



The NAMI Contra Costa Newsletter and e-newsletter are available on the web at:
www.namicontracosta.org/newsletter.html

Warm Line: (925) 465-3864 Office Number: (925) 942-0767

HOLIDAY EDITION

NAMI CC OFFICE HOURS



We Are Open 8:30 a.m. to 7 p.m. Monday through Thursday and 8:30 a.m. - 4 p.m. on Fridays and by Appointment
 *Saturday Office Hours 10 a.m.-2 p.m.

Should you find yourself struggling to find support and services for your loved one or yourself, please contact us. A trained staff member can work with you to help navigate the various government resources to get you the help you need. Please call us at (925) 942-0767 or use our contact form on our Contact Us page of our website, <https://www.namicontracosta.org>.

NAMI CC sponsored over 30 Staff, Board and Volunteers at the NAMI CA 2023 Annual Conference in Sacramento, learning about the future of mental health from key voices and advocates on behalf of critical issues impacting mental illness.

ANNUAL HOLIDAY SOCK DRIVE



We request your unworn socks to be dropped off at our office, 2151 Salvio Street, Suite V in Concord during business hours, M-Th 8:30 am-7 pm, F 8:30 am-4 pm., Sat. 10 am to 2 pm.

We are again responding to the need as unworn socks continue to be the most requested items for those that are unsheltered. We invite you to join us as we distribute the care package items to the unsheltered in various local mental health agencies and clinics on Christmas morning for those among us most impacted by mental illness who sleep underneath the stars.

Hundreds of tagged socks, masks, hand sanitizer, candy canes and cookie care packages will be dropped off to Contra Costa County mental health agencies and clinics including Crestwood Healing Center, Don Brown Shelter, Bay Area Rescue Mission, and Greater Richmond Institute Program, Hope House, Shepherd's Gate Trinity Center, and PES Unit 4C. Annual Holiday "Leave No One Behind" Christmas Day Outreach Sharing Hope for those who are Impacted by Mental Illness Especially those that Sleep Under the Stars* Join us!

Meet at: NAMI CC Office 9:30 am Christmas morning December 25, 2023

2151 Salvio Street Suite V Concord, CA 94520

We will gather, say a prayer, and distribute our holiday care packages to the unsheltered.

Contact: Gigi Crowder at gigi@namicontracosta.org or 510-990-2670. Thank you for continuing to support those most impacted by mental illness.

HEALTH CAREER CONNECTION GRADUATION AT UC BERKELEY

On



August 16, 2023 from 12:30 - 2:00 pm, the Summer 2023 Health Career Connection (HCC) held its Summer Internship Closing Celebration! This event was held at UC Berkeley School of Public Health in the Colloquia Rooms. NAMI CC Executive Director Gigi Crowder and Media/Peer Coordinator Ashley Ciullo joined our HCC interns Uriel, Margot and Eman for a day of celebration and gratitude! We wanted to show our appreciation to our interns as an organization supporting HCC students. We acknowledged the many contributions of the 2023 HCC interns with our organization and our community, reflected on our summer together. HCC thanked the incredible mentors who supported our next generation of diverse health leaders.

NAMI CONTRA COSTA ANNUAL HOLIDAY KARAOKE CELEBRATION

Dec. 15, 2022, 3:00 p.m. - 5:00 p.m. KARAOKE, GAMES, AND DESERTS—NAMI CC thanks our volunteers for all your hard work this year! Please bring a pair of unworn socks for donation to the unsheltered on Christmas morning. NAMI CC OFFICE 2151 SALVIO STREET, SUITE V CONCORD, CA 94520 RSVP with Shelly@namicontracosta.org

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.

Spanish Support Group

Time: 2nd & 4th Mondays,
6:30 - 8:00 p.m.
Meeting ID: 884 0465 4057
Passcode: 467842

Contact:
Gerardo Peniche or Mariela Acosta

E-mail:
gerardo.peniche@namicontracosta.org

African American Family Support Group

Time: 4th Wednesday, 7:00 p.m. -
8:00 p.m.
Meeting ID: 863 0852 3473
Contact: Gigi Crowder, (510) 990-
2670

Connection Support Group

Time: Every Wednesday/Friday
7:00 p.m. - 8:30 p.m.
Meeting ID: 950 5621 9162
Passcode: 917027
Contact: Nancy Bolcerek
Nancybolcerek@namicontracosta.org

Writer's Group

Time: 2nd Saturday,
10:30 a.m. - 12:00 p.m.
Meeting ID: 899 7512 5965
Contact: Margaret Netherby,
E-mail: Mlnetherby@yahoo.com

AAPI Transitional Age Youth Support Group

Time: Every Saturday, 6:00 p.m.
-7:30 p.m.
Zoom Meeting ID: 861 9019 9549
Contact: Leo Li
E-mail:
Leo.li@namicontracosta.org

AAPI/Mandarin Family Support Group

Time: 1st Tuesday 5:30-6:30
p.m., 3rd Sunday 3:00-4:30 p.m.

Meeting ID: 990 6004 9476
Contact: Shelly Ji
E-mail: Shelly@namicontracosta.org

Conexiones

Time: Every Thursday,
6:30 p.m. - 8:00 p.m.
Zoom Meeting ID: 882 5045 6006
Contact: Juan Soria
E-mail:
juan.soria@namicontracosta.org

Transitional Age Youth Support Group

Time: Every Monday,
6:00 p.m. - 7:30 p.m.
Meeting ID: 824 8157 2895
Contact: Leo Li
Email:
Leo.li@namicontracosta.org

LGBTQ+ Support Group

Time: Wednesdays from 4:30 pm
to 5:30 pm
Meeting ID: 829 4506 6148

Contact: Maureen McSweeney at
Maureen.mcsweeney@namicontra
costa.org, Avery Gould at
avery@namicontracosta.org, An-
thony Marin Antho-
ny.marin@namicontracosta.org

Older Adults

Time: 2nd & 4th Mondays,
6:00 p.m. - 7:00 p.m.
Meeting ID:
2nd Monday: 894 3849 7301
4th Monday: 889 6810 7425
Contact: Michele O'Keefe
E-mail: Michele@namicontracosta.org

Peer Dual Diagnosis Support Group

Time: Every Tuesday,
5:30 p.m. - 6:30 p.m.
Meeting ID: 864 8390 0969
Contact: Greg Beckner or Ashley Ciullo
E-mail:
greg.beckner@namicontracosta.org

The Parent Connection

Time: 2nd & 4th Monday,
8:00 p.m. - 9:00 p.m.
Meeting ID:
2nd Monday: 851 3436 1113
4th Monday: 924 4351 8216
Contact: Susan Horrocks
E-mail: susanh@namicontracosta.org

NAMI CC CalHope Warm Line

Offering non-clinical crisis services
to AAPI language speakers and Af-
rican Americans during COVID-19.

AAPI: 510-649-5565
African American: 925-465-3864

Family Support Group

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

Men of Wellness & Men of Faith Support Group

Time: 2nd Wednesday of the
Month, 7:00 p.m.
Meeting ID: 930 9814 2482
Passcode: 585218
Contact: Alfonzo Edwards or Marc
King
E-mail: al-
fonzo.edwards@namicontracosta.org

Mental Health Crash Course—Virtual Orientation

Time: Every Wednesday,
6:00 p.m. - 8:00 p.m.
Meeting ID: 964 0515 7044
Contact: Michele O'Keefe
E-mail: Michele@namicontracosta.org
or Greg Beckner at
greg.beckner@namicontracosta.org

NAMI Contra Costa

National Alliance on Mental Illness

OFFICERS:

Susan Norwick Horrocks, *Interim-President*

(925) 942-0767

Susanh@namicontracosta.org

Barbara Scott

Interim First Vice President

Cri Campbell-Schine, *Secretary*

cashine@gmail.com

Charles Madison, *Treasurer*

BOARD OF DIRECTORS

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Al Farmer	Charles Madison
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Clare Beckner	Dave Kahler

Executive Director

Gigi Crowder
(510) 990-2670

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Susan Horrocks	Membership
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Richard Derrico	Behavioral Health Court
Gigi Crowder	Faith Net Chair
Kay Derrico	Outreach Committee
Deborah Fruchey	IOOV
Steve Sullivan	Librarian
Douglas Dunn	Political Advocacy
Jo Fetterly	Donations
Ashley Ciullo	Media Relations

Email: info@namicontracosta.org

Website: www.namicontracosta.org

Phone: (925) 942-0767

Newsletter Deadline:
10th of Each Month

Submissions to Ashley@namicontracosta.org

Interim President's Column By Susan Horwick Norrocks



AT SIGNATURE CLASSES ARE NAMI'S CORE

If you haven't taken one or more of our Signature classes, now is the time! This is a MUST DO! Meet others with a similar journey and find a path to an accepting community for support during difficult times.

In 1996 I took one of the first Family to Family classes taught by NAMI CC. Several families banded together in a small classroom to learn about mental illnesses from other family members with lived experience. I made lasting friendships and learned there were many other families, like ours, struggling to help and understand loved ones suffering from mental illness. The class gave me skills, hope, understanding, friendship and opportunities for healing.

Signature Educational Programs, like Family to Family are the core of NAMI. Family to Family was NAMI's first Signature program. Out of Family to Family grew many more programs, each tailored to a specific group, including Basics, Peer to Peer, Homefront, Ending the Silence, Connections, FaithNet, and In Our Own Voice. I am proud to say we offer all of the above Signature classes, for FREE!

You will find information about who to contact and how to register for a class in this eNews, on our website: www.namicontracosta.org or call our office: (925) 942-0767. Hope to see you at a class soon! 3, 2023.

CARING + COMMITMENT = BOARD MEMBER

JOIN OUR TEAM
BECOME A BOARD MEMBER

Do you like meeting new people? Are you open to learning new things? Would you like to help support and improve the programs NAMI CC offers? Do you want to be part of a team, working with others to improve mental health programs in our community? If so, please consider becoming a NAMI CC Board Member. It is truly a rewarding and satisfying volunteer activity.

Here are my top 7 reasons to become a board member.

1. **IMPROVE LIVES:** Programs like Family to Family, BASICS, Peer to Peer and Homefront, make lives better by helping people understand their illnesses and by helping families learn how to be supportive.

2. **REACH THE UNDERSERVED:** Through fundraising and grant writing we can make an impact throughout our county. Help assure that we continue to support the vulnerable, the non-English speaker, the underserved and marginalized populations by providing education to those who may not have access.

3. **FIND AND BUILD COMMUNITY:** Make new friends and enrich your life by meeting others and becoming part of a community that understands mental health challenges.

4. **SAVE LIVES:** Our Helpline provides crucial support and resources to those in need, potentially saving lives.

5. **FIGHT STIGMA:** People listen when you say you are a NAMI CC Board Member. Advocacy efforts at the local, state and federal level have successfully reduced some mental illness stigma. This battle is far from over. We need the voices of family members and people living well with a mental health condition to stand up, speak up and continue the fight.

6. **HELP YOUTH:** NAMI on Campus, Ending the Silence and Transitional Age Youth programs all help to reduce the stigma of mental illness and support young people who suffer from anxiety, suicide ideation and depression.

7. **ENRICH LIVES:** Find camaraderie and teamwork. Work toward a common goal with a diverse group of people. You might even find a paying job at NAMI CC or other mental health organizations.

Join our Board of Directors and reap the benefits! All it takes is a caring person ready to make a commitment of +me, energy, empathy, and love of NAMI to be a great board member.

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.

**STARTING TODAY,
DECEMBER 1, 2023,
CONTRA COSTA
COUNTY RESIDENTS
CAN NOW ACCESS A3
MILES HALL
COMMUNITY CRISIS
HUB
PROGRAM BEHAVIORAL
HEALTH CRISIS CARE
24/7**

Anytime, day or night, people in Contra Costa County can now access immediate support during a behavioral health crisis. Starting Dec. 1, Contra Costa Health's A3 program will operate 24 hours a day, seven days a week. People facing a behavioral health, mental health or substance use crisis can call the A3 Miles Hall Crisis Call Center 24/7 at 844-844-5544 for care over the phone and have an in-person team dispatched to them if needed.

"Using our new Measure X sales tax funds to make immediate mental health crisis response available anytime to all Contra Costans will improve quality of life and reduce the harm caused by mental health challenges," said Supervisor John Gioia, Chair of the Board of Supervisors. "Having round-the-clock mental health services available throughout Contra Costa has been a long-time need and we are proud that we can now provide these vital services at any time." The need for A3's robust, immediate response is evident, with behavioral health issues the third most common call ambulances respond to in the county. People needing behavioral health crisis support can call A3 to talk to trained professionals who can provide care over the phone and connections to follow-up care or send a team to respond in person when needed. Most callers' needs are resolved over the phone.

"About one in five adults in Contra Costa County struggles with behavioral health issues, but the stigma around mental health and addiction can make it hard to seek help. Too often, people suffer through a behavioral health crisis in silence. Expanding A3 to respond around the clock makes it easier for people experiencing behavioral health problems, and their loved ones, to get the professional, caring support they need," said Supervisor Diane Burgis. A3 has grown from a pilot project in 2021 to now operating 24/7. Currently, A3 responds to about 200 calls and dispatches 30 mobile teams per week. They helped over 2,900 callers in 2022 and expect that number to grow to more than 4,500 people this year.

"Behavioral health crisis care is more accessible than ever before in Contra Costa County, thanks to the vision and hard work of our A3 team and community partners, including people with lived experience, family members, advocates, community groups, law enforcement, cities, fire and emergency medical responders and behavioral health professionals," said Anna Roth, Contra Costa Health CEO.

A3 is Contra Costa County's innovative approach to providing timely and appropriate behavioral health crisis services to anyone, anywhere, at anytime in the county. Annual Measure X sales tax revenue supports the A3 Miles Hall Crisis Call Center, mobile response teams and connection to follow-up care for those in crisis.

If you or someone you know is experiencing a behavioral health crisis, call the A3 Miles Hall Crisis Call Center at 844-844-5544. Learn more at cchealth.org/a3 or watch a video about the program.

**THANK YOU FOR
SUPPORTING
NAMI CC FAITH-
NET: KNOW THE
SIGNS 3RD ANNU-
AL SUICIDE PREV-
ENTION AWARENE
SS MONTH EVENT
REMEMBERING
THOSE WE'VE
LOST**



On the 23rd day of Suicide Prevention Awareness Month in September 2023 NAMI Contra Costa hosted our 3rd annual "Know the Signs: Remembering Those We've Lost" event for the community in the East county of Antioch at the Contra Loma Regional Park during the earlier part of the morning when the sun was shining on the lagoon.

Alexi Lindeman's family helped plan this event again this year in remembrance of her sister, Andy. FaithNet coordinators Greg Beckner, Ashley Ciullo and Gigi Crowder introduced the compassionate engagement of diverse speakers talking through a lived experience lens, lifting the names of our loved ones lost to suicide, with a special emphasis on our youth. The forum was open for ALL to share and many of us shared our heartfelt stories.

The NAMI Contra Costa Transitional Age Youth team members informed the crowd about strategic approaches NAMI Contra Costa uses to take action

with suicide awareness and prevention and representatives from local schools including Heal Bridge NAMI on Berkeley founders Yvonne and Leo, Edward from NAMI on DVC, and Cherry and Rojan of Heritage High School shared the work they are doing within the NAMI On Campus Clubs. Wellness in Schools Programs (WISP) representatives Kathy, Ade Gobir and Ali Cannon were also in attendance to show support to the cause.

Rob Sears shared his testimony about his late son lost to suicide. Avery shared mental health facts about the LGBTQ+ population and Eric Wick, the Suicide Prevention Trainer/Outreach for Swords to Plowshares Veterans Rights Organization shared statistics about veterans.

Prayers were spoken from multi-faith spiritual practices including from Jeralynn Brown-Blueford with a message of hope and uplifting to support not only those lost too soon but for those left behind, preaching families can be spiritual overcomers and healers and doves were released in remembrance of our loved ones lost too soon led by Oliver Henderson. California Mental Health and Spirituality Initiative member Chris Miller of De La Salle also spoke. We raised awareness of the "Knowing the Signs" program and the 988 Crisis Line. Kristin Lobos from the A3 Miles Hall Community Crisis Hub shared an emotional message to the crowd and mentioned the loving mother of Miles Hall, Taun, who was there to support the day's engagement.

Everyone was there to spread love - and hope was the theme of the day. Grief Counselors were available on site for support. We provided symbols of hope to attendees in the form of origami so Alexi was there in spirit, and Ms. Barbara Howard tabled the popular rock painting station. Refreshments were available throughout the morning on the first day of Fall. NAMI CC Staff, Volunteers, Board and community members released

Suicide Prevention Awareness Month color themed balloons into the beautiful sky up to the heavens at the very end.

OCTOBER 19, 2023 @ 7 PM MONTHLY GENERAL MEETING: UPDATES ON INNOVATIVE BEHAVIORAL HEALTH CRISIS RESPONSE



For our October General Meeting we will receive updates on an innovative behavioral health crisis response program. In 2021, the San Ramon Valley Fire Protection District (District) recognized the need to change how they receive, respond to, and transport behavioral health emergencies. This need for change was highlighted by not only what was happening at a local and national level, but also by their own personnel who led from the ground up and advocated for a better approach to these types of emergencies. The District developed an innovative program that is the first of its kind to recognize behavioral health incidents as medical emergencies which allows Fire/EMS resources to respond to these incidents within seven (7) minutes. Partnering with SRVFPD, Mental Health Specialist Training that highlighted de-escalation techniques was provided by NAMI Contra Costa for over 200 District personnel and San Ramon Police Department (SRPD) staff. Our Speakers were: Lance Maples, Interim EMS Division Chief, San Ramon Valley Fire Protection District and Denton Carlson, San Ramon Chief of Police.

THURSDAY, DECEMBER 21 GENERAL MEETING: THE NAMI CC FAMILY HOLIDAY SING-ALONG
Mental Health Speaker Series, Free

Join us live this year as we host our Annual Holiday Karaoke Celebration from 3-5:00 pm at the NAMI CC office. For our December General Meeting we will also be hosting our Virtual Family Holiday Sing-Along party with novice and professional singers. We can sing a joyful noise together.

As is our tradition, gather your family in front of your computer and have your favorite dessert handy. Wear your favorite holiday sweater as we celebrate the 2023 holiday season! Gift cards will be available to the winners of our virtual contest. We will also be discussing our Holiday Outreach to distribute socks and other thoughtful items to the unsheltered on Christmas morning.

Via ZOOM

Join Zoom Meeting:

[https://us06web.zoom.us/j/82352215770?](https://us06web.zoom.us/j/82352215770?pwd=ZFJwOHRSV0szYUduTVBGVmFDVXJlUT09)

pwd=ZFJwOHRSV0szYUduTVBGVmFDVXJlUT09

Meeting ID: 823 5221 5770

Passcode: 941943

THE ANGELO QUINTO FOUNDATION AND NAMI CONTRA COSTA PRESENTED ENDING THE COVER UP: EXCITED DELIRIUM



The Angelo Quinto Foundation and NAMI Contra Costa Presented Ending the Cover Up: Excited Delirium on Wednesday, July 19, 2023 at NAMI Contra Costa in a hybrid meeting where many met in person and on zoom.

We heard from subject matter experts on the unscientific roots of "Excited Delirium," a diagnosis commonly used by law enforcement to blame victims for their own deaths, and the need for independent coroners as the official launch of the Angelo Quinto Foundation was implemented and fiscally sponsored by NAMI Contra Costa.

Angelo Quinto's family led the discussion with many advocate supporters who joined and spoke, including Representatives from BART who have already banned the term. These individuals were honored at our July 27 Multicultural Symposium. It was heartfelt, thoughtful and inspiring. A woman whose brother's death in custody was also attributed to "Excited Delirium" expressed gratitude and said "your cause is my cause" in solidarity.

Another action we are planning (to separate the sheriff-coroner's office) is a public comment action at the Board of Supervisors meetings.

WHAT DOES NAMI CC'S GREEN AND BLACK RIBBON STAND FOR?

NAMI Contra Costa stands in solidarity, promoting mental health awareness (green), and social justice (black) ribbons. In partnership with the Angelo Quinto Foundation, we support banning the excuse of "Excited Delirium" - AB 360.

BAY AREA NAMI AFFILIATE'S 1ST ANNUAL MULTICULTURAL SYMPOSIUM - JULY 27



Bay Area NAMI Affiliate's 1st Annual Multicultural Symposium (Free Event Hosted by NAMI Contra Costa) was held Thursday, July 27, 2023 from 9:30 am to 2:30 pm at the Sequoyah Country Club 4550 Heafey Road Oakland, CA 94605.

Rev. Wanda Johnson opened us up in prayer. NAMI CC Executive Director Gigi R. Crowder, L.E. did the welcome and Purpose of the Day and A Spoken Word was led by Arielle Desiree. The theme was "inclusion" as we shared promising practices building inclusive mental health friendly communities for ALL! The symposium offered lunch and networking opportunities.

The First Panel was Peggy Rahman from Alameda County sharing "We Are All in This Together". The Second Panel was Joe Rose from Alameda County South sharing "Working with the Re-entry System".

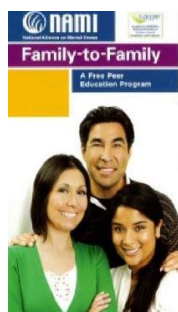
The Guest Speaker/Keynote Facilitator was Dr. Manuel Fernandez PsyD, MSCP Founder, La Concordia Wellness Center in Concord, CA.

The Third Panel was Our Panel NAMI Contra Costa County's Shelly Ji, Naomi Gashaw, Eman Alkaheli & Uriel Cardoza sharing "Promoting Inclusion Across the Age Span."

The Fourth Panel was Robert Taylor & Rocio Cornejo from San Mateo County sharing "Why is Multiculturalism Important?". The Fifth Panel was Charlie Health's Savannah Crippen sharing "Suicide Prevention for BIPOC Communities".

We ended with a shared personal testimony and Acknowledgment of Cultural Change Agents in the community. Thank you to ALL who supported this amazing event, a first of its kind.

FAMILY TO FAMILY EDUCATION COURSE



Family to Family Education Course is a free series of classes that cover the symptoms and treatment of major mental illness, as well as skills to help family members and friends communicate with, and advocate for, their loved one more effectively. Our new curriculum is presented once a week for eight weeks.

For information and course registration contact Marie Kamali, Family to Family Education Program Coordinator: marie.kamali@namicontracosta.org or call 415-254-9858. NAMI Family to Family course beginning January 25, 2024 Thursdays 6:30 to 9:00 pm. *8 Weeks Co-facilitated by Ammi Rostin and Jen Melo. Pre-registration is required Please contact Ammi to register for the program at ammi@rcqr.com. Ammi and Jen will be doing a second zoom for Family to Family in English, February 21, 2024 - April 10, 2024.

Familia a Familia. For information and course registration Contact Gerardo Peniche, Familia a Familia Education Program Coordinator: latinx@namicontracosta.org, (925) 765-9980.

Family to Family in Chinese/Mandarin. Contact Shelly@namicontracosta.org to register or for more information.

For information and to pre-register, go to our website, www.namicontracosta.org, Services tab, Family to Family, scroll down to NAMI CC Classes Registration Form and check mark Family to Family when you fill out your information.

NAMI CC BASICS CLASS



NAMI Basics is a 6-session educational program for parents, family members and caregivers of children and adolescents, ages 5-22, who are experiencing behavioral and emotional difficulties. Pre-registration is required - please contact marie.kamali@namicontracosta.org

NAMI Basics in Spanish (Bases v Fundamentos) Course registration please contact latinx@namicontracosta.org.

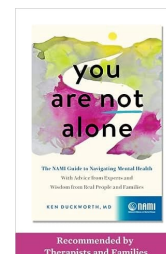
NAMI Basics for AAPI language speakers. For future course registration contact Shelly Ji at shelly@namicontracosta.org.

NAMI PEER-TO-PEER RECOVERY EDUCATION PROGRAM



NAMI PEER TO PEER RECOVERY EDUCATION PROGRAM GRADUATION held November 17, 2023 at the NAMI CC office. We had a great course and the students were happy to receive their certificates, socialize with new friends and enjoy some pizza at the party while being one step further along in their recovery journeys. Note: Not all students pictured. Some students have already signed on to become volunteers and stay active within the NAMI CC community of peers, helping others with their own lived experience. Special thank you to the leaders including Carla Pirie at cmays1960@yahoo.com and Havonya Johnson at havonyajohnson@yahoo.com for teaching the class and setting the example. Congratulations graduating class of Fall 2023. You can register for upcoming sessions with Peer Coordinator Ashley Ciullo at ashley@namicontracosta.org.

"YOU ARE NOT ALONE" BY KEN DUCKWORTH, M.D. REVIEWED BY MAE BRAGEN, M.A.



Dr. Duckworth is the chief medical officer for NAMI (national). He is board certified in adult and child psychiatry and is assistant Professor of Psychiatry at Harvard Medical School. He has lived experience with Mental Health issues both professionally and personally. His father had Bipolar Disorder. The book is available in our library. It is the most intensive and comprehensive book written so far for navigating mental health conditions. It includes advice from experts and wisdom from many who have lived experience. Dr. Duckworth reveals a lot about his personal life growing up with a mentally ill father.

For the book he interviewed 130 people with mental health conditions and their families from diverse backgrounds. To quote the author, "Underfunding, discrimination, isolation and shame are killers in our society- and these issues all contribute to people being denied help or receiving inadequate services, as well as raising the risk of suicide." But there is no parent blaming in this book whatsoever. Early intervention does help in recovery. Trauma in childhood does raise the risk of developing mental health symptoms later in life. But trauma can occur outside of the family. Getting a diagnosis of course helps with treatment but it is not always accurate.

It is important to develop a plan for the future after a crisis. It is important to develop coping strategies. Establish a toolbox. The book itself can be an ongoing resource. Look at the table of contents. There are times when you want to read and then re-read relevant chapters depending on what you are going through in your life. The book will diminish your shame and self blame. The book goes into detailed descriptions of strategies that can be useful as well as all the differing forms of therapy and medications. And of course all the resources that NAMI has to offer. Peoples life stories are promising and encouraging. One person said, "Recovery is an ongoing process." Well, coping with mental illness in the family is an ongoing process and this book proves that you are not alone on this journey.

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 upcoming trainings will start.

Committees available to volunteers in English, Spanish and Mandarin, and include Fundraising, Mental Health Advocacy, Conferences, Front Office and Administration, Database, Family Support, FaithNet, Crash Course Seminar, In Our 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. Our weekly volunteer meeting is bi-weekly on Thursdays at 5:30 p.m.

Join Zoom Meeting:

Meeting ID: 994 1308 8715
Passcode: 424905

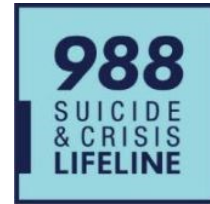
NAMI DONATIONS

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

Jo Macaluso	Jeanette Sebree	Patrick O'Reilly
Janice Watson	Carolina	Zoltan & Marta
Paul & Virginia	Viscogliosi	Saary
Mohler	Lois & Dirk	Duane & Joan
Daniel &	Doyle	Essex
Jennifer Lyons	Douglass &	Patricia Vizcay
Martha Fischer	Margaret	Many More Not
Kevin &	Robertson	Listed

Our goal for our annual holiday campaign is \$50,000 and we have raised \$30,000 so far in donations this holiday.



Donation QR Code:

Stamp

To:

**Brentwood Family
Support Group**

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

**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 symptoms.

Contact:
 susanh@namicontracosta.org
 Register: basics.nami.org

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