NAMI CC ENDING THE SILENCE SCHOOL PROGRAM TO LAUNCH

NAMI CC Ending the Silence is expected to begin in March beginning with Mount Diablo, Byron, San Ramon Valley, Alcalanes Union and Antioch school districts this month after a year of consistent contact with 18 school districts and recognition of there being a growing need for a mental health program on the campuses in Contra Costa County.

NAMI Contra Costa is the proud benefactor from the recent Danville Children’s Guild annual fundraiser, putting the $97,000 raised to good use with school-based mental health awareness programs in Contra Costa.

NAMI Ending the Silence is a school-based engaging presentation that helps audience members learn about the warning signs of mental health conditions and what steps to take if you or a loved one are showing symptoms of a mental health condition.

NAMI CC Suicide Prevention Specialist Graham Wiseman is the lead coordinator in NAMI CC’s involvement with the schools and wellness centers on campus. He hopes that resources will be provided not only to students but to parents and faculty as well, to help parents understand that they are not alone, teach faculty to identify the difference between behavioral problems and mental health issues, and encourage students to know how to get help for themselves or help a friend. The ultimate goal is to have mental health clubs started on all campuses.

The presentations include two leaders: one who shares an informative presentation and a young adult with a mental health condition who shares their journey of recovery. Audience members can ask questions and gain understanding of an often-misunderstood topic and through dialogue, help grow the movement to ending stigma.

NAMI CC Ending the Silence will hope to End the Silence of not talking about mental health and encourage effective change of getting help and healing in a crisis, especially before or during transitional age youth period years when family, financial and social support is crucially changing.

If you know of someone who would be a good presenter, are interested in joining or would like to learn more about the Ending the Silence program, please contact Graham Wiseman at graham@namicontracosta.org. Presenters must be between the ages of 18-35.

March 2020
GENERAL MEETING
Thursday, March 19, 2020

Speaker
Travis Curran, Executive Director, Crestwood Healing Center

Travis Curran will discuss his leadership and vision at the supportive, compassionate and inclusive community found at Crestwood Healing Center in Pleasant Hill, one of the most respected residential progressive healing centers known worldwide.

Doors open at 6:30 pm
Meeting at 7:00 pm

Location:
John Muir Hospital
Concord Campus
2540 East Street
Concord

Open To The Public-Free Admission
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.

Open Our Hearts
Family Member Support Group
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
(925) 945-7272
Free-RSVP NOT Required
NancBolcerek@Namicontracosta.org 925-826 8433

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
dk12932@aol.com 925-676 5771
NAMI CC Mandarin Program
Family Support Group
Language: Mandarin
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-Rm. 204
7:00 to 9:00 p.m. Christina Mellin 925-899 0862

NAMI Contra Costa Writers’ Group
All writing levels welcomed. 2nd Saturday of Each Month, 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.

Support Group for Parents of Adult Children with Mental Illness
Meets the 2nd Sunday 2:30 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 from 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@gmail.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

NAMI CC Creative Expression Art Group
No experience necessary
4th Saturday of the Month, 10:30 am-noon
2151 Salvio Street, Suite V Concord, CA 94520
Art instructor Linda Valenciano lknights@astound.net
Ashley@namicontracosta.org
NAMI Contra Costa
National Alliance on Mental Illness

OFFICERS:

Don Green, President
(925) 942-0767
Don.green@namicontracosta.org

Susan Norwich Horrocks
First Vice President
susanh@namicontracosta.org

David Kahler, 2nd Vice President
(925) 567 6109
dk122932@aol.com

Mark Cohen, Secretary
mark.cohen@namicontracosta.org

Mark Tiano, Treasurer
(510) 810-0881
mtiano@telecarecorp.com

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

Newsletter Deadline:
20th of Each Month

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.

PRESIDENT’S
COLUMN

NAMI-CC is active in so many things right now that it is hard to know where to start. As I write this, we are still getting ready for our big, annual fundraiser, the Crab Feed.

We are excited to note that it will apparently be sold out earlier than we expected (but, sadly, that does mean that some people who always come to our Crab Feed may be unable to get tickets. Oh, well, they can always buy tickets to our fabulous raffle.)

March is American Women’s History Month, including March 8 which is International Women’s Day. Women have historically been the ones who cared for people with severe mental illness (“SMI”) because it was just expected that if someone needed care (children, elderly parents, etc.) this was a woman’s job.

Care for people with SMI was especially needed because throughout most of human history, there were no effective treatments. I agree that the many contributions to humanity that get promoted by Women’s History Month deserve to be celebrated. But the great burden of caring for (essentially untreated) people with SMI required compassion, strength, and courage. This will not be mentioned in celebrations of Women’s History because this vital service is accorded low “status” — it was generally unpaid and un-academic. So I ask that we all take a moment and think of the uncountable women who accepted this burden, and provided the only real care for people with SMI generally received throughout history.

NAMI-CC was founded, then with a different name, by two women who knew that in the fight for the needs of people with SMI, we are stronger together. With your support, we will continue to do the work that is necessary to provide the best support for those with SMI and the people around them.
On Saturday, February 15, 2020, on Miles Hall’s birthday, NAMI CC Executive Director Gigi Crowder, L.E. and Outreach Coordinator, Ashley Ciullo met with Showing Up for Racial Justice (SURJ), a national network of groups and individuals working towards racial justice, and other advocates including Racial Justice Working Group at Mt. Diablo Unitarian Universalist Church in Walnut Creek to talk about “Racial Disparities in Mental Health Services.” Gigi Crowder, L.E. shared her previous work as the BHCS Cultural Competency Coordinator and Ethnic Services Manager in Alameda County Behavioral Health Care Services in a published study called “African American Utilization Report, Goals and Recommendations,” her leadership in NAMI CC Faith Net building mental friendly communities and her role in facilitating an ongoing African American Family Support Group.

Allies discussed their lived experience and the work they are doing in the community to bring awareness, change and justice to disparities and called to action what they can personally do to support individuals from the African American Community to exist in a mental health friendly community, including their role and involvement in the Justice for Miles Hall Foundation.

Racial/ethnic minorities often suffer from poor mental health outcomes due to multiple factors including inaccessibility of high-quality mental health care services, cultural stigma surrounding mental health care, discrimination, and overall lack of awareness about mental health.
“BEDLAM: AN INTIMATE JOURNEY INTO AMERICA’S MENTAL HEALTH CRISIS” SCREENING

The UC Berkeley Art Museum and Pacific Film Archive (BAMPFA) & East Bay Media Center proudly present two screenings of the critically important new film, Bedlam - An Intimate Journey into America's Mental Health Crisis:

2 pm Saturday, March 14
BAMPFA
2155 Center Street, downtown Berkeley.

Tickets on Sale at BAMPFA website starting February 5

With discussion after the film led by "Dr. Thomas Insel, Governor Newsom's "Mental Health Czar" & John Snook, Executive Director, Treatment Advocacy Center, Washington DC

3pm Sunday, March 15
East Bay Media Center
1939 Addison Street, downtown Berkeley. Admission is FREE - Reserve your seats through Eventbrite

With discussion after the film led by Geoffrey Wilson, Physicians Organizing Committee & Tom Gorham, Executive Director, Options Recovery Service

In partnership with host committees including NAMI CC.

The last critical meeting to make decisions on funding any new MHSA program will take place on the following date and time at: Thursday, March 5, 2020 from 3-5PM at 2425 Bisso Lane, Concord, CA 94520.

The need for additional family services and programs ranked very near the top of the identified needs for additional MHSA funding through the community forums.

To ensure the voices of families are heard, if you can't make this meeting, NAMI CC would greatly appreciate if you could submit an advocacy letter explaining the importance of MHSA funding for additional family supports. We hope through your letters you can share your experience and why you think additional family supports are needed. Your comments will definitely have positive impact on the public and the families that need help. 200 -300 words will be sufficient for the perspective. Executive Director Gigi Crowder will personally deliver each letter. Please send your letter to gigi@namicontracosta.org.

FORMER BOARD MEMBER AND LONG TIME NAMI CC SUPPORTER TOM CLONEY PASSES AWAY IN FEBRUARY

Here is the information we received from Teresa Cloney, his former wife:

Tom was admitted to Kaiser, Richmond on Saturday, after he was found by his son, Jay, to be unconscious in his car. Although the Kaiser doctors/nurses were able to stabilize Tom’s diabetes, Tom remained in a comma until his passing on Saturday, February 1, at approximately 2:32 am. Jay and Teresa were by Tom’s bedside, and he died very peacefully. Jay ad Teresa have been told by the doctors that Tom had also suffered multiple strokes.

Tom was born July 21, 1943 in England, the son of Irish parents, Sylvester and Bridget Cloney, who came from County Wexford, on the east coast of Ireland. Tom has a surviving older sister in England (Clacton-on-Sea) Marina, who is married to Cliff Edwards. Tom has resided in Contra Costa County since 1980.

Teresa arranged, with Marina and Cliff’s consent, to have him cremated. Jay and Teresa will not be holding a memorial service for Tom. At a later date, Jay and Teresa will have a Mass offered for the repose of Tom’s soul, at a Catholic church of Jay’s choosing.

Tom’s passing was indeed untimely for all of us, but he is now at peace, in a peaceful place.
NAMI CC CREATIVE EXPRESSION ART GROUP

This month NAMI Contra Costa will be holding its first art group meeting for loved ones with mental illness and anyone in the community interested in healing through art.

An expressive medium, art can be used to help clients communicate, overcome stress, and explore different aspects of their own personalities.

The group’s focus will be on creative expression, through mediums such as vision boards, newspaper sculpture, water paint, drawing, photo collage, shoe box with the openness to additional ideas.

Volunteer art facilitator Linda Valenciano has 40 years of teaching experience using the arts, including art therapy and working with clients with mental illness.

The art group will meet the 4th Saturday of every month from 10:30 AM—noon at the NAMI CC Concord office. Contact Linda at lknight@astound.net for details.

FAMILY TO FAMILY EDUCATION COURSE 2020 SCHEDULE

Family to Family Education Course is a free series of classes that cover the symptoms and treatment of major mental illness, as well as skills to help family members and friends communicate with, and advocate for, their loved one more effectively.

We are taking registration now for the following locations in English near Mid-May: Walnut Creek, Danville and Brentwood.

For Information and to pre-register please contact Gloria at (925) 244-0873 or Namif2fcourse@gmail.com.

De Familia a Familia will begin Martes 10 de Marzo, 2020 de 5:30pm a 8pm at Bethesda Center for Faith and Wellness 995 East Street, Pittsburg CA 94565 y Miércoles 4 de Marzo, 2020 de 5:30pm a 8pm at The Latina Center 3701 Barret Ave, Richmond CA 94805.

For more information contact Mercedes Márquez at (510) 576-9517 or mercedes@namicontracosta.org.

NAMI CC's FREE "BOWLING FOR FUN TUESDAYS"

Two games plus shoes. Funded by NAMI CC. Open to all. Especially welcomed are Community Partner participants.

Where: Diablo Valley Bowl 1500 Monument Blvd., Concord
Contact Mike Gendron at griderpoly@hotmail.com.

NAMI CALIFORNIA CONFERENCE

June 2-3
Sacramento, CA

driving the CHANGE

Participate: Submit to be an exhibitor. Submit a workshop proposal.

NAMI NATIONAL CONVENTION

July 15–18
Atlanta, Georgia

newsletter@connect.nami.org
NEW NAMI CONTRA COSTA
COUNTY NEW SPANISH SPEAKING SUPPORT GROUP

The new NAMI CC Spanish support group is free, confidential and secure to help families who live with mental health problems.

Families can achieve a renewed sense of hope for loved ones no matter your child's age, all ages are welcome. During these classes families help each other through their experiences and lessons on how to deal with mental illness.

The meetings are held on the 3rd Saturday of each month, at 10:30 am-noon. at the NAMI CC office, 2151 Salvio St, Suite V CA, 24520. There is child care.

Contact: Jess Garcia at jess@namicontracosta.org 925-765-8043 or Mariela Acosta at mariela@namicontracosta.org or 925-942-0767

In Memory of Thomas Cloney
Susan Horrocks

In Memory of Jerry Laughlin
Eldred Feest

If you lost a loved one, and would like to direct funds to NAMI Contra Costa, please contact Jo Fetterly at jojac6996@gmail.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
☐ 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 ________________
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From:
NAMI Contra Costa
2151 Salvio Street, Suite V, Concord, CA., 94520
Phone: (925) 942 0767 Email: info@namicontracosta.org