



NAMI Contra Costa

National Alliance On Mental Illness

Contra Costa's Voice on Mental Illness **AUGUST, 2008** * 80308

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

NAMI WALK ACHIEVES \$300,000 GOAL Most Successful Walk Ever

There are always donations that come trailing in weeks after the day of the actual walk. This year they brought the amount up to and past the goal of \$300,000, the highest ever. The statistics were impressive:

- Increased Revenue 16%
- Increased Walkers 33%
- Increased Teams 27%

1360 Registered Walkers
131 Online Registered Teams

A SPECIAL THANKS

A very special thanks is due Bill English (NAMI Marin) for taking on the task of managing the funds for this sizeable effort.

Congratulations to the steering committee and particularly to an outstanding Walk Director, Laurie Williams.

NAMI Contra Costa hosted a picnic after the Walk which about 75 members and friends attending. It's success assures that it will become a

Mental Health Commission

JACQUE McLAUGHLIN ELECTED CHAIR

Jacque McLaughlin, Martinez, has been elected Chair of the Mental Health Commission. She will serve the remaining months of 2008.

The Commission is mandated by state law and has been overseeing the mental health system since 1993.

(Continued on page 3)



Jacque McLaughlin

FREE CLASSES EXPLAINING MENTAL ILLNESS

September Classes Now Being Set

Any family that has a loved one that is mentally ill would find the NAMI Family to Family class an imperative.

(Continued on page 6)

General Meeting

AUGUST

Thursday,
August 21, 7:00 pm

Speaker

Martha P. Wilson, Ph.D.
Behavioral Health Court
Lt. Mitch LeMay
Sheriff's Department

Topic

The new Behavioral Health Court is a real innovation in Contra Costa County to help the mentally ill when in the Criminal Justice System.

Note: Joe Appel, an attorney and mental health advocate will Show a 12 minute slide presentation on stigma and mental illness.

John Muir Medical Center
Concord Campus
(Note: Formerly Mt. Diablo Medical Center)

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

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NAMI-CC Care and Support Groups

Central Contra Costa County

1st Tuesday of each month, Now In It's 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 Olwin and Gloria Hill. The Consumer Group will not be meeting.
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

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

Contact Russell or Donna White. russdonnawhite@comcast.net 925- 455 6901

NAPA STATE HOSPITAL FAMILY SUPPORT GROUP (NSHFSG)

Meets the 2nd Saturday of each month

Where: Hospital's Volunteer Conference Room
For Information: Bill Schrader 707-433 9250

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

NEW HOPE BIPOLAR SUPPORT GROUP

For parents of children and adolescents diagnosed
with a mood disorder.

Lafayette:

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

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

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

Richmond Support Group

Richmond Health Center 100 38th St. Room 2400

2:00 pm to 3:30 pm

Matthew Luu, LCSW 510- 374 7500

FAMILY ADVOCATE HOURS

Gloria Hill, Contra Costa County

Mental Health Advocate

Monday - Friday 9:30 am - 6:00 pm

925-957 5146

NAMI-Contra Costa
National Alliance on Mental Illness

OFFICERS:

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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

We are very pleased to welcome Pamela Fitzgerald as Executive Director of Contra Costa Clubhouses, Inc. She has worked directly in a supervisory-management role with the visually handicapped, with dual diagnosed consumers, the disabled suffering from MS, cerebral palsy, autism and dementia.

She has also been involved with counseling high risk clients, drug addicts and alcoholics. In addition, she has been involved with the criminal justice system, teaching courses in criminal justice, alcohol and drug addiction and in anger management.

Her experience in advocating for nonprofit organizations, networking with community leaders, writing grants and planning large fundraising events will be instrumental in insuring the continued success of the new Contra Costa Clubhouse. **Welcome aboard, Pamela!**

Speaking of success, we would like to thank Tamara Hunter-Carson and Susan Jordon for the dramatic progress they have made in developing and constantly improving the Contra Costa Clubhouse! The current clubhouse bears little resemblance to the empty building we visited only five short months ago.

(Continued on page 6)



**Future
General Meetings**

Dr. Manasi Rana, speaking on children and adolescents with a bipolar disorder, will be rescheduled.

He was to be the Speaker at the July meeting, but due to a health emergency, could not make it.

August General Meeting

See the box on page 1. The topic will be the new Behavioral Health Court. If your loved one ever has to go to court, you will want to know how this resource might be of great help.

The title of the talk will be, "Stopping the revolving doors for the mentally ill caught in the Criminal Justice system." The speakers will be:

- Marti Wilson, Ph.D.—Forensic Community Liaison
Lieutenant Mitch LeMay—Crisis Intervention Trainer

**JACQUE
McLAUGHLIN
ELECTED
CHAIR**

(Continued from page 1)

Each of the five county supervisors appoint three people to the commission. When fully staffed, the Commission has 15 members and one of the supervisors, making it a body of 16.

Currently there is a need for several more commissioners. You can apply at your supervisor's office. The address is in the front of the phone book.

JOHN MUIR TO PARTNER WITH CRISIS CENTER

Note: *This article was excerpted from the Crisis Center's newsletter, The Candle.*

The Crisis Center has announced a new program in partnership with John Muir Health. JM Health patients who are hospitalized following a suicide attempt are being given the option at discharge of receiving a follow-up call from a crisis counselor from the Crisis Center.

Those who consent are being contacted within 24 hours. Research shows that suicide attempters are at greatest risk for a new attempt soon after they're discharged from a hospital setting and that follow-up contact effectively reduces this risk.

The purpose of the project is to make sure that people feel safe and connected at a time when they're vulnerable to self-injury. In addition, people will be linked to other resources in the community. As the project is successful, it'll be offered to other hospitals in the county.

NAMI-CC E MAIL LIST

You can receive important notices about events and programs in the mental health field by being on the NAMI-CC e mail list. You can be certain that the list will be used very selectively and ONLY by NAMI-CC. E mail: xnamicc@aol.com

September General Meeting

CARLA JACOBS TO ADDRESS NAMI-CC

BY Kay Derrico

The September General Meeting will be one of the most important of the year! It will address the challenge of "getting treatment for people who don't know they need help."

This meeting will be one of the highest priority. It will be dealing with issues of untreated mental illness that John Diaz of the San Francisco Chronicle says, "divides families, swells our jail and prison population, and explains why we have ever growing numbers of unfortunates living on the streets." He continues "the status quo (referring particularly to current law) is not working."

Rod Shaner, Medical Director of the Los Angeles County Department of Health, describes the situation as "40 years of wandering." Diaz quips, "and still we wander."

Carla Jacobs, a scholar on the subject, has been an advocate on every level, federal, state and local. She will be a genuine shot in the arm to our ongoing advocacy efforts.

She will talk to us about how the laws currently function and will have suggestions leading to changes that can end the "40 years of wandering."

Lisa Hillier, Chair, Government Affairs Committee, will be set to receive and implement suggestions by Carla and from the audience.

NAMI Contra Costa wants to set goals that will make appropriate changes in the (Next column please)

CRISIS INTERVENTION TRAINING INAUGURATED

A training program to guide the police when they have incidents with a mentally ill person was begun in July. It will be given periodically under the auspices of the Sheriff's Department and organized by Lt. Mitch Lemay.

LPS (Lanternman-Petris-Short) commitment laws of forty years ago. We do not want to return to the time when institutionalization was the standard and the system did not observe the civil rights of the patients.

Carla Jacobs is an acknowledged expert in the areas of mental illness. She has received numerous awards from NAMI California, NAMI National, the Forensic Mental Health Association and the American Psychiatric Association's Warren Williamson Award.

Her community services range across many years and many areas. She has participated on legislative committees, mentally ill offender committees, Los Angeles Health Commission, Los Angeles Police task forces and the California Psychiatric task force for law reform.

There will be ample time after her presentation for you to ask questions. You may also E mail them in advance. The questions sent in advance will be read first.

kayderrico@comcast.net

Or call:
925-933 4012
925-465 3864

NEW COUNTY ADMINISTRATOR APPOINTED

The Board of Supervisors announced the appointment of David Twa to be their new County Administrative Officer (CAO) to assume responsibilities as the manager of the county when the current CAO, John Cullen, retires this fall.

The County Administrator is the highest non-elected office in the county. He is an important contact for any mental health advocate.

Mr. Twa will join Contra Costa County from Ramsey County which is in Minnesota. He served as the County Manager there for the past five years

Supervisor Federal Glover, the Chairman of the Board stated, "David Twa comes with an impressive set of credentials. He has significant experience in a state where county government is very similar to California."

John Cullen became the CAO following the departure of John Sweeten.

TORLAKSON DeSAULNIER RUN FOR DIFFERENT OFFICES

Contra Costa's representation in the state legislature is done by Tom Torlakson in the State Senate and and Mark DeSaulnier in the state Assembly.

In upcoming November election, something very unusual is likely to occur.

Torlakson is running for the Assembly seat now occupied by DeSaulnier and DeSaulnier is running for the seat in the senate now occupied by Torlakson.

And both are likely to win. The situation is brought about by term limits. Torlakson is term limited out so DeSaulnier decided on an upgrade. He does face opposition from former assemblyman Joe Canciamilla.

These are the elected officials you want on your speed dialer and in your roll-o-dex. If they don't know how you feel about the mental health system, you have only yourself to blame.

NAMI CALIFORNIA ANNUAL CONFERENCE 30th Anniversary

"Celebrating Recovery"

August 22 & 23, 2008

As the dates for the annual NAMI California Conference draw near, those who would like to car pool should E mail: xnamicc@aol.com

The conference alternates between Northern California and Southern California. This year it will be just across the bay in Burlingame.

The workshops offer an incredible range of information on how to assist the mentally ill:

- Special Needs Trusts-Beyond Public Benefits
- Mood Management Strategies
- Easing Depression with Paper and Pen
- Using Public Access TV to Advocate for Mental Health

For detailed information:

namicalifornia.org

San Francisco
Airport Marriott Hotel
1800 Old Bayshore Highway
Burlingame, CA. 94010
620-692 9100

NAMI California
1010 Hurley Way, Suite 195
Sacramento, CA
95825

SWAT SQUAD REQUIRED TO APPREHEND MENTALLY ILL PATIENT

After nine months of a conscientious family's efforts to get their 45 year old brother into treatment, the feat was accomplished by a swat team and canisters of tear gas.

It took place in downtown Orinda on the 4th of July, 2008.

The family had learned the system, the 5150 procedures, the CSU (Psychiatric Emergency) and the acute care facility at the County Hospital.

He had been provided a small apartment in a building

(Continued on page 7)

MEDI-CAL CUTS UPDATE 10% CUTS IN PLAY

A state court in Los Angeles failed to stop deep cuts in reimbursement rates to health care providers in the state Medi-Cal/Denti-Cal program which took effect on July 1.

While the court found that these cuts would irreparably harm the access to health care of nearly 7 million Californians, It denied the preliminary injunction on the grounds that the state court lacked the authority to enforce the federal law in state court.

“The court recognized the dramatic impacts the Medi-Cal cuts will have on Medi-Cal beneficiaries and the state’s health care system, but ruled on narrow procedural grounds that it could not grant relief to the millions of Californians whose health care will be impacted adversely by these cuts,” said Craig Cannizzao, the attorney for the coalition of health care providers who brought the suit.

A local example of the impact the cuts would bring would be that Medi-Cal patients that have been stable on the injectable, 14 day, medication Consta™, could find it unavailable. A vice-president at Long’s Drug said the margins on the Medi-Cal medications are so thin, they would have to drop the Medi-Cal patients.

With this motion for preliminary injunction denied, health care providers are considering all options, including filing an emergency appeal with the second district appellate court in Los Angeles. Your elected officials need to know how you feel about this.

CLUBHOUSE REPORT

The Clubhouse has been a hotbed of activity. With their new director, Pamela Fitzgerald (See president’s column on page 3) there is a list of activities that you can use, support and enjoy.

There will be the first of many carwashes August 15th from 10- 2:30 pm. Call for the location.

The 6th month anniversary is scheduled for August 18 from 1:00 to 3:00 pm at the Clubhouse.

There will be a “flea market” sale on September 6 from



Pamela Fitzgerald, left
Tamara Hunter-Carson

10:00 am to 2:00 pm. Donations are currently being sought.

The establishment of this Clubhouse is a major innovation for Contra Costa. The prime mover behind the project is long-time NAMI-CC member, Herb Putnam.

You would do well to stop by, take a tour and see how it will fit into your requirements.

Contra Costa Clubhouse

3024 Willow Pass Road, Concord
tamara@ccclubhouse.org
925-691 4276

President’s Column

(Continued from page 3)

The “new” clubhouse features a reception area manned by members answering the phone and calling other members to encourage them to get involved in a variety of clubhouse activities. Such activities include group outings to an Oakland A’s game, a visit to Marine World in Vallejo, etc.

Activities at the Clubhouse at 3024 Willow Pass Road include acquiring a variety of snacks, sodas and juices for the new snack bar. Members purchase snacks, determine the cost, add a markup and sell the soda and snacks to members and other occupants from the same and adjacent buildings. (This is useful vocational training for clubhouse members.)

There is a newly established library (which still needs the donation of books and DVD’s) and a serene and beautiful garden area containing many lovely plants and flowers.

But perhaps the greatest achievement of all was the installation of a brand new kitchen area with microwaves, storage shelves, counters and an invaluable new kitchen sink.

Clubhouse members plan weekly breakfast and luncheon menus. They purchase and prepare food and account for the expenditures to ensure they remain within budget. On Fridays members come to watch movies, complete with snacks and popcorn.

The clubhouse benefits many of its 60 members by providing social activities, vocational training and computer training on seven new computers. Overall clubhouse activities are invaluable in widening new horizons and in developing self esteem for its members.

Swat Squad

(Continued from Page 5)

owned by his family. Things went reasonable well for years. Then last October for reasons unknown, he stopped taking his medications.

His behavior then underwent a decided change. He became hostile and unapproachable. His sister could no longer help him make out the checks for the monthly bills. He went on a spending spree, rented a truck, rented motel rooms and disappeared for days at a time.

He is an intelligent author and an accomplished musician. He had his own blog and one could see the random thoughts as he put them on his blog. They were in some cases terrifying.

Then came the threatening phone calls to various members of the family.

Several times the family attempted to have him taken in for treatment using the 5150 procedure. However, "the need for treatment is not a justification for taking someone *against their will* into custody and then into treatment."

Finally, in an incident reminiscent of the Virginia Tech tragedy, it required a neighborhood filled with armed police to bring a lone mentally ill person into treatment. There is a better way.

FREE CLASSES

(Continued from page 1)

The classes are limited in size, so early registration is recommended. They run 12 weeks, one night each week. There is no charge for the classes or the materials. Contact: Thomas Cloney, tmclone@gmail.com
510-223 6873

AUGUST DONATIONS

Chevron Humankind
Matching Gift Program
Donor: Walter James

United Way of the Bay Area
Donor: Bill Zimmerman

Bank of America
United Way Campaign
Donor; Alison Buckles
Donor: Susan M. Henderson

Donors: Eugene O. Schulting and
Lily C.S. Schulting

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

Use Donation For:

- Peer to Peer Program
- NAMI-CC General Fund
- Family to Family
- K.I.D.S. Program
- Housing
- IOOV (In Our Own Voice)

Name

Street Address

City State Zip

Phone: _____

E mail address:

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

First Tuesday
Support Group
 One on One support- 925-676 5771
 An introduction to the Family to Family Program

Page 2 for Details

Stamp

FREE CLASSES ON MENTAL ILLNESS

The NAMI Family to Family Classes will begin again in September
 Space is limited, so register early.

Contact Thomas Cloney: tmclone@gmail.com
 510-223 6873

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
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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