



The NAMI Contra Costa Newsletter and e-newsletter are available on the web at: www.namicontracosta.org
 You can get a copy of this newsletter and/or the e-News newsletter by e mailing: info@namicontracosta.org
 Email: Ashley@namicontracosta.org Warm Line: (925) 465-3864 Office Number: (925) 942-0767

COMMUNITY CHANGE AGENTS AWARDS EVENT: A REMARKABLE EVENING



On Thursday, May 20, 2021 from 7-8:30 p.m., NAMI CC held its 2nd Annual Community Change Agent Awards and Appreciation Event. It was a special evening as many NAMI CC community members, family and friends gathered for recognition of outstanding achievements in mental health. NAMI CC asked members to submit their nominees, with the intent to recognize sixteen (16) community members/organizations who have made an extraordinary difference and improved the quality of lives by supporting people and/or their families with mental health challenges.

The Veterans Award went to Art Honneger, for his long-time commitment in support of Veterans. The Educator award went to Professor Aminta Mickles, for her leadership and dedication to empowering and educating those impacted by mental illness. The Mover and Shaker award went to Taun Hall, for working to protect families and promoting more compassionate care for those experiencing a mental health crisis. The Agency award went to CCBH Forensic Mental Health Unit, for their dedication and support of those most impacted by mental illness.

AWARDS Cont'd on Page 4

COUNTY UPDATES



NAMI Contra Costa, along with the Miles Hall Foundation, the Kennedy Forum and the Steinberg Institute, are sponsoring AB 988—the Miles Hall Lifeline Act authored by Assemblymember Rebecca Bauer-Kahan (D), District 16 (San Ramon). This bill is named in honor of Miles Hall, an African-American young man who was tragically killed by Walnut Creek police during a mental health crisis on June 2, 2019.

It's purpose is to transfer 9-1-1 mental health crisis calls to 9-8-8 and persons with Suicide Prevention and Mental Health Crisis training and corresponding "lived experience." This bill proposes that AB 988 become effective when the national 9-8-8 database and call centers start operating July 16, 2022. There would be a 80 cent surcharge/month per subscriber beginning January 1, 2022.

Thank you for contacting your Assemblymember and State Senator to strongly support this most important state legislation.

UPDATES Cont'd on Page 5

MILES HALL WEEK OF ACTION EVENTS



On June 2, 2021 on Miles Hall's anniversary, in honor of Miles and to raise awareness of mental illness and social justice, NAMI CC and locals met at 7:00 p.m. in front of Las Lomas High School and we ran, walked, hiked and rode bikes in his memory to Civic Park where we gathered. All throughout the day people posted their photo on Facebook wearing a green t-shirt or Miles gear and tagged #milesformiles. People were able to visit the NAMI CC booth for mental health resources or the Miles Hall Foundation booth to purchase Justice for Miles Hall merchandise in support of Miles. Gigi Crowder spoke on wanting a street named after him and creating a hub in the future.

On Saturday, June 5, 2021, NAMI CC joined the Miles Hall Foundation with city and faith leaders, family, friends and supporters from 10:00 a.m. to noon at Lancaster Park in Walnut Creek for a special community remembrance in the park where engraved memorial bricks were dedicated to loved ones gone too soon after experiencing mental health challenges. People were able to decorate milestones. There were speakers, refreshments and activities and doves were released by family members.

NAMI CC Support Groups—Offered by Zoom

NAMI CC Warm Line 925-942-0767

A non-emergency hotline for anyone seeking emotional support, information, and/or linkage to community resources.

Connection Support Group Time: Every Wednesday, 7:00—8:30 p.m. Meeting ID: 950 5621 9162 Passcode: 917027

Contact: Nancy Bolcerek
Nancycybolcerek@namicontracosta.org

East County Connection Support Group Time: Every Friday, 7:00— 8:30 p.m. Meeting ID: 926 6083 1829 Passcode: 917027

Contact: Nancy Bolcerek
Nancycybolcerek@namicontracosta.org

Transitional Age Youth Support Group Time: Every Tuesday, 6:00 p.m.—7:30 pm Meeting ID: 980 5061 6682 Contact: Tristan Siebold E-mail: Tristan.siebold@namicontracosta.org

Peer Dual Diagnosis Support Group Time: Every Friday, 5:30 p.m.—6:30 p.m. Meeting ID: 940 2675 0226 Contact: Ashley Ciullo E-mail: Ashley@namicontracosta.org

Family Support Group Time: 1st & 3rd Monday, 7:00 p.m.—8:30 p.m. Meeting ID: 1st Monday: 983 9317 0658 3rd Monday: 983 4603 3191 Contact: Michele O'Keefe E-mail: Michele@namicontracosta.org

Spanish Support Group

Time: Every Monday,
6:30—8:00 p.m.
Meeting ID: 958 8167 6173
Contact: Gerardo Peniche or
Alejandra Escobedo
E-mail:
Gerardo.peniche@namicontracosta.org
Or Alejandraescobedo2@gmail.com

API/Mandarin Support Group

Time: Every 3rd Sunday,
1:00 p.m.—3:00 p.m.
Meeting ID: 990 6004 9476
Contact: Shelly Ji,
E-mail: Shelly@namicontracosta.org

Men's Support Group Time: 2nd & 4th Saturday, 1:00 p.m.—2:00 p.m., Meeting ID: 2nd Saturday: 930 9814 2482 Passcode: 585218 4th Saturday: 946 1602 2036 Passcode: 449069 Contact: Eddie Morris E-mail: Eddie.m@namicontracosta.org

The Parent Connection Time: 2nd & 4th Monday, 8:00 p.m.—9:00 p.m. Meeting ID: 2nd Momday: 987 3209 5699 4th Monday: 924 4351 8216 Contact: Susan Horrocks, E-mail: susanh@namicontracosta.org

Men of Wellness & Men of Faith Support Group Time: 2nd & 4th Wednesday, 7:00 p.m. Meeting ID: 932 5929 0303 Passcode: 585218 Contact: Eddie Morris or Al- fonzo Edwards E-mail: eddie.m@namicontracosta.org OR Alfonzo.edwards@namicontracosta.org

African American Family Support Group

Time: 4th Wednesday,
6:30 p.m.—8:00 p.m.
Contact Gigi Crowder for more
information at (510) 990-2670
E-mail: gigi@namicontracosta.org

Writer's Group

Time: 2nd Saturday,
10:30 a.m.—12:00 p.m.
Meeting ID: 993 0455 9380
Contact: Margaret Netherby,
E-mail: Mlnetherby@yahoo.com

Brentwood Family Support Group

Time: Last Tuesday, 7:00 p.m.
Meeting ID: 394 327 3226
Contact: Laurel Howard-Fong
E-mail: lphfong19@gmail.com

NAMI CC CalHope Warm Line

Offering non-clinical crisis services
to African Americans during
COVID-19.

Contact Naomi Gashaw
Naomi.gashaw@namicontracosta.org

NAMI Basics OnDemand

NAMI Basics onDemand is a free, 6
-session online education program
for caregivers of youth aged 22 or
younger who are experiencing men-
tal health symptom s.
Contact: susanh@namicontracosta.org
Register: basics.nami.org



NAMI Contra Costa

National Alliance on Mental Illness

OFFICERS:

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Don.green@namicontracosta.org

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First Vice President

susanh@namicontracosta.org

David Kahler, 2nd Vice President

(925) 567 6109

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mark.cohen@namicontracosta.org

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(510) 810-0881

Mark.tiano@mhsinc.org

BOARD OF DIRECTORS

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Al Farmer Charles Madison

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Email: info@namicontracosta.org

Website: www.namicontracosta.org

Phone: (925) 942-0767

Newsletter Deadline:

20th of Each Month

PRESIDENT OF THE BOARD'S COLUMN

By Don Green



Crash Course—Orientation

One of the most vital programs provided by NAMI Contra Costa is the “Crash Course—Orientation”*. We are celebrating that we are again presenting these weekly events *LIVE*. I want you to help me spread the news.

For those of you unfamiliar with our Crash Course—Orientation: When mental illness spikes into a severe crisis, the experience is often devastating to people close to the victim of the mental illness. The situation may be indeed “life or death.” Powerful emotions are magnified by helplessness because there is so much people want to know so they recognize what they can do, and should do, and cannot do, and should not do. They need information, presented with care, because intense emotion interferes with our ability to learn new things. The information people need is not simple.

To address that need, every Wednesday, at 6:00 p.m., our volunteers present our Crash Course—Orientation. When the pandemic struck, we were stym-

ied because our only option was doing these by teleconference which lacks the human touch and is not readily available to many people. But, we adjusted and people's need was so great that they found ways to attend and accept the help we could provide.

Now we have resumed live presentations, happy that vaccination and pandemic protocols allow use to do this safely. We need to get out the word that Crash Course—Orientation is back live. This is difficult, because nobody wants to believe that they would ever have a need to attend. And people are still (understandably) not congregating in places we used to make info available. So, I'm doing what I can, and if you get a chance, please do what you can, to get the information out there so people know about this terrific resource when they need it.

Our weekly Crash Course—Orientation is not our first line of support. We also have our “Warm Line” where people can talk to someone with lived experience, and expertise, to find resources. (Although it's not staffed 24/7, responses are often available outside our normal business hours.) The “Warm Line” of NAMI CC continues to be available at (925) 942-0767 when people need help quickly to find support or guidance.

*We've often called this just the “Crash Course” but that's a little unhelpful. It is certainly not a course in crashing, although “crashing” can seem a very accurate description of the experience when people are confronted with a mental health crisis. The lawyer in me might title it “Crash Course—a brief and practical orientation in strategies and resources for dealing with the various psychological, emotional, physical and legal aspects of severe mental illness.” But, apparently, that's not “catchy.”

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.

AWARDS Cont'd From Page 1

ss. The Peer Team award went to C.O.R.E. Outreach Team, for their commitment to using their lived experience and working with the unsheltered. The Elected Official award went to Councilmember Carolyn Obringer, for her demonstrated leadership and support of those most impacted by mental illness throughout Contra Costa County. The Faith-Based Church award went to The Church 4 Me "Leave No One Behind" Program, for their dedication to addressing the complex needs of those who live underneath the stars. The Faith-Based Leader award went to Rev. Fred Weidmann, for his demonstrated commitment to addressing social issues and praying for those most impacted by mental illness. The Program award went to Putnam Clubhouse, for reducing stigma and being there for those impacted by mental illness through difficult times. The Volunteer award went to Lydia Koerner, for her commitment to serving families in the AAPI community through endless hours of volunteering and offering support. The Law Enforcement Agency award went to San Ramon Police Department, for participating in efforts to improve outcomes for those impacted by mental illness. The Reducing Disparities Change Agent award went to Dr. Phillip Lowe, PsyD, for his commitment to ensuring individuals in the AAPI community are supported through training and culturally specific tools. Another Reducing Disparities Change Agent award went to Anna Roth, Health Care Services Director, for taking a bold step and declaring racism a public health crisis in Contra Costa County. The Young Mover and Shaker award went to Ming Cheng, for showing up and removing barriers to ensure the needs of young people in the community and beyond are met. The Family Member award went to Mae Bragen, for her long-term commitment and dedication to supporting families and offering clinical supports. The Media award went to Frank Somerville, for his responsible and accurate reporting of issues for those impacted by mental illness.

Thank you for all you do in the mental health community and for all who joined us in celebrating this memorable event!

YOU ARE WHAT YOU EAT BOOK REVIEW By Dave Kahler



Robert H. Lustig, a physician, wrote a book, "Metabocal," that brings the subject of nutrition into focus.

It points out that medical schools in the United States don't deal much with nutrition, in spite of the fact that many of their patients' disorders are mainly caused by what they are eating.

The book says that less than 1% of the classroom time is devoted to nutrition. Aspiring doctors sit through four years and get not only no emphasis on nutrition, but only a mention of it. The emphasis is on how to cure the disorder once it has occurred. Explanation: There is money to be made in this area.

Early in the book, Dr. Lustig asks, "Why has our health status declined?" The chief culprit, he believes, is a change in food processing over the past 50 years. Food companies, he says, have concocted products with the healthy elements removed (vitamins, minerals, micronutrients, fiber) and unhealthy elements added (mostly sugar and salt).

His most serious complaint is about the ultra-processed products which are 58% of Americans' diet (candy, crackers, deli meat,

frozen pizzas, fruit juices). These products are found everywhere, not just in the food-selling supermarkets.

You have heard, "Be a good label reader." Wrong! Don't buy foods that are in packages. Buy the whole product in the produce section. Obviously, no harmful products have been added.

Lustig advises to write down what you are going to eat. Get intellectually involved in your food, and therefore, your overall health.

FREE NAMI CC BOWLING FOR FUN

Tuesday, June 22, 2021 at 7:30 p.m.

Come join us at Harvest Park Bowl
5000 Balfour Road Brentwood,
CA 94513

Cost of 2 games and shoes covered by NAMI CC

Community Partners' Participants Welcome

Contact Mike Gendron at
m.gendron@namicontracosta.org
with any questions.

NAMI NATIONAL CONVENTION



July 27-28

nami.org/convention

- \$10 students/peers, \$15 members and \$25 non-members
- Convenient online experience
- Speaker Joshua A. Gordon, M.D., Ph.D.—Director of the National Institute of Mental Health shares current challenges and opportunities
- Programming - Research, youth and young adults, mental health conditions, community support systems and addressing mental health disparities.
- The largest community gathering of mental health advocates in the U.S.—Help bring greater awareness and solutions for people living with mental health conditions.

Our Monthly St☆r of NAMI Contra Costa

Meet NAMI CC API Outreach Coordinator, Tiffany Wang



Tiffany Wang is an integral part of NAMI CC as she has been a volunteer and then staff since 2018 after immigrating from China 5 years ago. She lives with her husband and 11-year-old daughter in Antioch and provides education, support and advocacy to those living with or affected by mental illness in the API community. Tiffany grew up in her hometown of Guizhou Province. Before moving to the US, Tiffany was a Human Resources Director where she was responsible for talent recruitment and development for multi-national companies in China. She also studied and graduated with an MBA degree.

Tiffany recalls her former career going well, but her family relationships suffering. There is some stigma in her culture associated

with discussing mental health issues. The hardship of job searching after immigrating to the United States was also tough, she said, and caused depression. The language barrier they faced was also a challenge. This, she said, is what many people from China experience, so she joined NAMI CC Family to Family and Basics for parents of children and shared her story in the support groups. With these obstacles working against each other simultaneously, NAMI CC helped her find a sense of hope for the future again, and she was hired to bridge the gap between mental health in family relationships and culture difference, which gave her a new sense of purpose and helped restore and heal the balance in her life.

Tiffany said the most rewarding part of her job is learning and teaching how to communicate with the new generation to help parents and children build strong relationships and avoid mental distress early on. She helps educate family members about the signs and symptoms of mental illness and how to recover with the resources available at NAMI CC and the County. Her advice is to keep an open mind and face the problem, not just hide inside of the home hoping the problem will disappear because of it being a taboo subject. Tiffany is confident that with the right education, support and advocacy in practice, change can happen for parents within themselves and their children. Tiffany hopes that people will value their experiences to build both a mentally and physically healthy version of themselves and appreciates NAMI CC for the help it has provided to her own family.

Mental Health Speaker Series Free and Open to the Public June is PRIDE Month

Speaker: Kiku Johnson, Executive Director of the Rainbow Community Center

Join us for a special PRIDE month June NAMI CC virtual General Meeting as we feature Rainbow Community Center of Contra Costa County Executive Director, Kiku Johnson, who will discuss topics such as the history of PRIDE month, his background and his work to advance efforts surrounding mental health in the LGBTQI+ community.

Kiku is an out and proud Transgender Man of Color using he/him/his pronouns. As an educator, trainer, and consultant he has traveled the country educating on Sexual Orientation, Gender Identity and Expression (SOGIE) Affirming Approach and Expansive Practices connected with the CDC funded handbook he authored that is open source. He is a Georgetown University McCourt School of Public Policy, Center for Juvenile Justice Reform, Supporting LGBTQ Youth Program Fellow. Kiku is the Executive Director of Rainbow Community Center of Contra Costa County in the Bay Area of Northern California.

Kiku has 30 years of experience with youth development, responsive community program design, outreach, implementation, impact/evaluation, and advocacy through a social justice lens. He engages a human-centered design thinking approach with diversity, equity, and expansion practices. Kiku is adept at creating culturally and trauma-informed, accessible, affirming approaches and content for a wide variety of intersectional communities including LGBTQI+, People of Color, youth, and adults working across sectors including juvenile justice, education, mental health, community-based, and faith-based organizations.



**THURSDAY June 17, 2021
7:00 - 8:30 PM**

Time will be allowed for individuals to ask questions. Submit questions by June 16, 2021 to ashley@namicontracosta.org.

| 7:00pm NAMI CC Announcements
7:15pm Presentation Begins

UPDATES

Cont'd from Page 1

You can watch the "Rapid Improvement" Event Series by Contra Costa Health Services, selected community advocates, county Behavioral Health, law enforcement personnel and individuals with lived mental health experience designed to improve how the County responds to individuals experiencing a mental health emergency and developing and testing improvements by visiting the website: cchealth.org/bhs/crisis-response.

Our Executive Director, Gigi Crowder, has been actively involved, carrying the concerns of many folks who count on NAMI CC to advocate for more compassionate approaches that don't include police involvement unless necessary.

ANNUAL COMMUNITY PARTNERS' PICNIC



Hosted by Putnam Clubhouse
Friday, June 25, 11 a.m.—3:00 p.m.
A free meal delivered to your door.
Virtually join everyone on your screen to socialize, play Bingo with prizes for winners, listen to live music and participate in break-out room activities.

Zoom links available at www.putnamclubhouse.org/picnic2021.

NAMI CC FAITHNET REUNITES IN PERSON TO CREATE CHANGE



Thank you NAMI CC FaithNet faith leaders who in the
FAITHNET Cont'd on Page 6

A TRIBUTE TO COMMUNITY ADVOCATE, JAY MAHLER



Jay Mahler, the Visionary of California Mental Health and Spirituality Initiative, has passed. Jay died peacefully at his home on Saturday, May 15, 2021. He left big shoes to fill and will be greatly missed. CMHSI held it's monthly meeting to celebrate his life and all he did to acknowledge the important role he played to advance work as the most visible voice and Change Agent in the Peer Survivor Movement. He is known for his diplomacy and hospitality. Opening the door for so many in recovery, his work is not finished. He touched many lives.

Jay's recovery story video is available to view on YouTube using the following link: <https://youtu.be/sw2ZTwhJYsI>.

CELEBRATING WOMEN DURING MENTAL HEALTH AWARENESS MONTH

By Volunteer Debbi McFadden



On Saturday, May 15, 2021, NAMI CC participated in the Celebrate Women Maker's Market and Pop-Up Event where we were able to share our mission and provide handout about our services and support groups to the attendees. The event was held at Balestrieri Family Farm, a beautiful local winery in Martinez, and organized by the Contra Costa Commission for Women and Girls. The Makers's

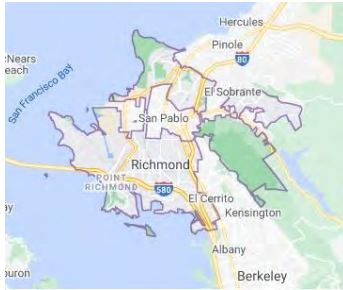
Market event was to highlight some of the women-led businesses of Contra Costa County. There were local women makers, crafters and business owners at the event, as well as wellness service providers and family advocacy groups.

Shelly Ji and Debbi McFadden represented NAMI CC as well as other volunteers, including Gladys Yau, Chujun Qiu, Clare Beckner, who is also a NAMI CC Board of Directors member, and Wendi Zou. Wendi and Chujun are brand-new volunteers who just completed the NAMI CC training program. Welcome aboard! And thank you to all of the volunteers who attended. We appreciate you!

The Family Justice Center organization kindly allowed us to share their pop-up station with them at the event. It's nice to attend this type of gathering to meet others who work or volunteer in the mental health and advocacy-related fields and learn about their services and the opportunity to potentially collaborate on issues or resources. The Contra Costa Family Justice Center provides help with domestic violence, abuse and human trafficking. The Bay Area Crisis Nursery was also represented. They provide a free homelike environment for children from birth through five years of age by offering 24-hour care and emergency childcare services. Many attendees were interested in getting information about the services NAMI CC provides, e.g. teachers in K through 12 schools looking for information and resources to present to students and administration during Mental Health Awareness Month. There were social workers looking for mental health resources as well as other attendees seeking more personal guidance.

There were many fabulous women vendors featuring home décor, baked items, hand-made jewelry and candles, etc. And of course, amazing raffle prizes! Each booth donated a gift to be raffled off at the end of the event and one of our volunteers won four times. Congratulations Chujun! One of the great prizes she won was an eight-week hip-hop summer dance class from Funkmode Dance Studio in Concord. She scored big on that one! We can't forget the amazing food trucks. The first tacos were a hit! It was a beautiful day outdoors at a local winery. A good cause and good fun!

NAMI CC REGIONAL UPDATES—WEST COUNTY



NAMI Contra Costa West County, led by NAMI CC Volunteer Coordinator Eddie Morris, has been dealing with the COVID-19 crisis and has been able to respond to all the crisis calls within the area.

Housing has been the biggest challenge, he said. Morris has been referring clients to housing with collaboration of a Board and Care facility named Glo's Independent Living of Richmond. NAMI CC has also been collaborating with Greater Richmond Interfaith Program (GRIP) at the Marriott COVID-19 Hotel Shelter and working with staff and case managers on continued support with the unsheltered, advising over the phone and will continue to do in-person outreach in the near future.

The West Region is in collaboration with Professor Aminta Mickles of the Health and Human Services department at Contra Costa College and is virtual at this time but NAMI CC has still been able to promote the NAMI Family Support Network Module Training. Hopefully, the modules will be added with the next semester of virtual classes and increase volunteer recruitment, promotion and support.

HAPPY PRIDE MONTH

Please place a hold on your calendars for June 30 from 12:00-4 p.m. for a panel discussion to highlight the importance of culturally competent healthcare for LGBTQI+ youth. Gigi Crowder will participate on this panel with City Council member Carlyn Obringer.

MEASURE X SEEKS PUBLIC INPUT ON JULY 23

Your voice matters! Measure X Community Advisory Board seeks public input on June 23 for mental and behavioral health. Join NAMI CC as we identify unmet community needs and recommend spending priorities to the County Board of Supervisors. Zoom: <https://ccccounty-us.zoom.us/j/81176769191>

NAMI CC IS THE RECIPIENT OF THE NAMI 2021 MULTICULTURAL OUTREACH AWARD



Dear NAMI Contra Costa,

Congratulations! You have been selected by the NAMI Board of Directors as the recipient of the 2021 Multicultural Outreach Award.

This award honors effective efforts to ensure that diversity and inclusion are high priorities within NAMI.

Award winners will be showcased at NAMIcon 2021 Virtual, scheduled for July 27-28, 2021. Sincerely,

Shirley J. Holloway, Ph.D.
President, NAMI Board of Directors

Pictured is the honor of the award we received from County Supervisor Karen Mitchoff's Office.

FAITHNET Cont'd from Page 5

past have demonstrated their support of improving outcomes for individuals and families impacted by mental illness and who came to the NAMI CC office on May 25, 2021 for our first Clergy Round Table to advance efforts to address and find justice for victims of police violence. Gigi Crowder is the co-chair.

We practiced all CDC guidelines while safely coming together to serve a meal and creating a plan to support the Justice for Miles Hall campaign, and listed up efforts to create a county wide non-police response for those experiencing a mental health crisis. We used this gathering to plan for an effort on June 2, 2021 which was the second anniversary of the date Miles Hall was killed in Walnut Creek. Learn more about and join the Miles Hall Action Events on www.justiceformileshall.org.

NAMI CC AND THE CHURCH 4 ME VACCINATION CLINIC A SUCCESS



On Friday, April 30, 2021, NAMI Contra Costa and the Church 4 Me collaborated to provide a free COVID-19 Vaccination Clinic with a special focus on vaccinations for the unsheltered at the Church 4 Me, located at 1700 A Street in Antioch, CA. Vaccines were distributed from 10:00 a.m. to 2:00 p.m. with CalHope Crisis Counselors present to provide non-clinical support and COVID-19 resources.

The Church 4 Me was a great place to organize NAMI CC's vaccine collaboration as many people gathered with enthusiasm in the nice weather. Gigi Crowder proudly received the vaccine and hot lunches were served.

BECOME A NAMI CC VOLUNTEER TODAY!



Welcome to NAMI Contra Costa to people interested in volunteering four hours or more a month within the Family Support Network (FSN) on any of our supportive network committees. We would like to extend the invitation to get involved if you want to reach out and inspire hope and help to other families. Your lived experience can make a difference.

After becoming a volunteer, you initially will go through five training modules which will help you learn more about NAMI CC history, the behavioral health system in Contra Costa County, mental health and wellness, psychological disorders and multiculturalism. Once your application is filled out we can notify you when the trainings will start.

In English, Spanish and Mandarin, committees available to volunteers include Fundraising, Mental Health Advocacy, Conferences, Front Office and Administration, Database, Family Support, FaithNet, Crash Course Seminar, In Your Own Voice Speakers, Support Group Facilitator, Signature Programs Teacher, Social Media, Hospitality, Membership, and Transitional Age Youth Suicide Prevention.

Call the office at 925-942-0767 or e-mail info@namicontracosta.org today to find the best fit for you. The next upcoming Module Training will start June 17, 2021.

NAMI DONATIONS

If you lost a loved one, and would like to direct funds to NAMI Contra Costa, please contact Jo Fetterly at jojac6996@gmail.com

Donations

James Bardsley	Michelle Bonner	Judith Scarborough
Patrick Roemer	Kameron Theus-Box	Karen Danyanovitch
Kimberly Myers-Wirtz	Carlyn Obringer	Cindi Preece
David & Lara Meiser	Allison Walsh	Brian Karpinski
Tony Morgan	Elliott & Lynn Haggerty	Kerry Green
Barbara Pennington	Harold Todd	Timothy Evans
		Anonymous

Company Donations

Lafayette Christian Church

In Memory of Jay Mahler

Jo Fetterly

In Memory of Ken Putnam

John & Cynthia Hiram Stern
Michael & Susan Phelan

Mary & Mark Maxon

In Memory of Bryan Humm

Chris & Christina Humm
Collen Brodt
Joni Campbell
Katrina Derby

Michael & Aleli Lin
Kevin McKee
Kelly & John St. Germain
Laura Benn

In Memory of My Nephew

Laura Nakamura

In Honor of Gigi Crowder

Natasha Verma & Veronica Benjamin

**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

Stamp

**To:****Follow Us On Social Media!**

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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 _____

From:

NAMI Contra Costa
2151 Salvio Street, Suite V, Concord, CA., 94520
Phone: (925) 942 0767 Email: info@namicontracosta.org