



NAMI Contra Costa

National Alliance On Mental Illness

Contra Costa's Voice on Mental Illness July, 2009

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

General Meeting

JULY
Thursday,
July 16, 2009

Doors open at 6:30 for manned information tables and library materials check out.

Speaker

Julie Hoffman
Board Member
Parent Proxy Foundation
Featured in KQED's
When Medicine Got it Wrong
(See article in June, 2009 newsletter)

Topic

Who will care when I'm not there?

Ms. Hoffman will answer that question with information about special needs trusts, protecting benefits, and the use of Personal Support Specialists.

Location

John Muir Medical Center
Concord Campus

2540 East Street, Concord
925-682 8200

NAMI
NATIONAL
CONVENTION
2009
IN OUR BACKYARD
JULY 6—9

The 2009 NAMI National Convention will be held at the Hilton Towers in San Francisco. Just a BART ride away.

You may register for the event on-site at the San Francisco Hilton (415- 771 1400), 333 O'Farrell Street, San Francisco.

(Continued on page 4)

NAMI WALK
2009
\$292,000
RAISED
TO DATE

Grand Marshall Patty Duke addressed over 1500 walkers at the 4th annual NAMI Bay Area Walk. About 2000 attended and a new high of \$37,000 was raised the day of the Walk.

The NAMI Walk is clearly maturing into an established, effective fund raising
(Continued on page 4)



Fundraiser at Baja Fresh

Steve Gallion has announced the largest Consumer-Recreational Fund fundraising effort so far. When you present the coupon (page 8) and enjoy a delicious meal at Baja Fresh, 15% of the purchase will go to the Consumer Recreation Fund. It will be: Saturdays, July 11 and July 25, 10:30 am to 10:00 pm at 901 Sun Valley Blvd, Concord. That's two Saturdays in July for you to take advantage of this great offer. You must clip and present the coupon from page 8 of this newsletter.

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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

Family Support Group

For parents of adult children with mental illness. Meets Monthly
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

Dual Diagnosis Support Group

Wednesdays: 3:30 pm
1420 Willow Pass Road. Concord
2nd Floor Facilitator: Bob McKinnon
Bipolar Support Group
Tuesdays 1:30 pm 1420 Willow Pass Road, Concord

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. 2nd and 4th Tuesday 7:00 pm
Call: Veronica 925-945 7871

NEW HOPE

BIPOLAR SUPPORT GROUP

For parents of children and adolescents with a mood disorder.
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

H.E.L.P.

Hope, Encouragement, Love and Prayer
See page 6 for specific hours
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
Thursdays: 2:00 to 6:00 pm
925-646 5844
Emergency County Cell Phone:
925-963 6229

NAMI-Contra Costa
National Alliance on Mental Illness

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Website: namicontracosta.org
Phone: 925- 465 3864

Newsletter Deadline: 20th of Each Month

**PRESIDENT'S
COLUMN**

By Al Farmer

The consumer's picnic held on June 19th and sponsored by Crestwood, NAMI and Mental Health Consumer Concerns was a great success. We had an attendance of more than 220 consumers and supporters complete with BBQ chicken, hamburgers, hot dogs and a generous raffle with many items given to consumers.

We greatly appreciate all the efforts of NAMI members who arranged for the chicken and sodas. Many thanks to Sean Kleen who was chief BBQ chef, to Rich Derrico, who served an unbelievable number of watermelons and Yvonne and Rich DeAndre for their culinary skills. Professional all!

All in all, this was a great picnic enjoyed by all!

Our special thanks to all the people who make the Putnam Clubhouse activities so successful, especially Tamara, Dan and Susan.

The Board of Directors meeting is the second Saturday of each month. In July, that will be the 11th. All members are welcome. Attending one of the meetings would give you a sense of how the affiliate is organized and directed.

If you know a family that is new to the mental health field, urge them to e-mail:

xnamicc@aol.com

And to visit the website:

www.namicontracosta.org

There they will get all the information they need to begin accessing mental health resources .

**GENERAL
MEETING**

Thursday, July 16, 2009.

Who will care when I'm not there?, a discussion of a unique special needs trust concept. Julie Hoffman is a life-long activist whose roots reach back to the founding days of NAMI when she was an advocate for her brother who suffers from chronic schizophrenia.

www.planofcalif@aol.com.

Thursday, August 20, 2009.

Things Have Changed: What Returning Combat Veterans and their Families Need to Know. Nathan Johnson, MSW, US Marine Corps, 1999-2003, will discuss Post Traumatic Stress Disorder, including symptoms and getting help; and Stephanie Richter, Ph.D., Mental Health Coordinator, Returning Veterans Mental Health Outreach, Education and Care Program, VA Northern California Health Care System, will discuss other challenges faced by returning combat veterans and their families, including topics about moods, thinking, sleep disorders and substance abuse, as well as where to go for help.

Thursday, September 17, 2009.

Dual Diagnosis and Recovery: Choosing Healthy Options, Stanley Pugh, Consumer, Advocate, In Our Own Voice Presenter, Public Speaker

Thursday, October 15, 2009.

After Suicide: How to Survive the Nightmare, Susie Moore, MA, Grief Counseling Director, Contra Costa Crisis Center

(Continued on page 6)

ADULTS WITH ADHD

By Anne Lambert, MS
CME Outfitters

Many children with ADHD will become adults with ADHD. There is data that shows 72% of children have persistence of at least one-third of their original symptoms into adulthood. Adult ADHD has been consistently associated with a functional impairment and a significant economic burden.

One of the biggest frustrations faced by adults with ADHD is an inability to put a name and a diagnosis to the symptoms. Physicians often underestimate the impact ADHD has on the quality of life of adults.

In a 2003 survey of 400 primary care physicians, 48% said they did not feel confident in diagnosing ADHD in adults. Only 34% reported being "very knowledgeable" or "extremely knowledgeable" about adult ADHD compared with 92% who said the same for depression and 83% for generalized anxiety disorder.

64% of the physicians said they had not received thorough instruction in diagnosis and treatment of adult ADHD.

Improving the core symptoms of ADHD is helpful and can lead to improved functioning in the real world such as being self-sufficient and being able to cope with the demands of daily life.

The Best Way To Reach
NAMI-CC

E MAIL:
XNAMICC@AOL.COM

ASSISTED OUTPATIENT TREATMENT WORKSHOP AT THE NATIONAL COVENTION JULY 7 11:00AM

The Treatment Advocacy Center will be hosting a booth and workshop at the Convention. The workshop focus, "Making the Most of Community Services: Implementing Assisted Outpatient Treatment," is part of the conference on July 7.

The Workshop will be making policy recommendations such as: "States should implement a full set of strategies tailored to individuals whose symptoms may preclude them from recognizing they are ill and thus participating in treatment." This includes outpatient treatment.

Booth #204 (In the exhibit Hall)
Tuesday, July 7 11:00 am to 2:00 pm
Wednesday, July 8 8:30 am to 3:00 pm
Thursday, July 9 8:00 am to 3:00 pm

NATIONAL CONVENTION

(Continued from page 1)

For detailed information on the Convention, go to the NAMI National's website:

www.nami.org

CEU's are available for professionals attending the convention. They also will be available to licensed counselors.

HOSPITAL COMMITTEE

Miles Kramer, Director of Psychiatry at the CCRMC, offers an open meeting from 12:00 pm to 1:00 pm the second Thursday of each month. Those who have questions or concerns with psychiatric treatment at the hospital are urged to attend.

For Information:

mkramer@hsd.co
xnamicc@aol.com



NAMI WALK 2009

(Continued from page 1)

event on a par with some of the other long established walks.

\$292,000 has been raised so far. But money can still be donated to help bring the total up to 2008's \$306,000. That is just \$12,000! You can make online donations using your credit card. E mail xnamicc@aol.com if you need instructions. Or mail to:

NAMI Walk SF Bay Area
63 Bovet Road #360
San Mateo, CA 94402

It is the major fundraiser for all the Bay Area affiliates including NAMI Contra Costa.

For the second year NAMI Contra Costa hosted a picnic after the Walk with nearly 100 members attending.

THE REFORM OF LPS LAWS

Lanterman-Short-Petris Act Passed in 1967-Went Into Full Effect In 1972

Part I

EDITOR'S NOTE: *The following was excerpted from a report from the LPS Reform Task Force. When you encounter serious problems with 5150's, hospital stays and hearings you will find they usually relate to the LPS laws. Laws you could urge your elected representatives to change. Have you?*

The current California law regarding involuntary treatment for mental illness, the Lanterman-Petris-Short Act (LPS Act) was written 42 years ago. Before scientific knowledge advanced recognizing mental illness is a physical disorder of the brain.

Its purpose was to depopulate state hospitals. It was not fully realized at the time of its enactment the structure and support some people with mental illness would require to successfully participate in community life.

Over the years the act has been amended to make it one of the most adversarial, costly and difficult to administer involuntary treatment systems in the United States.

Lack of clear definition and common misinterpretation of its provisions have caused inconsistent application from county to county.

The law must be revised to incorporate modern scientific knowledge regarding the nature and treatment of mental illness in the community and to streamline its efficiency in today's managed care environment.

Treatment voluntarily embraced is always preferable to treatment given involuntarily. The goal of involuntary psychiatric services should be the provision of a caring environment where medical treatment, leading to cognitive improvement, is combined with dignified and respectful therapeutic conditions to help the patient accept and continue needed treatment willingly.

Before any involuntary services are provided, the patient should be encouraged to consider those services on a voluntary basis.

(LPS) . . .the most adversarial, costly and difficult to administer . . . in the United States.

Piecemeal additions to the statute addressing involuntary treatment, as well as common practice misinterpreting the statute, have made the system cumbersome and adversarial.

Continuum Theory

The Continuum Theory of the 1950's and 60's, which postulated that mental illness was the far extreme of a degeneration from a state of mental health. . . . The debate is over: mental health and mental illness are not part of a

continuum. Mental illnesses, such as schizophrenia, bipolar disorder and OCD are brain base biological diseases which impact the cognitive and affective functions of their victims' brains.

Gallinot Hearings

The LPS Act allowed for tiered, short periods of hold for involuntary treatment. In 1978, the Gallinot case . . . established an upfront due process hearing at the end of 72 hours; however, the tiered lengths for certifications based on the type of behavioral hold remained.

The multi-layered due process reviews, lengths of treatment and notice filing requirements have been referred to as "Byzantine." This administrative nightmare is at least cumbersome, nontherapeutic, administratively costly and constitutionally unnecessarily complex making California's procedure for involuntary treatment one of the most complex systems in the United States.

Today these tiered lengths of stay are empty gestures geared at preventing inappropriate long term hospitalization in state hospitals. State hospitals are virtually a thing of the past for civil patients.

This is Part I of a two part series on the LPS Laws. Part II will appear in the August issue of this newsletter. The newsletters are always available on the NAMI-CC website for permanent reference.

SAVE THE DATES

NAMI-CC and Borders
are co-sponsoring
local NAMI member
Peggy Kennedy's
book reading and signing
of her memoir,

Approaching Neverland
7:00 PM,

Wednesday, July 15, 2009
Borders, 120 Crescent Drive
Pleasant Hill

Mental Health Commission Meeting

Thursday, July 9
(Always the 2nd Tuesday of the month.
Changed from the 4th Thursday)
Concord Police Station

Stanford's Fifth Annual Bipolar Education Day

Saturday, July 25, 2009
Free, but must register,
limited space

www.bipolar.org.

CHET WATSON HONORED

NAMI-CC Member Honored
by NAMI FaithNet

During the Northern California Mental Health and Spirituality Conference last month, NAMI FaithNet presented Rev. Chet Watson of NAMI-CC and Dr. Gunnar Christiansen of NAMI Orange County, a plaque inscribed "for their pioneering efforts in engaging faith communities, eliminating stigma and promoting spirituality as a resource for recovery and wellness."

Information: (650) 724-4795

General Meeting OUTREACH TO VETS

NAMI, the National Military Family Association, and the American Psychiatric Association have called for greater education and services for military members and their families.

NAMI-CC is hearing this call, consequently, on the night of August 20, NAMI-CC is sponsoring a talk called "Things Have Changed: What Returning Combat Veterans and Their Families Need to Know."

Nathan Johnson, MSW, Counselor, Concord Vet Center, will discuss Post Traumatic Stress Disorder; and Stephanie Richter, Ph.D., Mental Health Coordinator, Returning Veterans Mental Health Outreach, Education and Care Program, will address other issues, such as changed views of self and the world, anger, trust, pain, sleep, substance abuse, etc. Both Johnson and Richter will cover where to go to get help.

Several support services will be on hand before and after the presentation. Included will be Swords to Ploughshares, Vets 4 Vets, NAMI-CC's Family to Family, and others.

DUAL RECOVERY ANONYMOUS

Dual Recovery Anonymous is a 12 step support group for those coping with mental illness and substance abuse.

Tuesdays 5:45—6:45 pm
John Muir Behavioral Health
Classroom B, 2730 Grant Street
Concord
Contact Zula: 925-212 2241

LIVING WITH OCD A LIFE OF OBSESSIONS AND COMPULSIONS

By: Harry Croft, M.D.

Living with Obsessive-Compulsive Disorder can be torturous, filled with recurrent, unwanted thoughts (obsessions) and/or repetitive behaviors (compulsions). Unfortunately OCD isn't easy to treat.

If you saw the movie "As Good As It Gets" with Jack Nicholson, you probably laughed at the antics of the lead character when he compulsively engaged in behaviors that seemed strange and thus funny at the time.

In the movie it was comical, but in real life the obsessive thoughts and compulsive behaviors suffered by those with OCD are anything but funny. In fact, OCD is a disorder that causes severe distress and impairment.

Obsessive-Compulsive Disorder is categorized as an anxiety disorder. It is characterized by repetitive thoughts that the person realizes are unreasonable, but cannot stop thinking them. Examples might be:

- "I will get a disease and die, or give the disease to someone in my family."
- "I am contaminated in some way because I touched something".
- "I will cause damage or harm to someone or have already done so".
- "My house will burn down, someone will rob me, etc.".

Although the sufferer realizes that these thoughts are unrealistic, they feel helpless to stop thinking them. The only way to handle the obsessions, for them, is to engage in repetitive behaviors called compulsions, that the person feels driven to perform. At this point, treatment is called for.

**CLUBHOUSE
REPORT**

JULY DONATIONS

On July 11, 2009, two Clubhouse staff, Susan Jordan and Dan Cooper, along with Clubhouse member Greg Beckner, will travel to Worcester, Massachusetts to attend a two week comprehensive colleague training at the Genesis Club.

During the second week, Tamara Hunter will join Susan, Dan and Greg at Genesis. Colleague training is an opportunity to learn about and experience clubhouse philosophy, culture, relationships, and the day to day operations of a clubhouse model.

The training enables colleagues to immerse themselves in the clubhouse community. The time will give colleagues a solid background in the basic clubhouse mechanics.

This will be accomplished through the training curriculum that has been developed by the International Center for Clubhouse Development, over the past ten years.

The curriculum includes participation in Genesis work units, an opportunity to become involved in the transitional employment program, developing a clubhouse housing component and ample time to discuss clubhouse ideas and issues.

NAMI Chili Night

The first Friday of each month (August 7) NAMI-CC serves a three course chili dinner at the Clubhouse at 6:00 pm. The dinner is free to members but registration in advance is required. Non members can attend by making a reservation and making a \$6.00 donation.

Car Donations

 Michélie Monahan

 Angelica Prado

Donations

 Tony Gauseman
 Randy and Mary Philips
 William L. Guelzo
 Elisabeth Yarbrough

Donations

 A sizeable donation from an anonymous donor
 %PG & E Corporation
 Campaign for the Community

Donation

 Sandy Duncan

DONATION FORM

Use Donation For:

Peer to Peer Program
 NAMI-CC General Fund
 Family to Family
 Housing
 IOOV (In Our Own Voice)

E mail address: _____

Phone: _____

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: _____

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

If you need Support, Guidance
 and Information:
**First Tuesday Support
 Group**
 Tuesday, August 4, 7:30 pm
 Hillcrest Church, 404 Gregory Lane
 Pleasant Hill See Page 2

Stamp



Consumer Recreation Fund Fundraiser

The biggest C-F fundraiser ever at the popular Baja Fresh at Sun Valley Mall in Concord.

15% of your purchase will go directory to the Fund.
 Everybody wins.

Saturdays, July 11 and 25 10:30am to 10:00pm
 901 Sun Valley Blvd., Concord 925-521 9301
Cut this coupon out and present it with your order!

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