



NAMI Contra Costa

Contra Costa's Voice on Mental Illness *December 2006*

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

WARD D CLOSING CAUSES DISSENSION

The 20 beds on Psychiatric Ward D are now history. The Health Department's plan for the closure was given the stamp of approval by the Board of Supervisors November 14. The public was told that the cut would not leave Contra Costa's Mental Health System short of acute beds.

Not all of those working in the system agree. Later that day there was a meeting at the hospital that became so heated, the Director of Psychiatry said he would have to leave the meeting.

(Continued on page 5, column 2)

FAMILY INPUT NEEDED

There will be another in a series of meetings on how the monies from Prop 63 can be most effectively spent. It is critical that the viewpoint of the families be heard on this issue.

The meeting will be January 24, at 6:30 at 1420 Willow Pass Road, Concord (the Central Clinic). Call: 925-957 5146 or E mail: glo4ria@msn.com

DeSAULNIER ELECTED TO ASSEMBLY

Mark DeSaulnier, Supervisor, District 4 has been elected to the State Assembly with almost two thirds

of the vote. The district takes in Antioch, Pittsburg, Bay Point, Martinez, Concord, Pinole, Crockett and some of El Sobrante.



DeSaulnier

DeSaulnier has served as Supervisor since his appointment in March, 1994. He was then elected in 1994 and reelected in 1998. In 2002 he retained his seat with 80 percent of the vote,– the highest percent recorded in a

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NAMI-CC WINS AWARD

NAMI Contra Costa has won the NAMI California award for the "Largest Increase in Membership, Large Affiliate Category."

No December General Meeting

Note: There will be no General Meeting in December.

The January, 2007 General Meeting will be: Thursday, January 18, 7:00 pm

NAMI Contra Costa holds the General Meeting the third Thursday of the month

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

2540 East Street, Concord
925-682 8200

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NAMI-CC Care and Support Groups

Central Contra Costa County

1st Tuesday of each month, 7:30-9:00 pm Hillcrest Congregational Church, 404 Gregory Lane, Pleasant Hill. Contact Peggy Luna, Dave Kahler, or Willie Mack 925- 676-5771 or e mail: xnamicc@aol.com

3rd Monday of each month, 7:15-9:15 pm, John Muir Hospital, 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.

East Alameda County

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

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

CONSUMER RUN BIPOLAR SUPPORT GROUP

Where: 1420 Willow Pass Road, Concord, 2nd Floor
When: Every Tuesday, 6:00 pm to 7:30 pm
Contact: Chris Dodd: 925-646 5549 or
Marian: 646 5788

TRI-VALLEY BIPOLAR (Consumer Run)

Manic Depression Support Group
Wednesdays, 7:15 pm to 9:00 pm
Clair's Episcopal Church, Pleasanton
Contact: Krista Radojevich 925-462 1248

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 925-845 7871

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

NAPA STATE HOSPITAL FAMILY SUPPORT GROUP (NSHFSG)

Mets the 2nd Saturday of each month

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

NEW HOPE

BIPOLAR SUPPORT GROUP

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

2nd Monday of each month

7:00 pm to 9:00 pm

Lafayette-Orinda Presbyterian Church Room #4

Contact: Anette 510-733 0577 or

Joani 925-962 9952

Www.newhopesupportgroup.com

ANTIOCH SUPPORT GROUP 2ND WEDNESDAY OF EACH MONTH

Sutter Delta Hospital—Hospitality Room

7: yo 8:00 pm

Craig Cross 925-625 1271

hendrxlvr1@netzero.net

FAMILY ADVOCATE HOURS

Gloria Hill, Contra Costa County Mental Health Advocate

Mondays: 12:30—3:30 pm Tuesdays All Day: 925-957 5146 Thursday Morning: 925-957 5146

After 1:30 pm 925-646 5844 Pager: 925-476 2618 Any day of the Week.

NAMI-Contra Costa
National Alliance for the Mentally Ill

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Concord, CA., 94521

**PRESIDENT'S
COLUMN**

BY ART HONEGGER

We are now into the Holiday season and I hope the very best for all of you.

I want to thank all of you for your participation in NAMI Contra Costa, especially the volunteers and Board members. They have given so generously of their time and talents.

NAMI is a real lifesaver for many families when their loved one is going through a rough patch.

I know that the Holiday season can be difficult especially if a loved one is not doing well. My prayers are with you and we can all be grateful for whatever circumstances help us feel positive and hopeful.

As you saw on page 1, Mark DeSaulnier has been elected to the state assembly. We have been able to work with Mark during the 13 years he was on the board of Supervisors. I look forward to working with him now that he will be in the assembly.



**NAMI-CC
2007 SLATE**

The nominating committee Chair, Coralie Reed, presented the list of those proposed to be officers and on the Board of Directors at the November 16 General Meeting. The results are shown below:

Art Honegger
President
Caroline Jackson
1st Vice President
Kay Derrico
2nd Vice President
Janis Schoepke
Secretary
David Kahler
Treasurer

Board of Directors

Dr. Floyd Overby
Connie Steers
Bonnie Leys
Marilyn Capener
Al Farmer
Gene Schulting
Bob Newell
Coralie Reed

The Board of Directors meets the second Saturday of each month in Walnut Creek. All members are welcome to attend. Any member that wants to be on the agenda should contact the President at least two days before the meeting.

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

E mail: xnamicc@aol.com

Websites:

www.namicontracosta.org

www.nami.org.

CLUBHOUSE REPORT

The 9th Western Regional Clubhouse Conference By Mae Bragen

On September 14, 2006, Lee Cowden and I traveled to the beautiful resort town of Park City, Utah to attend the Western Regional Clubhouse Conference. This conference takes place in one of the western states every other year. (Lee was one of the first presidents of our NAMI chapter.)

Nestled in the mountains of Utah it snowed the whole time we were there. It was lovely, but cold. The theme was "The Light To Recovery" and indeed, what I discovered from the hundreds of consumers (members of clubhouses) who attended the conference, was their enthusiastic sense of being active participants in the lives of their communities.

All of the workshops dealt with the work orientation of the clubhouse model of rehabilitation including discussions of the work units that keep the clubhouses running: team building, stress management, healthy lifestyles, leadership, developing recreational and social programs, fund raising, and transitional employment, supported education and many other topics.

My first observation was the lively socializing that was going on constantly among clubhouse members. There were no "wallflowers". There were a lot of close friendships that had formed among them.

Each clubhouse had their own banner which they proudly displayed on the walls of the main dining/conference hall and later

displayed during a ceremony. Slides and videos were shown on a continuous basis. One table was devoted to tech support.

Several plenary sessions featured such people as the Mayor of Park City, a TV news anchor, faculty of the International Center for Clubhouse Development (ICCD), an Olympic Gold Medalist, an Executive Director of the local Mental Health Department, The Director of the State Dept. of Substance Abuse and Mental Health, a Manager at a Law Firm and a Manager of a hotel both of whom had placed members in transitional employment positions.

The workshops were all geared to those of us in various stages of training regarding the clubhouse model. The ones I attended were entitled; "Clubhouses Succeed If There Is Meaningful Work ", "If You Build It, They Will Come", "Developing Jobs That Are Right For Your Members".

The conference was by no means all work and no play. Besides walking around in the snow and exploring Park City, there was a wonderful tour of Olympic Park and the "Flying Aces" ski jumpers, a Gala Banquet and Dance and entertainment by Polynesian dancers.

In two years the conference will be held in Hawaii. It would be great if many of us could go and tell all that our clubhouse is up and running. For more options, visit this group at:

<http://groups.google.com/group/contracostaclubhouse>
or E mail:

Mae Bragen
maebragen@msn.com

Herb Putnam
putnamsherbbev@msn.com

PEER TO PEER CLASSES SCHEDULED

Peer-to-Peer classes to held this Spring

By Liza Honegger

Lisa Bruce and Lisa Honegger will be holding another 9-week course this coming Spring of '07. Sorry to all the people who wanted to take it last Fall, but we simply didn't have enough people signed up. So tell your friends or family members to call us and sign-up!

This course is for consumers of any kind to learn about their illness; mainly through talking with the other consumers in the class; and how to cope with day to day problems and overcome their fears and create new goals. It is taught by three "mentors" who are also fellow consumers. We really get to know each other and develop a special bond between all of the classmates.

Although it is only a nine-week course, we have fun activities with all of the groups after the class is over. Last summer we had a Pool Party at Lisa Honegger's parents house and we all had a blast.

The interviews for the class are going to be held February 8th and 15th. The class dates are from March 1st to April 26th. Please call to let us know if you're interested!

Lisa Honegger at 925-200-0979
or Lisa Bruce at 925-938-8040

DONATE A CAR

Donate a car to NAMI-CC to help the mentally ill. One phone call or E mail will do it all.
925-465 3864 xnamicc@aol.com

DeSAULNIER ELECTED TO ASSEMBLY

(Continued from page 1, column 2)

contested election in the history of the county.

Mark has had a long time interest in the welfare and needs of children along with the challenges of the mental health system. He helped lead the way to the passage of Proposition 63, which has already brought several million dollars to the county.

In June 2001, Supervisor DeSalunier, recognizing the great need for women's health services, introduced a comprehensive Women's Health Program that serves the health care needs of all women in Contra Costa County.

He brought the principles of performance based budgeting to the county. This requires each department to submit extensive Annual Performance Reports as part of the budget deliberations.

As a long time restaurant owner (TR's Bar and Grill in Concord), he is familiar with the needs of local businesses. He established the Business Leaders' Alliance to create a partnership between government and the private sector.

Mark DeSaulnier was born in Lowell, Massachusetts and received his Bachelor of Arts degree in History from the College of the Holy Cross. An avid runner, he has completed twenty-one marathons. He makes his home in Concord where he raised his two sons, Tristan and Tucker.

DeSaulnier will be sworn in as a member of the California State Assembly, December 4, 2006. Susan Bonilla, Mayor of Concord has been elected to Mark's office.

WARD D CLOSING CAUSING DISSENSION

(Continued from Page 1, column 1)

The sharp difference of agreement is over the best way to respond to the loss of an estimated \$2 million to \$2.8 million in federal payments. The loss would occur because of the inadequate qualifications of the management of the unit. The Psychiatric Emergency Unit (PSE) budget has been about \$4.5 million annually.

The Fed's insist that the director of inpatient psychiatric services and the nursing director do not have the proper credentials.

The Emergency unit is located on the third floor of the hospital. The remaining Psych Ward C is on the fourth floor.

The Emergency unit is where people who have been 5150'ed (taken against their will) are taken to be evaluated. People also seek the services of the unit voluntarily.

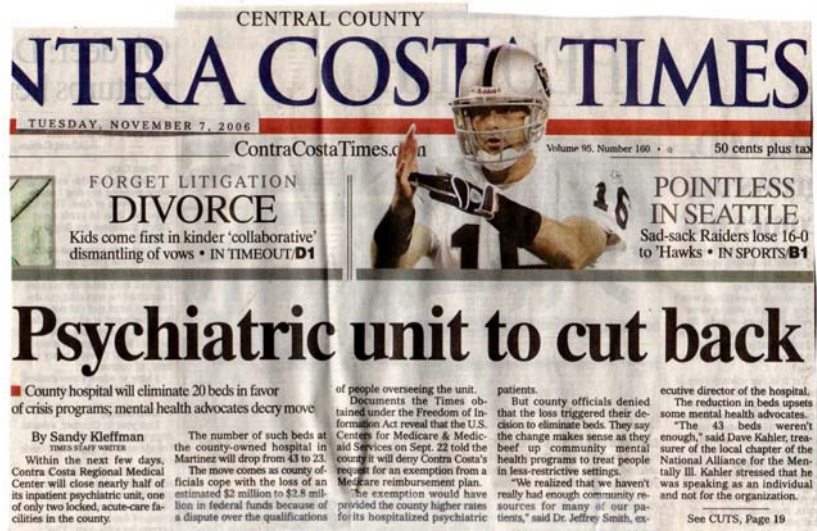
The federal agency mandates that the director of inpatient psychiatric services must be a psychiatrist. Miles Kramer who currently holds that job is a licensed clinical social worker.

NAMI-CC has had considerable experience with Kramer and found him to be an outstanding administrator.

Inpatient vs. Outpatient

The crux of the argument is whether the newly created outpatient program has been created to cover the loss of Ward D or is this the dawning of a new age in treatment.

The main argument in favor of closing Ward D is that the census has dropped to an average of 31. It would be very costly to pay for the staffing for the 12 (Continued on page 6, column 3)



The closure of the 20 bed Psychiatric Ward D was announced by Health Department, Director, Dr. William Walker in the article by Sandy Kleffman in the Contra Costa times, November 7, 2006.

Clinical Depression**STUDY
CONFIRMS
SEROQUEL
EFFICACY**

ALDERLEY PARK, MACCLESFIELD -- November 17, 2006 -- Results from the newly published BOLDER II (Bipolar Depression) study confirm that Seroquel® (quetiapine fumarate) has the potential as a single medication to treat for major depressive episodes in patients with bipolar disorder.

The results, published in the December issue of the *Journal of Clinical Psychopharmacology*, reinforce the positive findings of the landmark BOLDER I study, and have led the FDA to approve Seroquel for the treatment of depressive episodes associated with bipolar disorder for patients in the US. BOLDER II, an 8-week, multicentre, placebo-controlled trial, found that patients treated with Seroquel 300 mg or 600 mg per day had significant improvements in their depression compared with those placebo recipients.

"Patients treated with Seroquel in BOLDER II saw an improvement in their depressive symptoms within one week and more than half by week eight," said Professor Michael Thase, Medical Director, University of Pittsburgh Medical Center, Pittsburgh, Pennsylvania, and the study's principal investigator.

As a result of the positive findings from the two BOLDER studies, Seroquel is now the first and only single medication approved by the FDA to treat both the depressive and manic episodes associated with bipolar disorder. "I think this is good news for patients with bipolar disorder, because we know that it's much more difficult

to treat depressive episodes than manic episodes," said Professor Thase. "Depressive episodes are far more debilitating for patients and can last three times longer than manic episodes. Now both can be controlled with a single daily treatment that should be easy for patients to use."

Approximately 3–4% of adults worldwide are affected by bipolar disorder, a serious psychiatric condition which was previously known as manic depressive illness. Bipolar disorder is characterized by recurrent episodes of mania and, more commonly, depression. The disease is chronic and can create considerable problems for patients, spouses and family members if left untreated.

Ongoing Seroquel SR™ clinical studies also cover major depressive disorder and generalized anxiety disorder. Seroquel is the number 1 prescribed atypical antipsychotic in the United States. With a well-established safety and efficacy profile, Seroquel has had more than 19 million patient exposures worldwide since its launch in 1997. In 2005, global sales for Seroquel reached \$2.8 billion. (From: Doctor's Guide www.docguide.com)

**BEHAVIORAL
HEALTH
COURT**

The title for what we have been calling the "Mental Health Court" will now be called the Behavioral Health Court. The application for a grant was submitted in early November by Judge O'Malley's committee. It may begin in April, 2007 or even a limited version in January. The details of the operation of the court will be on the NAMI-CC website.

**WARD D
CLOSING**

(Continued from page 5, column 3)

unused beds. There is some disagreement over whether there has been a change in the criteria for admitting persons to the psychiatric ward. There are reports from the families and the mental health staff about persons that seem to be in real need of *acute hospital* care that are not admitted.

"I was very surprised there was not more protest over the closure of Ward D."

Sandy Kleffman, the reporter who has written the series for the Contra Costa Times on changes at the hospital.

Just one person spoke against the closure, Nancy Thomas of Danville. The issue was scheduled late in the Board meetings day when most of the audience had left.

Members of the staff that NAMI talked with emphasized that there is no substitute for an acute bed in a locked facility when the need is there. Contra Costa County now has a population in excess of one million and just 23 acute psychiatric beds.

The county is planning to set up outpatient teams to help those patients discharged from the hospital. Ward D is gone and these teams are in the process of being planned and implemented. Similar to emptying the State hospitals and not providing any local facilities for the patients.

THREATENED CLOSURE

FED'S LODGE COMPLAINT

Contra Costa Regional Medical Center Accused of Dumping Patients

The County Hospital could lose \$300 million in federal payments if some complaints are not successfully responded to. It would close the hospital, according to Dr. Jeffery Smith, the hospital's executive director.

The complaints were based on what they termed were the improper transferring of three psychiatric patients. According to a November 17, 2006, article in the Times by Sandy Kleffman, it is often referred to as "patient dumping."

Dr. Smith submitted a correction plan to the federal agency and says he does not anticipate any difficulty in clearing the matter up.

Other staff members said it was highly unlikely that the hospital would not be able to satisfy the federal agencies complaints.

SCHIZOPHRENIA DIGEST LOOKING FOR INTERVIEWEES

The Schizophrenia Digest is looking for people with schizophrenia or caregivers to talk about vision and hearing, as it pertains to interpersonal communications. It would be for a future article on the subject. For more information contact Lucy Gardener Carson, Managing Editor:

editor@szdigest.com

DECEMBER DONATIONS

In Memory Of
Joan Sorisio
From: Robert and Mary Shearer
With gratitude for her many years of support and work for NAMI-CC

A Generous Donation
Judith A. Raykovich
Through:
The Clorox Company Foundation
Employee Giving Campaign

In Memory Of
Joan Carmen Sorisio
From:
The Ritelli Family
Of Orinda

A Donation From
Jim and Dorothy Healy
Danville

In Memory Of:
Rosemary M. Baker
August 31, 1924– October 14, 2006
Thank you for having the courage to deal with our brother's mental illness all these years.
You're an inspiration!
Carla, Chris and David

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
- K.I.D.S. Program
- Housing

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

**Renew Your
Membership Now**
 An Envelope Has Been Included In This
 Newsletter for Your Convenience.

Stamp

FREE Classes on Mental Illness
 NAMI-CC has graduated over 1400 from the Family to Family Classes
 Reserve now for the January Classes
 Contact: Marie Overby at 925-284 5240 or E mail: mfoverby@yahoo.com

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
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Affiliated with NAMI National and NAMI California

11/26/2006 9:11 PM December 2006 Newsletter

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