



# NAMI Contra Costa

*Contra Costa's Voice on Mental Illness*      *January 2007*

The NAMI Contra Costa Newsletter is available on the website: [www.namicontracosta.org](http://www.namicontracosta.org)

## COUNTY HOSPITAL CONTINUES IN TURMOIL

The Contra Costa Regional Medical Center's psychiatric ward and its receiving ward (PES) continue to respond to drastic cuts.

Dr. William Walker, Director, Health Services, distributed an e mail to the hospital staff October 10, 2006 in which he outlined a 45 percent reduction in the number of acute care beds.

The public became aware of the changes when they appeared  
(Continued on page 5, column 2)

## HAVE YOUR VOICE HEARD

The location of the series of Prop 63 meetings has been moved to The Central Clinic at 1420 Willow Pass Road, Concord.

It is critical that the voices of the families be heard on how to most effectively use the Prop 63 monies.

The next meeting will be Wednesday, January 24 at 6:30 pm. For information: 925-957 5146 or [gl04ria@msn.com](mailto:gl04ria@msn.com)

## MENTAL HEALTH COURT COUNTY WINS \$1.5 MILLION GRANT

### MARTI WILSON JUDGE O'MALLEY TO ADDRESS JANUARY MEETING

Marti Wilson, Chair of the Mental Health Court Steering Committee, has announced that the efforts to secure a \$1.5 million grant for a court that will specialize in processing cases that involve a mentally ill defendant has been successful.

The Committee will meet with the State on Thursday, January 4, 2007 to arrange the details.

(Continued on page 5, column 1)

## VOLUNTEER OPPORTUNITY K.I.D.S. PROGRAM

The K.I.D.S. program has an opportunity for members to be involved with developing the six-hour seminar for families that have a mentally ill youngster.

(Continued on page 6, column 3)

## January

### General Meeting

Thursday, January 18  
7:00pm

#### Speakers

Marti Wilson  
Forensic Community Liaison  
and  
Judge Mary Ann O'Malley  
Superior Court

John Muir Medical Center  
Concord Campus  
(Note: Formerly Mt. Diablo  
Medical Center)  
[www.namicontracosta.org](http://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)**

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

### **ANTIOCH SUPPORT GROUP 2ND WEDNESDAY OF EACH MONTH**

Sutter Delta Hospital—Hospitality Room

7:00— 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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**PRESIDENT'S  
COLUMN**

BY ART HONEGGER

Wow, what an achievement in securing a \$1,500,000 Grant for a mental health court in our county! It is sorely needed to achieve proper justice (and treatment) for those with mental illnesses. We owe a great debt of gratitude to Marti Wilson from the County Detention Facilities Mental Health, Dave Kahler, Past President of NAMI Contra Costa, NAMI CC member Dale Brodsky, and Judge Mary Ann O'Malley.

Many of you may not know of the several opportunities that NAMI CC has had to financially assist consumers in times of special need. Last fall a very deserving consumer requested help to pay for transportation to Oregon for Thanksgiving, and we gladly granted that support.

This lady is doing very well with her recovery, had not seen her four children in six years, and is volunteering her time at Crestwood Behavioral Health. There are many other cases similar to this, and we feel fortunate and grateful that we were able to be of help.

The Bay Area NAMI Walk is scheduled later this year, Saturday May 12<sup>th</sup>. Please begin arranging for your teams! For more information you may contact one of the three coordinators: Anna Garcia (925-779-1340), Lisa Honegger (925-200-0979), or Bonnie Leys (925-754-6987).

We look forward to an exciting 2007 for NAMI Contra Costa!

**CONSUMER'S  
CHRISTMAS  
PARTY**

The annual consumer's Christmas party was held Wednesday, December 20 at the Pleasant Hill Recreational Center. It was a well attended affair whose M.C. was Liza Bruce of Crestwood.

The sponsor was M.H.C.C. (Mental Health Consumer Concerns) with additional funding by NAMI Contra Costa, and others.

The annual Summer Picnic date has been set for Friday, June 15, 2007 at the Pleasant Hill Park at Cleveland Avenue and Gregory Lane.



Eddie Tejan, Cyndie Staton and Julie Baxter enjoy the festivities.

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Concord, California  
94521

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Websites:

www.namicontracosta.org

www.nami.org.

www.namicalifornia.org

# KRISTA RADOJEVICH IN DIABLO MAGAZINE

Krista Radojevich, a NAMI member prominent in the In Our Own Voice program was featured in the December, 2006 issue of Diablo Magazine in an article written by Martha Ross.

Krista is a consumer that has enjoyed a real recovery and has been an inspiration to others. She was instrumental in the founding of the new NAMI Tri Valley support group.

She uses her role in the IOOV program to demonstrate to the audience how, with proper treatment, real recovery is possible.

Krista speaks with authority based on her own breakdown and stay at John Muir Behavioral Health Center where three nurses were required to wrestle her into a "quiet room." She said she thought "her life was ending." Now she is successfully employed and leading a useful, productive and happy life. Shown below is the article from the December, 2006 issue of Diablo Magazine.



## WHAT IS A CONSERVATORSHIP

By: Ednah Beth Friedman

What is a Conservatorship? How does it differ from Power of Attorney? LPS Conservatorship is a legal procedure enabling a person, the conservator, to consent to psychiatric care and psychiatric medications, routine medical care, and arrange a residence for a person, the conservatee, who has been adjudicated by the Superior Court to be gravely disabled due to mental illness and who is unwilling or unable to accept voluntary treatment. Power of Attorney cannot include the power to consent to involuntary psychiatric treatment.

How does a family go about getting one for their loved one? A family member cannot initiate a Petition for LPS Conservatorship. Referrals for LPS Conservatorship may be made only by professional persons in charge of certain psychiatric facilities designated by the Board of Supervisors of each county. In Contra Costa County those psychiatric facilities include any California State Hospital, any hospital operated by the University of California, any hospital operated by the Veterans Administration, Contra Costa Regional Medical Center, John Muir/Mt Diablo Medical Center, Alta Bates Medical Center, and the Contra Costa County Mental Health Clinics.

How long do they last? An LPS conservatorship may last up to twelve months and can be renewed each time for to another twelve months.

The conservatee is not charged for the establishment of a conservatorship. Once the conservatorship is established the Conservator can petition the Court for the authority to charge and collect

a fee from the conservatee.

The California Legislature passed the Lanterman-Petrus Short Act in 1969. LPS Conservatorship is part of that act. Contra Costa County has had an LPS Conservatorship program since 1970.

What is the difference between temporary and permanent? The power of the temporary conservator and the permanent conservator can be the same. A temporary conservatorship cannot last longer than six months. In Contra Costa County the LPS investigation process takes place during the period of the temporary conservatorship.

The configuration of the LPS Program in Contra Costa County has changed since its inception. There are fewer deputy conservators than there were in the past and fewer conservatorships are maintained after placement in the community than in the past.

A family member may be appointed the conservator. If someone other than a family member is appointed, it is hoped that the family can remain involved in supporting the conservatee in returning to a higher level of functioning.

If so, does the conservator guide the family as to best practices for them to follow? If a family member is not the conservator, the conservator should encourage the family to seek education about mental illness so that the family can play a supportive and healthy role in the conservatees recovery process.

**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

**MENTAL HEALTH COURT  
COUNTY WINS  
\$1.5 MILLION  
GRANT**

**MARTI WILSON  
JUDGE O'MALLEY  
TO ADDRESS  
JANUARY MEETING**

There are more than 200 mental health or behavioral health courts in the county, which have proven highly effective in reducing jail times for mentally ill offenders who tend to serve significantly more time than other inmates. And, just as important, these courts have resulted in significant treatment for mentally ill offenders and frequently have resulted in the provision of more services and housing.

The mental health court proposal being considered would essentially be a voluntary sentencing court. This means that once an arrestee has been found guilty or has agreed to a plea bargain, he or she will be referred to the mental health court for sentencing. Sentencing will typically include probation and other alternatives to incarceration, case management and treatment for mental illness and/or substance abuse and referrals for other services including housing, vocational services, transportation and assistance with fulfilling the conditions of the sentence.

The grant steering committee is also exploring other long term funding options. The \$1.5 million comes from the State Corrections Standards Authority which was formally the Board of Corrections. The court should be operating by the spring of 2007.

**COUNTY  
HOSPITAL  
CONTINUES  
IN TURMOIL**

(Continued from page 1, column 1)

in a Sandy Kleffman article in the Contra Costa Times, dated November 7, 2006.

The proposed cuts were then put in place by the Board of Supervisors November 14, 2006. The Board's action resulted in the closing of Ward D which had 20 acute care beds, leaving only Ward C with its 23 beds. The current population of the county is over 1 million.

The cuts were a response to cuts of \$2 to \$2.8 million in federal funds. The Centers for Medicare & Medicaid Services told the hospital that their request for an exemption would be denied. The exemption would have resulted in the county receiving higher rates for its services.

The exemptions had been given every year since 1998. The estimated loss of the exemptions would amount to \$2.8 million. The savings achieved by closing Ward D would reduce that amount.

There is considerable argument as to whether the elimination of Ward D was based on the financial situation or a new interest in "Outpatient Treatment" programs.

The creation and operation of out patient programs would be under the Mental Health Division, not the hospital. Some of the personnel transferred out of the psychiatric wards would be used in these out patient programs. The concern is that Ward D is closed and the programs are not operational.

**FREE  
CLASSES ON  
MENTAL ILLNESS**

**Free Community Education  
Sponsored by the  
John Muir Behavioral Health  
Center**

John Muir Behavioral Health Center is offering a free support and education program for families or significant others of persons with mental illness or those interested in learning more about mental illness.

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

Speaker: Cindy Bolter, APRN

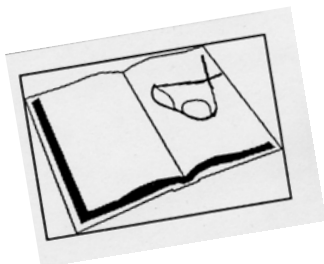
- Jan. 8: What Is Mental Illness
- Jan 15: Treatment of Schizophrenia and other Psychotic Disorders
- Jan 22: What Are Mood Disorders? What are Anxiety Disorders?
- Jan 29: Overview of Psychiatric Medications Used to treat Mood Disorders and Anxiety.
- Feb 5: Well Ways, Tips for Continued recovery
- Feb 12: How to Help Someone You Care About.

For More Information

925-674 4100

johnmuirhealth.com

### BOOK REVIEW



## PSYCHIATRIC MEDICATIONS FOR CHILDREN

*Psychiatric Medications for Children*, by Mark Perrin. More and more children are being medicated, and according to a recent *New York Times* article, diagnoses seem to shift from doctor to doctor. A child who enters the system of psychiatric diagnoses may wind up with a dozen of them before finding the correct one, or finding that there is nothing wrong with him at all (the least usual diagnosis).

Darcy Gruttadaro, Director of the Child and Adolescent Action Center of NAMI writes:

“This book is a terrific resource for families. It walks parents and caregivers thoughtfully through the complex issues that families face when medication is recommended as part of a treatment plan. Dr. Perrin covers the most important questions that families struggle with, like: “Should my child be on medication? And What are the effects of medication on the development of a child’s brain, and what are the possible long-term consequences?”

The book outlines medications used for the most common childhood mental illnesses, side effects, monitoring needs, warnings and practical additional facts. It is an important book.

### Suicide Prevention

## COUNTY PLANS CONFERENCE

A conference is being planned to address the subject of suicide and what measures might be effective in preventing a person from taking his/her own life.

A planning meeting was convened by John Allen, to explore how to produce ways to present material that deals with the warning signs, the theory, research and clinical applications.

The conference will be aimed at those who work with the mentally ill both on an inpatient and outpatient basis. Law Enforcement agencies will be invited to participate.

Participating agencies will be the Contra Costa Crisis Center, County Mental Health, NAMI Contra Costa, Anka Behavioral Health, Concord Police Department and Rubicon Programs Incorporated.



John Allen  
Adult Mental Health



Suicide Prevention Committee

## VOLUNTEER OPPORTUNITY K.I.D.S. PROGRAM

(Continued from page 1, column 2)

The various assignments would require a few hours each month for four months. Computer literacy is helpful but not required.

The volunteers will become proficient in the design, creation and production of Micro-Soft Power Point programs. They will also be involved with training themselves and others in public speaking. Contact Dick Owens for further information

E mail: xnamicc@aol.com

Or call

925-676 5771

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## NAMI WALK 2007 SET SATURDAY MAY 12

The third NAMI Walk will be on the second Saturday, May 12, 2007 at 9:00 am. It will be held in the same location 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

847-525 2671

925-2000979 (Liza)

# JANUARY DONATIONS

In Memory Of

Sarah Hoppe

Mary and Jay Hoppe

CENTURY CLUB MEMBERS

Tom and Nancy Uhlman

Betty and Karen Bolstad

David and Mary Shanley

Eugene and Lily Schulting

Charles J. Williams

Paul and Sylvia Benzler

M. D. and R. P. Olowin

Peter Van Vliet

Richard DeAndre

Susan Laufer

Mary and Jay Hoppe

LIFETIME MEMBERS

Michael and Patricia O'Connor  
Walnut Creek

Richard and Kathleen Marshall  
Lafayette  
"In Honor of the Volunteers"

Doris L. Crowell  
Walnut Creek

**DONATION FORM**

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

Peer to Peer Program

NAMI-CC General Fund

Family to Family

K.I.D.S. Program

Housing

DONATION

Brian and Deborah Wilson

Graduates of Julia Bonacich's

Family to Family Class

In Memory Of:

Joanna Astin

From:

Michael and Marilyn Astin

DONATION

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SBC Employee Giving  
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**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](mailto: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  
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 E mail: [xnamicc@aol.com](mailto:xnamicc@aol.com)  
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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](mailto: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