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.

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.

The music will feature live Jazz performed by the Chris Cole band.

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Buy tickets online at:

namicontgracosta.org

Or by calling: 925-942 0767

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

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

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

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

NAMI Contra Costa 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

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

NAMI CC Mandarin Program
Family Support Group
Language: Mandarin中文
2nd Saturday of each 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

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

defamiliafamilia@namicontracosta.org

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
defamiliafamilia@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

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

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 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

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Al Farmer                      Tony Khalil
Don Green       Michele O'Keefe
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Newsletter  F 2 F Spanish  Behavior Health Court
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Michelle Wong  Steve Sullivan  Librarian
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Fran Martin  Peggy Luna  Bill Boyle
Dick Owens  David Myers  e news
David Kahler  Caroline Jackson

Email: xnamicc@aol.com
Website: www.namicontracosta.org
Phone: (925) 676 5771

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 “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.

GENERAL MEETINGS

March 21– Family Justice Center
April 18– Graham Wiseman
May 19– Jeff Bell (KCBS)
June 20– Dr. Bill Shyer

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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: crashcourseshelp@aol.com
THE WRITERS GROUP IS MOVING

The Contras 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 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
Caroline Jackson

Donation
Nancy and Martin Mazzanti

In Memory of:
Joanna Astin
From: Marilyn Austin

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.

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.
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 efficacy 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 is 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

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, CA,
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
Concord, California
94520

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