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 Mitchell’s Office, and Samantha Yturralde 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)
### NAMI Contra Costa 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.

---

<table>
<thead>
<tr>
<th>NAMI Contra Costa Writers’ Group</th>
</tr>
</thead>
<tbody>
<tr>
<td>All writing levels welcomed.</td>
</tr>
<tr>
<td>NAMI Office 2151 Salvio St., Suite V</td>
</tr>
<tr>
<td>Gigi Crowder 510-990 2670</td>
</tr>
<tr>
<td>Margaret Netherby, facilitator, <a href="mailto:mlnetherby@yahoo.com">mlnetherby@yahoo.com</a></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>NEW HOPE SUPPORT GROUP</th>
</tr>
</thead>
<tbody>
<tr>
<td>Offering support, education and resources to parents, caregivers of children, teens and young adults diagnosed with a mood disorder.</td>
</tr>
<tr>
<td>Lafayette/Orinda Presbyterian Church, 49 Knox Drive, 204</td>
</tr>
<tr>
<td>7:00 to 9:00 p.m.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>The Crash Course</th>
</tr>
</thead>
<tbody>
<tr>
<td>A comprehensive orientation to the resources in Contra Costa to help with recovery</td>
</tr>
<tr>
<td>Doors Open at 5:30 pm</td>
</tr>
<tr>
<td>2151 Salvio St, Concord 2nd Floor</td>
</tr>
<tr>
<td><a href="mailto:dk122932@aol.com">dk122932@aol.com</a> 925-676 5771</td>
</tr>
<tr>
<td>Free-RSVP NOT Required</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>NAMI West County Support Group</th>
</tr>
</thead>
<tbody>
<tr>
<td>2nd Wednesday Each Month 6:30—8:00 pm</td>
</tr>
<tr>
<td>Richmond Medical Center of Kaiser</td>
</tr>
<tr>
<td>901 Nevin Avenue- 3rd Floor Room 317 Conference Rm l</td>
</tr>
<tr>
<td>Richmond Contact Dr. Samchali 510-237 9277 or E mail: <a href="mailto:family2familyrichmond.nami@gamil.com">family2familyrichmond.nami@gamil.com</a></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>NAMI CC Mandarin Program</th>
</tr>
</thead>
<tbody>
<tr>
<td>Family Support Group</td>
</tr>
<tr>
<td>Language: Mandarin中文</td>
</tr>
<tr>
<td>2nd Saturday of every month</td>
</tr>
<tr>
<td>Time 10:00 to 12:00 Noon</td>
</tr>
<tr>
<td>Location: DCBC, 2278 Camino Ramon, San Ramon, CA 94583</td>
</tr>
<tr>
<td>Contacts: Shelly 925-238-6286; <a href="mailto:mandarin@namicontracosta.org">mandarin@namicontracosta.org</a></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>SPANISH SUPPORT GROUP</th>
</tr>
</thead>
<tbody>
<tr>
<td>3RD Tuesday 6:30-8:30 pm</td>
</tr>
<tr>
<td>Salvation Army, 4900 Appian Way, El Sobrante</td>
</tr>
<tr>
<td>Alejandra, 510-837 4077</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Support Group for Parents of Adult Children with Mental Illness</th>
</tr>
</thead>
<tbody>
<tr>
<td>Meets the 2nd Sunday 2:30-3:30 pm</td>
</tr>
<tr>
<td>San Ramon Valley United Methodist Church</td>
</tr>
<tr>
<td>902 Danville Blvd., Alamo, CA 94507</td>
</tr>
<tr>
<td>Karen Scalzi: (925) 820-7495 or <a href="mailto:kscalzi@comcast.net">kscalzi@comcast.net</a></td>
</tr>
<tr>
<td>Marilyn Clarke: (925) 837-5243 Office: (925) 837-5243</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Brentwood Support Group</th>
</tr>
</thead>
<tbody>
<tr>
<td>Last Tuesday Evening of the Month</td>
</tr>
<tr>
<td>Raley’s Grocery Store</td>
</tr>
<tr>
<td>2400 Sand Creek Road, Brentwood</td>
</tr>
<tr>
<td>7:00 pm to 9:00 pm</td>
</tr>
<tr>
<td>Contact: Laurel Howard-Fong 925-437 1751 <a href="mailto:lphfong19@gmail.com">lphfong19@gmail.com</a></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>SPANISH LANGUAGE FAMILY SUPPORT GROUP—PITTSBURG</th>
</tr>
</thead>
<tbody>
<tr>
<td>1st Thursday each month 7:00-8:30 pm</td>
</tr>
<tr>
<td>Faith Based-ALL are Welcome!</td>
</tr>
<tr>
<td>Church of the Living God</td>
</tr>
<tr>
<td>1125 Harbor St. Pittsburg</td>
</tr>
<tr>
<td>Veronica: 925-250 4032</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>NAMI CONNECTIONS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Support Group for Peers and Invited Family Members</td>
</tr>
<tr>
<td>EVERY Wednesday 7 - 9:00 pm,</td>
</tr>
<tr>
<td>John Muir Behavioral Health Center</td>
</tr>
<tr>
<td>2740 Grant St. Concord, Classroom B</td>
</tr>
<tr>
<td><a href="mailto:NancyBolcerek@Namicontracosta.org">NancyBolcerek@Namicontracosta.org</a> 925-826 8433</td>
</tr>
</tbody>
</table>
**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) 676-5771  
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

**COMMITTEES:**

*Don Green*          Criminal Justice  
*Shelly Ji*          API Groups  
*Susan Horrocks*     Membership  
*David Kahler*       Publishing  
*Peggy Luna*         Newsletter  
*Barbara Scott*      Nominating Committee  
*Nancy Seibert*      Family-to-Family  
*Kimberly Wirtz*     Database  
*Richard Derrico*    Behavioral Health Court  
*Gigi Crowder*       Faith Net Chair.  
*Kay Derrico*        Outreach Committee  
*Michelle Wong*      e news  
*Deborah Fruchey*   IOOV  
*Steve Sullivan*     Librarian  
*Douglas Dunn*       Political Advocacy  
*Ashley Ciullo*      E News Publisher  
*Doug Halpern*       E News Volunteer  
*Jo Fetterly*       Donations  

**Newsletter Group**

Peggy Luna  
Dick Owens  
Lisa Bruce  
David Kahler  
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 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).

---

**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 luncheon event on November 21st, Thursday. NAMI was the benefactor of this event last year.

Contact:  
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.
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

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!

FESTIVAL OF THE DAY OF THE DEAD TO PROMOTE MENTAL HEALTH

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 1st, 2nd, and 3rd 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 be 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

NAMIC Contra Costa
October 2019
$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.

Becoming a NAMI CC member is easy. Go to our website: www.namicontracosta.org and click on the Join Today Button.

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.

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

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 to RSVP.

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, or HaVonya Johnson at 510.978.0025, 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

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 12th. The National Mental Health Day of Prayer is always the Tuesday in that week, so October 8th. 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 10th and 11th 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

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.
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

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)

Name ____________________________________
Address __________________________________
City ___________________    Zip ___________
Phone _______________    Cell ___________
Email Address: ____________________________

Follow Us On Social Media!
Facebook:
NAMI Contra Costa
Instagram:
@namicontracosta
Twitter:
@namicontracosta