



NAMI Contra Costa

The Family's Voice On Mental Illness

AUGUST, 2004

The NAMI Contra Costa Newsletter is available on the web at: www.namicontracosta.org

AUGUST

General Meeting

Thursday, August 19, 2004
7:00 pm

GUEST SPEAKERS

Dr. Steven Radar

Topic:

DEPRESSION: Thinking Outside the Medical Box

Millie Greenberg
Supervisor, District 3

Dr. Kathleen Toups

Dr. Toups will give a quick update on the ongoing clinical trials

WHERE:

Mt. Diablo Medical Center
2540 East Street, Concord.

STEVE RADAR AUGUST SPEAKER

Dr. Steven Radar, a psychiatrist well known to many NAMI-CC members, will be the featured speaker at the August General Meeting.

Dr. Radar has been one of the county's foremost psychiatrists for many years. Nine of those years he worked on the psychiatric wards of the county hospital. More recently he has been practicing at the Central Clinic on Willow Pass road in Concord.



Dr. Steven Radar

The title of his talk will be "Depression: Thinking Outside the Medical Box." Dr. Radar will offer new ideas and strategies for fighting depression. There will be ample time for questions.

INTERO FOUNDATION AWARDS NAMI \$10,000 GRANT

The Intero Foundation, which is sponsored by Intero Real Estate Services, has accepted the NAMI-CC grant application. This will mean that the services that NAMI-CC is able to offer to families with mentally ill youngsters will be greatly expanded. Diane Britto of Intero Real Estate made the announcement.



Diane Britto

A new program is being created that will offer a series of classes oriented towards the

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SUPERVISOR MILLIE GREENBERG TO ADDRESS AUGUST GENERAL MEETING

Millie Greenberg, Supervisor of District 3 and a good friend to the Mental Health Community will be the speaker in the first hour at the August General Meeting. She was appointed to fill out Donna Gerber's term.



Millie Greenberg

(Continued on page 4, Column 1)

CONCORD POLICE GO FOR CIT TRAINING

The Concord Police Department is going to institute the training of their personnel in how to handle a mentally ill person when an incident occurs.

The program will be patterned after the Memphis model started some years ago by Lt. Sam Cochrane after strenuous lobbying by the NAMI

(Continued on page 4,)

NAMI-CC Care and Support Groups

Central Contra Costa County

1st Tuesday of each month, 7:30-9:00 p.m., Hillcrest Congregational Church, 404 Gregory Lane, Pleasant Hill.

Contact Dave Kahler 925- 676-5771 or e mail: dk122932@aol.com

3rd Monday of each month, 7:15-9:00 p.m., John Muir Hospital, Downstairs. The meeting has been moved from the Aspen Room to the Sterns Conference Room. Mary Olowin, MD and Gloria Hill. Contact Gloria Hill 925- 957-5146.

West Contra Costa County

4th Monday of each month, 7:00 p.m., 10203 San Pablo Ave (Idaho Apts.), Conference Room, El Cerrito (across from Black Oak Motors). Contact Gloria Hill 925-957-5146.

East Alameda County

4th Monday of each month, 7:00-8:30 p.m., St. Claire's Episcopal Church, 3350 Hopyard Road. Pleasanton.

Contact: Russell or Donna White E mail: russdonnawhite@sbcglobal.net 925-455 6901

TRI-VALLEY BIPOLAR (Consumer Run)

Manic Depression Support Group

Wednesdays, 7:15 pm to 9:00 pm

St. Claire's Episcopal Church, Pleasanton. Krista Radojevich 925- 462 1248

SELF-INJURY SUPPORT GROUP

(Consumer)

For self-injury sufferers to talk about ways to change these behaviors and resolve the feelings brought on by trauma.

CALL: Veronica 925-676 5313

BIPOLAR CHILL (Client Run)

Manic Depression Support Group

Wednesday, 7:00-8:30 p.m.

710 Broadway #3G, Walnut Creek

Contact Lisa or Scott: 925-743 1160

NAPA STATE HOSPITAL SUPPORT GROUP (NSHSG)

Meets the 2nd Saturday of each month, 9:30-11:30 am.

WHERE: Hospital's Volunteer Center Conference Room

For Information: Gene Schulting 925-933 1151

ALANON SUPPORT GROUP

For those supporting one who is dually diagnosed

Wednesdays 7:30 to 9:00 pm

Holy Shepherd Lutheran Church

433 Moraga Way, Orinda

Contact Kay: 925- 933 4012

RECOVERY, INC. (Self Help Mental Health)

Mondays, 7:30 p.m. Kaiser, Walnut Creek

Saturdays, 2:00 pm to 4:00 pm

Lilac Building, Room 2

Contact: Iris Richards, 510-482 5808

NEW HOPE

SUPPORT GROUP FOR PARENTS OF
ADOLESCENT CHILDREN

When: The 2nd Monday of every month at 7:00 pm

Where: Lafayette Orinda Presbyterian Church, Rm. #4

E mail: newhopelopc@hotmail.com or 925-934 1216 (Nancy)

FAMILY ADVOCATE HOURS

Gloria Hill, Contra Costa County Mental Health Advocate hours are:

Mondays 12:30- 3:30 at 957 5146. Tuesdays all day at 957 5146. Thursday morning at 957 5146.

After 1:30 on Thursdays at 646 5844 or 646 5480 which is not a voice mail number. The best way to reach Gloria is to page 925-476 2618 any day of the week or leave a message on the voice mail. Gloria requests that she not be called at home unless it is an emergency and all other numbers and the pager have been called.

NAMI-Contra Costa
National Alliance for the Mentally Ill

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**PRESIDENT'S
COLUMN**

David Kahler

The Intero Foundation which is sponsored by Intero Real Estate Services has made a grant of \$10,000 to NAMI-CC to be used to help youngsters with a mental illness.

That help will be in the form of the program called NEW HOPE. It will be a series of classes that will present the information and education that a family, new to mental illness in a youngster, must have.

The NEW HOPE program will have the benefit of some people that have worked in the children's mental health field for many years.

**

We have had a very major breakthrough in the law enforcement field. The Concord Police Department will begin CIT (Crisis Intervention Training) as early as next December. Sgt. Norris, the training officer will be working with Miles Kramer and John Allen and NAMI-CC on this new effort.

**

The NAMI California State Conference is being held in Northern California this year. It alternates between the North and South. It will be held at the Airport Marriott at the San Francisco Airport, Friday and Saturday, August 13 and 14. The Conference is always a goldmine of information and new ideas. The form to register for the conference has been inserted in this newsletter. Fill it out, send it in and see us there!

**

Millie Greenberg, who was appointed to fill out the remainder of Donna Gerber's term, will address the August General Meeting. Millie was on the Danville Town Council. She has a strong interest in and understanding of the issues in the mental health field. Issues that will be of paramount interest to us all as the fallout from this historic budget crisis proceeds.

**DR. RAMON
GARCIA
SEPTEMBER
SPEAKER**

Dr. Ramon Garcia will be the featured speaker at the September General Meeting.

Dr. Garcia has spoken to NAMI-CC many times. He practices in Sacramento and specializes in the treatment of schizophrenia.

He will discuss the new medications and treatments and will field any questions you might have.

**FREE COURSE ON
MENTAL ILLNESS**

If you are responsible for someone who suffers from a mental illness, there is a considerable amount of information you will need to be effective.

The NAMI-CC Family to Family class is a 12 week course, one night each week, that can provide you that information.

Classes are now being scheduled for the fall. Enrollment is limited, so sign up early.

Antioch	Wednesday Sept. 1
Livermore	Thursday Sept. 2
Lafayette	Monday Sept.13

To sign up call Doris Watson:
925-682 7195
E mail: F2Fmom@aol.com

**PROP #63 GAINING
MOMENTUM**

All the polls show the Health Services Act is passing. It would provide \$700 million to California's mental health system by levying a tax of 1% on those with an income in excess of \$1 million. It is estimated that the amount would grow by 7 percent each year.

SUPERVISOR MILLIE GREENBERG TO ADDRESS AUGUST GENERAL MEETING

(Continued from page 1, column 2)

Millie transplanted from Southern California, she saw first hand what unplanned growth could do. She has also been aware of the problems in the mental health field.

She was elected to the Danville Town Council in 1987. She was appointed to the Contra Costa Board of Supervisors in July of 2003. She took the seat vacated by Donna Gerber, a supervisor we always found to be supportive of the mental health system.

CONCORD POLICE GO FOR CIT TRAINING

(CIT is Crisis Intervention Training)

(Continued from page 1, column 3)

Memphis affiliate. From Memphis, the idea of special training for the police in how to better handle incidents involving the mentally ill, spread throughout the country.

NAMI Santa Clara funded the sending of a San Jose officer, Brenda Herbert, to Memphis. Upon her return, a training unit was set up in San Jose from which many officers have graduated.

The training program in Concord will be developed by their training officer, Sgt. Norris and Miles Kramer from the Sheriff's Department. Kramer was instrumental in developing the program in Marin County.

This important development comes after five years of lobbying by the Criminal Justice Committee and particularly the Forensic Multidisciplinary Committee, which was founded by John Allen and Candice Kunz-Tao. It is a major step towards developing procedures to protect the mentally ill and the police.

KATHY MAGEE BACK HOME

Kathy Magee first came to NAMI-CC's attention about three years ago. She had reached a very low point in her life. In her middle 40's, she was plagued with a bipolar disorder, and had combined it with drugs and alcohol.

WHERE ARE
THEY NOW?



The McGee Sisters Debbie and Kathy
Debbie Teal and Kathy McGee

Up till that time, what little advocating was being done on Kathy's behalf, was done by her father and mother. When they died, her daughter Brandi and her sister Debbie decided that if they did not do something, no one would.

They found that a San Pablo police officer was taking Kathy to the psychiatric emergency fairly regularly. There the revolving door would put her back on the streets after only a few hours. One of the officers, Walt Schuld, (now a commander) persisted but still would find Kathy back on the streets of San Pablo.

Brandi and Debbie felt that something had to be done. They found that Channel 4 News was doing a story on homelessness. They called Kevin McCormick and were pleasantly surprised to find him not only interested but concerned about the ongoing tragedy.

With Pam Moore and camera crew in hand, they went searching for Kathy. The scenes showed the worst that suburbia has to offer. Not finding Kathy they used still pictures to make the point.

Finally the sister and daughter

NAPA GROUP ALIVE & WELL

In March, 2003, a Family Support Group was organized to serve NAMI members who have a loved one in the Napa State Hospital. A facility that houses and treats about 1140 patients with a staff of approximately 2200 employees. About 900 of the population are forensic patients.

Gene Schulting reports that the group has regular meetings the second Saturday of each month averaging an attendance of 20 to 40 members.

The meetings feature a speaker to better inform the families. The most recent speaker explained how the vocational program works. The patients are able to earn an income and have the satisfaction of staying busy.

Recently the group had a picnic where the outdoor cooking was done by the staff. About 50 family members and loved ones attended, along with Dave Grazziani, the Director of the facility.

The exposure in the media seemed to propel things along.

It required several stays in different facilities, but Kathy finally got stabilized and clean and sober. As is usually the case, the road back was not without setbacks. Even now, when the pressures are too great, a trip to the hospital can become necessary.

Now she is able to help take care of her grandchildren. She lives in a house just across the street from the house she grew up in. She lives with her sister, Sharon, and brother-in-law, Walt. The lesson to be learned is that a concerted effort, intelligently pursued can achieve results. Through the efforts of Kathy's sister and daughter along with fine police, like Commander Schuld and a group like NAMI-CC (Gloria Hill), the road to recovery is very possible.



Kathy with brother-in-law Walt

CLINICAL TRIALS OFFER NEW APPROACH FOR ALZHEIMER'S DISEASE

By Kathleen Toups, M.D.
Adult and Geriatric Psychiatrist
Bay Area Research Institute

Physicians and scientists from Voyager Pharmaceuticals are testing an innovative approach for the treatment of Alzheimer's Disease (AD), in the form of a medication called Leuprolide (Lupron), which has been used in Prostate Cancer for the past 18 years. Richard Bowen, M.D. first discovered the potential of Leuprolide when taking a case history from one of his patients. His patient's husband had a strong family history of Alzheimer's – both his mother and two brothers had died from effects of the disease. The husband and his sister were both diagnosed with AD, but her husband was also diagnosed with Prostate Cancer and started on Leuprolide. Five years later, the sister was institutionalized in a nursing home, incontinent and unable to speak. Since starting the Leuprolide five years earlier, the husband's memory had reportedly gotten a little better, but more importantly, he never got any worse!

Dr. Bowen teamed up with scientists from NIH to investigate the science behind this, and

found the answer linked to elevated levels of gonadotropins, also known as LH (luteinizing hormone) and FSH (follicle stimulating hormone). Elevated levels of these hormones occur after menopause in women, and with advancing age in men. However, the LH and FSH levels are generally twice as high in patients with Alzheimer's.

What is exciting about Leuprolide, is that it may actually *prevent* brain cells from becoming damaged.

Voyager has shown that high levels of these hormones, particularly LH, lead to abnormal cell division and cell death in the brains of people with Alzheimer's. This is particularly noticeable in the region of the brain most associated with memory – the hippocampus.

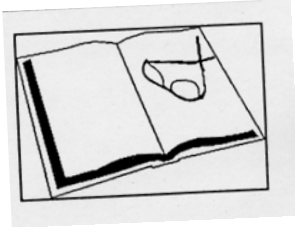
Leuprolide acts by blocking the abnormally high levels of LH and FSH, which means it may be able to prevent the abnormal cell division and destruction of brain cells in Alzheimer's Disease. What is exciting about Leu-

prolide is that it may actually prevent brain cells from becoming damaged, whereas the other Alzheimer's drugs on the market try to preserve some level of functioning in brain cells that have already been damaged.

Voyager has embarked on clinical trials to further investigate the role of Leuprolide in preventing progression of AD. They have completed enrollment of 100 women in one large-scale clinical trial, and are currently enrolling men 65 years and older with a diagnosis of probable Alzheimer's Disease, in the mild to moderate stages. Because Leuprolide acts in a completely different manner than the standard therapies used for AD, study patients are allowed to continue taking other treatments for Alzheimer's. Voyager has agreed to continue to provide the Leuprolide at the conclusion of the research study, should study participants experience the clinical improvement that the trial hopes to elicit.

For further information on this new development in the battle against Alzheimer's Disease, or participation in the clinical trials for men, contact Voyager Pharmaceutical Corporation at www.voyagerpharma.com or (919) 846-4880.

BOOK REVIEW

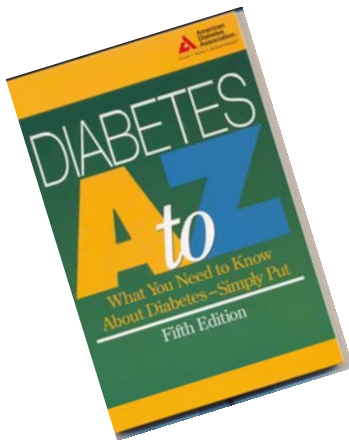


Mae Bragen, Librarian

Diabetes A to Z, What You Need To Know About Diabetes-Simply Put, from the American Diabetes Association, 204 pages, \$14.95.

Diabetes occurs in the mentally ill at a higher rate than in the general population. For that reason the NAMI-CC library has brought in some books that explain the basics about the disease and some suggestions for coping.

Diabetes A to Z quickly explains what is happening in the body when the disease strikes.



The book makes clear the process of turning your food into energy. It shows how the foods are broken down into glucose which travels through your blood to the cells. The Cells use the glucose for energy. To be absorbed by the cells, insulin is required. The insulin is produced by the pancreas when the body is healthy. If that organ does not produce the insulin or enough of it, you have diabetes. The book shows the level that the blood glucose level must be kept at and how that level can be checked. There is much information on how to avoid diabetes.

INTERO FOUNDATION AWARDS NAMI \$10,000 GRANT

(Continued from page 1, column 3)

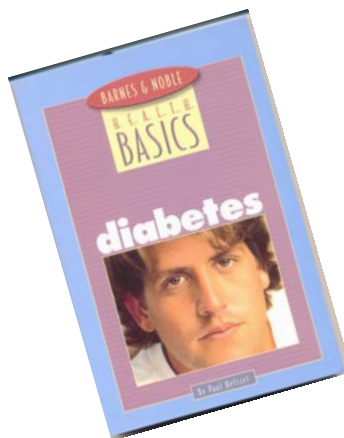
families that have a youngster that suffers from a mental illness.

NAMI-CC owes a huge debt of gratitude to long time NAMI-CC member Julia Bonacich for her efforts in securing this grant.

The devastation that has been done to the Children's System of Care by the recent budget cuts makes this assistance from NAMI-CC an imperative.

Diabetes, by Paul Heltzel, from Barnes & Noble, 224 pages, \$9.95.

This, too is a basic book on diabetes. It lays out the difference between Type 1, Type 2 and gestational diabetes.



It is a very recent book, so it is able to offer information on the state of the art treatments including the traditional, alternative and nutritional. It is a short but comprehensive work and is extremely helpful in showing how to organize the case and be more likely to get the help you will need to successfully work with the disease.

Most important is to use the information to avoid the disease in the first place

BITS AND PIECES

Treatment In Prison

“Only one-third of men and one-quarter of women with a mental illness report receiving any treatment, while in prison.” The report further states that 14 percent of those who receive no treatment go on to commit violent crimes while only 3 percent do so when appropriate treatment is provided.

(Excerpted from Treatment Advocacy Center e-news)

Hallucinations and Delusions

are the boundary-crossing experiences of reality. Hallucinations are misperceptions of an extraordinary magnitude, while delusions are tenaciously held false beliefs. Both hallucinations and delusions tend to be experienced as true, especially in the moments that they are activated in consciousness.

(Los Angeles Daily News, Allan Comeau, Ph.D.)

The problem with our mental

health system is that “it’s overwhelmed and can only focus on people who are completely debilitated,” says Tom Lane, of NAMI National. . . “The situation is analogous to a medical hospital that refuses to treat someone with appendicitis until the appendix bursts.”

(Excerpted from the Lilly publication *Reintegration Today*, Winter 2003.

VOLUNTEERS NEEDED

Volunteers are needed to put displays in libraries throughout the county. Everything will be supplied. The displays are an important part of the Mental Health Awareness Month effort. Call: Kay-925- 933 4012

**LETTERS TO THE
EDITOR**

Dear NAMI Editor:

I am writing to NAMI to thank you for the information you gave me last winter. I had called because my sister in your county said she had taken your course in mental illness and had been greatly helped by it.

So I called the Contra Costa number to ask where a NAMI might be in the North Philadelphia area. A volunteer called a few hours later and explained how to use the NAMI.org website. I found our local NAMI's number and in short order signed up for their Family to Family class.

Taking that class has been a lifesaver in a very real sense. We have been able to help my brother find the services and the support he was missing.

Equally important, was for us to meet other people that have family members that are mentally ill. My friends and neighbors just don't know what we are talking about when we talk about my brother.

Some in NAMI have been dealing with these problems for a great many years. The suggestions they make have been more useful and more comforting that much of the advice we have gotten from professionals.

We now regularly attend a support group and have actually been able to help some of the newer people.

Thanks again.

Cindy Marr

COMMENTS

Comments for the newsletter should be sent to:

E mail: x nami@aol.com
 Fax: 925-476 1444 or mail to
 P.O. Box 21247
 Concord, CA., 94521

All letters are subject to abridgment and those unpublished can be neither acknowledged nor returned.

**PLEASANT HILL
PLANNING COMMISSION
MEETING**

One of the conditions put on the Crestwood Healing Center during the Use Permit hearings was to report to the Planning Commission on a quarterly basis. It is the only facility in the state that has such an obligation.

At the last Commission meeting a viewpoint from NAMI-CC was expressed by its president David Kahler. Below is the transcript of what was said:

“ . . .the two main arguments of the Poet Corner's group was that

1. Real estate values would plummet if a mental health facility were allowed to open in their neighborhood. That turned out to be 100% wrong. The values have escalated! The May NAMI newsletter showed houses in the immediate neighborhood selling for as high as \$889,000.

2. The other half of their argument was that the mentally ill are very dangerous people. They are not. They were as completely wrong on this point as they were about real estate values.

And yet these proceedings have advanced as if it were a valid point. It is not. What needs to be done is to ask those who make such claims to produce the evidence.

In spite of all the shrill hyperbole and scurrilous flyers, the Poet's Corner group has never been asked to actually produce real evidence. If that was demanded, their claims would collapse like a house of cards. The burden of proof should be on those making the extravagant claims.

The time has come to recognize that unsubstantiated claims must not be allowed to dominate this process as they have since the beginning.

Five percent of the American population suffer from a mental illness. Pleasant Hill has a population of 33,000 which would indicate that there are approximately 1650 that are mentally ill in Pleasant Hill alone.

When the need arises, the locals will appreciate having a facility nearby where they can easily visit.

**AUGUST
DONATIONS**

In Memory of

Matt Buscemi

From:

**Mrs. C.R. Schwalin
Lawrence and Dolores Jones
Jack and Sally Bannatyne
Germiné and John Trumm
Ralph and Lois Buscemi**

A Special Donation From

Carolyn Daniels

Ongoing Donations From

**Cheryl Murray
William F. Pickering
Raymond Tuttle**

DONATION FORM

Make check payable to NAMI-CC
 Mail to: Treasurer, NAMI-CC
 P.O. Box 21247, Concord, CA., 94521

 Name

 Street Address

 City State Zip

Phone: _____ E Mail _____

Use Donation For:

- NAMI-CC General Fund
- NAMI-CC Housing fund
- Family to Family Program
- NARSAD (Research)
- Other _____

In Honor Of: _____

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

YOU ARE GOING TO ENJOY THE
NAMI Contra Costa
26th Anniversary Party
Sunday, October 10, 2004, 5:00 pm
Concord Hilton

Stamp

NAMI CALIFORNIA ANNUAL CONFERENCE 2004
August 13 & 14, 2004
San Francisco Airport Marriott, 1800 Old Bayshore Highway
Burlingame, California 94010

NAMI Contra Costa

Our purpose is to support families, to educate ourselves and the public, to advocate for better treatment, and to support legislation which helps those with neurobiological brain disorders.

General membership in NAMI-CC is \$40 per calendar year. Dues paid from January to October provide membership for the current year. Dues paid in October, November and December provide membership for the following year.

Your dues support our affiliate, and should be mailed to our P.O. Box 21247, Concord, CA., 94521. Dues also include your membership in NAMI California and NAMI National.

Your dues entitle you to receive the NAMI Contra Costa newsletter, the NAMI-California publication "The Connection," and the NAMI National publication, "The Advocate." You are a member of each of the three organizations for the one membership fee. If you are solicited for membership or special gifts from the State or National organization, give generously if you can, but all gifts are voluntary and do not entitle you to membership in NAMI Contra Costa.

To continue to receive the newsletter after the first two complimentary copies, please return an application for membership with your check. You will be most welcome at the monthly General Meeting and all the support meetings throughout the month.

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

Name _____
 Street _____
 City _____ State _____ ZIP _____
 Phone _____ E-mail _____

My membership is: New A Renewal

- Mental Health Client \$ 20.00
- General Membership \$ 40.00
- Professional Member \$ 50.00
- Century Club \$100.00
- Lifetime \$500.00

NOTE: You can also pay by credit card.
 E mail: xnamicc@aol.com for instructions