



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

CRAB FEED 2019

The 4th Annual NAMI Crab Feed is just around the corner. Saturday, March 2 at the Centre Concord. Same location as last year.

It is easily the fun event of the year, not to mention all the crab you can eat.

This years Crab Feed will be hosted by Dave Clark. The music will feature live

Jazz performed by the Chris Cole band.

There will a silent auction and raffle drawings. The prizes are sensational. A trip to Africa, hotel stays and much more.

The committee is still looking for sponsors. Maybe your employer, your bank, dentist or doctor.

It all helps to make the many NAMI Contra Costa programs possible to help those families in crisis.

Buy tickets online at:

namicontgracosta.org

Or by calling: 925-942 0767

March 2019 GENERAL MEETING

Thursday, March 21, 2019

The General Meeting program will be given by the Family Justice Center.

What they do and how they might be helpful when your family is in crisis.

Please see the article on page 4.

John Muir Hospital
Concord Campus
2540 East Street
Concord

Open To The Public- Free Admission



A Scene From the 2018 Gala Crab Feed



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. 1st Tuesday of Each Month, Not July.

10:30 a.m. to 12:00 Noon
Rainbow Center-2118 Willow Pass Road, Concord
Roberto Roman 925-957 5105

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

The Crash Course

A comprehensive orientation to the resources in Contra Costa to help with recovery

EVERY Wednesday night 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

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@mmicohen.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 2-3:30 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

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

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

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:

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(925) 256-9640

C_madison@msn.com

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mark.cohen@namicontracosta.org

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81918 Sun654A RRRR

Newsletter Deadline:

20th of Each Month

History of NAMI Contra Costa

NAMI Contra Costa came into being when it occurred to several families in Walnut Creek that it might be worthwhile to share their experiences about their mentally ill loved one. That was in 1978 when there were very few resources to help someone with a psychiatric disorder.

After two years, that group joined the newly formed national group which had taken the name National Alliance On Mental Illness. The local affiliate began to use the educational programs developed by the national organization.

The acronym for the group is NAMI. It has grown to have over 1200 affiliates in every state. California has 72 and NAMI Contra Costa with it's 310 members is one of the largest, best financed and most effective.

NAMI'S most important program is the

GENERAL MEETINGS

March 21— Family Justice Center

April 18— Graham Wiseman

May 19— Jeff Bell (KCBS)

June 20— Dr. Bill Shyer

"Family to Family" 12 week, college level course. NAMI Contra Costa has graduated over 1300 people from the course where they learn just what mental illness is, how a diagnosis is arrive at, what medications are all about, the various types of treatment and how the mental health system works in general. The course is very helpful in explaining the legal system which can be devastating to a family

More on the story can be found at the website: www.namicontracosta.org. There is a section there that has nine years of the monthly newsletter.

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)

E mail: crashcoursehelp@aol.com

NAMI CC Mandarin Educational Presentations

February 9, 2019 at the
NAMI Office in Concord
(32 people participated)

Topic:

- *Challenges for Adolescent's Mental Health
- *Common mental disorders
- *Substance Abuse
- *Video gaming addiction

Speaker:

Dr. Phillip Lowe - clinical psychologist in the department of Psychiatry at Kaiser Permanente, Walnut Creek

Location: NAMI CC Office, 2151 Salvio St. #V, Concord, CA 94520

The program was given in Mandarin and was open to the public.

THE WRITERS GROUP IS MOVING

The Contra Costa NAMI Writers Group is a gathering of folks who can speak their truth without fear of stigma. We live with mental illness – either inside our own being, or with a family member or friend.

We write for the joy of it. From beginners to beyond, we support each other's efforts. At the Group, everyone has five to ten minutes of reading time. The dialogue that follows often leads to expanded insights and ideas. We surprise ourselves with our completed journals, memoirs, poetry, essays, and even books. Some even draw cartoons. Five of us have been published. (BTW, we stay within a "PG" rating.)

On March 9 the Writers Group will meet from 10:30 am to Noon at the NAMI office, 2151 Salvio Street, Ste. V in Concord. The Group will meet there on the second Saturday of each month at 10:30 am going forward. We welcome new members, so please come and check us out. Facilitator: Margaret L. Netherby, mlnetherby@yahoo.com



NAMI Mandarin Educational Program
Dr. Phillip Lowe was the speaker



NAMI CALIFORNIA Annual Conference

May 31—June 1, 2019
Newport Beach CA

Keynote speaker:

Chamique Holdsclaw, Mental Health Advocate. Former player in the Women's National basketball Association.

Also:

Wayne Drevets, M.D. member of the Scientific Council.

Join us for the 2019 NAMI National Convention



The NAMI National Convention is one of the largest community gatherings of mental health advocates in the United States. Each year the convention connects and inspires people looking for resources, research, support services and recovery strategies.

NAMI Donations

In Memory of:

Francis Pierce

From: Jo and Joseph Macaluso and Teresa Celli



In Memory of:
June Forbes

From: Gene and Lily Schulting
Don Ciaglo

In Honor of Gigi Crowder
For Black History Month:

Charles and Sharon Madison Barbara Scott
Susan and Keith Horrocks Kay and Rich Derrico

Donation

Mark and Judy Cohen

Donation

Pete and Mimi Wilson

Steven Renner

Donation

Nancy and Martin Mazzanti

Donation

Caroline Jackson

In Memory of:
Joanna Astin

From: Marilyn Austin

How to Change Your Mind: What the New Science of Psychedelics Teaches Us About Consciousness, Dying, Addiction, Depression, and Transcendence

By Michael Pollan

Hardcover: 480 pages

Publisher: Penguin Press

(May 15, 2018)

ISBN-10: 9781594204227

ISBN-13: 978-1594204227

ASIN: 1594204225

Review by Mark Cohen

In 1943 Albert Hoffmann accidentally ingested a minuscule quantity of a new drug he synthesized to stimulate circulation. It produced a terrifying and wondrous mind altering effect. This compound was Lysergic acid diethylamide, commonly known as LSD. "That quantities of LSD measured in micrograms could produce symptoms resembling psychosis inspired brain scientists to search for the neurochemical basis of mental disorders previously believed to be psychological in origin. At the same time, psychedelics found their way into psychotherapy, where they were used to treat a variety of disorders, including alcoholism, anxiety, and depression. For most of the 1950s and early 1960s, many in the psychiatric establishment regarded LSD and psilocybin [a molecule derived from a certain mushroom used by the indigenous peoples of Mexico and Central America for hundreds of years as a sacrament] as miracle drugs.

Beginning in 1965 the reaction to the uncontrolled use of these substances for recreational use, publicity regarding bad trips, psychotic breaks, flashbacks, and suicides the exuberance surrounding these new drugs gave way to moral panic. "As quickly as the culture and the scientific establishment had embraced psychedelics, they now turned sharply against them. By the end of the decade, psychedelic drugs which had been legal in most places were outlawed and forced underground."

In this work Michael Pollan mixes two different narratives concerning these psychedelic: his own adventures with guided use of these substances exploring his own mind and consciousness and its psychotherapeutic utility. Concerning his adventures he writes "When I began this inquiry [I thought] that the whole issue with spirituality turned on a question of metaphysics. Now I am inclined to think a much better and certainly more useful antonym for spiritual might be egotistical. Self and Spirit define the opposite ends of a spectrum, but that spectrum need not reach clear to the heavens to have meaning for us. It can stay right here on earth. When the ego dissolves, so does a bounded conception not only of our self but of our self-interest."

My interest in this subject follows his documentation of how these substances are again finding a place in the field of psychotherapy. "Today, after several decades of suppression and neglect, psychedelics are having a renaissance. A new generation of scientists, many of them inspired by their own personal experience of the compounds, are testing psychedelics' potential to heal mental illnesses such as depression, anxiety, trauma, and addiction. Other scientists are using psychedelics in conjunction with new brain-imaging tools to explore the links between brain and mind, hoping to unravel some of the mysteries of consciousness."

Pollan's essay illuminates various recent studies regarding possible mechanisms of action and efficacies of treatment utilizing Psilocybin & LSD: "Like electroconvulsive therapy for depression, which it in some ways resembles, psychedelic therapy is a shock to the system, a reboot, or defragging that may need to be repeated every so often."

MDMA (also known as Ecstasy) is showing great promise in the treatment of post-traumatic stress disorder. Some researchers count MDMA among the psychedelics, but most do not; MDMA operates through a different set of pathways in the brain and has a substantially different social history from that of the so-called classical psychedelics. While Pollan does not mention it, Ketamine, used in anesthesia, is also associated with some of the classical psychedelic drug effects and has also shown effectiveness in the treatment of mood disorders.

He quotes one psychoanalyst as claiming that "psychiatry has gone from being brainless to being mindless. If psychedelic therapy proves successful, it will be because it succeeds in rejoining the brain and the mind in the practice of psychotherapy:" a rejection of the Cartesian model.

Disclaimer: Terrifying experiences some people have on psychedelics can risk flipping those at risk into psychosis, so anyone with a family history or predisposition to mental illness must consider this most serious possibility.

FRAN MARTIN

April 1, 1937– February 3, 2019

Grew up in Wilkes-Barre, PA

Joined NAMI Contra Costa in 1990

**Fran was on the board of Directors for years
and on many of the NAMI committees**

**Active in the program to start the
Putnam Clubhouse.**

**Worked with the NAMI library with
Mae Bragen, the librarian**

**Fran was very involved with the Phoenix
Programs (now named Anka) serving on the
board of directors**

**Fran was the lead proofreader of
this newsletter for years**



3rd Monday Support Group

March 18, 2018 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

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, California

94520

Name _____

Address _____

City _____ Zip _____

Phone _____ Cell _____

Email Address: _____

☐ Renewal

☐ New Member

☐ Open Door \$ 5

☐ General Membership \$40

DONATION FORM

Amount _____ . Mail to:

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2151 Salvio Street, Suite V

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94520

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