidence-based treatment for adults, children and teens with depression and mood disorders, OCD and anxiety disorders, and mental health disorders in kids on the autism spectrum, as well as transcranial magnetic stimulation (TMS).

Dr. Park is a licensed clinical psychologist and an adjunct faculty member at Stanford University School of Medicine. She received her doctoral degree in Clinical Psychology at the University of South Florida and completed her pre-doctoral internship and post-doctoral fellowship at Massachusetts General Hospital/Harvard Medical School.

Dr. Park is an expert in cognitive behavioral therapy (CBT) and the treatment of children and adults with obsessive compulsive disorder (OCD), OC-spectrum disorder and anxiety disorders.

She is also on the editorial board of Journal of Cognitive Psychotherapy and has a strong track record of clinical innovation research involvement.

Rogers is set to open additional California locations in San Diego and Los Angeles and currently provides services throughout Wisconsin, Illinois, Florida, Minnesota and Tennessee.

Learn more at:

rogersbh.org



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



Jeff Bell— KCBS

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.

Read the material in column one the next page and think about it.

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 discarding, please call or email: 925-676 5771

OCD

Obsessive-Compulsive Disorder (OCD) is a common, chronic and long-lasting disorder in which a person has uncontrollable, reoccurring 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 thoughts. 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 on 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 Wigand hired Jay Mahler as Coordinator. Sharon Kuehn and Susan Medlin succeeded him in the role. Jennifer Tuipulotu 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.

HELP IS HERE FOR VETS AND MILITARY FAMILIES 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