



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 eNews newsletter by e mailing: xnamicc@aol.com
 Email: xnamicc@aol.com Phone Number 24/7: (925) 465-3864 Office Number: (925) 942-0767

HIGHLIGHTS FROM THE MENTAL HEALTH AND SPIRITUALITY CONFERENCE: An Event to be Embraced and Remembered

On October 10 and 11, 2019, the 2019 California Mental Health and Spirituality Conference at The Walnut Creek Presbyterian Church. This event was the third of its kind held in the Northern Region and was sponsored by the California Mental Health and Spirituality Initiative (CMHSI). The California Mental Health & Spirituality Initiative was launched in June 2008 through voluntary financial contributions from 51 of the County Behavioral Health authorities in California. The Initiative is currently supported by NAMI CC as we identify a statewide non-profit entity to house it.

Our mission is to transform the public mental health system and communities in California to inquire about, embrace, and support the spiritual interests, practices and beliefs of individuals and families.

The Spirituality & Mental Health Core Workgroup formed in late 2006 to find effective, collaborative means to lead the public mental health system in California to inquire about, embrace, and support the spiritual lives of the people it serves or desires to serve. This includes individuals from diverse, multicultural communities, and people who are bilingual and monolingual. Spirituality and religion can be important components of recovery, and they have too often been overlooked, minimized, and many times labeled as pathology, leaving consumers with little hope for themselves and their futures.

(Continued from page 4)



November 2019 GENERAL MEETING Thursday, November 21, 2019

Speaker
Christina Wade, LCSW
Will speak on:

SUICIDE

Christina is the Suicide Prevention Coordinator, East Bay, for the VA Healthcare System.

She is experienced in strategies for preventing suicide and knows where the resources are to help.

ALSO: HOUSING

The meeting will start with an extensive discussion about finding housing for a loved one.

Experts on the subject will be available and literature with lists of various homes and facilities will be distributed.

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.

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.

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

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 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

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

SPANISH SUPPORT GROUP

3RD Tuesday 6:30-8:30 pm
Salvation Army, 4900 Appian Way, El Sobrante
Alejandra, 510-837 4077

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

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 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

SPANISH LANGUAGE FAMILY SUPPORT GROUP—PITTSBURG

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

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 CONNECTIONS Support Group for Peers and Invited Family Members

EVERY Wednesday 7 - 9:00 pm,
John Muir Behavioral Health Center
2740 Grant St. Concord, Classroom B
NancyBolcerek@Namicontracosta.org 925-826 8433

NAMI Contra Costa

National Alliance on Mental Illness

OFFICERS:

Don Green, President

(925)-360 3903

Don.green@namicontracosta.org

Susan Norwick Horrocks

First Vice President

susanh@namicontracosta.org

Mark Cohen, Secretary

mark.cohen@namicontracosta.org

David Kahler, Treasurer

(925) 567 6109

dk122932@aol.com

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Barbara Scott Clare Beckner
Al Farmer Charles Madison

Emeritus Board Member: Kay Derrico

Executive Director

Gigi Crowder
(510) 990-2670

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Tuesday 100119 715 P RRRR

Email: xnamicc@aol.com

Website: www.namicontracosta.org

Phone: (925) 676 5771

Newsletter Deadline:
20th of Each Month

PRESIDENT'S COLUMN

By: Don Green

For many years, Charles Madison was the president of NAMI Contra Costa. During that time his leadership resulted in tremendous accomplishments, including adoption of Laura's law and the contracts with Contra Costa County which allow us to be far more effective in assisting people confronted with the critical problems that often result from severe mental illness.

I am honored, pleased, and intimidated at the prospect of trying to fill his shoes. Fortunately, my role will be much reduced from the range of the work that Charles Madison did.

We now have an excellent Executive Director, Gigi Crowder, who works diligently, with vision and commitment to help NAMI Contra Costa be as effective at filling the great need for the services as we possibly can be. We now have numerous employees (many part-time) who are happy to have jobs that let them share in this important work.



Don Green

GENERAL MEETINGS

Thursday, November 21:

Christina Wade, LCSW, will speak on the subject of suicide. Very much a threat in the world of mental illness.

Contrary to what many believe, there are some very real and effective things that can be done to prevent suicide. This will be an important subject for you to hear.

Also, housing, being the critical factor that it is will be discussed and hard copy packets of information will be available for you to take home.

If you have been searching for housing for your loved one, you will not want to miss this.

And still, the important work done by NAMI Contra Costa would be impossible without the amazing dedication and commitment of our many volunteers.

All of us are working together to do all that we can to ease the suffering and support the recovery of people living with severe mental illness.

There is much work to be done. We need as much help as we can get, because the members of our community need more help than current resources provide. Thank you for your support for NAMI Contra Costa.

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.

Mental Health and Spirituality Conference:

(Continued from page 1)

We acknowledge that there are numerous barriers – including political, legal, and cultural -- between the public mental health system and spirituality/religion which need to be addressed thoughtfully, systematically, and with great care*.

Spirituality and faith communities are necessary elements in recovery for many persons who receive or are in need of mental health services.

This year's theme, *Spirituality - A Cornerstone to Building Mental Health Friendly Communities* was intentionally scheduled during Mental Illness Awareness Week. The event featured mental health, faith and spiritual community leaders and others interested parties sharing their efforts in building mental health friendly communities. The two day event included live cultural performances, such as drumming, dance, spoken word, a string quartet, harpist and transitional aged youth hip hop artist. There was an opportunity for peers and family member to share their lived experience and the role that faith and spirituality plays for them as a wellness tool throughout the conference. The keynote speakers shared important insights as did the various panels, which included; a faith and spirituality panel, a subject matter expert provider panel, a diverse cultural broker panel, and a lived experience panel. Several individual and groups were recognized for their contributions toward mental health friendly communities.

Governor Newsom concerning the SB-10 Mental Health Services: Peer Support Specialist Certification

This article is a letter from the Office of Governor Gavin Newsom, dated October 13, 2019

To the Member of the California State Senate;

I am returning Senate Bill 10 without signature.

This bill would require the department of Health Care Services (DHCS) to establish a new state certification program for mental health and substance use disorder peer support specialists.

Peer support services can play an important role in meeting individuals' behavioral health care needs by pairing those individuals with trained "peers" who offer assistance with navigating local community behavioral health systems and provide needed support. Currently, counties may opt to use peer support services for the delivery of Medicaid specialty mental health services.

As the administration, in partnership with the Legislature and counties, works to transform the state's behavioral health care delivery system, we have an opportunity to more comprehensively include peer support services in these transformation plans. I look forward to working with you on these transformations efforts in the budget process and future legislation, as improving the state of the state's behavioral health system is a critical priority for me.

This proposal comes with significant costs that should be considered in the budget process.

Sincerely,

Gavin Newsom

PSYCHIATRIC EMERGENCY SERVICES UPDATE

In the later part of June, over eighty individuals crowded in to the NAMI CC training room to continue a conversation on needed improvement to the Contra Costa County Psychiatric Emergency Services (PES). The NAMI CC community has continue to monitor the progress and Gigi Crowder began attending the Behavior Health Care Partnership (BHCP) Meetings to ensure the voices of the those most impacted would be heard. Gigi has applied to co-chair the BHCP meeting.

Many improvements have already taken place.

- Temporary signage has been installed with clear instructions on how to operate the phone. The signage is in both English and Spanish.
- The bench in the entry way was replaced with five chairs. A protocol was instituted that allows individuals that be escorted into PES immediately.
- A gurney has been placed in PES to expedite the transition for those arriving via ambulance.
- There is now a waiting room on the third floor.

Pending improvements:

- Video phone for the third floor waiting room with direct communication to PES.
- PES Staff will be trained on creating a warm and welcoming environment for those in need.
- Architectural building plans are being reviewed for potential remodel of PES to create a separate children's unit with separate entrance, and possible to also create a triage space, and add several more adult beds.

CRAB FEED. MARCH

2020

New Location:
Pleasant Hill
Community Center.

New Date:
Saturday, March 7,
2020 We are seeking volunteers
to lead Crab Feed Committees.

Contact Gigi Crowder at
510-990-2670
or: gigi@namicontracosta.org
to RSVP.

SERIOUS MEMBERSHIP DRIVE

NAMI CC is excited to announce an opportunity for us to be gifted \$2,000 if we reach a total of 500 members by the end of the year.

Two of our most dedicated members have made this pledge. We currently are just over 100 members away from achieving this task.

We need your support to hit our target and earn the funds that will assist us to have more resources and therefore serve more Peers and Families in Contra Costa County.

Please share this opportunity with everyone you know and encourage them to join NAMI CC and do their part to advance our mission to educate, support, and advocate for those impacted by mental illness.

Becoming a NAMI CC member is easy. Go to our website:

www.namicontracosta.org

and click on the: Join Today Button.

LITHIUM

This article is a book review by Mike Jay.

Lithium
By: Walter Brown
Liveright, 222 pages

In 1949 an Australian psychiatrist named John Cade made the curious discovery that lithium was extremely effective in treating mania. As the psychiatrist Walter Brown writes in his thorough and highly readable book "Lithium: A Doctor, a Drug and a Breakthrough," this was "the first demonstration that a drug can alleviate the fundamental symptoms of a mental illness."

It was followed by a succession of psychotropic drugs that transformed the landscape of psychiatry—which until then had been dominated by psychoanalysis, into the pharmaceutically driven profession of today.

Yet lithium's story is not the triumphant march of an irresistible new wonder drug. It was promptly abandoned by its discoverer and largely ignored by the psychiatrists, despite increasingly persuasive evidence of its efficacy. This was partly due to bad timing and the fact that lithium could not be patented.

The attempts to establish lithium therapy was met with resistance. A 1968 Lancet article suggested it was "another therapeutic myth" being pushed aggressively by a small cadre of "enthusiastic advocates." Dr. Brown, who at the time was beginning his own psychiatric training at Yale, recalls that he was instructed to treat depressed patients in line with the prevailing psychoanalytic formulation" and

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FINAL MHSA COMMUNITY FORUM

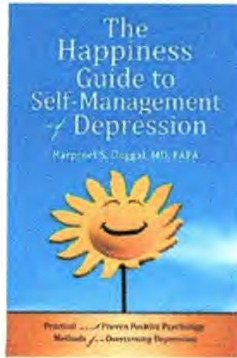
Important upcoming Community Forums will consider expanding or adding new programs to the new 2020-2023 Three Year Mental Health Services Act (MHSA Plan). The time, location, and focus of this meeting is:

- **Saturday, November 2, 2019, 9:30 AM — 1 PM,, Senior Center, 300 Presidio Lane, Pittsburg, CA 94565.** Main Topic: 0-5 Early Childhood Mental Health Issues w/First 5 (and Early Childhood Consortium). It is a 15 minute ride from the Pittsburg Center BART station. There is sufficient parking at the Senior Center. Child care as well as breakfast and lunch is provided.

Family member attendance and active participation in the previous MHSA 3 Year Plan cycle really helped NAMI Contra Costa receive MHSA funding for its new countywide Family Volunteer Support Network. So far, in 2020-2023 MHSA Community Plan Forums, Family Support and Family Partnerships are generally scoring 2 and 3, right behind Housing, with the highest community support.

To further help families of loved ones living with mental health challenges, NAMI Contra Costa is seeking additional funding for its various Signature programs. So, it is critical to participate and place your provided dots on Family Support and Family Partnership programs at this final 2020-2023 MHSA 3 Year Plan Community Forum. Thanks for your support.

The Happiness Guide to Self-Management of Depression:



Practical and Proven Positive Psychology Methods for Overcoming Depression by Harpreet S. Duggal, MD, FAPA **Paperback:** 452 pages **Publisher:** Archway (June 2018) **ISBN-10:** 1480862088

Review by Mark Cohen

Mood disorders, especially depression, are estimated to be the fourth leading cause of disability in the world, affecting about 5% of individuals a year.

Therapies include various medications, electroconvulsive therapy, pulsed electromagnetic field therapy, and various types of other evidence based psychotherapies. There is an axiom in medical practice: whenever multiple avenues of treatment exist for a problem, none, by itself, is very effective. But, perhaps a combination may be.

Dr. Duggal points out that “Wellbeing is postulated to be determined 50% by genes, 10% by circumstances and 40% by positive cognitive, behavioral, and goal based activities.” While genetical makeup may not yet be amenable to treatment, positive psychological interventions have demonstrated evidence based usefulness in improving mood. Positive psychology supplements the

“Fix what’s wrong approach with the build what’s strong approach.”

This book is divided into three major parts. The first section deals with various tools used for self-assessment. for example, evaluating where one is “in the 5 R’s”: Response, Remission, Relapse, Recovery, and Reoccurrence. The second provides tools for self-management and advice. These are elaborated in ten chapters, each of which includes proposed benefits, how and why it works, exercises, and possible caveats. They include the importance of Gratitude, Character Strengths, Optimism, and Self-Compassion and emphasize the roles of Physical Exercise, Hope, and Forgiveness.

It concludes with the important functions of Reminiscence (of positive events and experiences), savoring and social support including the status of Communication and participation in voluntary services.

The last section of the book grapples with building resilience and the importance of meaning in life, including tools for maintaining wellness and recovery

As the author points out “Relieving depression is not the same as being happy or flourishing.” And for that reason I see this as an encouraging book to aid a person with low grade chronic depression achieve a more satisfying life.

For someone currently going through a severe depressive episode, reading and comprehending a book such as this could be an insurmountable task. However, a concerned family member, loved one, or friend could use this book as a guide to help steer away the distresses experienced by an affected person.

The text also could be useful as a guide for long term peer group support.

CHALLENGING THE STIGMA SHOCK THERAPY

This article was excerpted from the Monday, July 1, 2019 of the Wall Street Journal

Memory loss remains a risk, but doctors say advances have made EDT treatment safer.

Doctors are taking a second look at the procedure known as shock therapy, saying the long stigmatized treatment is safer than before and can be remarkably effective in patients with severe symptoms

Electroconvulsive therapy, its official name, is a brief electrical stimulation of the brain that causes about a minute-long seizure, helping to realign disrupted circuits. Although the treatment’s most serious potential side effect—memory loss—remains a meaningful risk, advances in technology and technique have reduced the severity. Experts say EDT is among the most effective treatments for serious depression when medications and talk therapy don’t work.

About 15 to 20 million people in the U.S. have depression and an estimated one-third don’t get better with medications, studies suggest. Sarah Lisanby, a National Institute of Mental Health Division director and ECT researcher, says ECT can play an important role in combating the county’s rising suicide rate. “We in the medical and research community need to be doing more.” “That means making use of ECT in people who are experiencing suicidal thoughts before they reach that point, as prevention.”

ECT is typically reserved for patients with the most severe cases where nothing else has worked.

(Continued on page 7-The next page)

SHOCK THERAPY

(Continued from page 6)

The numbers of outpatient cases treated has grown over the years. At McLean doctors conduct more than 10,000 ECT treatments a year. Michigan does about 3,400 annually. The program has grown about 50% in the last three years.

Over the years, techniques have changed. Doctors now deliver shorter pulses of electricity which reduces the brains exposure to the stimulus and the electrodes are placed only on the right side of the head, lessening potential memory loss. Doctors also customize the dose of electricity rather than taking a one-size fits all approach.

The changes have helped significantly reduce though not eliminate the loss of memory for events that took place before ECT.

LITHIUM

(Continued from page 5)

“was encouraged to avoid or minimize the use of psychiatric drugs.”

No pharmaceutical company filed a new-drug application with the FDA until 1970, at which point the FDA approved its medical use. Uptake remained slow, especially in the U.S., where it was undercut in 1980's by the arrival of valproate, a compound with no great therapeutic advantages but one that could be patented and that the pharmaceutical industry promoted heavily.

Lithium remains an anomaly, as it is uniquely specific in its action effective only in bipolar disorders. We still have no idea how it works. Nor has it revealed a biological cause for bipolar disorders.

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Donations

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In Memory of Eugene Tsujimoto

Piyannoch T. Tsujimoto

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



3rd Monday Support Group

November 18, 2019 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

Stamp

To:**From:**

NAMI Contra Costa
 2151 Salvio Street, Concord, CA., 94520
 Phone: (925) 942 0767 Email: xnamicc@aol.com

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NAMI CONTRA COSTA

Make check payable to NAMI Contra Costa
 Complete this information and please return to:

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