



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 electronic newsletter by e mailing: [xnamicc@aol.com](mailto:xnamicc@aol.com)  
 Email: [xnamicc@aol.com](mailto: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](mailto:xnamicc@aol.com)

## 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 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-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. 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](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**

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)

### **Horizon Mental Health Support Group**

1st & 3rd Mondays Each Month 9:30-11:00 am

Our Savior's Lutheran Church, 1035 Ln, Lafayette

Kiera Ram 925-817 9642 [Gigi@namicontracosta.org](mailto: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@mmcohen.com](mailto:karen@mmcohen.com)

[www.openourhearts.net](http://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 2-3:30 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

### **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 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](mailto:defamiliaafamilia@namicontracosta)

### **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](mailto: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

*dk122932@aol.com*

### **BOARD OF DIRECTORS**

Barbara Scott Susan Horrocks

Al Farmer Tony Khalil

Don Green Michelle Wong

Clare Beckner

Emeritus Board Member: Kay Derrico

### **Executive Director**

Gigi Crowder

### **COMMITTEES:**

**Don Green** Criminal Justice

**Shelly Ji** Mandarin Groups

**Susan Horrocks** Membership

**David Kahler** Publishing

**Peggy Luna** Newsletter

**Barbara Scott** Nominating Committee

**Nancy Seibert** Family-to-Family

**Kimberly Wirtz** Database

**Clare Beckner** Database

**Richard Derrico** Behavioral Health Court

**Gigi Crowder** FaithNet Coordinator

**Kay Derrico** Outreach Committee

**Michelle Wong** e news

**Karen Cohen** e news

**Steve Sullivan** Librarian

**Douglas Dunn** Political Advocacy

**Ashley Ciullo** Media Volunteer Coordinator

### **Newsletter Group**

Peggy Luna Bill Boyle

Dick Owens Fro Schmidt

David Myers

David Kahler Mark Cohen

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

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

Phone: (925) 676 5771

052819 Tue1120ATTTT

Newsletter Deadline:

20th of Each Month

## **PRESIDENT'S COLUMN**

On Thursday May 16<sup>th</sup> 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. Mujahid Sumchi; David Kahler and Supervisor Diane Burgis.

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

The very best to all.

## **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.

## **GENERAL MEETINGS**

### **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.

### **FAMILY ADVOCATE**

**Bob Thigpen**

925-957 5139

[robert.thigpen@hsd.cccounty.us](mailto: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](mailto:xnamicc@aol.com)

## **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 the 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.

## 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](mailto:Ashley@namicontracosta.org).

## 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.



Chris Ahlman



Linda Dunn

## 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 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

**6:50 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

**7:30 PM**  
**Awards Ceremony**

*Gratitude*

**GLORIA HILL**  
Presented by Former MH Director, Donna Wigand and Dr. Colette O'Keeffe Former Mental Health Commissioner

**WARREN HAYES**  
Presented by Charles Madison, NAMI CC President

**VICTOR MONTOYA**  
Presented by Dr. Matthew White, MD Acting Director CCBHS

**TERESA PASQUIN**  
Presented by Anna Roth, Health Director, Contra Costa County

**ALFRED AND SUE FARMER**  
Presented by Art Honneger Former NAMI CC President

**LISA BRUCE**  
Presented by Veronica Vale, Peer Advocate

**DR. MUJADIN SUMCHAI**  
Presented by Nancy Seibert, Family to Family Coordinator

**DAVE "MR. NAMI" KAHLER**  
Presented by Sharon Madison, current "First Lady"

**SUPERVISOR DIANE BURGIS**  
Presented by Douglas Dunn, Mental Health Commissioner

*"Thank you all for assisting us in meet our mission to improve the lives of all those most impacted by mental illness"*

**NAMI Contra Costa County**



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 Lanterman-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.

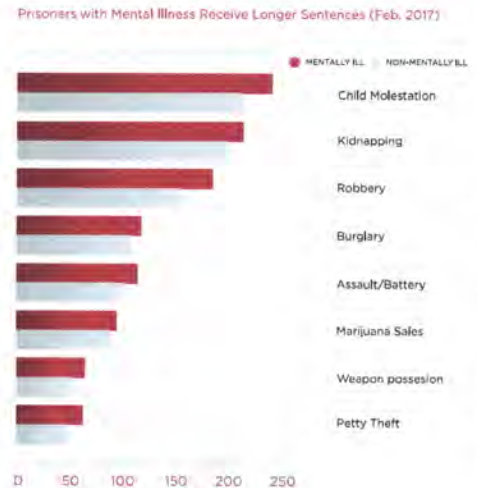
In 1973, hearings were held by the California State Senate to discuss this concern. In 1980, a study published in the *American Journal of Orthopsychiatry* concluded that emptying the public mental health hospitals had forced a large number of these deinstitutionalized patients into the criminal justice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

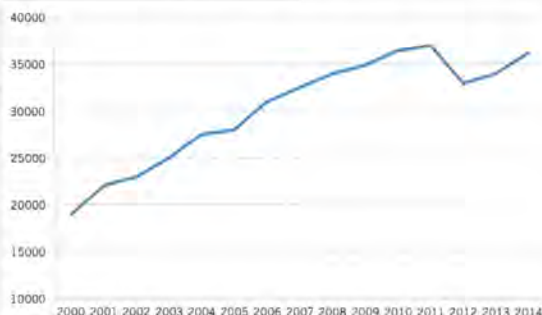
All of this material emphasizes that it is significantly less costly to have a mentally ill person in a psychiatric facility rather than a jail or prison.

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.

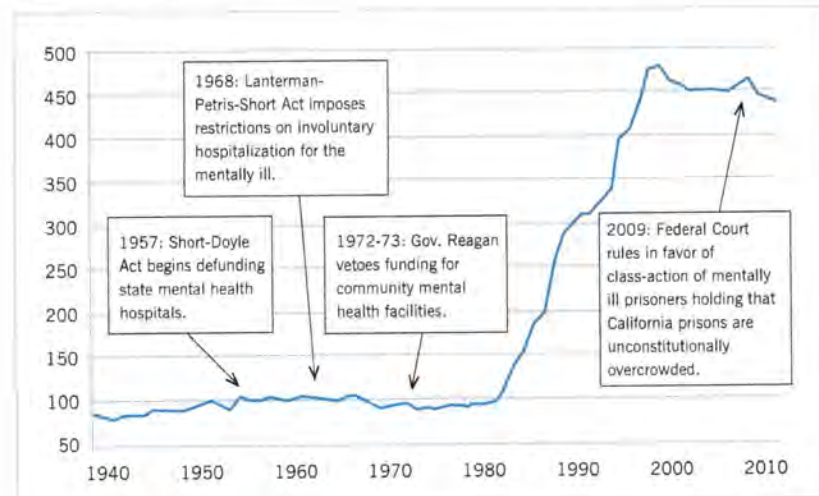


These two graphs show how the mentally ill have been moved from state prison hospitals, not to local community facilities, as was planned, but to the prisons and jails

The population of mentally ill inmates in CA prisons has almost doubled since 2000.



The incarceration rate in California skyrocketed when funding was pulled from its state mental hospitals.



## 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 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

Mary Ann Garvey  
Penny Gray  
Jo Macaluso  
Robert Moisoff

## 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 Mulloland  
Marjorie Tiernan and  
Joann L. Hewitt

**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  
 E mail: xnamicc@aol.com

Stamp

**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 \_\_\_\_\_

Phone \_\_\_\_\_ Cell \_\_\_\_\_

Email Address \_\_\_\_\_

050319F613P

**Follow Us On Social Media!**

Facebook:  
 NAMI Contra Costa



Instagram:  
 @namicontracosta



Twitter:  
 @namicontracosta