



The NAMI Contra Costa Newsletter is available on the web at: www.namicontracosta.org
 You can get a copy of this newsletter and/or NAMI's eNews by e mailing: xnamicc@aol.com .
 Email: xnamicc@aol.com Phone Number 24/7: (925) 465-3864 Office Number: (925) 942-0767.

NAMI'S 4th Annual

NAMI IN MOTION

This is the fun-filled family event that you won't want to miss. This is one of two events that provides the finances to fund all the free NAMI classes, support groups, the Crash Course, the Family to Family Classes and NAMI Basics.

Easy to get to. . . right across the street from the NAMI office in Todos Santos Park in downtown Concord.

(Continued on page 4)

ANNIVERSARY PARTY

By: Ashley Ciullo

The sparkling new NAMI office had it first big party. It celebrated the first year since NAMI moved in.

It was a big party, a social and cooking class and fundraiser.

It all started at 6:00 pm when the volunteers, staff and families arrived, along with the guests, which included Tamara Hunter from the Putnam Clubhouse and Chris Celio from the Hume Center.

(Continued on page 7)

September 2019 GENERAL MEETING

Thursday, September 19, 2019

Speaker

Barbara Mann
Attorney

Barbara has had 30 years experience winning Social Security benefits for clients in Contra Costa County. Are you having problems applying for or appealing for SSI-SSDI benefits. If so, this will be a must meeting for you to attend.

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



A scene from the 1st annual party celebrating the new NAMI office. From left to right: Gigi Crowder, Executive Director, Sharon Madison, First Lady, Charles Madison, President and Suzanne Tavano, Director, Contra Costa Behavioral Health Services.



Guests at the Anniversary Party.
Chris Celio, Hume Center and
Tamara Hunter, Putman Club House

Follow us on Social Media!



Facebook: NAMI Contra Costa



Instagram: @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, 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
lpfhong19@gmail.com

NAMI CONNECTIONS

Support Group for Peers and
Invited Family Members

EVERY Wednesday 6:30 pm - 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:

Charles Madison, President

(925) 256-9640

C_madison@msn.com

Susan Norwick Horrocks

First Vice President

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 Don Green

Emeritus Board Member: Kay Derrico

Executive Director

Gigi Crowder

(510) 990-2670

COMMITTEES:

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Shelly Ji	API Groups
Susan Horrocks	Membership
David Kahler	Publishing
Peggy Luna	Newsletter
Barbara Scott	Nominating Committee
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Kimberly Wirtz	Database
Clare Beckner	Database
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Newsletter Group

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David Kahler	Mark Cohen

XXX 082219 Thur 302 P DDDD

Email: xnamicc@aol.com

Website: www.namicontracosta.org

Phone: (925) 676 5771

Newsletter Deadline:

20th of Each Month

PRESIDENT'S COLUMN

Our Family Volunteer Support Network is always looking for volunteers to help families and their loved ones. If you have questions and want to volunteer, call the NAMI CC office at 925 942-0767. Thank you.

We are still looking for members to attend and get involved in the Consolidated Planning Advisory Group (CPAW). CPAW meets locally on the first Thursday of every month from 3 to 5 pm. This group discusses programs and methods to improve our County's mental health system. This is a great opportunity to make a difference.

Please do not forget to register for NAMI In-Motion coming up on September 14th at Todos Santos Plaza in downtown Concord. It will start at 9 am and go till noon. Hope you can come out and join our staff, volunteers, board and friends for a fun filled event. To register just go to NAMI Contra Costa's website.

The very best to all and remember everyone counts.



GENERAL MEETINGS

Future Speakers:

Sept. 19 -

Barbara Mann

October 17 -

John Bateson

Nov. 21 -

Christina Wade

December 19 -

Tom Wootton

Barbara Mann will be the featured speaker at the September 19 General Meeting. She has a record of 30 years of expertise winning Social Security benefits for clients in Contra Costa. Barbara has successfully represented hundreds of clients unable to work due to a range of physical and psychiatric disabilities, including bipolar disorder, spinal injuries, respective stress injuries, chronic fatigue syndrome and fibromyalgia.



She worked with the Hawkins Center as an expert on issues relating to Social Security work incentives.

She earned her B.A. degree from Reed College and her J. D. degree from the University of San Francisco Law School.

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.

ANKA BANKRUPTCY

The shock of the bankruptcy of Anka Behavioral Health, Inc., (reported in the June issue of this newsletter) has now settled.

The facilities that NAMI families have used for years are shown below:

- Nierika House, Concord
- Nevin House, Richmond
- Don Brown Shelter, Antioch

The next three were acquired by the Hume Center and Behavioral Health Services.

- Full Service Partnerships in central county (60 persons).
- Three permanent Supportive Housing projects of over \$3 million in MHSA funds.
- Phoenix Center, an outpatient center.

The bankruptcy was announced at the Mental Health Commission, May 1, 2019 by Dr. White. Mathew Luu tells us that these resources have been taken over by an organization well known to NAMI, Bay Area Community Services. BACS has assumed the responsibilities and even kept the existing staffs.

NAMI talked with Christina Valerlo at the Nierika House in Concord and found everything to be running smoothly.

Any problems you do encounter, email NAMI CC at xnamicc@aol.com and we will get answers for you.



Nierika House, Concord

NAMI IN MOTION

(Continued from page 1)

NAMI IN MOTION WILL BE:

Saturday, September 14, 2019
9 am—Noon
Todos Santos Park
2175 Willow Pass Road
Concord, California

It's a free community mental health awareness event. It will be a fun and interactive day for all ages and interests. Stroll around the park and tour our new NAMI offices.

There will be the releasing of the doves for our loved ones who have passed on.

There will be music from the Putnam and Chris Alhman bands, Chocolate Platinum Soul Line Dancing, face painting, bubbles and balloons and the hula hoop contest.

There will also be activities for kids of all ages, storytelling, a writing group, and Blender Bike for smoothies.

There will be bike parking provided by Bike Concord.

To register your stroll team and donate to this event visit:

<https://www.firstgiving.com/event/34688/nami-in-motion-2019>

For more information:
Michele 925-689 4447
Michele@namicontracosta.org
gigi@namicontracosta.org



\$2000

MEMBERSHIP 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 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.

There will be random drawings through out this challenge. So join as a new member or renew your lapsed membership. You could be our grand prize winner.



Go to our website:
www.namicontracosta.org
and click on the:

Join Today Button.

NAMI CC FUNdraising OPPORTUNITY

Did you miss the cooking party with our NAMI member and consultant, Shelley Weeks? You can still join in the spirit of this NAMI fundraiser.

Consider looking at the 2019 catalogue and ordering cookware with distinguished Pampered Chef cooking tools at pamperedchef.com/party/nami0809. Please note that there are new items as well as cooking tools for kids.

Or think about hosting a NAMI CC Pampered Chef cooking party. Call/text Shelley at 510-290-2508 or ChefShelley@comcast.net.



*Funding supports free, community education programs: Family to Family, NAMI Basics, the Crash Course, Peer to Peer and In Our Own Voice

FAMILY ADVOCATE

Bob Thigpen
925-957 5139

robert.thigpen@hdsd.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

NAMI BASICS

NEW CLASS BEGINS SATURDAY, Sept. 7

It will be held in Concord, once a week, for six weeks*, beginning

Saturday, September 7
10:00 am to 12:30 pm
Pre-registration is required.

NAMI Basics is a free, six-session program designed for parents and other family caregivers of children and adolescents with emotional and behavioral difficulties. No diagnosis necessary. Learn about the illnesses that are causing challenges and the critical role families play in the treatment of those illnesses. Participants will also learn communication skills, red flag warnings and how to successfully deal with school personnel and medical professionals. The program is taught by trained teachers who are also the parents or family caregivers of individuals who experienced emotional or behavioral difficulties during childhood or adolescence.

For information or required Pre-registration for Basics Education Program contact Susan at:

susanh@namicontracosta.org

925-262 3404 942 0767

Note: Don't allow transportation or other barriers to prevent you from attending this important course. Contact Gigi Crowder at 510-990 2670 for assistance.

*No class on September 14. Classes will be held on September 7, 21, 28, October 5, 12, 19.

Meeting The Standard For LPS:

CONSERVATORSHIP

By: Linda Arzio
Contra Costa County Conservatorship
Program Manager

At the most basic level the requirement for an LPS Conservatorship is grave disability due to a mental disorder. Grave disability is determined by the individual's inability to provide for food, clothing, or shelter for themselves as a result of their psychiatric illness.

The psychiatric illnesses, for this purpose, are severe and persistent mental illnesses, such as Schizophrenia, Bi-Polar disorder, Major Depression and other severe psychiatric illnesses.

According to law, the person who makes this determination is the person in charge of an acute psychiatric facility, or their designee. That person, who is usually a psychiatrist, must complete an Exhibit A form that documents exactly what these deficits in self-care are and how they are being caused by the individual's mental illness.

The Exhibit A, along with the rest of the referral documents are submitted to the County Conservatorship office. A petition is then filed with the court and must be signed by a Superior Court Judge, in order for the Conservatorship to go into effect. In other words, the Court must agree that the psychiatrist has met their burden of proof in the Exhibit A.

Many people have mental illness, but that alone is not enough to meet the standard for a Conservatorship. Additionally, if the family, or others involved in the individual's life, are providing for the person's care, thus making up for these self-care deficits, it can negate the need for a Conservatorship. This is what's called a 'Third Party Assist'.

Peer-to-Peer NAMI PEER-TO-PEER RECOVERY EDUCATION PROGRAM

A free, 8-week course for adults living with mental illness.

Classes meet once a week. Classes are held at Central, West, and East Contra Costa County locations. The upcoming class will be held in Richmond, at Easter Hill Methodist Church,

**Friday, October 4th
11:30am—1:30pm.**

The class participants build confidence as they learn skills to address challenges and realize the value of support from our NAMI community.

(Continued in the next column)

STARTS IN JANUARY SPIRIT PROGRAM

The Spirit Program is accepting application for its next session which starts in January.

NAMI urges any family members hoping to work in the mental health field to apply

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:
lisa@namicontracosta.org,
or Mae at 415.652.9832,
or Carla at 925.518.2758

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

MHSA FORUM

Your Input Needed at the Community Forum

What: An invitation from Contra Costa County Mental Health to attend the upcoming MHSA (Mental Health Services Act) Forum to help guide Contra Costa's use of the "California millionaires' tax" for the next funding cycle, 2020-2023. Forum focus—Suicide Prevention.

When: Thursday, September 12, 2019, 9:30-2:30 p.m. Lunch, refreshments provided.

Where: San Ramon Community Center, 12501 Alcosta Blvd., San Ramon 94583.

Signing up: 925-957-2617, or e-mail MHSA@CCHealth, or Google Contra Costa County Suicide Prevention Forum Ticket.

Why it's so important to attend: NAMI members have unique perspectives about who needs services and where funding should go. We represent voices in "the system" and out of "the system," those with County health care, those with private insurance, and those with no or limited insurance. The NAMI voice is strong and respected.



Michelle Gets An Award
From the Left: Charles Madison, Michelle Ngo, Gigi Crowder, Kay Derrico and Rich Ngo.



Scene from
NAMI IN MOTION 2018

ANNIVERSARY PARTY

(Continued from page 1)

It was NAMI's first Anniversary and it was celebrated with a Social and Cooking Class and FUNdraiser.

NAMI volunteers, staff and family members and community partners, including Tamara Hunter from the Putnam Clubhouse and Chris Celio from the Hume Center, were there. From the Concord office were Clare Beckner, Kay Derrico, and Susan Horrocks just to name a few of the NAMI faces that turned up.

A full fresh taco bar was served for dinner as well as a creative NAMI cake with the message "Hope" from Trapae Johnson, owner of Smushcakes.

Executive Director Gigi Crowder presented awards to Board member Michelle Wong for her innovative contributions to the organization and First Lady Sharon Madison for her help in the office design.

Behavioral Health Director Suzanne Tavano was recognized for her contributions as the Mental Health Director for her support of NAMI.

At 7 PM the Summer Cooking Class FUNdraiser began and Pampered Chef and NAMI member Shelley Weeks taught the class how to make fun, delicious chipotle southwest chicken wraps with her ingredients and cookware.

The social ended at 8:00 pm. We had a great turnout and the event was enjoyed by all who attended. Everyone shared in memories and smiles for the thankfulness for the help that NAMI does for the community.

Thank you for coming out to celebrate! Cheers to many more years helping those living with or touched by mental illness.

NAMI DONATIONS

Donations

William & Suzanne Lingo	Leslie Moon
Nathan Bitton	Bert Vigil
Paula Santi	Amy Rouby
Jo Macaluso	Michael D. Astin
Karen McDowell	Bertha Leger
Mae Bragen	Terri Winnie
Susan Norwick Horrocks	Melissa Montoya
Ashley Ciullo	Andy Michela Euser
Marianne Beltram	Megan A. Eigenman
Robin Valentine	Claudia Alfaro
Patricia Winlow	Kathy Gursky
Margaret Netherby	Rachel Contopoulos
Karen Martin	Kaiso Hill
Debra Brasher	Ken Goldenberg-Car Donation
Kent Davis	To everyone donating on Facebook
Charles & Sharon Madison	Bank of America—Anonymous

Donations

In Memory of Erick Marshall Mckee Ourey

Enviro-Tech Services Company
Jo & Joseph Macaluso
Miriam M. Fitzpatrick

Donations

In Memory of Ted Kunzman

Lynda Azalde
Virginia & William Rood
Gordon & Gail Nathan
C.E. Toland
Susan Norwick Horrocks

Donations

In Memory of Bill Winthrop Jr.

Jo & Joseph Macaluso
Beverly Ng
Kathryn Hampton
Barbara A. Odell
Janice & Tony Khalil

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

September 16, 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

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 _____

050319F613P

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