



NAMI Contra Costa

National Alliance On Mental Illness

Contra Costa's Voice on Mental Illness **APRIL, 2009** 40309

The NAMI Contra Costa Newsletter is available on the website: www.namicontracosta.org
 E mail: xnamicc@aol.com

CONTRA COSTA IN HISTORIC BUDGET CRISIS

On March 17, 2009 David Twa, the new County Administrator, gave a report to the Board of Supervisors on the distressing financial situation in Contra Costa County.

Those that have followed the vicissitudes of the county's mental health system have seen cuts, massive cuts and threats of cuts in the past. Twa said the current situation is different.

The chaos in the State's budget system is but one of the factors impacting the county's finances. The precipitous decline in the other revenue sources combined with the State's shortfall to create a budgetary crisis of historic proportions.

(Continued on page 6, column 1)

CRITICAL ELECTION MAY 19

The MHSA (Prop 63) funds may take a \$460 million hit as a result of the special election the Governor has called for May 19, 2009.

(Continued on page 4, column 2)

ALAMEDA COUNTY **FAMILY EDUCATION GETS MHSA SUPPORT**

Alameda County received a \$2 million MHSA grant for two years, to run five family, mental health education centers.

Karina Foote, a NAMI Contra Costa member and Family to Family instructor, is the Director of the new project.

The program will provide referrals and direct assistance in navigating the mental health system, to families that have a loved one with serious mental health illness or emotional disturbance.

It will educate people on serious mental illnesses (what they are, and how to manage them with an emphasis on wellness and recovery). It will help families to advocate for their loved ones and to learn to work with them and their providers who are caring for them.

(Continued on page 6)

General Meeting

APRIL
Thursday,
APRIL 16, 2009

Doors open at 6:30 pm for NAMI Walk registration and manned information tables

Topic

Wellness Versus
 Relapse Prevention
 They're One and the Same

Speaker

Dr. Jerry Gelbart, M.D.
 Board Certified in Psychiatry
 and Neurology
 Adjunct Clinical Faculty,
 Stanford University

Location

John Muir Medical Center
 Concord Campus

2540 East Street, Concord
 925-682 8200

www.namicontracosta.org
 E mail : xnamicc@aol.com

NAMI Board Meeting

The NAMI Board meets the 2nd Saturday of each month. See the website for details

NAMI-CC Care and Support Groups

Central Contra Costa County

1st Tuesday of each month, Now In Its 10th year. 7:30-9:00 pm Hillcrest Congregational Church, 404 Gregory Lane, Pleasant Hill. Contact Peggy Luna, Dave Kahler 925- 676-5771 or E mail: xnamicc@aol.com

3rd Monday of each month, 7:15-9:15 pm, John Muir Hospital, 1601 Ygnacio Valley Road, Walnut Creek Campus, downstairs in the Stern Conference Room. The group is facilitated by Dr. Mary Olowin and Gloria Hill.
Call: Gloria Hill 925- 957-5146.

NAMI Tri-Valley

2nd Monday of each Month: 7:15—9:00 pm Livermore Public Library, 1188 S. Livermore Ave., Livermore.
Contact support facilitator Marsha McInnis, marsha@nami-trivalley.org or 925- 980 5331

Family Support Group

For families with a mentally ill loved one, Meets Monthly
Pastor Heather Hammer
San Ramon Valley United Methodist Church
902 Danville Blvd., Alamo
925-837 5243

BIPOLAR CHILL (CLIENT RUN)

Manic Depression Support Group
Wednesday 7:00—8:30 pm
710 Broadway #3G Walnut Creek
Contact Lisa or Scott 925-743 1160

TRI-VALLEY BIPOLAR (Consumer Run)

Bipolar and Depression Support Group
Wednesdays, 7:15 pm to 8:45 pm
St. Claire's Episcopal Church, Pleasanton
Contact: Bob Hogan: 925-462 5481

Dual Diagnosis Support Group

Wednesdays: 3:30 pm
1420 Willow Pass Road. Concord
2nd Floor Facilitator: Bob McKinnon
Bipolar Support Group
Tuesdays 1:30 pm 1420 Willow Pass Road, Concord

SELF-INJURY SUPPORT GROUP

(Consumer Run)
For self-injury sufferers to talk about ways to change these behaviors and resolve feelings brought on by trauma.
Call: Veronica 925-945 7871

NEW HOPE

BIPOLAR SUPPORT GROUP
For parents of children and adolescents with a mood disorder.
2nd Monday of each month
7:00 pm to 9:00 pm
Lafayette-Orinda Presbyterian Church Room #4
Contact: Annette 510-733 0577 or Joani 925-962 9952
www.newhopesupportgroup.com

H.E.L.P.

Hope, Encouragement, Love and Prayer
Support group for those coping with a mental illness and/or their families and friends.
Time: Last Monday of each month 7:00—9:00 pm
Where: Christ the King Church, Parish Hall
199 Brandon Road, Pleasant Hill
Contact Joe or Pam Appel 925-947 0269

FAMILY ADVOCATE HOURS

Gloria Hill, Contra Costa County
Mental Health Advocate
Monday - Friday 9:30 am - 6:00 pm
925-957 5146
Thursdays: 2:00 to 6:00 pm
925-646 5844
Emergency County Cell Phone:
925-963 6229

NAMI-Contra Costa
National Alliance on Mental Illness

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E mail: xnamicc@aol.com
Website: namicontracosta.org
Phone: 925- 465 3864

Newsletter Deadline: 20th of Each Month

**PRESIDENT'S
COLUMN**

By Al Farmer

The excitement is building for our Bay Area NAMI Walk on Saturday May 30th in Golden Gate Park. This will be a great event with live entertainment combined with a free picnic for NAMI Contra Costa walkers and their families.

In anticipation of this big event, a kick-off luncheon was held at Cal State University's New Student Union, Hayward Campus, on Wednesday, March 25, 2009. This event honored our Top Ten 2008 Team Captains and our 2009 Team Captains and their supporters.

Please plan to join us at this NAMI Walk on Saturday, May 30th, to show your support for our most important fundraiser.

More good news! Steve Gallion will donate all the revenue and proceeds from the sale of his recently published book *The Adventures of Little Eagle*. This is a children's book about the history of the California Indians written by his mother. Steve has presented this book to an elementary school class and plans to make similar presentations to other school classes in the future. A copy of this book will be available at the NAMI library. Many thanks for your generous support, Steve!

Attention Consumers! If you wish to attend the NAMI National conference in San Francisco in early July, please e mail xnamicc@aol.com for an application. The Deadline is April 14.

I would especially invite the members of the Clubhouse to form their own team and really join in. It is going to be a great day!

**GENERAL
MEETING**

Thursday, April 16, 2009.
“Wellness” Versus “Relapse” They’re One and the Same. Strategies to maintain mental health; Dr. Jerry Gelbart, M.D., Board Certified in Psychiatry and Neurology, Adjunct Clinical Faculty, Stanford University

Thursday, May 21, 2009.
Issues in Healthcare Reform: Benefits for the Mentally Ill Under a Single Payer System, Pat Snyder, Legislative Consultant for League of Women Voters; Chair of CCC Chapter of Health Care for All.

Thursday, June 18, 2009.
Pediatric Psychopharmacology, Dr. Michael Levin, Behavioral Pediatrician and Child Psychologist.

Thursday, July 16, 2009.
Who Will Care When I Am Not There. Julie Hoffman; special needs trust specialist, protecting benefits, using Personal Support Specialists. See:

www.planofcalif@aol.com.

Thursday, Aug. 20, 2009.
Understanding and Coping with Post-Traumatic Stress Following Military Deployment: Help for Individuals and Family. Carol Salacka, Psychologist, Concord Vet Center, Readjustment Counseling Services, Lt. Col., US Army (Ret), and Nathan Johnson, MSW, US Marine Corps, 2001 to 2004.

NAMI GETS NEW SECRETARY

Beatriz McCain, is the mother of two boys (18 & 22), and is the office manager at a consulting firm in San Francisco. Beatriz commutes from Walnut Creek Monday - Friday and keeps pretty long hours.

Beatriz' eldest was recently diagnosed with paranoid schizophrenia and is currently in the Pathways Program at Crestwood Pleasant Hill. Beatriz first learned of NAMI Contra Costa from a nurse on the 4C ward of the Contra Costa County Regional Medical Center, in Martinez. This is where her son was first admitted when he had his first break.



Beatriz McCain

The nurse recommended she visit the website: namicontra-costa.org to find a support group in the area. After visiting the website and making numerous phone calls, Gloria Hill (the Contra Costa County Family Advocate) called. From Gloria Hill's support group, she learned about the Family to Family program and immediately took the class and graduated March 25, 2009.

Beatriz is now a NAMI-CC member, and also a team captain for NAMI Walks 09 (www.nami.org/namiwalks09/SFO/bmccain) and has offered her secretarial expertise by taking minutes for the monthly NAMI CC Board of Directors' meetings.

CRITICAL ELECTION MAY 19

(Continued from page 1, column 1)

Less than 50% of the registered voters will show up for this election. It is a desperate attempt to finally resolve the state's history making budget crisis. A situation that has already done damage to the mental health system.

There will be six ballot measures. If they don't pass, it's back to square one. Which is the compelling argument to agree to extreme measures that would not ordinarily be acceptable.

Daniel Borenstein in his column in the Contra Costa Times, Sunday, March 22, 2009, said "We are being asked to delay guaranteed state funding for schools, but increase the amount of the promise in future years (Proposition 1B). To borrow against future revenues from the state lottery to pay for services now (Prop 1C). To redirect tobacco tax funds away from programs for children (Prop. 1D). And to divert income taxes on the wealthy away from mental health programs (Prop 1E). In each case, voters have previously spoken and lawmakers are asking them to reconsider."

It is a case of mismanagement of breathtaking proportions.

Governor Arnold Schwarzenegger is quoted in the Times as saying the election would "provide short-term solutions to get us through these difficult times and long-term solutions to ensure we never again face the type of deficits we faced this year."

If the current leadership is retained, what would make anyone think that more of the same will not occur in the future.

NATIONAL CONVENTION IN SAN FRANCISCO

FREE CONSUMER SCHOLARSHIPS DEADLINE: APRIL 14

You must act NOW to sign up for a scholarship to the NAMI National Convention. It will be in our backyard and very easy to get to. The application for the scholarship must be in by April 14. You must be a *paid* NAMI member to apply. It's easy, just e mail:

xnamicc@aol.com

You will receive the application form, as an attachment, the same day. For information on the convention, visit the NAMI National website: nami.org

For other information call:

Coralie Reed: 925-402 4907
925-376 0880

Barbara Scott: 925-689 9380
925-980 6345

NAMI-CC: 925-676 5771

The six measures on the May 19 ballot will be:

1A: Would require the Legislature and the Governor to increase the amount of money set aside each year in the state's "rainy day" account and make it more difficult to withdraw those funds.

1B: The Times recommends a no on 1B. They say "While we very much value education, we cannot support a plan that locks in *unaffordable* spending on schools in future years when we are still likely to face state budget shortfalls."

CLUBHOUSE REPORT

NOTE:

The name of the Clubhouse is now the Putnam Contra Costa Clubhouse.

The Clubhouse had an Italian Day Luncheon on Friday, March 27th. The NAMI Chili night was so popular that it is now scheduled to be held on the first Friday of each month. That will be May 1, next month.

We are excited that Northern California now has 2 Clubhouses. The Putnam Contra Costa Clubhouse is taking a day trip to Chico, California for the grand opening of Club Stairways on Tuesday, April 21st.

Those who would like to support the Putnam Clubhouse can do so by sending the donations to:

Putnam Contra Costa Clubhouse
3024 Willow Pass Road
Concord, CA., 94519

SELF INJURY SUPPORT GROUP

This is a consumer-run, support group for self-injury sufferers to talk about ways to change these behaviors and resolve feelings brought on by trauma. It has been meeting for several years. This behavior is an indication of the pain the person is suffering. When the underlying feelings from trauma are healed, the person recovers.

For information call Veronica Vale at 925-945 7871.

April General Meeting

WELLNESS vs. RELAPSE PREVENTION THEY ARE ONE AND THE SAME

Do you make the time to take care of your basic Biological, Emotional, Social, and Spiritual needs? Do you know how to prioritize your own wellness? Do you believe you'd be more effective and less stressed if you did? What gets in the way for you?

Whether we're talking about "Relapse Prevention" or simply staying "well" the task is the same.

Taking care of our body and mind involves lifestyle changes that are geared toward reducing stress and its harmful effects on our body. In addition, we can PRO-ACTIVELY alter our priorities and habits to treat our body, and our mind, with respect and care. Our biological needs include healthy eating habits and exercise routines. Psychological needs include time for relaxation, creativity, receiving and giving love.

Social needs include having friends, community, and healthy interpersonal relationships. Spiritual needs include awareness and connection to the planet, the universe and possibly a higher power.

How do we establish routines to balance these needs?

On Thursday, April 16, 2009, Dr. Gelbart will describe his "BioPsychoSocioSpiritual" perspective on cognitive and lifestyle changes that can help keep you well. The approach is based in Cognitive, DBT, and Mindfulness principles.

MAY 19 ELECTION **VOTE NO ON PROPOSITION 1E**

Proposition 1E deserves a "no" vote. It cuts mental health service by *changing* Proposition 63, an initiative that voters passed in 2004.

Over 200,000 people are now enrolled in mental health services who were not receiving treatment before 2004. Its passage would cut almost a half billion dollars from mental health programs.

- **IT'S UNNECESSARY.** The amount to be taken would be less than 00.25% of the state budget.
- **Prop. 63 now helps 200,000 people, including 50,000 children who had no mental health services before.**
- **IT WILL COST MORE.** The lack of treatment will cost more in job losses, lost homes and incarcerations.
- **A BAD PRECEDENT.** It is to be for two years. If successful the lawmakers will return for more. That's certain.

Jerry Gelbart, M.D. is a Psychiatrist in Orinda, and is on the Adjunct Clinical Faculty at Stanford University, and Vice-President-Elect for Northern California Psychiatric Association.

His unique work on wellness focuses on how we think and deal with (or don't deal with) our emotions, and how to change our thinking, beliefs, priorities, and behaviors to institute long term routines.

His website, ThePotent-Mind.com has more information on his background, samples of written and audio materials, and bibliography.

HISTORIC BUDGET CRISIS

(Continued from page 1, column 1)

The cuts during the budget adoption has been \$55 million. The property tax loss has been \$12 million. The loss of state revenue, so far, is \$3 million and the federal revenue loss has been \$5. million. The total: \$90 million.

Twa emphasized that there is insufficient General Fund reserve balance to solve the ongoing structural short-falls. He said “we are getting buffeted by the fallout from the housing, credit and financial crises, the worst since the 1930’s. There is no easy fix nor can we expect a quick turn.”

A major source of the county’s income is derived from property taxes. The median home price was \$578,000 in 2006. Today it is \$220,000.

Beacon Economics expects property taxes to decline by 11% over the next three years.

FAMILY EDUCATION GETS MHSA SUPPORT

(Continued from page 1, column 2)

Alameda County Behavioral Health Services received the grant and awarded the contract to the Mental Health Association of Alameda County. It will be funded year to year, however the grant was written for a startup period (two years) and for ongoing funding once the program gets off the ground.

There will be five locations. Four of the sites are new and one will be the existing Mental Health Association’s offices.

Foote has been working with three NAMI Affiliates; Alameda, East Bay and Tri Valley in developing the program. They work through a steering committee.

Steve Bishoff, the Director of the Mental Health Association has been instrumental in securing the funding for the program, working closely with the Alameda County Behavioral Health Services.

SAVE THE DATES

Annual Mental Health Conference, “I am not forgotten,” Sat., May 2, 2009. \$30, Menlo Park Presbyterian Church, Menlo Park. To register:

www.mppc.org. Information: Betty (650) 949 2134 or Fred and Jane (650) 949 2134 or: FjPramann@comcast.net

NAMI Walk San Francisco Bay Area, Sat. morning, May 30, Golden Gate Park, San Francisco. Information, Barbara Scott, (925) 980 6345.

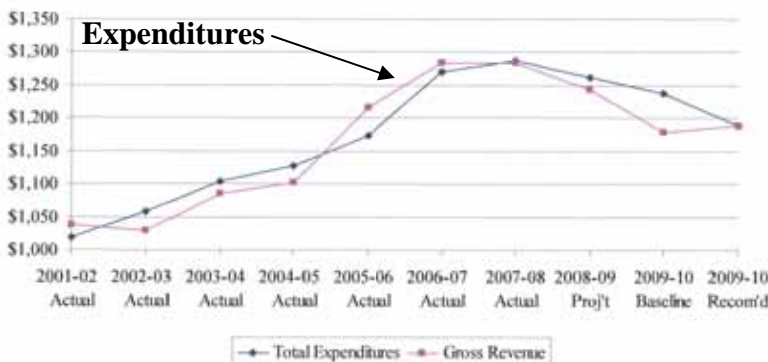
NAMI 2009 National Convention (Veronica Vale of NAMI-CC will present on self-injury); July 6-9, 2009, San Francisco Hilton, San Francisco. To register and for information, www.nami.org

Camp Opehay, for ages 9-17, diagnosed with bipolar disorder. August 14-16, Camp Arroyo, Livermore, CA. For information, to recommend a camper or to volunteer:

camp.opehay@gmail.com

General Fund Expenditures & Revenues Continue Unbalanced

(in millions)



HELP FOR CONSUMER INMATES

Mark Gale of NAMI California has gotten the prototype of an inmate information form accepted for use by North Kern State Prison. It is the first step in developing an effective information system for the incarcerated mentally ill. He can be reached at: mgale510@aol.com

CRITICAL ELECTION MAY 19

(Continued from page4 column 3)

1C: This is the measure that would allow the state to *borrow* from future lottery profits. It would make the state liable for increased funding for education, whether the state borrows from the lottery or not. The Times says “no” and “This morally and fiscally misguided proposal should be rejected.”

1D: The increased taxes on tobacco was to be restricted to be used *only* to aid children. That was the whole idea. 1D would redirect over half of the special tobacco tax revenues to be collected in the next five years to be placed in the General fund.

Mental Health Funding

1E: This would allow the state to use about \$230 million annually for two years for General Fund purposes. The Times describes the funds in question as “unspent.” The Department of Mental Health, who disperse these funds have been slow in processing them.

This would cost the state’s mental health systems \$460 million, maybe \$15 million to Contra Costa.

Proposition 63 was passed with the clear understanding that the funds would only be used to improve the chronically under funded mental health system. Proposition 63 would not have passed without that explicit promise.

1F: This would prevent elected officials from getting salary increases when the state’s general fund is expected to have a shortfall.

APRIL DONATIONS

In Memory of Herb Putnam
Bev Putnam has made a very generous donation to
NAMI Contra Costa

New Century Club Members
Teresa Cloney
R.H. and Laurie Morrison
Susan A. Laufer
Ednah Beth Friedman

Heather M. Quisenberry
Through the Chevron
Humankind
Matching Gift Program

Donations:
David Fremont
Michael Nabeel
Paul Nordstrom



DONATION FORM

Make check payable to NAMI-CC
Mail to: Treasurer, NAMI-CC
P.O. Box 21247, Concord, CA.
94521
NAMI-CC Tax ID # 68-0209474

Name

Street Address

City State
Zip _____
Phone: _____

Use Donation For:

- Peer to Peer Program
- NAMI-CC General Fund
- Family to Family
- Housing
- IOOV (In Our Own Voice)
- Herb Putnam Clubhouse

E mail address:

Phone: _____

NAMI Contra Costa
 P.O Box 21247
 Concord, CA
 94521

If you need Support, Guidance
 and Information:
**First Tuesday Support
 Group**
 Tuesday, May 5, 7:30 pm
 Hillcrest Church, 404 Gregory Lane
 Pleasant Hill *See Page 2*

Stamp

NAMI Walk 2009

A great family day in one of the world's greatest parks with a free picnic. It is the major NAMI Contra Costa fundraiser of the year.

Speedway Meadow, Golden Gate Park, San Francisco, Saturday, May 30, 2009, 9:30 am

NAMI Contra Costa

The annual membership dues are \$40. This makes you a member of NAMI National, NAMI California and NAMI Contra Costa. You are automatically a member of all three organizations.

If you are solicited for membership or special donations from the State or National organizations, give generously if you can, but all such donations are voluntary and would be over and above your membership in NAMI Contra Costa.

Dues paid in October, November and December provide membership for the following year.

Send your membership application to:

NAMI Contra Costa
 P.O. Box 21247
 Concord, California
 94521
 E mail: xnamicc@aol.com

This Monthly Newsletter is Published by: NAMI Contra Costa

Affiliated with NAMI National and
 NAMI California

APPLICATION FOR NAMI-CC MEMBERSHIP

Make check payable to NAMI Contra Costa
 Complete this information cut-out and return it to:
 Treasurer, NAMI-CC
 P.O. Box 21247, Concord, CA., 94521
 E Mail Address: xnamicc@aol.com

Name _____

Street _____

City _____ State _____ ZIP _____

Phone _____

E-mail _____

Membership is: New A Renewal

| | |
|--|----------|
| <input type="checkbox"/> Mental Health Client | \$ 20.00 |
| <input type="checkbox"/> Dual Affiliate | 20.00 |
| <input type="checkbox"/> General Membership | 40.00 |
| <input type="checkbox"/> Professional Membership | 50.00 |
| <input type="checkbox"/> Century Club | 100.00 |
| <input type="checkbox"/> Lifetime | 500.00 |