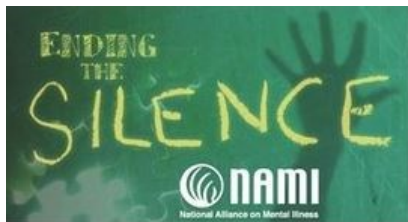




The NAMI Contra Costa Newsletter is available on the web at: www.namicontracosta.org
 You can get a copy of this newsletter and/or the e-News newsletter by e mailing: info@namicontracosta.org
 Email: Ashley@namicontracosta.org Phone Number 24/7: (925) 465-3864 Office Number: (925) 942-0767

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.

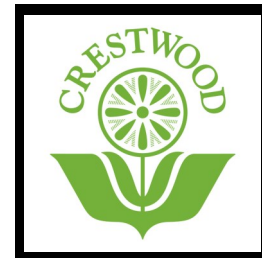
NAMI CC Ending the Silence will hope to End the Silence of not talking about mental health and encourage effective change of getting help and healing in a crisis, especially before or during transitional age youth period years when family, financial and social support is crucially changing.

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.

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 925-676 5771
 Free-RSVP NOT Required

NAMI CONNECTIONS

Support Group for Peers and Invited Family Members
 EVERY Wednesday 7 - 8:30 pm,
 John Muir Behavioral Health Center
 2740 Grant St. Concord, Classroom B
NancyBolcerek@Namicontracosta.org 925-826 8433

SPANISH SUPPORT GROUP

3RD Tuesday 6:30-8:30 pm
 The Latina Center
 3727 Barrett Ave, Richmond 94804
 Ana Torres, 510-367-3338

African American Family Support Group Mental Wellness Wise Wednesdays

4th Wednesday Each Month 6:30-8:00 pm
 5144 Union Mine Drive, Antioch, CA 94531
 Contact: Gigi Crowder E mail: gigi@namicontracosta.org
 Phone: 510-990-2670

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
 (In The Talmud Torah Center, Room E204)
 Call Karen at (925) 945-7272 or
 email at karen@mmcohen.com

www.openourhearts.net

CHINESE SUPPORT GROUP—CONCORD

1st & 3rd Saturdays each month 12:30 pm - 2:00 pm
 Open to API community and DVC students
 2151 Salvio Street, Suite V
 Concord, CA 94520
 Hanqing Zhang and Yue Shen, nicoleshen09@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 lknight@astound.net
Ashley@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 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

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 2-3:30 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 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@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

NAMI CC Grupo De Apoyo-Concord

3rd Saturday of the month, 10:30 am-noon
 2151 Salvio Street, Suite V
 Contact Mariela@namicontracosta.org or
Jess@namicontracosta.org

NAMI Contra Costa

National Alliance on Mental Illness

OFFICERS:

Don Green, President

(925) 942-0767

Don.green@namicontracosta.org

Susan Norwick 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

BOARD OF DIRECTORS

Barbara Scott Clare Beckner
Al Farmer Charles Madison

Emeritus Board Member: Kay Derrico

Executive Director

Gigi Crowder

(510) 990-2670

COMMITTEES:

Don Green	Criminal Justice
Shelly Ji	API Groups
Susan Horrocks	Membership
Barbara Scott	Nominating Committee
Nancy Seibert	Family-to-Family
Kimberly Wirtz	Database
Richard Derrico	Behavioral Health Court
Gigi Crowder	Faith Net Chair.
Kay Derrico	Outreach Committee
Deborah Fruchey	IOOV
Steve Sullivan	Librarian
Douglas Dunn	Political Advocacy
Ashley Ciullo	Newsletter
Jo Fetterly	Donations

Email: xnamicc@aol.com

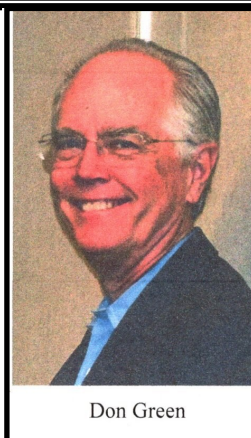
Website: www.namicontracosta.org

Phone: (925) 676 5771

Newsletter Deadline:

20th of Each Month

PRESIDENT'S COLUMN



Don Green

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 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 with 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.



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.

NAMI CC **BLACK HISTORY** MONTH HIGHLIGHTS



On February 11, 2020 under the initiative of NAMI CC Executive Director Gigi Crowder, L.E., NAMI CC joined with Friends of Scott, Taun and Alexis Hall (FOSATH) of the Justice for Miles Hall Foundation at the Contra Costa Board of Supervisors in Martinez as they proclaimed February 15, 2020 Miles Hall Remembrance Day on his birthday in recognition of African American Mental Health Awareness week—February 16-22.

Afterwards NAMI CC had a reception & dove release by his family at the Concord office. Friends, family and advocates spoke about Miles life and their ongoing efforts in effecting change and justice.



Thank you for joining us on Saturday, February 22 as NAMI CC and Mental Health Friendly Communities hosted A Free Black History Month Mental Health Awareness Event - Mental Health 101 for the African American Faith Community at Solomon Temple Ministries International in Pittsburg.

This event was designed to address behavioral health needs and provide educational information about mental health in the African American community to implement community defined strategies to improve disparities and make advancements in efforts to partner with churches to build Mental Health Friendly communities.

Speakers included MHFC Master Trainer NAMI CC Executive Director Gigi R. Crowder, L.E., Taun Hall, the loving mother of Miles Hall, writer Benjamin Turner who read a poem to honor the life of Miles Hall, Pastor Horacio Jones, Supervisor Federal Glover, Behavioral Health Director Suzanne Travano, Ph.D and Senior Pastor of Solomon Temple Ministries International Victor Brice.

Audience members were a community of networking people sharing their personal involvement in supporting and continuing to build a stronger sometimes broken behavioral health system and fight for justice. The event closed out in prayer and the hope for a more promising tomorrow.



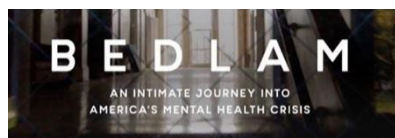
On Saturday, February 15, 2020, on Miles Hall's birthday, NAMI CC Executive Director Gigi Crowder, L.E. and Outreach Coordinator, Ashley Ciullo met with Showing Up for Racial Justice (SURJ), a national network of groups and individuals working towards racial justice, and other advocates including Racial 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, Gov-
ernor 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, Physi-
cians Organizing Committee &
Tom Gorham, Executive
Director, Options Recovery
Service

In partnership with host
committees including NAMI CC.

**LIFT YOUR VOICE
THROUGH
ADVOCACY
LETTERS TO BE
DELIVERED TO
CONTRA COSTA
COUNTY MENTAL
HEALTH
LEADERSHIP**



The last critical meet-
ing to make decisions on fund-
ing 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 Satur-
day, 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, Febru-
ary 1, at approximately 2:32
am. Jau and Teresa were by
Tom's bedside, and he died
very peacefully. Jay ad Tere-
sa have been told by the doc-
tors that Tom had also suf-
fered 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 re-
sided 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.

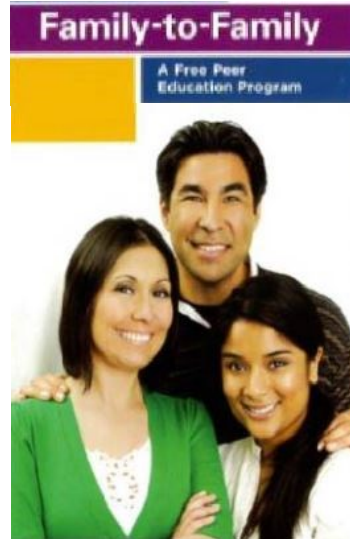
An expressive medium, art can be used to help clients communicate, overcome stress, and explore different aspects of their own personalities.

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.

When: Every 1st and 3rd Tuesday of every month, 1pm-2pm.

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

NAMI CALIFORNIA CONFERENCE

**June 2-3
Sacramento, CA**



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

NAMI NATIONAL CONVENTION

July 15– 18
Atlanta, Georgia

newsletter@connect.nami.org

NAMIcon 2020

**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, 94520. 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

NAMI DONATIONS

Donations

Mark Cohen
Clare Beckner
Birgit & Edward Pearson
Gayle Abal

William & Suzanne Lingo
Darlene Charvet
Dr. Mujahidun Sumchai
Everyone who donated on
Facebook

Company Donations

John Muir Health
Telecare Corporation
Crestwood Behavioral Health, Inc.
APAPA TVC
Bank of the West Employee
Car Donation Services, Inc.

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





Stamp

To:

Follow Us On Social Media!



Facebook:

NAMI Contra Costa



Instagram:

@namicontracosta



Twitter:

@namicontracosta

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