



The NAMI Contra Costa Newsletter is available on the web at: [www.namicontracosta.org](http://www.namicontracosta.org)  
 You can get a copy of this newsletter and/or the electronic newsletter by e mailing: [xnamicc@aol.com](mailto:xnamicc@aol.com)  
 Email: [xnamicc@aol.com](mailto: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](mailto:xnamicc@aol.com)

## WOMEN'S HERITAGE MONTH

On Friday, April 29th, in honor of Women's Heritage Month NAMI Contra Costa honored it's Founding Mothers, Presidents and women who lead the foundation with a beautiful luncheon to celebrate their important contributions. We were joined by Marlene Weiss and Leone Cowden who shared the history of the organization. They received plaques and they reminded the 18 women in attendance the earlier struggles they (Continued on page 4)

## May General Meeting

## AWARDS NIGHT

On Thursday, May 16th at 6:00 pm NAMI CC will acknowledge May as Mental Health Awareness Month by using the Monthly General Meeting as their 1st Annual Mental Health Awards and Appreciation Dinner. We will honor individuals who have made significant contributions toward improving the lives of those impacted by mental illness. Amongst those being recognized are Gloria Hill, Warren Hayes, Lisa Bruce,

(Continued on page 5)

**May 2019  
GENERAL MEETING**  
Thursday, May 16, 2019

## AWARDS NIGHT

Please read the column  
to your left.



John Muir Hospital  
Concord Campus  
2540 East Street  
Concord

Open To The Public- Free Admission



Follow us on Social Media!



Facebook: [NAMI Contra Costa](https://www.facebook.com/NAMICC)



Instagram: [@namicontracosta](https://www.instagram.com/namicontracosta)

## 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](mailto:xnamicc@aol.com), or call: (925) 256-9640, (925) 957 5139.

### NAMI Contra Costa Writers' Group

All writing levels welcomed. 2nd Saturday of each Month.  
10:30 a.m. to 12:00 Noon  
NAMI Contra Costa, 2151 Salvio Street, Suite V, Concord  
Gigi Crowder 510-990-2670  
Margaret Netherby, facilitator, [mlnetherby@yahoo.com](mailto:mlnetherby@yahoo.com).

### **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  
The Presentation Begins at 6:30 pm  
2151 Salvio St. Concord, Suite 201, 2nd Floor  
[dk122932@aol.com](mailto: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 Risa Road, Lafayette  
(In The Talmud Torah Center, Room E204)  
Call Karen at (925) 945-7272 or  
email at [karen@mmcohen.com](mailto:karen@mmcohen.com)

[www.openourhearts.net](http://www.openourhearts.net)

### **African American Family Support Group**

4th Wednesday Each Month 6:30—8:00 pm  
5144 Union Mine Drive, Antioch, CA 94531  
Contact: Gigi Crowder  
E mail: [gigi@namicontracosta.org](mailto:gigi@namicontracosta.org)

### **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](mailto: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](mailto:lphfong19@gmail.com)

### **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  
2<sup>nd</sup> Saturday of every month—10:00 to 12:00 Noon  
DCBC, 2278 Camino Ramon, San Ramon, CA 94583  
Contacts: Shelly 925-238-6286  
[mandarin@namicontracosta.org](mailto:mandarin@namicontracosta.org)

### **Horizon Mental Health Support Group**

1st and 3rd Mondays Each Month 9:30am—11:00am  
Our Savior's Lutheran Church, 1035 Carol Ln., Lafayette, CA  
Contact Kiera Rain 925-817-9642 or  
E mail: [gigi@namicontracosta.org](mailto:gigi@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](mailto:kscalzi@comcast.net)

### **SPANISH LANGUAGE FAMILY SUPPORT GROUP—PITTSBURG**

1st Thursday each month 7:00-8:30 pm  
Faith Based-ALL Welcome!  
Church of the Living God  
1125 Harbor St. Pittsburg  
Veronica: 925-250 4032

### **NAMI CONNECTIONS**

Support Group for Families and Consumers  
EVERY Wednesday 6:30pm-9:00 pm,  
John Muir Behavioral Health Center  
2740 Grant St. Concord, Classroom B  
[reina@namicontracosta.org](mailto:reina@namicontracosta.org) 925-798 9660



## **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*

### **BOARD OF DIRECTORS**

Barbara Scott Susan Horrocks  
Al Farmer Tony Khalil  
Don Green Michelle Wong

Emeritus Board Member: Kay Derrico

### **Executive Director**

Gigi Crowder

### **COMMITTEES:**

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<b>Shelly Ji</b>	Mandarin Groups
<b>Susan Horrocks</b>	Membership
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<b>Sean Kleen</b>	WebSite Director
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<b>Steve Sullivan</b>	Librarian
<b>Douglas Dunn</b>	Political Advocacy
<b>Kimberly Wirtz</b>	Data Management

### **Newsletter Group**

Peggy Luna Bill Boyle  
Dick Owens David Myers  
David Kahler Fro Schmidt

Email: [xnamicc@aol.com](mailto:xnamicc@aol.com)

Website: [www.namicontracosta.org](http://www.namicontracosta.org)

Phone: (925) 676 5771

April 28, 2019 1101A AAAA

Newsletter Deadline:

20th of Each Month

## **PRESIDENT'S COLUMN**

We have several important meetings coming up that we all should be aware of and attend if possible.

On Friday, April 26<sup>th</sup> the Assisted Outpatient Treatment Workgroup will meet from 10 am to 11:30 at 50 Douglas Dr. in Martinez. We will be given updates on the program's progress and there will be an opportunity for comment.

On Wednesday May 22nd there is an important meeting with the Contra Costa County Planning Commission in Martinez. This is regarding Dr. Braveman's application for permit for an adult residential facility at 2181 Tice Valley Blvd. in Walnut Creek. This treatment facility is critical for individuals living with a mental illness, to receive services in

their county.

For more information on these meetings, call the NAMI CC office.

I want to thank Gigi Crowder and Graham Wiseman for making an appeal to the Danville Children's Guild who were looking for a charitable organization that services children. As a result NAMI CC was awarded a \$50,000 grant that will assist us with enhancing our youth focused programs.

The General Meeting on April 18<sup>th</sup> featured an informative and passionate presentation by Graham Wiseman. Graham's program provided coaching considerations for parents and children struggling with stress, anxiety and depression.

The very best to all and remember everyone counts.

**NAMI Contra Costa Warmly Welcomes You to**

**5 Module Training for Volunteers**

**Beginning April 17 at 5:30 - 7:30 PM**

**NAMI Contra Costa**  
2151 Salvio Street, Suite V  
Concord, CA 94520

For more information  
contact Gigi Crowder at 510-990-2670

**Module 1:  
The Orientation**

*You will learn:*

- NAMI Contra Costa's History and Structure
- The New Family Volunteer Support Network and Nami signature programs
- Receive and sign Volunteer Documents required to volunteer with NAMI
- Understand the Role of the Volunteer
- Understand Self-Care, Boundaries, and Upcoming Trainings

## CLUBHOUSE'S SWEEP AWAY EVENT

Join NAMI CC Sweep Away Stigma Team to help raise awareness about the impact of stigma on mental health. Part of the event is spent cleaning up a section of the community (all supplies provided).

Before "sweeping away," enjoy a light breakfast and socialize with Clubhouse members, NAMI folks, and community partners. After cleanup, you are invited to Clubhouse for a lunch. Awards to the top clean up team and best individual will be presented by Concord Mayor Obringer. Certificates of participation will be given to all. Go Team NAMI!!

**Where:** Concord Dollar Tree parking lot, 1825, Salvio St., Concord.

**When:** Friday, May 17, 9:30 AM, light breakfast. 10:30 AM-11:45 AM, clean up. 12:00 noon, free lunch, Putnam Clubhouse, 3024 Willow Pass.

**Optional Donations:** NAMI CC will receive half of any donations collected by NAMI Team. Donations may be given to Kay Derrico (NAMI CC Team Captain) or sent to Clubhouse with notation that it is from the NAMI team.

**RSVP helpful:** indicate if attending luncheon:

[kayderrico@comcast.net](mailto:kayderrico@comcast.net)  
or leave a message 925-933-4012.

## MEMBERSHIP DRIVE

Our volunteer Membership Committee members, Clare Beckner, Kim Wirtz, Jo Fetterly and Susan Norwick Horrocks, are working very hard to keep all records current. You can help by renewing at least 1 month before your membership expires. Check this newsletter mailing label for your renewal date.

Renew on our website,  
[www.namicontracosta.org](http://www.namicontracosta.org) or mail a check :

Treasurer  
NAMI CC  
2151 Salvio St., Suite V  
Concord, CA 94520

Choose the Annual Dues category that fits your family.  
\$60 - Household  
\$40 - Regular  
\$5 - Open Door -*No questions asked.*

## WOMEN'S HERITAGE MONTH

(Continued from page 1)

when faced advocating for their loved ones living with mental illness. Others in attendance spoke of when they joined and the eventual need for us to join NAMI National and gain more bandwidth being recognized as a NAMI Affiliate in November 1999.

Come by our offices and see our Photo Gallery/ Woman's Hall of Fame.



## NAMI CALIFORNIA Annual Conference

May 31—June 1, 2019  
Newport Beach, CA

Keynote speaker:

Chamique Holdscaw, 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.



## PEER TO PEER SPRING CLASS ANNOUNCED

**What:** a free, weekly, 8-week course for adults living with mental illness; taught by NAMI certified mentors living in recovery themselves.

**Where:** Antioch. For address, see contact information below.

**When:** Spring, weekly schedule to be announced.  
Reservations (required) and information:

Lisa Bruce (Lead)  
[lisa@namicontracosta.org](mailto:lisa@namicontracosta.org)  
Mae 415.652.9832  
Carla 925.518.2758

### SAVE THE DATE

October 10 & 11, 2019

*"Spirituality: A Cornerstone in Building Mental Health Friendly Communities"*

The California Mental Health and Spirituality Initiative presents its Northern Region Statewide, "third of a kind" conference with keynote speakers, panels, and workshops featuring diverse cultural communities.

**Location:** Walnut Creek Presbyterian Church, 1801 Lacassie Ave., Walnut Creek, CA 94596  
Watch for more information.  
Contact: Gigi Crowder, 510.990-2670

### May General Meeting

## AWARDS NIGHT

(Continued from page 1)

Al and Susan Farmer, Victor Montoya, Dr. Mujahidun Sumchai, Supervisor Diane Burgis and Dave, "Mr. NAMI" Kahler.

Space is limited so please RSVP:

Gigi Crowder

[gigi@namicontracosta.org](mailto:gigi@namicontracosta.org)

by 5/12 to reserve your seat.

The dinner will begin at 6:00 pm and the General Meeting will be at 7:00 pm.



*Save the Date*  
May 16th ~ 2019  
6:00pm to 9:00pm

## NAMI CC's 1st Annual Mental Health Awareness Award and Appreciation Dinner

*Honoring our history and acknowledging our past and current Volunteers*

*with Gratitude*

*Featuring a*

Surprise Presentation  
Dinner and Awards

Held at 2540 East Street  
Concord, CA 94520  
Concord Campus

*RSVP*

Gigi R. Crowder at [gigi@namicontracosta.org](mailto:gigi@namicontracosta.org)

## **NAMI Basics IN ANTIOCH**

**Class Begins May 13.  
Pre-register NOW!**

NAMI Basics is a free class for parents or family members with children, ages 5-22 having emotional and or behavioral difficulties. Topics covered include mental health, communication, dealing with school and health professionals, record keeping, treatment, resources, and self care.

Six Monday morning sessions beginning:

May 14. Six Tuesdays

11:00 AM – 1:00 PM

Pre registration required.

Email Susan at

[susanh@namicontracosta.org](mailto:susanh@namicontracosta.org)

## **NEW SUPPORT GROUP**

### **Horizon Mental Health**

**Join us for a cup of morning coffee  
a snack and a friendly chat.**

1<sup>st</sup> and 3<sup>rd</sup> Mondays

9:30 AM – 11:00 AM

Our Savior's Lutheran Church

1035 Carrol Lane

Lafayette, CA 94549



# **GENERAL MEETING**

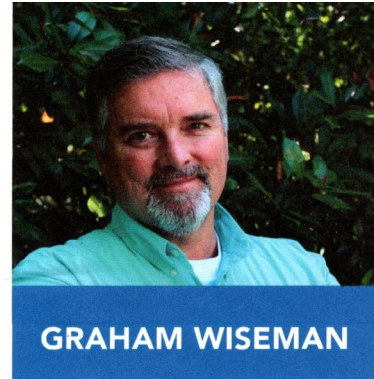
**The April, 2019 General Meeting  
April 18, 2019**

The featured speaker at the April General Meeting was Graham Wiseman who coaches parents and kids struggling with stress, anxiety and depression.

The turnout was the largest in recent memory. The title of the talk was "More Than Sad."

Graham lost his young son, Colin, to suicide. Topics discussed included warning signs, resources available and tips for the teen mental health including social media strategies. When to know if "just a phase" is more than that.

He stressed the importance of parents making sure their kids know they are not just loved, but loveable.



**GRAHAM WISEMAN**

Graham Wiseman works with the transitional Age Youth and has given many presentations throughout Contra Costa County. You may contact him at:

[graham@namicontracosta.org](mailto:graham@namicontracosta.org)

Graham Wiseman presenting to the NAMI General Meeting



## Help is Here for Vets & Military Families

### HOMEFRONT

HOMEFRONT is a **free**, 6 session class for family, friends and significant others of Military Service Members and Veterans. The class helps families comprehend what the Military Service Member/Veteran is experiencing related to trauma, combat stress, civilian life, PTSD and other mental health conditions. Topics covered include mental health, communication, handling crises, treatment and recovery.

#### Register on line.

Go to: [NAMICONTRACOSTA.ORG](http://NAMICONTRACOSTA.ORG)  
HomefrontOnline

Online classes meet weekly in a virtual classroom. You must have access to a laptop, PC or tablet with a stable internet connection to participate. Audio will be via telephone line.

Learn more about  
NAMI Homefront at  
[www.nami.org](http://www.nami.org) or email  
[namieducation@nami.org](mailto:namieducation@nami.org)  
or call  
703-STAND 24-7600.

## STANDDOWN!

Help our Vets!

Volunteers are needed to help at our NAMI CC table at this year's STAND DOWN in Antioch, Friday, Sept. 20 through Monday, Sept. 23. Call our office at 925-942-0767 to volunteer to help.

### FAMILY ADVOCATE

**Bob Thigpen**  
925-957 5139

[robert.thigpen@hsd.cccounty.us](mailto: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)

# NAMI DONATIONS

## Donations

Chevron Corporation-Al Farmer  
The Benevity Community Impact Fund  
Kaiser Permanente-Crab Feed Donation  
Jo and Joe Macaluso  
PG & E Community Fund  
Barretta Family Foundation  
Richard and Alice Kulka  
Mark and Judy Cohen  
Deanna Moser  
Network for Good

## Donation

Esmerald Bautista  
"Thank you for Helping my Daughter"

## NAMI Contra Costa Mission Statement

Our Mission is to provide support, outreach, education and advocacy to families affected by and Individuals living with a mental illness.

**3rd Monday Support Group**

May 20, 2018 7:00 p.m.  
 John Muir Medical Center  
 Walnut Creek  
 Epstein Meeting Room  
 Basement Area (See page 2)  
 Email: xnamicc@aol.com

**General Meetings**

**May 16: Awards Night**  
**June 20: Dr. Fung**  
**July 18: Dr. Shryer**  
**August 15: PG & E**  
**Sept.: Barbara Mann**  
**October 17: John Bateson**

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      428Su      ☐ General Membership

**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)

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City \_\_\_\_\_ Zip \_\_\_\_\_

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