ANKA DECLARES BANKRUPTCY

By: Doug Dunn, Member of the NAMI Contra Costa Board of Directors and the Mental Health Commission.

Anka Behavioral Health, Inc., has filed for bankruptcy. This came as a shock to Contra Costa’s mental health community.

The members of NAMI Contra Costa have used and relied on many of their services including:

- Nierika House, Concord, a 16 bed crisis residential facility.
- Nevin House, Richmond. A dual diagnosis residential treatment facility.
- The Don Brown Shelter, Antioch, Homeless Shelter for up to 20 persons with mental health issues. This is currently the ONLY homeless shelter in East county.
- They also are operate a Full Service Partnership (FSP) in central county for up to 60 persons.

(Continued on page 4)

AWARDS NIGHT A GREAT SUCCESS

NAMI’s first ever, Awards Night was a smash success. A sellout crowd enjoyed a great dinner and an exciting program.

Nine persons active in the county’s mental health field were given an award for their contributions.

The nine were:

Gloria Hill

Gloria Hill who was both the 2nd vice President of NAMI and the Family Advocate for the Behavioral Health Services. It was in that job that Bob Thingpen, our current Family Advocate was hired.

Warren Hayes, Director of MHSA activities for the county.

Victor Montoya, long-time executive in the mental Health system.

Teresa Pasquini, formally on the Mental Health Commission and the NAMI Board of Directors.

(Continued on page 4)

June 2019 GENERAL MEETING
Thursday, June 20, 2019

Speaker
Dr. Lawrence Fung, M.D.
Director, Stanford Neurodiversity Project
Stanford University

Please See the insert in this newsletter for complete Information

Dr. Fung is a researcher and clinician specializing in autism spectrum disorder (ASD) and the father of a neurodiverse teenager with ASD.

Location:
John Muir Hospital
Concord Campus
2540 East Street
Concord

Open To The Public- Free Admission

SUMMER PICNIC

The annual Summer Picnic will be June 7 in Concord at Cowell Park. See the insert in this newsletter for more information.

THE MENTALLY ILL IN THE CRIMINAL JUSTICE SYSTEM

See the article on page 6
NAMI Contra Costa

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
NAMI Office 2151 Salvio St., Suite V
Gigi Crowder 510-990-2670
Margaret Netherby, facilitator, 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 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; mandarin@namicontracosta.org

African American Family Support Group
4th Wednesday Each Month 6:30-8:00 pm
5144 Union Mine Drive, Antioch, CA 94531
Contact: Gigi Crowder
E mail: gigi@namicontracosta.org

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

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 2:30-3:30 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 email at karen@mccohen.com
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 defamiliaafamilia@namicontracosta.org

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
**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  
dk12932@aol.com

**BOARD OF DIRECTORS**  
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Susan Horrocks  
Al Farmer  
Tony Khalil  
Don Green  
Michelle Wong  
Clare Beckner  
Emeritus Board Member: Kay Derrico

**Executive Director**  
Gigi Crowder

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Shelly Ji  
Mandarin Groups  
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Newsletter  
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Family-to-Family  
Kimberly Wirtz  
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Clare Beckner  
Database  
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e news  
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Peggy Luna  
Bill Boyle  
Dick Owens  
Fro Schmidt  
David Myers  
David Kahler  
Mark Cohen

**Email:** xnamicc@aol.com  
**Website:** www.namicontracosta.org  
**Phone:** (925) 676 5771  
**Newsletter Deadline:** 20th of Each Month

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**PRESIDENT’S COLUMN**

On Thursday May 16th NAMI CC held our First Annual Mental Health Awareness Awards Dinner. We have Gigi Crowder and her crew to thank for this fun filled evening.

We were able to recognize a number of members of our community that have made significant contributions to help families and their loved ones living with a mental illness.

The recipients were: Gloria Hill; Warren Hayes; Victor Montoya; Teresa Pasquini; Lisa Bruce; Dr. Mujahindun Sumchi; David Kahler and Supervisor Diane Burgis.

I want to thank them all for their contributions to our community.

The very best to all.

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**ARE YOU EXPERIENCEING HOMELESSNESS?**

Come to “Coffee and Conversation” every third Monday, 2p.m., at the Concord Library, 2900 Salvio Street, Concord. Learn about available services in Contra Costa County. Local organizations will be there to talk about how they can help. Coffee and refreshments will be available for all attendees.

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**FAMILY ADVOCATE**  
Bob Thigpen  
925-957 5139

**Email:** 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)  
E mail: xnamicc@aol.com

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**FUTURE SPEAKERS:**

June 20-  
Dr. Fung

July 18-  
Dr. Bill Shryer

August 15-  
PG & E

Sept. 19-  
Barbara Mann

October 17-  
John Bateson

Nov. 21-  
Christina Wade

December 19-  
Tom Wootton

July 18, 2019, the speaker will be Dr. William J. Shryer, DCSW, LCSW, Clinical Director, Behavioral Healthcare, Danville.

He specializes in children and families. The topic will be “New Frontiers and Advancement in Neuromodulation.”

He has been in practice since 1981 specializing in Autistic Spectrum Disorders, Mood Disorders and anxiety spectrum in children.

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**GENERAL MEETINGS**

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**NAMI Contra Costa Mission Statement**

Our Mission is to provide support, outreach, education and advocacy to families affected by and individuals living with a mental illness.
ANKA DECLARES BANKRUPTCY
(Continued from page 1)

- 3 Permanent Supportive Housing projects of over $3M in MHSA funds.
- The Phoenix Center, an outpatient center.

The announcement was made at the Contra Costa Mental Health Commission May 1, 2019. Dr. White, the Acting Behavioral Health Director assured the Commission that the County will do everything possible to keep he Anka services operating.

At the May 16, MHC community meeting, county Behavioral Health leadership said they are diligently and quickly working with Anka’s bankruptcy court representatives through various property ownership and other legal issues. The purpose is to have new service providers take over these vital programs with no disruption in service as quickly as possible.

AWARDS NIGHT GREAT SUCCESS
(Continued from page 1)

Al and Sue Farmer. Al was President of NAMI Contra Costa for four years. Sue and Al have hosted many NAMI functions at their spacious home in Orinda.

Lisa Bruce, who worked many jobs in the mental health system over the years including at Crestwood, MHCC (Mental Health Consumer Concerns) and NAMI.

Dr. Mujadin Sumchai who has carried the ball for NAMI in the Western part of the county. He has been a one man show giving the Family to Family classes many times.

Dave Kahler. Dave was President of NAMI Contra Costa for four years in the early 2000’s. He has also been the editor of the newsletter and Director of the Crash Course.

Supervisor Diane Burges. Supervisor Burges was introduced by Doug Dunn who is on the Mental Health commission. Ms. Burges shared her personal experiences which was much appreciated by the NAMI audience.

The keynote speaker was Carolyn Cooper. She shared her story as a mother with a young son living with a mental health challenge. She ultimately founded a statewide agency, United Advocates for Children and Families (UACF). It is based in Sacramento and offers Parent Cafes across the state.

The interaction between the NAMI Contra Costa members and the staffs of the various agencies was interesting and constructive. It was outreach at its most effective.

Most of the members had not known Supervisor Burges. There was a good discussion with both her and a member of her staff.

It is emphasized at the Crash Course for every member to know their Supervisor and their staff, not to wait until a crisis has developed. Lay the groundwork long before the crisis so you are dealing with people who know you.

There was entertainment throughout the affair provided by Chris Ahlman and Linda Dunn, who played the violin.

SOCIAL MEDIA

You can access more information about NAMI and its services at:

Facebook
Twitter
Instagram

Ashler Ciullo is the Media Volunteer Coordinator
Ashley@namicontracosta.org.

WHOSE WHO

The names of those in the picture of four are:
From the left: Charles Madison, David Kahler, Sharon Madison and Gigi Crowder.

The picture of six are:
From the left: Don Green, Michelle Wong, Charles Madison, Al Farmer, Gigi Crowder and Clare Beckner.

The picture of 12 are:
Charles Madison, behind-Gigi Crowder, Warren Hayes, Dr Mujadin Sumchai, Sue Farmer, Al Farmer, Lisa Bruce, Tersa Pasquini, Supervisor Diane Burges, Vic Montoya, and Dave Kahler
NAMI Contra Costa
June 2019

NAMI CC’s 1st Annual Mental Health Awareness Award and Appreciation Dinner
John Muir Health – Concord Campus
May 16, 2019

6:00 PM
Dinner and Entertainment
6:30 PM
Prayer and Moment of Silence
7:00 PM
Welcome Charles Madison, President and Gigi Crowder, Executive Director
7:15 PM
Keynote Address Carolyn Cooper, Co-Founder of United Advocates of Children and Families, UACF

Gratitude

Gloria Huu
Presented by former V.H Director, Donna Worigan and Dr. Collette O’Keefe former NIMH Health Commissioner.

Warren Hayes
Presented by Charles Madison, NAMI CC President.

Victor Montoya
Presented by Dr. Matthew White, MD Acting Director CBHS.

Terisa Pasquin
Presented by Anna Ruth, Health Director, Contra Costa County.

Alfred and Sue Farmer
Presented by Art Hombogen Former NAMI CC President.

Lisa Bruce
Presented by Veronica Valle, Peer Advocate.

Dr. Amjad Simchian
Presented by Nancy Seibert, Family to Family Coordinator.

Dave “Mr. NAMI” Kahler
Presented by Sharon Madison, current “First Lady”

Supervisor Diane Burges
Presented by Douglas Duax, Mental Health Commissioner.
Thank you all for coming out to meet our winners to support the faces of others who are impacted by mental illness.

Supervisor Diane Burges
MENTALLY ILL IN JAILS AND PRISONS

Note: The material below was excerpted from the California Department of Corrections and the Stanford Law School.

In 1968, the legislature passed the Larterman-Petris-Short Act (LPS) which reduced the population of state mental hospitals by requiring a judicial hearing prior to any involuntary hospitalization. The Act also initiated increased financial incentives for local communities to take on the provision of mental health services.

As a result of this long-term transfer of state operations and oversight to a decentralized, community-based mental health care delivery model, the state mental hospital population declined from 36,319 in 1956 to 8,198 in 1971.

Three public mental hospitals closed during this time. The legislature intended for the savings from these closures to be distributed to community programs. However, in 1972 Governor Ronald Reagan vetoed the transfer of these funds.

In 1973, hearings were held by the California State Senate to discuss this concern. In 1980, a study published in the American Journal of Orthopsychiatry concluded that emptying the public mental health hospitals had forced a large number of these deinstitutionalized patients into the criminal justice system.

- The number of prisoners with mental illness in California is on the rise. Over the past decade the percentage of state prisoners with mental illness has increase by 77 percent.
- The severity of psychiatric symptoms among California prisoners is also on the rise.
- Defendants with mental illness receive longer prison sentences.
- There are insufficient community mental health treatment services: The total number of hospital beds in communities has decreased by 30 percent since 1995.
- Community mental health treatment is more effective and less expensive than incarceration.

THE WAY IT OUGHT TO BE

All of this material emphasizes that it is significantly less costly to have a mentally ill person in a psychiatric facility rather than a jail or prison.

But even more important, the outcome for the person is dramatically better in the psychiatric facility. It is only because our society has made psychiatric beds scarce when they should have done the opposite.
Cost of Mental Health Treatment

Prison Mental Health Crisis Bed

$345K

State Mental Hospital Bed

$218K

Cost of Average CDCR Inmate

$75.2K

Community-Based Mental Health Bed

$21.9K

Marginal Cost of Parolee Supervision w/Mental Health Treatment

$7.9K

NAMI DONATIONS

Donations

Karen McDowell Bank of the West
Doug Dunn Jida Nasser

Joseph Anthony Macaluso-1943– May 19, 2019
Passed away, May 19, 2019. He was an important NAMI supporter.

Donation

Melissa Montoya
Kay White
Terri Winnie
Via: PG & E

Donation

The Gonzales Foundation
APAPA Tri Valley Chapter

Donation

In Memory of
Robert Bruce Henderson
Margaret Netherby

Donations

In Memory of Nadine Aneillotti
Phyllis Weston
Linda L. Reidt
Jo Macaluso
Carmen and Paul Mullolands
Marjorie Tieman and
Joann L. Hewitt

Donation

Mary Ann Garvey
Penny Gray
Jo Macaluso
Robert Moisoff

NAMI Contra Costa

June 2019
3rd Monday Support Group
June 17, 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
Email: xnamicc@aol.com

To:

From:
NAMI Contra Costa
2151 Salvio Street, 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
- Household $60

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 ________________
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