



NAMI Contra Costa

Contra Costa's Voice on Mental Illness *JULY, 2007*

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

MENTALLY ILL MAN SHOT BY SANTA ROSA POLICE

Richard DeSantis, the son of NAMI-CC member Adrienne DeSantis was shot and killed by Santa Rosa police officers April 10, 2007.



The officers were told by dispatchers that Richard was bipolar. The Santa Rosa Police Chief Ed Flint, explained "These are volatile situations."

The shooting occurred after Richard's wife called 911 at about 1:16 am. The dispatcher said that the wife said her husband was firing shots in their home.

The officers confronted
(Continued on page 5, column 3)

General Meeting July Speaker

SPECIAL NEEDS TRUSTS

A surprisingly high per cent of the American population die without having made a will causing considerable inconvenience for their loved ones. The situation is worse when a Special Needs Trust is needed.

An expert on the subject will be the speaker at the July General Meeting. This will be the easy opportunity to get the information you need to get a trust going.

There will be ample time at the meeting to get your questions answered. However, you can also e mail your questions before the meeting and they will be answered first.

NAMI WALK 2007 GROSSES \$240,500

Laurie Williams, Walk Director has announced that the NAMI Walk 2007 grossed over \$240,000. It has become a major fund raiser for NAMI Contra Costa. Lisa Honegger and Anna Garcia headed up the Contra Costa effort. We thank them.

General Meeting

JULY

Thursday,
July 19, 2007

7:00pm

Speaker

Robert Myers
Attorney

Mr. Myers has a kinship with families that have relatives with disabilities. He is the parent of three developmentally disabled adult children, and he has "developed a particular interest in planning for incapacity issues." At our meeting, he will present the "nuts and bolts" of special needs trusts and answer questions from the audience.

Library and Refreshments
Available at 6:45 pm

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, 1601 Ygnacio Valley Road, Walnut Creek Campus, 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

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

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

NEW HOPE

BIPOLAR SUPPORT GROUP

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

Two Meeting Locations:

Lafayette:

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

Concord:

Last Monday of each month— 7—8:30 pm
Dr, Philip Shains' Offices-2630 Salvio St. Concord
Contact: Leslie 925— 518 6684

www.newhopesupportgroup.com

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

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

Bulletin: Please mark your calendars to attend our July 19 General Meeting. We are honoring Herb Putnam for all of the energy and time he has devoted to NAMI- CC over many, many years.

There will be a reception starting at 6:45. There isn't much Herb hasn't done in the way of service to NAMI-CC. He is a three time past President and has spearheaded the Clubhouse committee.

Herb and Bev have pledged \$50,000 that they will match all donations up to that amount

Herb has been totally involved with NAMI over the years, usually in a leadership position. He virtually carried events like the Hope Fair on his back.

All those interested in the next Peer to Peer Class should be signing up now. Interviews must be scheduled prior to the September start of the next class series.

Also, please sign up for the next Family to Family class, also starting in September. Advise any friends or family members you feel could benefit from the program.

NAMI Contra Costa has been awarded a \$1440 grant from NAMI National for our In Our Own Voice program! There is good information about IOOV at www.namicontracosta.org. If you know of any groups or venues that could schedule a session, please notify program chairperson Veronica Vale at 925-945-7871.

I wish all an enjoyable and safe summer.

General Meetings

**UPCOMING
SPEAKERS**

July 19, **Special Needs Trusts**, Robert W. Myers, MS, JD, LL-M-Env, Attorney & Counselor at Law

Aug. 16, A Panel: **Dual Diagnosis, the Challenge of Co-occurring Disorders of Mental Illness & Substance Abuse**, Rebecca Woolis, MFT, Program Director, Bonita House, author of *When Someone You Love Has a Mental Illness*; an Anonymous Representative from Dual Recovery Anonymous, Oakland; Nina Farraris, MA, MFT, Program Manager, John Muir Behavioral Health Center for Recovery

Sept. 20, **Bipolar Disorder and ADHD**, Dr. Steven Hinshaw, Professor & Chair, Psychology Dept., UC Berkeley; research on ADHD, stigma, and other areas; author of books & numerous articles

Oct. 18, **Understanding the 5150**, how to handle a hearing. How to get your viewpoint across and into the file. John Dowdy, Marin County

Information: (925) 933-4012
Send questions for presenters to:
kayderrico@comcast.net

NAMI Contra Costa
National Alliance for the Mentally Ill

P.O. Box 21247
Concord, California
94521

Phone: 925- 465 3864
E mail: xnamicc@aol.com
Website:
www.namicontracosta.org

did you
know?

Clubhouse Report

By Herb Putnam

COMPULSIVE HOARDING

Hoarding is a unique set of symptoms seen in about a third of people with obsessive-compulsive disorder (OCD) and a variety of other diagnoses. Hoarding is also seen in personality and impulse control disorders. .

Hoarders exhibit perfectionist personality traits and can get lost in detail.

Defining behaviors include: the hoarder seeks to acquire and fails to discard a large number of items without seeming value. Living spaces are sufficiently cluttered to prevent activities (such as cooking, cleaning). Hoarding causes significant distress or functional impairment.

The non-OCD compulsive hoarder does not see hoarding as a problem and is driven by intrusive thoughts about it. They are concerned about:

- Not having something that might be needed in the future
- Not having something that may be valuable in the future
- Not being able to remember something
- Not being willing to waste
- Treatment is slow and relapse frequent. *Cognitive behavioral therapy* has shown the most success. Hoarding is resistant to medications such as the SSRI's; however, medications may be used to treat co-morbid conditions such as depression, psychosis, anxieties and social phobia.

On our vacation last May in Hawaii, Bev and I had the pleasure of visiting the "House of Success" Clubhouse in Maui and "Friendship House" Clubhouse in Kauai.

These state funded clubhouses are excellent examples of what ICCD Clubhouses can do and accomplish. Bev and I are more excited than ever about the idea of getting this tremendous program up and running in Contra Costa County.

Now that we are officially incorporated as Contra Costa Clubhouses, Inc. we can move forward toward our financial goals. Contributions are initially being accepted under NAMI-CC's Non-Profit ID number, but very soon we will be receiving our official non-profit donation letter from IRS.

As of this date we have \$35,170 in cash donations plus an additional \$75,000 in pledges which will soon be redeemed. Our total contributions, pledged and donated, come to \$110,170 which meets our first goal of \$100,000.

This enables us to begin search for an Executive Director, and to search for an appropriate location space. Our next target level is \$500,000. We will continue to seek individual donors who can help us, not only with their cash contributions, but also by offering their support for our cause by permitting us to use their names on our donor list. Amounts given will be private, but your personal support is very important!

For this next phase we

In Our Own Voice

NAMI-CC WINS \$1400 GRANT IOOV PROGRAM

Veronica Vale, Director of NAMI-CC's IOOV program announced that NAMI National has awarded the affiliate \$1400 to help fund the program in 2007 and 2008.

Chet Watson, a past NAMI-CC president, started the IOOV in this area. Veronica Vale is now the director and one of the main presenters.

Organizations that want to learn more about mental illness should contact Veronica and have a presentation of their own.

vvale2001@sbcglobal.net



will be approaching foundations such as the California Endowment, Zellerback Foundation and others who have supported similar causes in the past.

We want to thank all of you who have contributed or are about to contribute to the Clubhouse cause! Special thanks to: Mary Lowenthal who contributed in memory of her husband, Harry Lowenthal and to Jo Ann and Ralph Tatum who contributed in honor of their son, Mark Tatum.

Richard DeSantis 1977—2007

By Adrienne DeSantis

A Cry for Justice

I never wanted to join this club, the all-too-enlightened who have lost our sons in their prime. I never pictured myself writing Richard's biography with his life over at 30. And I still can't believe that he's gone.

I am proud of my son. Proud of his courage, his achievements, his protectiveness toward his family and toward those at risk. Richard learned from hardship to help others in need, especially children.

When he was too young to comprehend death, he received the news of his father's death in a car crash.

The playful father he loved, his role model, would be no more, never again to be seen in this lifetime. We lost the balance that a husband and father brings, so needed by our young family.

In adulthood, during the good times, Richard squeezed every drop of living out of the time that he had. He was a whirlwind, with a dashing smile and a laugh to match. He was a pied piper to the neighborhood kids and to his young cousins. They were all drawn to his zest for life, and he did not disappoint.

During the bad times, he battled his demons. There was every reason to believe that Richard could learn to manage his symptoms. But that would have required compassionate care, and that is not what he received on the day his life ended.

His last moments on this earth were spent with six police officers aiming their rifles and pistols at him, a lone man. No one should ever have to face that, especially not a man who was already terrified by paranoid delusions.

The force of their "non-lethal projectile" broke his arm, and then they snuffed out his life with their bullets.

It is time for law enforcement to change its approach. The Santa Rosa Police did not treat Richard humanely. We give them badges to protect all of the community, and our sons and daughters are



Richard DeSantis

part of that community. Their lives are of equal value as the lives of every other person. They are more in need than anyone else, of full protection.

Note: Adrienne has been a member of NAMI Contra Costa. As of the time of this writing on June 11th, the report of the investigation into Richard's death has still not been released, nor has the autopsy report or tape of the 911 call.

MENTALLY ILL MAN SHOT BY SANTA ROSA POLICE

(Continued from page 1, column 1)

Richard in the driveway that is shared by four units in two modest duplexes.

It was reported that the police ordered Richard to assume a prone position which he did briefly. He then got up and charged the officers. He was first shot with a non-lethal projectile that did not have an affect on him.

The police then fired conventional weapons and struck him in his torso. He was dead when he reached the hospital.

A youngster who lived nearby said he saw the shooting and that Richard did not follow the orders to remain on the ground. "I was sleeping, then I woke up because I heard the shots." Fernando James, 13, lives in an apartment across the street from the DeSantis apartment.

"I went to the window and the police were pointing guns at him. They told him to go on his knees. He was going to his knees but then it looked like he was getting up, like he was trying to make a run for it, and that's when they shot him." James said.

The shooting was the second fatal shooting by Santa Rosa police since February 23, 2007. It was the forth shooting by police in Sonoma and Mendocino counties this year.

The Press Democrat quoted Capt. Dave Edmonds of the Sonoma County Sheriff's as saying "Occasionally in all communities there are a spate of shootings. That's the way I see what has happened here. You look at the case facts of each independently and there's no relationship."

BOOK REVIEW



Cognitive Behavioral Therapy for Bipolar Disorder

Review by Kay Derrico

Cognitive-behavioral therapy (CBT) has been around for years, and the Europeans have been busy making great use of it. The Brits are having such success with the approach that the National Health Service is having hundreds of new therapists trained, so says Michael Thomas of the S.F. Bay Area Center for Cognitive Therapy.

We're starting to hear more about CBT in the States, too, and people like what they hear. CBT, based on solid empirical data, is a collaborative approach in which the therapist and the client work out behaviors and thinking strategies that help solve problems.

To learn more about this therapy, particularly how it relates to bipolar disorder, read *Cognitive-Behavioral Therapy for Bipolar Disorder* by Monica Ramirez and A. John Rush.

Although this book is written for therapists, the language is not technical and is easily accessible to the lay reader. The book covers strategies for managing "cognitive, behavioral, and affective symptoms;" building "needed coping and problem-solving skills;" and "strengthening relationships that have been damaged by the disorder."

When Someone You Love Has a Mental Illness: A Handbook for Family, Friends and Caregivers
by
Rebecca Woolis

This book has been considered a standard for families for years and it remains on NAMI national's book list as one of the most highly recommended "how to" books, "pulling together ... practical and helpful resources [and is] ...an essential guide."

Ms. Woolis's background includes over 15 years of presentations and trainings for family groups and providers in the US and Canada as well as leadership roles since the 1970's in community mental health programs.

Her extensive experience is reflected in this useful book and with an updating in 2003, remains current and widely read.

By Kay Derrico

THE NAMI-CC LIBRARY

The NAMI-CC librarian, Cindy Baker, brings out many of the books from the NAMI library on display at the General Meeting. Members can check them out and return them the following month. Many are the newest and best books on the subject.

The bottom line about CBT, as emphasized in *Cognitive-Behavioral Therapy for Bipolar Disorder*, is that patients are empowered to make fundamental, effective, life-enhancing changes.

August General Meeting

A Panel:

The Challenge of Co-occurring Disorders of Mental Illness & Substance Abuse

A panel of three people will discuss the impact on a person diagnosed with two major illnesses (mental illness and substance abuse) and how to "work recovery" around those illnesses

Rebecca Woolis*, M.F.W., Program Director, Berkeley Creative Living Center, will present "best practices" for the dually diagnosed.

Nina Farraris, M.F.W., Program Director at John Muir Behavior Health Center, will talk about the recovery program at that facility.

And, finally, an anonymous panelist, Janie, will share her personal perspective of Dual Recovery through DRA, a Twelve Step Program) and how DRA has supported her, as well as many others, on a journey to wellness.

*author/see book review section

SUICIDE WORKSHOP A SUCCESS

The June 21 workshop on Assessing and Managing Suicide Risk played to a full house. It was a one day affair for mental health and other care professionals. John Allen and Susan Moore headed up the event. It was made possible, in part, with funds contributed by Assemblyman Mark DeSaulnier.

**LETTERS TO THE
EDITOR**

To The Editor:

I am writing to thank NAMI for having the pharmacist be the speaker at the last meeting. The system simply does not provide the parent with access to those knowledgeable about psychiatric medications.

The lack of knowledge makes it difficult for me to convince my 24 year old son that I know what I am talking about. Mr. Protzel answered several of the questions that have been a puzzle for a long time.

Bonnie Benfield

Editor's Note:

Steven Protzel was the speaker at the June General Meeting. Mr. Protzel has been a community pharmacist for over 30 years and has developed a special knowledge of the mental health field. He is currently with **S a f e w a y** and **B.A.A.R.T.** (Bay Area Recovery Addition and Treatment) in San Francisco.



Steven Protzel

COMMENTS
Comments for the newsletter should be sent to:
xnamicc@aol.com
Fax: 925-476 1444 or

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Support NAMI-CC's
 Efforts for a Contra Costa
 Clubhouse
 www.ccclubhouse.org

Stamp

Free Classes on Mental Illness
Family to Family Classes
 Will Begin in September
 Space is limited, Register now.
 Marie Overby: 925- 284 5240 Email: 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
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