



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 eNews 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

## NAMI IN MOTION

Thanks to Michele O'Keefe, 2019 NAMI In Motion coordinator and other staff, board members and dedicated volunteers who participated in the success of this event. We reached our financial goal of raising over \$50,000 with an anonymous \$25,000 check that came in April 2019. We then raised \$9,000 on the NIM site and much more through the raffle and other donations we collected.

We received Sponsorships through Kaiser Permanente and John Muir Health that totaled \$12,500. We will close out attributing funds to NIM and focus on our Annual Crab Feed starting October 1st.

There were many great Ambassadors for reducing mental health and stigma on Saturday.



Concord City Council member, Edi Birsan, Colleen Isenberg from Supervisor Karen Mitchoff's Office, and Samantha Yturalde lead the introduction for the event. We were pleased to have Behavioral Health Director Suzanne Tavano, and Medical Director, Matthew White, drop by. Suicide Prevention Specialist Graham Wiseman shared his son's story and his 4 Colin Campaign mental health awareness license plate on a day when doves were released by the Pastor and families in remembrance of those who lost their lives to mental illness. The walk around the park was very moving as it raised awareness.

The Chris Ahlman and Putnam Clubhouse bands kept us dancing all morning as well as Chocolate Platinum Soul Line Dancing.

There were activities for kids including face painting, cupcake decorating and a blender bike for smoothies from Bike Concord. Other booths had an In Memory station and a "What makes you happy?" board.

(Continue on page 6)



## October 2019 GENERAL MEETING

Thursday, October 19, 2019

### Speaker

**John Bateson**  
 Author of  
 "The Final Leap"



Please see the article on Page 4  
 Column 2

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

Follow us on Social Media!



Facebook: NAMI Contra Costa



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 Office 2151 Salvio St., Suite V  
Gigi Crowder 510-990 2670  
Margaret Netherby, facilitator, [mlnetherby@yahoo.com](mailto: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](mailto:dk122932@aol.com) 925-676 5771  
Free-RSVP NOT Required

### NAMI CC Mandarin Program Family Support Group

Language: Mandarin 中文  
2<sup>nd</sup> 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](mailto: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](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

#### 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](mailto:karen@mmcohen.com)  
**[www.openourhearts.net](http://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](mailto: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](mailto: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](mailto: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](mailto: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](mailto:Don.green@namicontracosta.org)

**Susan Norwick Horrocks**

*First Vice President*

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

**Mark Cohen, Secretary**

[mark.cohen@namicontracosta.org](mailto:mark.cohen@namicontracosta.org)

**David Kahler, Treasurer**

(925) 676-5771

[dk122932@aol.com](mailto:dk122932@aol.com)

### BOARD OF DIRECTORS

Barbara Scott Clare Beckner  
Al Farmer Charles Madison

Emeritus Board Member: Kay Derrico

### Executive Director

Gigi Crowder  
(510) 990-2670

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<b>Don Green</b>	Criminal Justice
<b>Shelly Ji</b>	API Groups
<b>Susan Horrocks</b>	Membership
<b>David Kahler</b>	Publishing
<b>Peggy Luna</b>	Newsletter
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Lisa Bruce Nancy Seibert  
David Kahler Mark Cohen  
Tuesday 100119 715 P RRRR

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

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

Phone: (925) 676 5771

Newsletter Deadline:  
20th of Each Month

## PRESIDENT'S COLUMN

By Charles Madison

As most of you know, I felt it was time for me to step back from my role as President of the Board of NAMI CC.

I have loved the opportunity to serve our community and NAMI CC and will continue to serve as a member of the board.

The good news is we have an excellent candidate ready to take over the reins as President of the Board.

Our new President is retired Judge, Don Green who has been a member of the board for a number of years. Don is well respected in our community and will make an excellent President. I welcome Don and will provide any support he requires and look forward to his leadership.

I want to thank everyone in our community for their support during my term as President.

We are so fortunate to get the extensive legal background that Don Green has.

He was Probate Commissioner (i.e. Superior Court Judge *pro tempore* assigned to hear matters under the Probate Code, and civil mental health), Contra Costa Superior Court (December 1998—2013.)

Among other things he was Probate Staff Attorney, Sacramento Superior Court (1989-1998).

## GENERAL MEETINGS

### FUTURE SPEAKERS

**Thursday, October 17:** John Muir Medical Center, Concord, Speaker John Bateson, author of The Final Leap. He will discuss suicide and the Golden Gate Bridge. See page 4.

**Thursday, November 21:** Speaker will be Christina Wade, LCSW. She is the Suicide Prevention Coordinator, East Bay, VA-Northern California.

**Thursday, December 19:** Tom Wootton started Bipolar Advantage in 2003 because the results being offered for his bipolar condition were unacceptable. What started as small gatherings of local bipolar sufferers grew into an international online program that has helped thousands achieve a better life.

All the General Meetings are at the John Muir Hospital in Concord.

## FESTIVAL OF TREES

The Orinda Women's Club

The Orinda Women's Club will host their Festival of Trees fundraising lunchtime event on November 21st, Thursday.

NAMI was the benefactor of this event last year.

Contact:

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

## 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.

**DANVILLE  
CHILDREN'S  
GUILD  
2019 FALL  
FUNDRAISER  
TO SUPPORT  
NAMI CC**



Monday, November 4, 2019  
Diablo Country Club

The Danville Children's Guild has been serving Contra Costa County since 1977. It is a non-profit organization of women committed to improving the quality of life for children in Contra Costa County.

Great for NAMI CC, this event is already **SOLD OUT!**

**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

**FESTIVAL OF THE  
DAY OF THE DEAD  
TO  
PROMOTE  
MENTAL HEALTH**



Friday, October 25  
6:00 pm - 10:00 pm  
The Latina Center  
3727 Barrett Avenue  
Richmond, California

NAMI Contra Costa and The Latina Center invite you to the 2nd Annual Festival of the Day of the Dead "Día de Los Muertos". A free family event to promote Mental Health through cultural.

"La Cultura Cura" or healing through culture, is a method for healing and to promote healthy developments that are linked to restoring true cultural identity as the basis of well-being for individuals, communities and society. In a multigenerational process of learning and/or remembrance of true and positive cultural values, beliefs, customs and traditions. Including special guest multi-talented artist Ernesto Olmos, who specializes in many cultural art forms, he will be presenting an hour and half presentation on the importance of the grieving process, traditional music with self-made instruments, and storytelling.

Kids will enjoy a workshop on sculptures, painting and making traditional instruments out of wood and clay. There will be a Catrina money winning contest for 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place. Also, an Altar Exhibition will take place to honor our loved ones who have passed away. Our Altar will specifically honor our youth, suicide prevention, and loved ones who have passed away and lived with a mental health disorder. Everyone is welcomed to participate!

**General Meeting**

**John Bateson**  
Author of  
"The Final Leap"

The October 17, NAMI General Meeting will have as it's speaker, John Bateson. He is the author of the first book on the suicides that have occurred at the Golden Gate Bridge.

Suicide rates in the United States have skyrocketed in recent years, yet suicide is the most preventable form of death.

This presentation is an overview of the problem and what can to done about it. It includes myths and facts about suicide, demographic information, risk factors, warning signs, and how to talk to a suicidal person. It also reviews the relationship between guns and suicide, drugs and suicide, and jump sites and suicide, with an update on the status of the net on the Golden Gate Bridge. Last, and in many respects most important, is information on ending suicide—not just preventing it but ending it in this country.



The Four Foot Railing

## SAVE THE DATE FOR OUR ANNUAL CRAB FEED. MARCH 2020

New Location:  
Pleasant Hill  
Community Center.

We are seeking volunteer  
to lead Crab Feed Committees.

Contact Gigi Crowder at  
510-990-2670  
or: [gigi@namicontracosta.org](mailto:gigi@namicontracosta.org)  
to RSVP.

## VITAL SERVICE AT THE NAMI OFFICE

There is a licensed Marriage and Family Therapist available Wednesdays at the NAMI-CC offices:

2151 Salvio Street, Suite V,  
Concord.

Mae Bragen, M.A. LMFT, volunteers at the NAMI-CC office Wednesdays from 3pm to 6pm. She is a long time member and long time volunteer for NAMI-CC.

She is familiar with all of the resources and will assess your needs for what will be most helpful to you, or just offer empathy and support.

She will discuss with you any issue related to mental illness. She can see individuals, couples and families. There is no charge for this service.

She has "lived experience" with her family. Call the NAMI-CC Family Volunteer Support Network to make an appointment or just drop in on a Wednesday between 3 and 6pm.

## \$2000 CHALLENGE

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

and click on the: Join Today Button.

## NAMI CC SAYS THANKS

NAMI is grateful for your membership and needs to grow in order to stay strong. Not yet a member? Join now. Current members should renew memberships as soon as they come due. The renewal date is on the label of the printed newsletter. Dues are \$60 Household; \$40 Individual; \$5 Open Door (No questions asked.) Mail checks to NAMI Contra Costa, 2151 Salvio St., Ste. V, Concord CA 94520, or renew online at

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

## Peer-to-Peer

## SIGN UP FOR NAMI PEER-TO- PEER RECOVERY EDUCATION PROGRAM

A free, 8-week course for adults living with mental illness. Classes meet once a week. Topics Include: Relapse Prevention, Stigma and Recovery, Mindfulness, Empowerment and Advocacy, Symptom Management. Advanced Directives are one of the issues dealt with.

Peer-to-peer classes are taught by trained Peer Mentors living in recovery themselves.

The upcoming class will be held in Richmond at Easter Hill United Methodist Church, located at 3911 Cutting Blvd.

Dates: Every Friday:  
October 4, 2019-November 22  
Time: 11:30am-1:30pm

For more information about the Peer-to-peer course, or to reserve a spot in the class, please contact Lisa Bruce, Lead Coordinator/Mentor at:

925.956.2242,  
[lisa@namicontracosta.org](mailto:lisa@namicontracosta.org),

or

HaVonya Johnson at  
510.978.0025,

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

Please DO NOT contact the class site for information. Any contact regarding the course must go directly through NAMI Mentors.

## NAMI IN MOTION

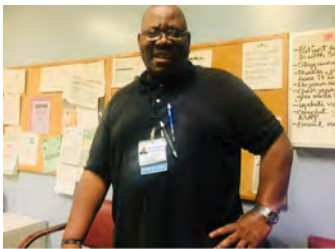
(Continued from page 1, Column 2)

Executive Director Gigi Crowder and former Board President Charles Madison presented special awards that acknowledged the work of Chris Celio of the Hume Center, Margaret Weatherby for the NAMI Writer's Group, and Seneca Family Services for their progressive work with children.

The Community partners who shared resource information booths included First Hope, Mobile Crisis Response Team, Putnam Clubhouse, Alcoholics Anonymous, Al-Anon, Discovery House, Telecare, Hume Center, Contra Costa Crisis Center, John Muir Behavioral Health, Seneca, Contra Costa Behavioral Health, Behavioral Health Court, Youth Action Counsel, Veterans, La Clinica, Stand, Mental Health Vocational Services, Bay Area Community Services and SPIRIT.

We hope that this raised awareness to the mental health programs available to Contra Costa County residents. Cody Sickinger did a great job serving as the MC for the event.

If you still would like to contribute to donating to this event please visit <https://www.firstgiving.com/event/34688/nami-in-motion-2019>.



Congratulations to Volunteer Coordinator Eddie Morris. He is the proud recipient of the Contra Costa County Award Recover Champion

## MENTAL HEALTH AWARENESS WEEK

By: Gigi Crowder, L.E.

Mental Illness Awareness Week was established in 1990 by the U.S. Congress in recognition of efforts by the National Alliance on Mental Illness (NAMI) to educate and increase awareness about mental illness. It takes place every year during the first full week of October. This year it begins on Sunday, October 6, and ends Saturday, October 12<sup>th</sup>. The National Mental Health Day of Prayer is always the Tuesday in that week, so October 8<sup>th</sup>. Join members of NAMI CC FaithNet as we receive a Proclamation from the Board of Supervisors at 9:00 am at the Board Chambers,

After receiving the Proclamation, we will go to the Pleasant Hill Senior Center and host a pizza lunch with the wisest folks in Contra Costa. The activities will be highlighted by our Mental Health and Spirituality Conference being held on October 10<sup>th</sup> and 11<sup>th</sup> at Walnut Creek Presbyterian Church. Please come join us!

Let's choice to use people first language. When describing your loved one, please don't call them a schizophrenic. Instead, please say "My loved one lives with schizophrenia".



## Behavioral Health Solutions

By: Burt Paulie

Looking for a better treatment strategy to address the issue of mental illness? Brain SPECT imaging may be just what you're looking for! It has given hope to thousands of people worldwide through the cutting-edge principles of radiological medicine.

Single Positron Emission Computed Tomography, or SPECT imaging is a process whereby the SPECT machine takes a series of gamma ray pictures that reveal the health and function of the client's brain. With the aid of these images, doctors are able to make more accurate diagnoses of the problems their clients are facing and provide better prescriptive remedies to address their clients needs.

If you or someone you love thinks they would be interested in Brain SPECT imaging, they can contact:

Burt Paulie at  
(925) 548-7077 or  
[burtrandpaulie@gmail.com](mailto:burtrandpaulie@gmail.com)

Burt is a volunteer brain health coach with access to a broad sample of common Brain SPECT images, as well as the intake forms and questionnaires used by a local Provider.

For those who don't feel they can afford it, Burt is willing to work with you to both find discounts based on economic hardship and raise money from local community members and organizations that can be put towards the cost of the scans. Feel free contact Burt if you have any further questions.

(At NAMI CC we support individuals choice to find different paths to wellness. The views expressed above may not support the beliefs of many of our NAMI members.)

## WILLIAM DOUGLAS WINTHROP

July 30, 1962-August 5, 2019

A family member was with Bill every day he was at Lone Tree Convalescent Hospital.

As a little boy, Bill's parents, William and Shirley Winthrop called him "working Bill" because he was always busy.

He sold flower seeds in the neighborhood to earn a camera. He was reading the National Geographic Society magazine when he was 5. He loved the photographs and wanted to take pictures.

He had a paper route and saved most of the money to buy his first car, a little gray Toyota. He sold enough new starts to the Antioch Ledger to win a trip to Disneyland.

He played trombone in fourth grade through high school and on into Diablo Valley College. He sang the lead in "Oliver" and a lead in "The Music Man."

Bill was an altar boy, a lector and an usher at Immaculate Heart Church. He and his brother, David, served Mass on Christmas Eve, Easter, Good Friday and many, many Sundays.

He liked eating dinner at noon. Cards? It was hard to beat Bill. He knew which cards had been played and which cards were still in the deck. He enjoyed the grandchildren's antics and stories.

Suddenly, out of the blue, in his late teens, Bill was struck by a terrible, debilitating disease: schizophrenia.

People he had thought of as friends closed their doors in his face, told him to go home and never come back, even after he was on medications. This broke his heart, but he never had a bad word to say about them.

Bill was an outgoing, funny, smart, and an interesting child. He had a wonderful soul. He was terribly lonely the rest of his life. Fortunately, he had a loving family who stood by him and never let him forget how much he meant to us.

# NAMI DONATIONS

## NAMI In Motion Sponsorships

**John Muir Health  
Kaiser Permanente**

### Donations

William & Suzanne Lingo	Joan Lagios
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Susan Barnes	Bank of America—Anonymous
Marcie Bissell	

### Donations In Memory of Ted Kunzman

A.L. & Susan Farmer

### Donations In Memory of Jacqueline Yesk

Maria Labarbera

### Donations In Memory of Bill Winthrop Jr.

Jo & Joseph Macaluso  
Shirley Winthrop

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

**3rd Monday Support Group**

October 21, 2019 7:00 p.m.  
 John Muir Medical Center  
 Walnut Creek  
 Epstein Meeting Room  
 Basement Area (See page 2)  
 Email: xnamicc@aol.com

**NEW NAMI BASICS**

If you have been unable to get into a  
 NAMI Basics class– This is your chance!  
 October 15, 2019 6:30– 8:30 pm  
 4080 Port Chicago Highway-Concord  
 susanh@namicontracosta.org  
 925-262 3404 942 0767

Stamp

**To:****From:**

**NAMI Contra Costa**  
 2151 Salvio Street, Concord, CA., 94520  
 Phone: (925) 942 0767 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, 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)

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050319F613P

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