



# NAMI Contra Costa

National Alliance On Mental Illness

*Contra Costa's Voice on Mental Illness*     **JANUARY, 2009**     \* 122908

The NAMI Contra Costa Newsletter is available on the website: [www.namicontracosta.org](http://www.namicontracosta.org)  
E mail: [xnamicc@aol.com](mailto:xnamicc@aol.com)

## PROP 63 MONEY ENDANGERED

### PROPOSAL TO REDIRECT MHSA FUNDS

Concerns have intensified for the Proposition 63 funds, still held in Sacramento (see NAMI-CC December newsletter).

Because of those concerns, NAMI-CC postponed the "Annual Report" usually given at the December general meeting and brought in two experts on Proposition 63 and MHSA (Mental Health Services Act).

Rose King, one of the three authors of the law and the author of the article in the Sacramento Bee, was one of the two experts. That article, more than anything, has alerted the mental health community to the very real possibility of \$2 billion to \$4 billion being taken and used to help resolve the state's historic budget crisis.

The second expert was Dede Ranahan, NAMI California's MHSA Coordinator. Dede manages the information on MHSA to the various affiliates across the state.

It was clearly written into the Prop 63 law that all funds  
(Continued on page 4)

### Richmond FAMILY TO FAMILY BEGINS IN WEST COUNTY

For the first time in NAMI'S 30 year history, the Family to Family program is operating in the West County area.

This is primarily due to the efforts of one man, Mujahidun Sumchai JD, Ph.D. Sumchai is on the adjunct faculty at Laney College in Oakland.



Mujahidun Sumchai

(Continued on page 4, column 3)

### NAMI-CC LOBBIES TO SAVE PROP 63

In an effort to get realistic and factual information on the threat to Prop 63 funds to decision makers and information on the  
(Continued on page 4)

General Meeting  
**JANUARY**  
Thursday,  
January 15, 2009  
7:00 pm

#### Speaker

**Daniel Fortuna**  
Director  
Benefits Education Center  
See Article on page 6

#### Topic

The Fundamentals of Social Security and  
Winning the initial claim.  
How to help your loved one financially by exercising benefit rights through Social Security.

Come early (6:30 pm) and talk with the various programs that may be able to help you.

#### Location

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

### Free Classes on Mental Illness

Family to Family  
Wednesday, January 7, 7:00pm  
Tom Cloney: 510-223 6873  
Email: [tmclone@gmail.com](mailto:tmclone@gmail.com)

## **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](http://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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Newsletter Deadline: 20th of Each Month

**PRESIDENT'S  
COLUMN**

By Al Farmer

This past week has been especially busy for me as your president, since it entailed a number of extra meetings. I began to question what I was accomplishing as your NAMI President. Then early Saturday morning I received a call from a NAMI member who was in crisis dealing with her son and his girlfriend. Her closing words to me were, "Thank God for NAMI!"

These are the words that inspire me and make my role as your president so rewarding. In these dire economic times involving more cuts in the mental health system, NAMI's role of helping families suffering with mental illness is more critical than ever.

As we enter 2009, I hope each of you will look for ways to become more involved with NAMI. You can start by making sure you have renewed your membership and signed up for e-scrip. This financial support is so vital to our existence. Then you can study this newsletter and see if there is a free service NAMI is offering that will help you with the challenges you face dealing with mental illness.

I attend a support group frequently and I can't tell you how helpful that has been for me. Each of us shares our experiences and supports each other along the way. Please note all the different support groups we offer and find one that serves your needs.

Also, don't forget that we have a clubhouse that continues to grow and serve all our consumers in Contra Costa County with various activities. The Contra Costa Clubhouse is located at 3024 Wil-

**GENERAL  
MEETING**

Thursday, February 19, 2009.  
Anxiety Disorders, Dr. Robin Zasio, Director, Anxiety Treatment Center, Sacramento and Jeff Bell, KCBS radio anchor, 2:00-7:00 pm. Bell is the author of *Rewind, Replay, Repeat*, which is in the NAMI-CC library. It is fast becoming a classic on the dilemma of OCD (Obsessive-Compulsive Disorder)

Thursday, March 19, 2009  
Topic: *Mindfulness and Centering Strategies to Enhance Therapy*.  
Dr. James Bramson, Clinical Psychologist. Also, Barbara Kaplan, certified yoga teacher and health educator.

April 16, 2009 *Talk Therapy: How It Helps People With Severe Mental Illness*. Judy Feins, MSW, LCSW, Psychotherapist, Berkeley.

May 21, 2009  
PLAN—Planned Lifetime Assistance Network of California. Special needs trusts. Julie Hoffman

August 20, 2009  
Veterans and Mental Health. Carol Salacka, MSN, Psychologist. Concord Veterans Center, Readjustment Counseling Services.

Information: Kay Derrico  
925-933 4012 or  
kayderrico@comcast.net

low pass Road, Suite 230. The Clubhouse is now open for dinner Friday evenings.  
Phone: 925-691-4276

We wish you a very Happy and prosperous New Year

## **PROP 63 MONEY ENDANGERED**

(Continued from page 1, column 1)

raised by the special tax must be used only to help the mentally ill.

King said “\$3.2 billion in new revenues had been collected by March 31, 2008, but the state had distributed only \$726 million to the counties.”

The pressure has been building to “borrow” those funds to close the enormous budget shortfall. It would be unlikely that the funds would ever be returned.

Ironically and tragically, the mental health system in Contra Costa County would then be worse off than if the act had never been passed.

In King’s letter to the MHSA Oversight and Accountability Commission, she made the point that the act as administered by the Department of Mental Health is “absent a known plan . . . has directives that are creating more inequities, wasting precious prevention funds and leading to chaos at the local level. . . programs that have no overall objectives and decisions are ad-hoc.”

She makes the point that every county pays to do their own research and in a very real sense, “reinvent the wheel.” Incompetence in administering the mental health funds becomes an argument that they are not being used effectively, so the state should reallocate them to areas where they can be effective.

If ever the advocates for the mentally ill needed to assert themselves to make certain that the funds raised to help the mentally ill, actually do just that, *it is now*.

Call, write, e mail, fax or better yet, visit your supervisor’s office and tell them your concerns.

## **NAMI-CC LOBBIES TO SAVE PROP 63**

(Continued from page 1, column 2)

ongoing difficulties with the implementation of the act, interviews were arranged where members of the staff from District II, III and IV were able to ask detailed question about these issues and report back to their supervisor. Districts I and V were invited but were unable to attend. They will get the bound packet of information that was part of the meeting.

To further this exchange of important information, an interview was setup with Sherry Bradley, the MHSA Director for Contra Costa County.

Donna Wigand, Mental Health Director, joined the meeting and a full and frank exchange of information took place.

It is clear that our local officials are as concerned as NAMI is and will do what they can to keep Proposition 63 funds to be used only to help the mentally ill, who have been so poorly served in the past.

Proposition 63 is the major hope for making substantial improvements in the county’s mental health system. The funds raised by the new tax are to be restricted to be used only in the mental health field.

However, the legislature has had occasions where they have skirted the issue and used restricted funds for other purposes. This is made more likely by the current historic budget crisis. Sometimes such funds are taken, promising to repay them sometime in the future, when the current politicians have left office. We must make every effort to avert that.

## **Richmond FAMILY TO FAMILY BEGINS IN WEST COUNTY**

(Continued from page 1, column 2)

Sumchai, recognizing the great need in the West County area has, organized and found as site for the new class in that area.

He plans on taking the advanced class “training the trainers” offered by NAMI. He will then train several more Family to Family instructors for that area.

More classes will be scheduled in the near future. For further information call or e mail Tom Cloney, Director of the Family to Family classes at 510-223 6 8 7 3 o r e m a i l tmclone@gmail.com

The West Bay area has two openings on the Mental Health Commission, one for the “at large” seat and one for the consumer seat.

Anyone interested should call Supervisor John Gioia’s office:

510-374 3231

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## **GENERIC RISPERDAL LAUNCHED**

Janssen Pharmaceutica, Inc. has announced that it now has an authorized generic version of its atypical antipsychotic Risperdal (generic name risperidone).

Teva Pharmaceutical announced that it had received final approval to market its generic tablet version of Risperdal.

## CLUBHOUSE REPORT

Note: *The Putnam family has requested that those wishing to make a donation in the memory of Herb, to make it to the Clubhouse. An effort very dear to his heart.*

The membership at the Clubhouse continues to grow. The efforts to get jobs for members has been rewarded. David Bragen, one of the original Clubhouse members, now has a part-time job that he looks forward to every day.

If you are looking for a place to have a pleasant Friday night dinner, try the Clubhouse. It will now be open till 8:00 pm, serving dinner.

NAMI Contra Costa will be sponsoring one of the evenings in January.

The Clubhouse is located in Concord at 3024 Willow Pass Road

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## 3rd ANNUAL SUICIDE CONFERENCE

The County and the Contra Costa Crisis Center will present the third annual conference on the prevention of suicide. Its title will be *"Life Threatening Behavior Among Children and Adolescents-Assessment and Intervention."*

It will be held Thursday, June 4th, 2009 at the Walnut Creek Presbyterian Church. A student rate will be available. For information, contact Susan Moore: [susiem@crisis-center.org](mailto:susiem@crisis-center.org)

## ANXIETY DISORDERS

Topic of February  
General Meeting

Dr. Robin Zasio, Psy.D., LCSW, will be presenting ***Anxiety Disorders: Effective Treatment Strategies That Work!*** She will talk about various types of anxiety disorders, what they look like and treatment for them.

Dr. Zasio is a Licensed Clinical Psychologist and Licensed Clinical Social Worker. She has been working in the field of mental health for the past 18 years and specializes in Cognitive Behavioral Therapy and Exposure and Response Prevention Techniques.

After developing a thriving private practice, she established the Anxiety Treatment Center, located in Sacramento.

This is the only one of its kind, providing specialized treatment services for anxiety and related disorders. It is a "full service" center offering an Intensive Treatment Program (ITP), individual, group and family therapy and home visits.

She also developed the Cognitive Behavior Therapy Center ([www.CognitiveExperts.com](http://www.CognitiveExperts.com)), specializing in treating individuals suffering from anxiety and depression.

As well as being a member of a number of professional associations such as the Trichotillomania Learning Center, Dr. Zasio, past president of the Sacramento Valley Psychological Association, is on the Scientific Advisory Board, of the Obsessive Compulsive Foundation, and serves on the NAMI Sacramento Advisory Board and writes the "Drs. Column" for their monthly newsletter.

## MEDICATIONS INCREASINGLY REPLACE THERAPY

By Denise Gellene  
Los Angeles Times

Fewer patients are undergoing talk therapy treatment as antidepressants and other drugs are more widely used. The shift is attributed partly to insurance reimbursement.

Wider use of antidepressants and other prescription medications has reduced the role of psychotherapy, once the defining characteristic of psychiatric care.

The percentage of patients who received psychotherapy fell to 29% in 2004-05 from 44% in 1996-97, the report in Archives of General Psychiatry said.

Researchers attributed the shift to insurance reimbursement policies that favor short medication visits compared with longer psychotherapy sessions and to the introduction of a new generation of psychotropic medications with fewer side effects.

Although not a surprise to many psychiatrists, the findings were expected to intensify a debate over the increased medicalization of psychiatric care, which in part reflects an emphasis on the biology of mental illness, as opposed to the processes of the mind.

Fueling the trend, according to the report, was the aggressive marketing of psychotropic medications to psychiatrists and patients. That push, for example, has helped make antidepressants one of the largest selling classes of drugs.

Dr. William Sledge said the report was worrisome. He felt that the substantial decrease in psychotherapy could lead to a permanent loss of trained therapists.

**General Meeting**  
**WINNING**  
**THE INTIAL**  
**CLAIM**  
**FUNDAMENTALS OF**  
**SOCIAL SECURITY**

By Kay Derrico

The speaker at the January General Meeting, Thursday, January 15 will be Daniel Fortuna. Daniel has a unique ability to present complex information in accessible language. He has been doing just that for a decade and a half at the Benefits Educational Center in San Francisco. He is the founder of that organization.

Through the years he has developed and presented training sessions in 12 states as well as conducted many training sessions with the Social Security Administration.

Knowing the proper and the most effective way to secure benefits for your loved one can be very challenging. Here will be an opportunity to have direct access to an expert on the subject.

If you wish, e mail your questions in advance. They will be answered first.

kayderrico@comcast.net

Some of the basics Mr. Fortuna will deal with will be the limits placed on a recipient of SSI benefits. \$2000. continues to be the limit in cash or assets. The value of the home, the household goods, personal effects, and a vehicle are not included in the limit.

Another limit is the income received by the SSI recipient. That can be \$20. per month and \$65. each month in wages.

Home utilities, home insurance, mortgage and rent are some of the categories that are OK.

**SAVE THE DATES**

**Opening Our Hearts to People With Mental Illness.** A conference at Temple Isaiah, 3800 Mt Diablo Blvd., Lafayette.

January 25,  
 12:00 Noon to 5:30 pm  
 openourhearts@temple-isaiah.org

**Annual Mental Health Conference,** Saturday, May 2, 2009.

Menlo Park Presbyterian Church, Menlo Park. For information: fnjpramann@comcast.net

**NAMI Walk 2009**

Saturday morning, May 30, 2009  
 Golden Gate Park  
 Contact Barbara Scott  
 xnamicc@aol.com

**NAMI National Convention**

July 6 to July 9, 2009  
 San Francisco Hilton

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Payment for those categories will not make the recipient lose the SSI status. They will reduce the benefits by the amount of the payments, up to a maximum reduction of \$245.00

Getting SSI automatically qualifies the recipient for Medi-Cal. After two years, eligibility for MediCare would come into effect.

MediCare covers medical problems while MediCal would qualify the recipient to be in the county mental health system.



**DENTAL HEALTH**  
**AND**  
**MENTAL HEALTH**

By Linda Stillman Knapp  
 Dental Hygienist

Saliva, that precious body fluid, is essential in maintaining the balance of the demineralization process, protects the oral mucosa with lubricants, provides protection from invasive pathogens, as well as aids in the breakdown of food . . . the beginning of digestion.

Dry mouth (xerostomia) creates an imbalance that causes cavities, tooth erosion, tooth sensitivity to cold, food sticking to teeth, gingivitis and periodontitis (gum disease) and bad breath.

**WHAT YOU CAN DO**

- Brush teeth and *tongue* and use dental floss or interdental brushes twice a day.
- Have checkups twice annually
- Decrease sugary liquids (drink through a straw and then rinse with water)
- Eat a balanced diet including apples and crunchy veggies and increase your intake of water.
- Use home fluoride treatments and fluoride rinses
- Use dry mouth products such as Biotene (by Laclede) mouth rinse, GC American dry mouth gel, Dentiva and Salese (Rx from dentist). At the pharmacy you can find Xylitol gum and mints, Colgate dry mouth spray, Sensodyne Oasis dry mouth rinse and Xylimelts (Rite Aid).
- There are also sensitive tooth products such as Crest Pro-Health, Sensodyne toothpaste and Act Fluoride Rinse.

Note: This article was excerpted from the NAMI Advocate.

# JANUARY DONATIONS



**Herb Putnam**  
**1928-2008**

Former President NAMI Contra Costa  
 Former Chair Mental Health Commission  
 Co-founder Mental Health Coalition  
 Founder, with his wife, Bev, of the Clubhouse

The Putnam family  
 has requested that  
 donations in memory of  
 Herb  
 Be sent to the Clubhouse

3024 Willow Pass Road  
 Concord, CA, 94519  
[www.ccclubhouse.org](http://www.ccclubhouse.org)

In Memory of

Herb Putnam

Mary and David Piepho  
 Mary Howard  
 R.A. and B. A. Diskowski  
 David Kahler  
 Mae Bragen

In Memory of

Ruth S Day  
 and  
 James A Day

From: John Day  
 Pleasant Hill

Dale L. Brodsky  
 Has made a substantial  
 Donation to NAMI-CC  
 and the Behavioral Health Court

Century Club Members

Richard and Patricia Hoff  
 Richard and Kathy Marshall  
 Kathleen Touns, M.D.

Donations

Alison R. Buckles  
 Susan M. Henderson  
 %Bank of America United Way

Sandra Duncan  
 %PG & E Campaign for the  
 Community

**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)

E mail address:  
 \_\_\_\_\_

\_\_\_\_\_  
 Name

\_\_\_\_\_  
 Street Address

\_\_\_\_\_  
 City State

Zip \_\_\_\_\_

Phone: \_\_\_\_\_

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

If you need Support, Guidance  
 and Information:  
**First Tuesday Support  
 Group**  
 Tuesday, January 6, 2009 7:30 pm  
 Hillcrest Church, 404 Gregory Lane  
 Pleasant Hill See Page 2

Stamp

### Free Classes on Mental Illness

There is no class on mental illness taught from the family's perspective in any university or college in the county. NAMI'S Family to Family is exactly that. The next classes start Wednesday, January 7, 2009, 7:00 pm in Pleasant Hill. For more information: xnamicc@aol.com Tom Cloney, 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  
 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

- Mental Health Client \$ 20.00
- Dual Affiliate 20.00
- General Membership 40.00
- Professional Membership 50.00
- Century Club 100.00
- Lifetime 500.00