



NAMI Contra Costa

Contra Costa's Voice on Mental Illness February 2007

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

FEBRUARY

General Meeting

Thursday, February 15
7:00pm

Speakers

**In Our Own Voice
Presentation**

Veronica Vale
Connie Steers

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

2540 East Street, Concord
925-682 8200

JUDGE O'MALLEY ADDRESSES NAMI-CC GENERAL MEETING

The details of the \$1.5 grant enabling Contra Costa County to have a Mental Health Court were spelled out by Judge O'Malley at the January General Meeting.

Judge O'Malley has been the driving force in the county's efforts to secure funding for this badly needed resource.



Judge Maryann O'Malley
Superior Court

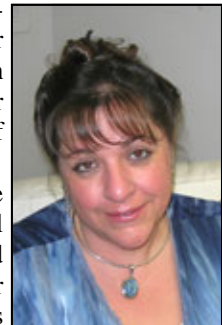
(Continued on page 3, column 3)

KATHY DAVISON CYNDIE STATON JOIN THE K.I.D.S. Program

Kathy Davison, an eleven year veteran of the county's Children's Mental Health Division has joined NAMI-CC's new educational program for families that have a youngster that has been diagnosed as having a psychiatric disorder.

Also joining the program will be Cyndie Staton, W.R.A.P. Program Director for Mental Health Consumer Concerns of Concord.

The program will be first offered as a six hour seminar on as many Saturdays as needed. All the material will be illustrated throughout the lecture.



Kathy Davison
Lynn Center

Topics covered will be the psychiatric disorders characteristically seen in the young and the very young. There will be additional information available in advanced classes that will be offered as required.

There will be no charge for the seminar or the materials the students will receive.

(Continued on page 4, column 2)

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Henry Clarke 1923-2007

Henry LeRoy Clarke passed away January 4, 2007. He began working for the county in 1962. He formed the union (Local Union #1) in 1968 and remained its manager for 38 years. He was a tireless advocate for the mentally ill.

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)

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

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

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

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

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

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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Caroline.jackson@juno.com

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**PRESIDENT'S
COLUMN**

BY ART HONEGGER

I must again remind you that the NAMI Bay Area Walk is coming earlier this year, Saturday, May 12th. This is THE MAJOR source of funds for us, supporting the Family to Family program, Peer to Peer, In Our Own Voice, and the many other vital programs and activities that are free to all who need them!

There are several ways you can participate and support NAMI CC:

- Form a Walk team
- Join an existing team
- Walk as an individual
- Sponsor a Walk team
- Be an Event Sponsor
- Make a general donation

You can initiate any or all of these by going to the Walk website "namiwalksfbay.org."

You may also call our Executive Director Laurie Williams, 1-800-556-2401, or E mail

Laurie@namiwalksfbay.org.

or call Lisa Honegger (925-200-0979) or Anna Garcia (925-354-1223), our Contra Costa representatives on the Walk Bay Area Steering Committee.

Thank you for helping out and fighting stigma!

Last call for signups to take the spring Peer to Peer class. Call Lisa Honegger (925-200-0978) or Lisa Bruce (925-787-7627).

Our heartfelt thanks to Coralie Reed who led our very effective membership drive. Ken Reed did some really heavy lifting on this one. Many thanks!

**JUDGE
O'MALLEY
ADDRESSES**

NAMI-CC

GENERAL MEETING

(Continued from page 1, column 2)

Working with Marti Wilson, Forensic Community Liaison, the grant was secured from the state Corrections Standards Authority under the MIOCR program (Mentally Ill Offender Crimes Reduction).

O'Malley told the audience that the Mental Health Court would begin later this spring by processing some cases and increasing that number as the court works out the start-up flaws.

She said the accused that would be processed through the court would be there on a voluntary basis.

The 200 plus mental health or behavioral health courts that have been operating around the country were discussed. Most of these Mental Health Courts have resulted in significant reductions in the incarcerations and the durations of the prisoners' stay.

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

E mail: xnamicc@aol.com

Websites:
www.namicontracosta.org
www.nami.org
www.namicalifornia.org

FAMILY TO FAMILY 2007

The 2007 Family to Family classes are currently being offered at the Hillcrest Congregational Church in Pleasant Hill. There will be a spring session later in the year.

There is a major change in the way the class is presented. The material is now beautifully illustrated and projected onto a 12 x 12 foot screen bringing real drama to the topics.

Anyone who has a family member who suffers from a serious and chronic mental illness, would do well to take the class and learn what mental illness is all about and where the resources are to help their loved one to recover. For information, call Marie Overby:

925-284 5240 or E mail: mfoverby@yahoo.com

KATHY DAVISON CYNDIE STATON JOIN THE K.I.D.S. PROGRAM

(Continued from page 1, column 3)

Kathy Davison currently works for the Lynn Center which works with children in the very young age group. She has seventeen years in the field and knows mental health well.

The new seminar will significantly increase the effectiveness in handling the many calls that now come from the NAMI-CC website seeking help, advice and support.



Cyndie Staton
W.R.A.P. Director

FAMILY TO FAMILY TEACHERS NEEDED

One of the most rewarding experiences one can have during their NAMI-CC membership is to teach the Family to Family course. It gives you a real depth of knowledge of the mental health field while bringing you into contact with those seeking that knowledge.

The next training to be an instructor will be on March 30, 31 and April 1. It will be at the Red Lion Inn in Redding, California. It will be a memorable weekend for you. Call: Marie Overby:

925-284 5240

E mail: mfoverby@yahoo.com

THE NAMI NATIONAL BOARD WANTS TO HEAR FROM YOU

Please join us for one of the many regional Town Hall Calls now being hosted to gather NAMI members' input on the DRAFT 2007 – 2010 NAMI Strategic Plan. Town Hall Calls are toll-free conference calls hosted by NAMI Board members who are seeking your input and comments on NAMI's draft strategic plan. To participate, read the plan (posted on the NAMI Web site at

www.nami.org/strategicplanning06

and then join one of these calls:

Dial in: 1- 888- 858 6021

Enter code: 737382#

Email your input to
Comments@nami.org



The Family to Family Class Winter 2007

The 2007 Family to Family class is illustrated throughout the lecture. The posters that used to be taped to walls are now up on a 12 x 12 foot screen bringing real drama to the material. None of the material has been changed, just effectively illustrated. The instructors are:

Sue Van Landingham and David Kahler.

COLETTE O'KEEFFE RECEIVES SCHOLARSHIP

By Kay Derrico

NAMI-CC proudly presented Dr. Colette O'Keeffe a scholarship for her unflinching determination to continue striving toward her goals in psychiatry. Ultimately, she plans to work in public sector medicine, such as county mental health, possibly specializing in pediatric psychiatry.

The NAMI-CC Board considers Dr. O'Keeffe a superior scholarship recipient for placement in a psychiatric intern program for a multitude of reasons. First, Dr. O'Keeffe, who has struggled with bipolar disorder for the greater part of her life, comes from academic and medical bases, having earned a BA in physics from Harvard and having practiced anesthesiology for years.

Her current work in Contra Costa Mental Health, her advocacy for patients' rights (including instituting a support education program), and her activism with NAMI are significant. Additionally, she has fortitude, a willingness to press on despite major setbacks, the most recent of which was an eye illness which forced her to forego a psychiatry residency and start anew. Dr. O'Keeffe is already a proven asset to the community and a powerful role model. She has been the ideal role model.

NAMI-CC is grateful to Dr. O'Keeffe and supports her ongoing efforts.

A quote from Dr. O'Keeffe: "Appropriate medications, help from NAMI, and being loved by two elderly, eccentric cats have helped in my recovery.

HOSPITAL'S PROBLEMS CONTINUE

STATE AGENCY EXPECTED BACK IN FEBRUARY

Dr. Scott Weigold wrote an article which appeared in the September NAMI-CC newsletter in which a box was placed in its center with a quotation from him. It is reprinted below. It was obviously prophetic. (You can read the whole article on the NAMI website.)

Our performance has been a regulatory time bomb, and now *we are standing at ground zero.*

We are dealing with the debris from that "time bomb" which went off when the U.S. Centers for Medicare and Medicaid sent the county the 114 page document which laid out the problems they found at the hospital in September, 2006. In it 52 "deficiencies" were listed.

The hospital's administrators were given until March 15, 2007 to make the corrections. Failure to do so could result in cuts of as much as \$300 million which would close the hospital.

Investigators will return to the hospital sometime in February to evaluate the effort to make the corrections.

Since the closing of Ward D and its 20 acute care beds (46%), the remaining beds have been pushed to capacity creating major problems according to its staff.

FAMILY INPUT NEEDED

The proceeds from passage of Proposition #63 now exceeds \$1 billion. You may or *may not* agree with how that money is being spent. You may have some ideas on how you would like to see the future monies spent. Express those ideas at the Prop. #63 Meetings held at the Central Clinic in Concord. For information call Gloria Hill at 925-957 5146.

FREE CLASSES ON MENTAL ILLNESS

Free Community Education Sponsored by the John Muir Behavioral Health Center

Mondays, 7—8:30 pm
John Muir Behavioral Health Center
(Formerly the Mt Diablo Medical Pavilion)
2740 Grant Street

Speaker: Cindy Bolter, APRN

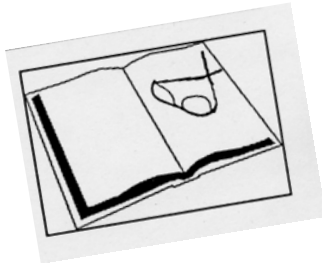
Feb 5: Well Ways, Tips for Continued recovery

Feb 12: How to Help Someone You Care About.

For More Information

925-674 4100
johnmuirhealth.com

BOOK REVIEW



The Dream and The Nightmare, by Myron Magnet, Encounter Books, San Francisco, CA, 269 pages, \$22.50.

This excellent book chronicles the debacle of the emptying of the state mental hospitals with the promise of psychiatric clinics across the land. A promise that was never kept and explains many of the problems we face today. About half of those planned actually opened, the first one in 1967. Only 789 centers of the 2000 planned actually went on to serve the mentally ill.

One of the driving forces to empty the state hospitals was that the new programs, Medicare and Medicaid paid only for those patient *not* in those hospitals.

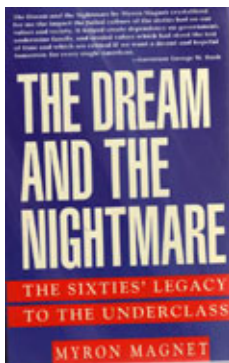
Under the banner of saving money they nearly emptied the hospitals but found they had great difficulty cutting the staffs. "Cutting the patient population 66 percent between 1969 and 1981, most state hospital balked at firing staff, whose salaries ate up three quarters of the budgets of those institutions."

The author points out that "the total amounts spent on

the mentally ill zoomed from \$1 billion in 1963 to just over \$17 billion in 1985. Adjusted for inflation and for the number of patients, that's a fourfold increase. However mind-boggling, it did the truly mentally ill not a scintilla of good, for it bought them generally worse accommodations and much less psychiatric treatment than they had received from the asylums."

"The destruction the psychiatrists began, the civil liberties lawyers completed, sacrificing the mentally ill homeless on the altar of an idea of liberty and liberation exaggerated to the point of fanaticism and caricature."

This book will be very helpful in understanding today's sadly dysfunctional mental health system.



NAMI WALK 2007 SET SATURDAY MAY 12

The third NAMI Walk will be on Saturday, May 12, 2007 at 9:00 am. It will be held in the same location as last year, at Speedway Meadow in Golden Gate Park.

Start organizing a team for the event. For information call Anna Garcia or Liza Honegger: 925-779 1340

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

BITS AND PIECES

HIGHEST INCARCERATION RATE IN THE WORLD

After more than 50 years of stability, federal and state prison populations skyrocketed from under 200,000 persons in 1970 to more than 1.3 million in 2002. That year, our imprisonment rate rose above 600 inmates per 100,000 adults. With the inclusion of an additional 700,000 inmates in jail, we now incarcerate more than two million people — resulting in the highest incarceration number and rate in the world, five times that of Britain and 12 times that of Japan.

In 1937, women represented 48 percent of residents in state mental hospitals. In contrast, new prison admissions have consistently been 95 percent male. Also, the mental health patients from the 1930s to the 1960s were older and whiter than prison inmates of the 1990s.

Why did we diagnose deviance in such radically different ways over the course of the 20th century? Do we need to be imprisoning at such high rates, or were we right, 50 years ago, to hospitalize instead? Why were so many women hospitalized? Why have they been replaced by young black men? Have both prisons and mental hospitals included large numbers of unnecessarily incarcerated individuals?

Whatever the answers, the pendulum has swung too far — *possibly off its hinges.*

Taken from Treatment Advocacy Center E News. The article is by Bernard E. Harcourt, University of Chicago.

**LETTERS TO THE
EDITOR**

Editor's Note: *Below is a letter by a NAMI member that appeared in the Contra Costa Times Perspective Section (Page 4), Sunday, February 4, 2007.*

Dear Editor:

I was saddened to hear of the death of Derrick McCrary by drug overdose in the Contra Costa County jail. What concerns me is that the increasing number of people who have died while in custody would have been better served in the county mental health system.

Law enforcement must be better educated to spot obvious signs of mental crisis, such as the severe paranoia that was clearly displayed by McCrary. He should have gone to a psychiatric facility on a 5150 hold. Officers must distinguish when mental illness (substance induced or not) is the underlying cause and act appropriately. The recent news of a 17-year-old suffering from meth-induced psychosis shot while running away from police further (This letter continued in the next column)

COMMENTS

Comments for the newsletter should be sent to:
 xnamicc@aol.com
 Fax: 925-476 1444 or
 P.O. Box 21247
 Concord, CA., 94521
 All letters are subject to abridgment and those unpublished can be neither acknowledged nor returned.

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In Memory of
 John Henry Kahler
 John Munson
 Walter Cannon
 Robert Sweet

Donation
 Laurence Byrne
 PG & E Corporation
 Campaign for the Community

A Donation From
 Hal and Ethel Anderson

shows that enforcement management must look at its inability to serve this element of the public. I think attorney Costanza is correct in his statement that this man would be alive if he had been taken to the medical center.

Heather Quisenberry
 Pittsburg

Note: *Heather wrote a very touching essay about her son Alex which appeared in the December, 2005 Newsletter. It is available on the website in the newsletter section.*

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

NAMI Walk 2007
 Less Than Three Months Away
 Saturday, May 12, 2007 9:00 am
 Speedway Meadow, Golden Gate Park, San Francisco

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:

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

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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