



The NAMI Contra Costa Newsletter and e-newsletter are 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 Warm Line: (925) 465-3864 Office Number: (925) 942-0767

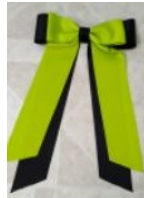
YOU ARE NOT ALONE!



Welcome back to our first printed newspaper in over 10 months. We are now able to pick up where we left off pre-COVID-19, supporting those most impacted by mental illness in Contra Costa County. As the Executive Director, it was my responsibility to ensure our exemplary staff was safe as we supported an increased number of individuals of all ages in need of resources and non-clinical supports. We adjusted to meet the needs with more support groups, a faster response for the Warm Line, more language capacity and all of our staff were forced to enhance all of their technical skills significantly to take advantage of the increased and online connections.

To best serve our community, our office is open from 8:30 a.m.-5:00 p.m. Monday through Thursday and Friday 8:30 a.m.-3:00 p.m. In mid-June, we will be back to our regular hours using caution and following CDC guidelines. We will always practice social distancing and follow COVID-19 protocol. Our staff will be available via phone at (925) 942-0767 after hours as well. Please contact me at (510) 990-2670 if you are in need of direct support.

MAY IS MENTAL HEALTH MONTH



Each year, millions of Americans face the reality of living with a mental health condition. During May, NAMI CC joins the national movement to raise awareness about mental health. Each year, we fight stigma, provide support, educate the public and advocate for policies that support people with mental illness and their families. "You Are Not Alone."

Since May of 2019, NAMI CC in collaboration with the Miles Hall Foundation has mailed out across the county over 650 green and black ribbons for its Mental Health Awareness and Social Justice Ribbon Campaign. People who donate or become a member have displayed the ribbons visibly on their mailbox, front door or in their yard. This beautiful system is an ongoing effort. Mental health is healing! Please see Page 6 for how our social justice efforts have benefitted Contra Costa County and the state through our growing partnerships.

Over the last two months, NAMI CC has asked members to submit their nominations for Community Change Agent Awards, with the intent to recognize twelve (12) community members/organizations who have made an extraordinary difference and improved the quality of lives by supporting people and/or their families with mental health challenges. NAMI CC will be holding a Virtual Nominations Awards Dinner for our monthly General Meeting on May 20, 2021 from 7-8:30 p.m. Zoom Meeting ID: 977 4203 1160.

CRASH COURSE NOW LIVE AGAIN

MENTAL HEALTH CRASH COURSE

Questions on Mental Illness?

The Crash Course, which offers an orientation to the resources in Contra Costa's mental health system, has been virtual during the virus crisis and will again be presenting live starting in May.

Education is divided into grades 1 through 12. The Crash Course is grade 1 in our mental health system. It's the place to start.

Those that participated in the virtual Crash Course are welcome to come, along with anyone who has questions about the system.

Literature is given to each person with considerable information and suggestions to help manage a case. You will learn about mental illness, how to navigate resources effectively, housing and treatment, Social Security (SSI and SSDI), the legal system, the 911 process, the 5150 process and LPS Law.

The Crash Course is **FREE**.

It will be held **upstairs from the NAMI CC office** at 2151 Salvio Street, Suite V in downtown Concord

Wednesdays from 6-8:00 p.m.

NAMI CC Support Groups—Offered by Zoom

NAMI CC Warm Line 925-942-0767

A non-emergency hotline for anyone seeking emotional support, information, and/or linkage to community resources.

Connection Support Group Time: Every Wednesday, 7:00—8:30 p.m. Meeting ID: 950 5621 9162 Passcode: 917027

Contact: Nancy Bolcerek
Nancycybolcerek@namicontracosta.org

East County Connection Support Group Time: Every Friday, 7:00— 8:30 p.m. Meeting ID: 926 6083 1829 Passcode: 917027

Contact: Nancy Bolcerek
Nancycybolcerek@namicontracosta.org

Transitional Age Youth Support Group Time: Every Tuesday, 6:00 p.m.—7:30 pm Meeting ID: 980 5061 6682 Contact: Tristan Siebold E-mail: Tristan.siebold@namicontracosta.org

Peer Dual Diagnosis Support Group Time: Every Friday, 5:30 p.m.—6:30 p.m. Meeting ID: 955 1213 5369 Contact: Ashley Ciullo E-mail: Ashley@namicontracosta.org

Family Support Group Time: 1st & 3rd Monday, 7:00 p.m.—8:30 p.m. Meeting ID: 1st Monday: 983 9317 0658 3rd Monday: 983 4603 3191 Contact: Michele O'Keefe E-mail: Michele@namicontracosta.org

Spanish Support Group

Time: Every Monday,
6:30—8:00 p.m.
Meeting ID: 958 8167 6173
Contact: Gerardo Peniche or
Alejandra Escobedo
E-mail:
Gerardo.peniche@namicontracosta.org
Or Alejandraescobedo2@gmail.com

API/Mandarin Support Group

Time: Every 3rd Sunday,
1:00 p.m.—3:00 p.m.
Meeting ID: 990 6004 9476
Contact: Shelly Ji,
E-mail: Shelly@namicontracosta.org

Men's Support Group Time: 2nd & 4th Saturday, 1:00 p.m.—2:00 p.m., Meeting ID: 2nd Saturday: 930 9814 2482 Passcode: 585218 4th Saturday: 946 1602 2036 Passcode: 449069 Contact: Eddie Morris E-mail: Eddie.m@namicontracosta.org

The Parent Connection Time: 2nd & 4th Monday, 8:00 p.m.—9:00 p.m. Meeting ID: 2nd Monday: 987 3209 5699 4th Monday: 924 4351 8216 Contact: Susan Horrocks, E-mail: susanh@namicontracosta.org

Men of Wellness & Men of Faith Support Group Time: 2nd & 4th Wednesday, 7:00 p.m. Meeting ID: 932 5929 0303 Passcode: 585218 Contact: Eddie Morris or Al- fonzo Edwards E-mail: eddie.m@namicontracosta.org or Alfonzo.edwards@namicontracosta.org

African American Family Support Group

Time: 4th Wednesday,
6:30 p.m.—8:00 p.m.
Contact Gigi Crowder for more
information at (510) 990-2670
E-mail: gigi@namicontracosta.org

Writer's Group

Time: 2nd Saturday,
10:30 a.m.—12:00 p.m.
Meeting ID: 993 0455 9380
Contact: Margaret Netherby,
E-mail: Mlnetherby@yahoo.com

Brentwood Family Support Group

Time: Last Tuesday, 7:00 p.m.
Meeting ID: 394 327 3226
Contact: Laurel Howard-Fong
E-mail: lphfong19@gmail.com

Weekly Mental Wellness Support Group

NAMI CC in collaboration with
the Fellowship Church in Antioch
Time: Wednesdays at 5:30 –6:30
p.m.
Meeting ID: 520 656 3669
Passcode: 1k0bCU
Contact: Wandah Parenti
E-mail: wandahparenti@gmail.com

NAMI CC CalHope Warm Line

Offering non-clinical crisis services
to African Americans during
COVID-19.

Contact Naomi Gashaw
Naomi.gashaw@namicontracosta.org

NAMI Basics OnDemand

NAMI Basics onDemand is a free, 6-session online education program for caregivers of youth aged 22 or younger who are experiencing mental health symptom s.
Contact: susanh@namicontracosta.org
Register: basics.nami.org

NAMI Contra Costa

National Alliance on Mental Illness

OFFICERS:

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Al Farmer Charles Madison

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Gigi Crowder

(510) 990-2670

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Email: info@namicontracosta.org

Website: www.namicontracosta.org

Phone: (925) 942-0767

Newsletter Deadline:

20th of Each Month

PRESIDENT OF THE BOARD'S COLUMN

By Don Green



There is much to celebrate in these strange and difficult times. AB 988 seems to be sailing through the California Legislature, to create a system calling for non-police response when there is a situation just involving a person having a mental health crisis. There is every reason to expect that this system will save lives and produce better outcomes for the people having the crisis by getting them prompt and appropriate care by trained mental health professionals. This, in turn, would greatly reduce the distress of family and others who love that person when they have to call 911, knowing police with guns will be arriving on the scene, unlikely to have been comprehensively trained in providing the help that persons having a mental health crisis need. Whoever placed the call likely suffers grief magnified by guilt if the call if the call for help results in incarceration, serious injury or death of their loved one who only needed help during their mental health crisis. Our Executive Director, Gigi Crowder, has been one of the strongest proponents for AB 988, working in conjunction with the Miles Hall Foundation. We are heartened by the support of many groups, including those in law enforcement who recognize that their skills and services are better utilized in situations not simply involving a person suffering a mental health crisis.

The economic impact of the pandemic on California's budget has been far less than most people had anticipated. The pandemic and needed responses to it have created isolation that has increased the need for treatment for mental illness. Fortunately there has been no great reduction of available treatment in these times when the treatment is needed more than ever now. Likewise, as a charity dependent on donations, we feared that our funding would be severely impaired. Through diligent efforts, and the benevolence of our donors, we have been able to continue to offer services to the many people suffering from severe mental illness during the pandemic.

We now can see that vaccines will soon be available to everyone willing to take them. Sadly, it is now clearer that America is less likely to develop the "herd immunity" to stifle COVID-19 because of the many Americans who are, for whatever reason, unwilling to accept the vaccine. We hear people saying "If you have gotten the vaccine, why should you care if others don't?" There are several reasons that failure to reach levels needed for herd immunity is bad. First, as the virus continues to find people to infect, it continues to be able to mutate, potentially creating an even worse variant that might break through the protection of current vaccines, potentially starting the whole pandemic over again. Second, vaccines are not perfect, so some people who have been fully vaccinated will still be infected by COVID-19 and may pass it to others. Third, the impaired thought processes of people with severe mental illness increase the risk that they will be unable to make a rational decision to get vaccinated, leaving them more greatly at risk of a terrible illness that often creates long-term impairment of brain function.

These are not easy times. But to navigate through them, we need to recognize that there is good, and bad, and that almost everyone is struggling. Please be as kind to yourself and to others as you can.

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.

TRANSITIONAL AGE YOUTH SUPPORT AVAILABLE

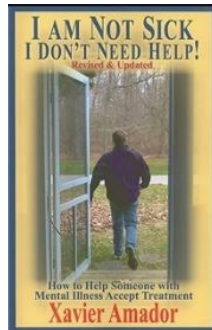
NAMI CC provides TAY (ages 16-24) community support within the support group held weekly on Tuesday nights from 6-7:30 p.m. Topics discussed include suicide prevention, college, anxiety and depression, substance use, forming friendships, independence, preparing for the future and peer recovery.

Juan Carlos Soria, 30, is a graduate from Humboldt State with a bachelor's in psychology. He has bipolar 2 and PTSD diagnoses. He is the oldest brother of a family of five children and was also impacted by mental illness in his social circle. He was part of group therapy at Humboldt using active listening skills for feedback and facilitated and moderated a support group at Crestwood Behavioral Health. He became involved with NAMI CC after being a consumer in Connection support group for a year and a half. He has an empathetic, compassionate heart to provide mental health services both personally and professionally. He wants youth who feel overwhelmed and pulled in different directions to know that everything they are experiencing is normal and to trust and love themselves.

Tristan Siebold, 22, is a student at San Francisco State and recently got involved with NAMI CC to become an advocate for people who feel that their mental health needs are unheard. She has lived with general anxiety disorder, depression and PTSD and felt lost and confused about mental health until she was an adult. She felt passionate to get involved with NAMI CC to be able to provide non-traditional support. She relates life to chapters in a book; some chapters may not be perfect and some may be boring but they all have meaning.

Long-time staff member Mariela Acosta will be continuing to help assist the Ending the Silence outreach program to provide mental health awareness presentations to high schools for this critical age group. It requires presenting NAMI CC material as well as lived experience with the signs and symptoms of mental illness.

I AM NOT SICK! BOOK REVIEW By Dave Kahler



"I am Not Sick, I Don't Need Help" is the title of a book by Xavier Amador. The Crash Course urges its students to buy it and read it.

It addresses one of the most challenging problems in the world of mental illness: Denial; the mentally ill person who looks at you straight in the eye and says, "I am not mentally ill," in spite of the considerable evidence in plain sight.

Imagine if you had a person who plainly has a broken arm. You, of course, say "Come with me to the emergency room," and to your surprise, he says "No, I don't have a broken arm." It would be a major problem.

Families with a mentally ill loved one frequently have this impossible dilemma, which this book addresses. It does a supremely good job at showing how a family member can successfully manage the case of their loved one. In other words, become the Family Case Manager. Something that most people wrongly think is way beyond their capabilities.

The book makes a very interesting statement about the mental health laws: "Dr. Torrey argues that homelessness, incarceration,

episodes of violence and premature death are not necessary because...we know what to do, but fail to do it for economic, legal and ideological reasons."

In particular, he sites our hesitation as a society to infringe on the individual rights and freedoms of our fellow citizens as a major obstacle to providing the seriously mentally ill with the medical treatment they need.

Denial is one of the major challenges in schizophrenia. Dr. Amador points out: "A majority of individuals with schizophrenia have poor insight regarding the fact they have a psychotic illness. Evidence suggests that poor insight is a manifestation of the illness itself rather than a coping strategy...comparable to the lack of awareness of neurological deficits seen in stroke, termed anosognosia."

The book is practical and well laid out, easy to follow. In many ways, a hand book to manage a psychiatric case. A must read.

NAMI NATIONAL CONVENTION



July 27-28
nami.org/convention

- \$10 students/peers, \$15 members and \$25 non-members
- Convenient online experience
- Speaker Joshua A. Gordon, M.D., Ph.D—Director of the National Institute of Mental Health shares current challenges and opportunities
- Programming - Research, youth and young adults, mental health conditions, community support systems and addressing mental health disparities.
- The largest community gathering of mental health advocates in the U.S.—Help bring greater awareness and solutions for people living with mental health conditions.

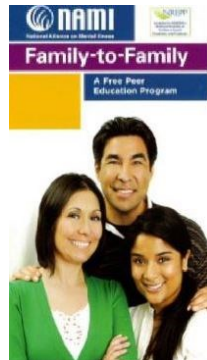
IN OUR OWN VOICE: HELPING THE COMMUNITY RECOVER

NAMI CC's In Our Own Voice (IOOV), an interactive presentation from the voices of lived experience led by Coordinator Deborah Fruchey, has been making monthly Zoom presentations with several agencies who have the equipment and availability.

Deborah said that it seems as if people are equally engaged in the Zoom presentations as they are in person as the group is still receiving plenty of questions, discussion and feedback. Currently, IOOV has a team of six and additional trainees that are waiting to be added to the roster. The team, including presenter Carla Pirie, is eager to go back to in-person presentations. "People," she said, "really appreciate hearing from those who have actually had that lived experience and know what signs and symptoms to look for when understanding mental illness." IOOV finds strength in sharing stories and finds purpose in helping people knowing they are shedding some light at the end of the tunnel.

IOOV has a roster of Contra Costa agencies they see yearly including halfway houses and homeless shelters like the Don Brown Shelter. Usually IOOV makes monthly hospital visits to Contra Costa Regional Medical Center and John Muir Behavioral Health but HIPAA privacy laws do not allow for Zoom presentations so they will go back once the hospitals permit. Earlier this year, IOOV presented to Discovery House and Diablo Valley Ranch. In March, they presented to the Putnam Clubhouse, in April, the Hope House and in May IOOV will present to Crestwood Healing Center. The Hume Center and Nevin House are other future prospects.

FAMILY TO FAMILY EDUCATION COURSE



Family to Family Education Course is a free, 8-week course that assists family members through education of the symptoms and treatment of major mental illnesses, as well as skills to help family members and friends communicate with, and advocate for, your loved ones more effectively. The Family to Family course content will broaden the perspective of family members as well as strengthen a person's view of themselves.

For Information and to Register:

Gloria (925) 244-0873
Namif2fcourse@gmail.com

To register for training to become a NAM Family to Family teacher, contact Program Coordinator Nancy Seibert at fam2fam4u@gmail.com.

THE NAMI CONTRA COSTA BLOG

A place for NAMI CC volunteers and community to share their lived experience or words of inspiration to help others. Read and bookmark our latest posts:

<https://namicontracosta.blogspot.com>



REAP THE BENEFITS WITH A NAMI CC MEMBERSHIP



Make your membership count! Stress, depression and anxiety are on the rise. Renew early and help our increased efforts to support families and individuals in need. Join or renew your membership and as a reward you will receive a ribbon from our Mental Health Awareness Social Justice Ribbon Campaign to display on your tree or mailbox.

Help our volunteers by sending your renewal at least one month before your expiration date. The date is printed on your newsletter mailing label. Join or renew on our website, www.namicontracosta.org or use the form on the back of this newsletter and mail your check to NAMI CC, 2151 Salvio Street, Suite V, Concord, CA 94520.

Membership Categories:

Choose the one that is the best fit for you and your family.

\$40—Regular

\$60—Household

\$5—Open Door (No questions asked.)

All memberships also include a membership to NAMI National and NAMI California.

NAMI CC COOK BOOK



“Living Longer, Eating Well” is our cook book designed for people with mental health conditions to boost energy and satisfy hunger with healthy and nourishing foods to prolong the quality of life. All recipes are added by NAMI CC staff and volunteers.

Many people who have undergone the ordeal of a mental health crisis have, in order to correct the symptoms, had to take some sort of psychiatric medication. The medications keep the psychotic symptoms under control, but they have, as in many cases with the new designer medications, created a problem with weight gain, which can then cause Type 2 diabetes. Research shows that some of the common components of the medications side effects is as follows concerning weight gain:

- May cause food cravings for fatty and sweet foods
- May cause a slower metabolism

With these things working against a person impacted by mental illness, how can someone’s overall physical health not be a factor? You can lessen the impact of weight gain by talking to your psychiatrist about maintaining your overall health and wellness.

NAMI CC suggests great tips for getting a person on a fitness plan. These fitness plans include fitness goals and a low carbohydrate, low-fat diet.

To submit a recipe to our cookbook, e-mail info@namicontracosta.org.

COUNTY UPDATES By Douglas Dunn



NAMI Contra Costa, along with the Miles Hall Foundation, the Kennedy Forum and the Steinberg Institute, is sponsoring AB 988—the Miles Hall Lifeline Act authored by Assemblymember Rebecca Bauer-Kahan (D), District 16 (San Ramon). This bill is named in honor of Miles Hall, an African-American young man who was tragically killed by Walnut Creek police during a mental health crisis on June 2, 2019.

It’s purpose is to transfer 9-1-1 mental health crisis calls to 9-8-8 and persons with Suicide Prevention and Mental Health Crisis training and corresponding “lived experience.” This bill proposes that AB 988 become effective when the national 9-8-8 database and call centers start operating July 16, 2022. There would be a 80 cent surcharge/month per subscriber beginning January 1, 2022.

Thank you for contacting your Assemblymember and State Senator to strongly support this most important state legislation.

You can watch the first two Rapid Improvement Events by Contra Costa Health Services, selected community advocates, county Behavioral Health, law enforcement personnel and individuals with lived mental health experience to refine recommendations and create alternatives to incarceration and admission to psychiatric emergency services by visiting the website cchealth.org/bhs/crisis-response.

COMMUNITY PARTNERS’ MENTAL HEALTH AWARENESS CALENDAR OF EVENTS

May 1, 11 a.m., Putnam Clubhouse’s Virtual Kick-Off Event, with Gabe Howard, speaker, author, activist. **Zoom Meeting ID: 944 5665 2070.**

May 7, 4-5 p.m., NAMI CC Children’s Mental Health Awareness Month Guest Speaker, Xander Deanhart, testimony on autism. **Zoom Meeting ID: 993 4581 0744.**

May 10, 1-3 p.m., The Contra Costa Continuum of Care (CoC) Learning Hub: “Behavioral Health Services for People Experiencing Homelessness” meeting. **Zoom Meeting ID: 146 435 7538.**

May 13, 1:30-3:30 p.m., The Office for Consumer Empowerment (OCE) in partnership with NAMI CC, RI, Putnam Clubhouse and Native American Health Center will have a celebration at the monthly Social Inclusion meeting, held virtually. The event will discuss AAPI mental health and commemorate the consumer advocacy work of Jay Mahler. **Zoom Meeting ID: 961 7673 1835.**

May 14, 1-3 p.m., A virtual “Sweep Away Stigma” Pod Squad event hosted by the Putnam Clubhouse to promote education and services provided by mental health agencies. It will include a fun, interactive COVID-19 safe virtual activity team game with possibility of winning raffle prizes and grand prize.

[Putnamclubhouse.org/sweepaway2021](https://putnamclubhouse.org/sweepaway2021)

May 18, 1-4 p.m., Virtual Inter-agency Meet & Greet and Resource Fair hosted by Putnam Clubhouse. Community partner/agency breakout rooms with information from each agency including program services, COVID-19 response, new offerings and referral processes. **Zoom Meeting ID: 870 1044 9651.**

May 20, 7-8:30 p.m., NAMI CC General Meeting: Mental Health Awareness Annual Awards and Recognition Nomination Dinner. **Zoom Meeting ID: 977 4203 1160**

BECOME A NAMI CC VOLUNTEER TODAY!



Welcome to NAMI Contra Costa to people interested in volunteering four hours or more a month within the Family Support Network (FSN) on any of our supportive network committees. We would like to extend the invitation to get involved if you want to reach out and inspire hope and help to other families. Your lived experience can make a difference.

After becoming a volunteer, you initially will go through five training modules which will help you learn more about NAMI CC history, the behavioral health system in Contra Costa County, mental health and wellness, psychological disorders and multiculturalism. Once your application is filled out we can notify you when the trainings will start.

In English, Spanish and Mandarin, committees available to volunteers include Fundraising, Mental Health Advocacy, Conferences, Front Office and Administration, Database, Family Support, FaithNet, Crash Course Seminar, In Your Own Voice Speakers, Support Group Facilitator, Signature Programs Teacher, Social Media, Hospitality, Membership, and Transitional Age Youth Suicide Prevention.

Call the office at 925-942-0767 or e-mail info@namicontracosta.org today to find the best fit for you.

NAMI DONATIONS

Donations

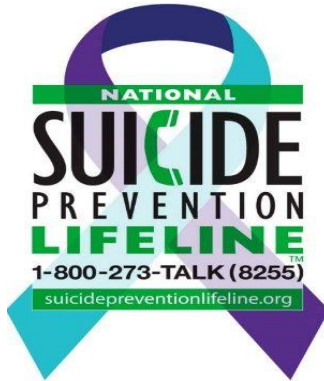
Judith Scarborough	Ling Cheng
Eric Horschman	Hua Zhou
Mr. & Mrs. Robert Puccinelli	Agnes & Aggie Burke
Ruth & Gregory Pavlik	Laurel Howard-Fong
Josue & Martha Hernandez	Anonymous

Company Donations

Network for Good	Employees of Microsoft
Charities Aid Foundation of America	East Bay Community Foundation
Givinga Foundation, Inc.	Mentis Napa Valley's Center for Mental Health Services
Employees of Ameriprise Financial, Inc.	

If you lost a loved one, and would like to direct funds to NAMI Contra Costa, please contact Jo Fetterly at jojac6996@gmail.com



**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) xnamicc@aol.com

Stamp

**To:****Follow Us On Social Media!**

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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