



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 eNews newsletter by e mailing: xnamicc@aol.com
 Email: xnamicc@aol.com Phone Number 24/7: (925) 465-3864 Office Number: (925) 942-0767

The Danville Children's Guild Generous Donation of \$97,000 Will Help Fund NAMI CC Youth Programs



December 10 was an amazing day! NAMI CC received a check for \$97,000 from a dynamic group of women lead by Lisa Pellegrini. The Danville Children's Guild contacted us in April 2019 and here we are now able to hire Graham Wiseman, a Suicide Prevention Subject Matter Expert, who will with support from students, create tools to support family and students to better address depression and anxiety. There will also be resources such as our NAMI signature school-based wellness program, "Ending the Silence."

The November 4 very successful luncheon fundraiser included a Vendor Faire, Silent Auction, Jewelry Raffle and Fabulous Finds for Forty, all of which benefited NAMI CC.

The Danville Children's Guild is a non-profit organization of women committed to improving the quality of life for children in Contra Costa County by raising funds for various children's charities and youth organizations.



"Without
 Struggles
 there
 is no
 Progress"



**January 2019
 GENERAL MEETING**
 Thursday, January 16, 2019

Speaker

Chris Celio , PsyD
 Director of Clinical Programs
 Portia Bell Hume Center



Chris Celio will be sharing the importance of self-care for family members and volunteers working with those impacted by mental

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

**Join us and purchase
 your March 2020 Crab
 Feed raffle 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, 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.

NEW GROUP

Offering resources to children, diagnosed

HOPE SUPPORT

support, education and parents, caregivers of teens and young adults with a mood

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 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;

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

SPANISH SUPPORT GROUP

3RD Tuesday 6:30-8:30 pm
Salvation Army, 4900 Appian Way, El Sobrante
Alejandra, 510-837 4077

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

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
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

SPANISH LANGUAGE FAMILY SUPPORT GROUP—PITTSBURG

1st Thursday each month 7:00-8:30 pm
Faith Based-ALL are Welcome!
Church of the Living God
1125 Harbor St. Pittsburg
Veronica: 925-250 4032

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

NAMI CONNECTIONS Support Group for Peers and Invited Family Members

EVERY Wednesday 7 - 9:00 pm,
John Muir Behavioral Health Center
2740 Grant St. Concord, Classroom B
NancyBolcerek@Namicontracosta.org 925-826 8433

NAMI Contra Costa

National Alliance on Mental Illness

OFFICERS:

Don Green, President

(925)-360 3903

Don.green@namicontracosta.org

Susan Norwick Horrocks

First Vice President

susanh@namicontracosta.org

Mark Cohen, Secretary

mark.cohen@namicontracosta.org

David Kahler, Treasurer

(925) 567 6109

dk122932@aol.com

BOARD OF DIRECTORS

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Clare Beckner

Al Farmer

Charles Madison

Emeritus Board Member: Kay Derrico

Executive Director

Gigi Crowder

(510) 990-2670

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Jo Fetterly	Donations

Email: xnamicc@aol.com

Website: www.namicontracosta.org

Phone: (925) 676 5771

Newsletter Deadline:

20th of Each Month

PRESIDENT'S COLUMN



By: Don Green

2020

It's a new year; a new decade; another presidential election year. Much changed in the last decade. Much will surely change in the next one.

20-20 is the usual reference to perfect eyesight (although some have better than 20-20 vision), so the year numbered 2020 seems to call for some kind of clear, prescient prediction as to the future. As to that, generally, I got nothing.

But I do see trends from the past decade which I feel confident will continue. We have developed better understandings of mental illness. Our society is making strides in increasing the resources we allocate for the range of needs caused by mental illness. Our understanding of brain function and causes of mental illness has increased. I feel confident that all of these trends will continue. Our future is brighter than our past.

NAMI CC is a perfect example. NAMI CC fundamentally exists based on the commitment of individuals to do what they can, personally, to provide better understanding, support and treatment for people with mental illness and for families, friends, and others who are affected. If you are reading this in our printed newsletter, just take a moment to look at all of the programs we provide, listed on the page to the left. At their core all of these rely on volunteers who have been touched in some way by mental illness and who determined to contribute their time and knowledge to help others as a result. Our members, who help us financially, also are vital to our mission.

I believe that humans are intrinsically good. The feeling we get, sometimes, to the contrary is inevitably based on the actions of a small fraction of humanity. NAMI CC is fundamentally an expression of good, of love, of caring for others. I am honored, and confident, that we will continue to make things better. Thank you for whatever contribution you have made and will make with us.



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.

NAMI CC and NAMI CA Along with Other Advocates Responded to the Use of MHSA Funds to Address the Homeless Crisis at the State Capitol



NAMI CC along with NAMI CA and other advocates met on Monday, Dec. 9 at the State Capitol building in Sacramento to discuss statewide outcome measurements for MHSA mental health funding and how to try and solve California's homeless epidemic involving over 90,000 precious souls.

On three of four panels which spanned four hours, Mr. Darrell Steinberg, current Sacramento Mayor and former state Senate leader, proposed transferring \$1 billion dollars from Mental Health Services Act (MHSA) funds to try and solve California's homeless epidemic. This was not specific to those living with mental illness.

Angela Brand of NAMI California spoke on a panel during the Informational Hearing on Prop. 63; her comments (urging the Assembly Budget Subcommittee No. 1 on Health and Human Services to not refresh the MHSA without working hand-in-hand with peers or family members) received applause from the attendees in the room.

As many citizens (both family members and consumers) passionately pointed out in over two hours of public comment, (including five persons from NAMI Contra Costa), this would directly go against the purpose and intent of the act passed by voters in 2004. We pointed out this act is especially intended to help the 1 in 24 Californians (4%) with serious mental illness. MHSA is the only source available to fund any new community programs to help families and our severely mentally ill loved ones. All other funding sources are for "maintenance of effort" existing programs.

All of us have the utmost compassion for the homeless among us.

However, this very complex issue has multiple dynamic challenges. NAMI CC supports addressing this issues but not with our much needed MHSA funds.

Stay tuned for further developments.

Important Early 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, January 9, 2020**
from 3-5 PM
☐ **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

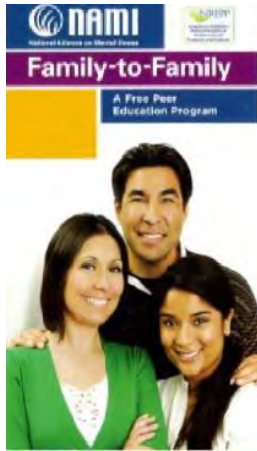
☐ **April 1, 2020 from 4:30-6:30 PM**

at:
This meeting will be held at
500 Ellinwood Way, Pleasant Hill, CA 94523.

Your attendance and participation at each of these meetings is very important.

Thank you for your support.

NAMI CONTRA COSTA Family To Family Education 2020 Winter Course Schedule



Have you taken the free, 12 week Family-to-Family course? It is offered at several locations throughout the county. 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(s) more effectively.

Info and to Pre-Register:
Contact: Gloria (925) 244-0873
Namif2course@gmail.com

NAMI Family to Family winter 2020 courses will be offered in the following locations:

Antioch

Starting January 14, 2017
Tuesdays, 5:00pm - 7:30pm
Location: Kaiser Mental Health
3454 Hillcrest Ave., Room D

Concord

Starting January 7, 2020
Tuesdays, 6:30pm - 8:45pm
Location: NAMI office
2151 Salvio St., Ste. V

Martinez

Starting January 15, 2020
Wednesdays, 6:30- 8:45pm
Location: VA PRRC Classroom
2860 Howe Road

NAMI CC Supports Justice for Miles Hall



On Tuesday, Dec. 17, NAMI CC Executive Director and staff attended the Walnut Creek City Council Meeting to advocate for the family of Miles Hall, a 23-year old beloved resident, son and brother living with a mental illness who was shot and killed by Walnut Creek police on June 2, 2019.

Since his death six months ago, the parents of Miles Hall, Taun and Scott Hall, have been joined by an advocacy group formed on their behalf, FOSATH friends of Scott, Alexis and Taun Hall, have been fighting to create change and protect families from loss like their tragic death of Miles. They have recently created the Miles Hall Foundation to continue and expand their work.

FOSATH speaks up for Miles, for mental illness awareness, for policy change and JUSTICE! They are demanding an independent, outside investigation into all officer-involved shootings and use of lethal force, especially in non-lethal situations. They are demanding a non-police, non-violent response for mental health crisis calls, since they are MEDICAL calls that deserve a MEDICAL response. They are demanding transparency, integrity, urgency and accountability from our elected officials. Miles and all people affiliated with disabilities deserve compassion not police bullets. They have expressed they will not stop fighting until mental-health friendly communities have been created in Walnut Creek and beyond."

NAMI CC recognizes the importance of supporting families like the Halls and is working with the county through a contract to be a part of the solution through expanding our role in Crisis Intervention Training.

NAMI CC Launches First Year of Distributing Socks and Other Essential Items to the Unsheltered



We hope you enjoyed desserts and karaoke at our Volunteer Appreciation Celebration on December 13 included an opportunity for attendees and other volunteers to donate socks and other essential items to be distributed on Christmas day to the unsheltered.

NAMI CC Santa and elves with generous volunteers who gave up their Christmas morning distributed hundreds of socks, hats and gloves with tagged candy canes to Contra Costa County including Crestwood Healing Center, Concord C.A.R.E Center, Don Brown Shelter, Nevin House, Nierka House, Bay Area Rescue Mission, and Greater Richmond Institute Program, Hope House, Trinity Center, Psychiatric Emergency Services Unit 4C and Shepherd's Gate Brentwood this season.

Happy New Year to the entire NAMI family network and to all community partners.

We look forward to impacting Contra Costa County in a major way in 2020.



DVC Student Leaders Collaborate with NAMI CC to Address Mental Health



Karin Pal, Chair of Health Center of the ADHOC Committee, Carly Gordon, President of Stem in Color, and Ruby Jablonski, President of LatinX Student Alliance at Diablo Valley College.

Who Will Help Your Loved Ones When You Can't?

Planning for the Future Committee

NAMI's group exploring ways to meet the needs of our loved ones when we can't will resume on January 17 at the NAMI office, 2151 Salvio St., Ste. V, ground floor, from 10:30 am-12 pm.

Contact Gigi Crowder at 510-990-2670

or gigi@namicontracosta.org to

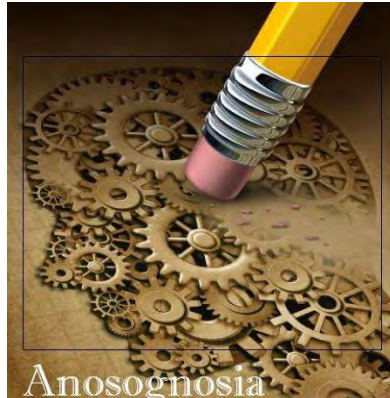
FAMILY ADVOCATE

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

What is Anosognosia in Mental Illness?



When someone rejects a diagnosis of mental illness, it's tempting to say that they are "in denial." But a person with acute mental illness may not be making a conscious choice. They may instead be experiencing "lack of insight" or "lack of awareness" because of a symptom known as anosognosia, from the Greek meaning "to not know a disease."

When we talk about anosognosia in mental illness, we mean that someone is unaware of their own mental health condition or that they can't perceive their condition accurately. Anosognosia is a common symptom of certain mental illnesses, perhaps the most difficult to understand for those who have never experienced it.

Anosognosia is relative. Self-awareness can vary over time, allowing a person to acknowledge their illness at times and making such knowledge impossible at other times. When insight shifts back and forth over time, we might think people are denying their condition out of fear or stubbornness, but variations in awareness are typical of anosognosia.

NAMI-California Survey Regarding Locked Psychiatric Facilities Federal Funding

NAMI-California is taking an online survey to gauge member support for additional locked psychiatric facilities funding. Since 1965, federal law has prohibited federal Med-Cal or Medicare funds from being used to pay for inpatient psychiatric care for person aged 21-64. This has meant a 95% reduction in inpatient care beds for our most severely mentally ill loved ones that desperately need them for a period of time.

Because of this federal funding probation, county Behavioral Health has been spending over \$12M/yr. in state provided "Realignment" funds to pay for out-of-county hospital inpatient, LPS Conservatorship, and State Hospital care. Recently, due to the explosion of Incompetent to Stand Trial (IST) criminal cases, county Behavioral Health locked facility costs are annually running \$10M over budget.

The federal Health & Human Services (HHS) department is offering help with this problem. It currently is offering up to an Institute of Mental Diseases (IMD) Med-Cal reimbursement "demonstration waiver" to pay for up to 30 days of inpatient psychiatric care.

As a result, NAMI-California has an IMD on-line survey available through January 15, 2020. To take part, contact Marcel Harris, NAMI-California Advocacy Manager at:

☐ 1-916-567-0163, or

☐ E-mail: marcel@namica.org

Family To Family Mandarin Winter Grad- uation



On October 26th 2019, 16 family members graduated from Mandarin Family to Family in Concord. All of them joined the NAMI CC membership. Thank you to ALL the volunteers! Instructors: Shelly Ji, Lydia Koerner

NAMI CC Bowling Starts in January



NAMI CC Bowling will start on Tuesdays at Diablo Valley Bowl on Monument Blvd. in Concord - \$2 shoe rentals and \$2 per game. It will cost somewhere between \$4 - \$8 depending if you have your own bowling shoes.

We are planning to meet January 7, 2020 at 1pm - 2pm. We will meet the 1st and 3rd Tuesdays of every month. If this time doesn't work out well, we can always try changing the time.

RSVP to Mike Gendron at griderpoly@hotmail.com.

NAMI DONATIONS

A Special Acknowledgement to the
Danville Children's Guild for their generous donation.

Donations

Mary Schreiber	Clare & Robert Beckner
Larry Goldenberg	Arnold & Susanne Wong
Michael Ristad	Madeleine Krone
Harris & Associates, Inc.	Sara Norwick
Melissa Montoya	Heather Buich
Terri Winnie	Kevin Cody
William & Suzanne Lingo	Lisa Singh
Layton & Mary Lloyd	Terence Wang
Keith & Susan Horrocks	Karen Harber
Jessica & Daniel Franke	Peggy & Ray Miraglia
Jane MacGregor	Lisa Breton
Patricia Bryant	Anonymous
Julie Peck	Everyone who donated on Facebook
Thomas & Lauren Rettagliata	Kaiser Permanente Employee Match
Mary Ann Cousin	Ameriprise Employee Match
Robert & Thalia Siegel	Bank of America Employee Match
Mike Ciullo	Wells Fargo Employees
Patrick O'Reilly	Bank of The West Employees
Laurie Shapley	

In Memory of Lindsey Erin Sher
San Francisco Humanities, Inc.
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Emil Knopf

In Memory of Jerry M. Laughlin Memorial Fund
Joan Schultz
Lonnie R. Bristow, M.D., M.A.C.P.
Thomas & Jayne Krauss
Mr. and Mrs. Roger W. Rolke

If you lost a loved one, and would like to direct funds to
NAMI Contra Costa, please contact Jo Fetterly at
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!**

Facebook:
 NAMI Contra Costa



Instagram:
 @namicontracosta



Twitter:
 @namicontracosta

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

☐ 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 _____

050319F613P

From:

NAMI Contra Costa
 2151 Salvio Street, Concord, CA., 94520
 Phone: (925) 942 0767 Email: xnamicc@aol.com