



NAMI Contra Costa

National Alliance On Mental Illness

Contra Costa's Voice on Mental Illness February, 2009 '2209

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

General Meeting
FEBRUARY
Thursday,
February 19, 2009
7:00 pm

6:30 PM Doors open for
Library check-out and
Manned information tables

Topic

ANXIETY DISORDERS
Various types, What They
Look like and Treatments

Speaker

Dr. Robin Zasio
Clinical Psychologist
Director
Anxiety Treatment Center
Sacramento

Location

John Muir Medical Center
Concord Campus
(Note: Formerly Mt. Diablo
Medical Center)
www.namicontracosta.org
E mail : xnamicc@aol.com

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COUNTY JAIL SYSTEM

JAIL

If your loved one winds up in the County Jail (Officially known as the Martinez Detention Facility), there are some things that it would helpful for you to know.

You will be a much more effective advocate if you understand how the process works and
(Continued on page 5)

LOBBY HARD LOBBY EARLY

That is the message "from" Supervisor Bonilla. The budget crisis we currently face is the most critical in recent memory.

Now is the time to communicate to your supervisor, Assembly person and Senator. It would be a mistake to wait for regular budget meetings and appearances before the Board of supervisors. The decision makers are receiving information about the mental health system.
(Continued on page 4)



Susan Bonilla
Supervisor
District IV

MENTAL HEALTH COMMISSION

PETER MANTAS ELECTED CHAIR

Peter Mantas, San Ramon, (District III, Supervisor Mary Piepho), was elected to chair the Mental Health Commission.

Teresa Pasquini was elected to be the vice chair at the November meeting.



Mantas has been a regular attendee at the Commission's Peter Mantas meetings and has spoken frequently on the issues.

(Continued on page 4)

FEBRUARY GENERAL MEETING

Anxiety disorders and their effective treatment will be the topic at the February meeting. Dr. Robin Zasio, the speaker, is the director of the Anxiety Treatment Center in Sacramento.

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

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

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

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

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

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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

On January 15, 2009 Daniel Fortuno gave NAMI Contra Costa an outstanding presentation on social security benefits available to disabled individuals suffering from severe mental illness and unable to work. I will try to summarize the key points..

There are three basic types of social security benefits available that you or your loved one may be able to qualify for:

Social Security Disability Insurance (SSDI) benefits are for disabled individuals who have earned sufficient social security credits to qualify. For example, if you are age 18 to 24, you must have worked 1.5 years (6 credits) within the previous 3 years. If you are age 31 to 42, you must have worked 5 years (20 credits) within the previous 10 years.

Supplemental Security Income (SSI) benefits are for disabled individuals who have very limited cash or liquid assets (\$2,000) and very limited income. However, permitted assets are a house, a car, and household furnishings of any value. The maximum benefit from SSI is currently \$907 per month which is composed of a federal benefit rate of \$674 per month plus a state supplemental program of \$233 per month. Unfortunately these benefits can be significantly reduced if earned income exceeds \$65 per month. Similarly, receipt of in-kind support maintenance of food, shelter or like benefits can cause SSI benefits to be reduced by \$244 per month.

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**GENERAL
MEETING**

Thursday, March 19, 2009,
Mindfulness and Centering Strategies to Enhance Therapy, Dr. James Bramson, Clinical Psychologist, assisted by Barbara Kaplan, Yoga and Meditation Teacher, Certified Yoga Therapist, Health Educator and Josh Wilson, Doctoral Psychology Intern

Thursday, April, 15, 2009,
Talk Therapy: How It Helps People With Mental Illness, Judy Feins, MSW, LCSW, Psychotherapist, private practice, Berkeley

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,
PLAN (Planned Lifetime Assistance Network of California), Julie Hoffman to discuss a unique special needs trust concept;

www.planofcalif@aol.com.

Information: 925-933-4012

LOBBY HARD LOBBY EARLY

(Continued from page 1)

They already have received much information about the various departments and programs. Ideas will have begun to set.

The Supervisors have a Finance Committee which meets monthly. The first Monday at 1:00 pm. They meet in Martinez at 651 Pine Street in the meeting rooms on the first floor. You can go to the NAMI website, (namicontracosta.org), click on the resource link and get a map on how to get there.

The current budget crisis is historic in its magnitude. Donna Wigand, Director, Mental Health Division said "After five reductions in the last seven years, and after cutting approximately \$20 million and two and a half clinics, there are no more sacred cows."

MENTAL HEALTH COMMISSION

PETER MANTAS

(Continued from page 1)

He has over 20 years of executive management experience, business development, and marketing.

One of his ventures was building the Industrial Automation Business Unit for Newark Electronics, a \$750 million electronic component and communications equipment manufacture.

He is currently self-employed as a turnaround management consultant. He is also serving as President of SpillGuard Technologies which addresses the prevention of petroleum and chemical spills.

Peter graduated with a Masters of Business Administration from Lewis University in Illinois. He also attained a Bachelor of Science Degree from DeVry University of Chicago, Illinois.

CLUBHOUSE REPORT

The Putnam Contra Costa Clubhouse will celebrate the first year anniversary on the 18th of February. They are hosting a celebration at the Clubhouse from 4:00 to 5:30pm.

Liz Stallings from John Muir Behavioral Health will be the guest speaker along with Clubhouse members. Please join us for cake and punch and celebrate our 1st year anniversary.

The first Transitional Employment has placed David Bragen in a job with a local business.

The Clubhouse is now open until 8:00 pm on Fridays. This gives the members time for the socializing they may not get to during the week, because of the work load.

The Contra Costa Board of Supervisors

Contra Costa County is a very large enterprise involving 1,200,000 people and a budget of over 1 billion dollars. The ultimate responsibility for its management rests with the five members of the Board of Supervisors. It is critical for you to make your feelings about the mental health system known to YOUR supervisor.

District I

John Gioia
510-374 3231

East Richmond Heights
Richmond
Bay View/Montalvin Manor
El Cerrito
El Sobrante
Kensington
North Richmond
Rollingwood
San Pablo

District II

Gail Uilkema
925-335 1046

Alhambra Valley
Canyon Crockett
Hercules Lafayette
Martinez
Moraga
Mt. View
Orinda
Pacheco (Part)
Pinole
Port Costa
Rodeo
Saranap
Tara Hills
Tormey
Vine Hill
Walnut Creek (Part)

District III

Mary N. Piepho
925-240 7260

Alamo
Blackhawk
Brentwood
Byron
Danville
Diablo
Discovery Bay
Dougherty Valley
Knightsen
San Ramon
Tassajara
Walnut creek (Part)

District IV

Susan Bonilla
925-521 7100

Clayton
Clyde
Concord
Pacheco (Part)
Pleasant Hill
Pleasant Hill BART
Walnut Creek (Part)

District V

Federal D. Glover
925-427 8138

Antioch
Bay Point
Bethel Island
Oakley
Pittsburg

COUNTY JAIL SYSTEM**JAIL**

(Continued from page 1)

what you are able to do. The first thing you should do is e mail:

xnamilcc@aol.com

Detail the particulars concerning your loved one and the nature of the charges. For information that will answer many of your questions you should then visit the NAMI-CC website:

www.namicontracosta.org

Click on the link *Legal System* (on the left side of the Home Page) and you will immediately have many invaluable suggestions and recommendations.

Most families know little or nothing about the county jail system.

County Jail System

Lieutenant Matt Schuler, commander of the Martinez Facility, filled us in on the basic facts.

There are actually three jails:

- The Martinez Detention Facility which opened in 1983 and has a capacity of 695.
- The West County Facility opened in 1991 and has a capacity of 1096.
- The Marsh Creek Facility which opened in 1937 and has a capacity of 188.

Currently the average population in Martinez is 650, in West County, 800 and Marsh Creek averages about 70.

**TEMPLE
ISAIAH
FIGHTS
STIGMA**

They termed it "Beginning a conversation about the stigma of mental illness."

It was at the Temple Isaiah in Lafayette on Sunday, January 25. The keynote speaker was Dr. Johanna Ferman, Medical Director, County Mental Health. She brought the problems in the mental field into perspective for those families that have never had the experience of having a loved one suffer a mental illness.

The family viewpoint was voiced by long time NAMI member, Karen Cohen. Some words about how it is to suffer a mental illness were offered by Stanley Pugh, a senior member in NAMI's In Our Own Voice program.



Frequently a loved is housed on the "M" Module. Some assume that the "M" stands for mental. It does not.

Each of the nine modules with the Martinez Detention Facility has a letter associated with them. The "General Population" modules are A,B, and C modules.

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**NAMI WALK
2009**

The families that come to NAMI in crisis, that get advice and support, receive that help because of the funds that are raised at the annual NAMI Walk. The consumer that has an urgent need for money for a short term but urgent emergency, gets it because of the NAMI Walk. It has become our major fundraiser.

It has also become a very special family day featuring a fabulous picnic. There will be vans for those who would prefer not to drive and there will time after the Walk for San Francisco sightseeing. A day for the whole family. It's easy to sign up. Call Barbara Scott at 925-980 6345 or the website is

www.namiwalkSFbay.org

**IN OUR OWN
VOICE
LIVING WITH
MENTAL ILLNESS**

John F. Kennedy University invites the public to a free presentation and discussion to learn about mental illness from "people who have been there."

The presenters are trained and sponsored by the National Alliance on Mental Illness (NAMI).

Time: 8:45 to 10:45 am

March 10, 2009

Where: Room S209,

100 Ellinwood Way, Pleasant Hill

COUNTY JAIL SYSTEM

JAIL

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The rest of the modules are D, E, F, Q, M, and T modules. These are used to house inmates with special needs (i.e. medical, mental health, discipline, protective custody and facility inmate workers). The different letters associated with each module have no important significance to the module, it's just the way they happened to be placed.

The Martinez Facility is staffed with a psychiatrist, a psychologist, several social workers and therapists.

The "M" module has a capacity of 60 inmates. The determination of who to house there is the responsibility of the Classification Unit. They use an Objective Classification System. The system uses several different factors in determining appropriate housing for each inmate. Criminal history, in custody behavioral history, current criminal charges and gang affiliation are just a few of the factors used.

If the capacity of the "M" Module has been reached, a mentally ill inmate can be housed in the general population.

The Martinez Detention facility does not force a mentally ill inmate to take medications.

Inmates housed at the Marsh Creek Facility can take certain medications

NAMI-CC worked with the Sheriff's Department in producing a pamphlet that gives you much of the information that you will need. The title is "When a loved one with a mental illness has been arrested . . ."

You can get one by e mailing xnamicc@aol.com or asking the jail for one.

The Mental Health Staff is very interested in assisting family members. You will find that verified when you attend the support group meetings and the Family to Family Classes.

To request information regarding a loved one, you must get a signed Release of Confidentially signed by your loved one. You can ask the Mental Health Staff for the form or you can get the form off the NAMI website. Just click on the word: CONFIDENTIALY, which you will find on the left side of the Home Page. This you should print out and get signed *before* an incident occurs.

Loved ones can send a fax to the Mental Health Staff requesting screening for placement by a mental health specialist. When possible, include legal name, date of birth, booking number and which facility is involved.

Include diagnosis, psychiatrist's name and phone number. Also, include if the person is developmentally disabled and list any medications, dose and time of day administered.

If you have been introduced to the NAMI Survival Guide, you will probably have a "One Page Summary" which will cover ALL of this and more. It is invaluable. Go to the NAMI website and above the picture of Mt Diablo, click on the words Survival Guide.

Detail medical conditions that might require immediate attention (heart problems, diabetes, etc.) Give the doctors name and phone number. *Please do not include any legal information.*

NAMI-CC extends its special thanks to the Commander of the Martinez Facility, Lieutenant Matt Schuler for much of this information.

To contact the Jail:

Fax: 925-335 4758

Phone: 925-335 4743

PRESIDENT'S COLUMN

(Continued from page 3)

Social Security Administration (SSA)- If your child is diagnosed with serious mental illness by the age of 22 years and meets SSA requirements for being disabled and unable to work, he or she may be eligible to receive one half of a parent's social security benefits.

This assumes that one parent is retired and receiving benefits or is eligible to receive such benefits. If such a child becomes eligible to receive these benefits, then he or she should also become eligible to receive Medicare and Medicare prescription benefits two years later.

To file for social security benefits, you will need to gather together the consumers' medical history, records, symptoms, etc. along with work history, and other required items.

This can be challenging and time consuming. To speed up and facilitate the process, it may be worthwhile to seek the assistance of a professional advocate such as Daniel Fortuna or the services of a community service organization such as the California Protection and Advocacy System to help you through the process.

To learn more about social security benefits go to the web site www.socialsecurity.gov or contact Daniel Fortuna at the Benefit Education Center in San Francisco at (415) 345-1725. In addition you can contact California Protection and Advocacy System at www.pai-ca.org or phone (510) 267-1200. (Note: The PAI provides free legal service).

I hope the information above is of some assistance. As you can see, getting the help you need is challenging!

Al Farmer, President

March

GENERAL MEETING

March Presenters:
You say, "Yoga??"

Next month's presentation may come as a surprise, as it will include a yoga/meditation teacher, Barbara Kaplan, who will assist Clinical Psychologist and Licensed Clinical Social Worker, Dr. James Bramson in presenting "Mindfulness and Centering Strategies to Enhance Therapy."*

Dr. Bramson uses an integrative approach that "promotes self-awareness, confidence, and the courage to live an authentic life." He believes that a therapist should be an active collaborator, stressing that he should be a "guide, a healer," one who "helps people envision and experience optimal relation-ships." He states that "...practical solutions emerge when we quiet our minds and balance our lives."

Barbara Kaplan Herring, a Certified Yoga Teacher and Health Educator, has taught yoga (in association with Kabat-Zinn Mindfulness Training seminars) to Kaiser Permanente psychologists, therapists, and health educators of all Northern California regions. Additionally, she has recorded yoga audiotapes for Kaiser; and, among other related activities, she has written articles for yoga journals.

*see www.drbramson.com

Board Meeting

The NAMI Contra Costa Board of Directors meets the 2nd Saturday of each month at the Shell Ridge Community Church

FEBRUARY DONATIONS

Mary and David Piepho

Mary is Supervisor for District III
And is the Supervisor on the Mental Health Commission for 2009

M.D. and R.P. Olowin

Mary Olowin, MD, has led the Third Monday Support Group at John Muir Hospital with Gloria Hill for many years.

Doris Crowell

Has made a generous Donation on behalf of her brother.

In Memory of:

Herb Putnam
From his friend:
Fran Martin

Laurence Byrne
Thru the PG & E Campaign for the Community

Heather Quisenberry
Thru Chevron Humankind Program

John A. Williamson
Susan P. Daniels
George Snow

Thru AT & T United Way

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
- IOOV (In Our Own Voice)

E mail address: _____

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

If you need Support, Guidance
and Information:
**First Tuesday Support
Group**
Tuesday, March 3, 2009 7:30 pm
Hillcrest Church, 404 Gregory Lane
Pleasant Hill See Page 2
xnamicc@aol.com 925-676 5771

Stamp

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