



# NAMI Contra Costa

*The Family's Voice On Mental Illness*

*June, 2004*

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

## JUNE

### GENERAL MEETING

Thursday, June 17, 2004  
7:00 pm

### GUEST SPEAKERS

#### **Dr. Christine Yu Moutier**

Director  
UCSD's Psychiatry Training Program

Dr. Moutier will speak on the dilemma of medication non-compliance and the research she participated in on the new Risperdal™ injectable Consta™

#### **ALSO**

#### **Randi Hackbarth**

Director of Nursing  
Mt Diablo Medical Pavilion

### **MT DIABLO MEDICAL CENTER**

2540 East Street  
Concord, CA

## **DR. MOUTIER TO ADDRESS JUNE MEETING**

The featured speaker at the June, 2004 General Meeting will be Dr. Christine Yu Moutier, Director of UCSD's Psychiatry Training Unit and Medical Director of the Inpatient Psychiatry Unit at the San Diego VAMC.

Dr. Moutier participated in the research on the new injectable form of Risperdal™. It has been named Consta™ and directly addresses the serious problem of medication non-compliance. The treatment uses an advanced drug-delivery technology that is given by injection every two weeks to provide consistent medication levels. The technology works by essentially encapsulating drugs into tiny spheres that break down slowly and release the medication at a controlled rate.



Dr. Christine Yu Moutier

(Continued on Page 4, Column 1)

## **MASS RALLY**

### **IN SUPPORT OF THE MENTAL HEALTH INITIATIVE REVERSING BROKEN PROMISES**

Over 3000 supporters of the Mental Health Initiative rallied on the West steps of the State Capitol building in Sacramento, Thursday, May 27, 2004. A large contingent of NAMI-CC members were part of the crowd.

The leadoff speaker was Chet Watson, President of NAMI California. He was followed by Steve Mayberg, Director of the State's Mental Health Department, Darrell Steinberg, Assembly Member from the 9th District and Contra Costa's Senator Tom Torlakson.



Darrell Steinberg  
Assembly Member  
9th District

(Continued on page 4)

## IN THIS ISSUE

Support Groups .....	2
Dr. Aaron Chapman .....	3
Speaker at the July 15 General Meeting	
SSRI DEBATE .....	4
FIRST NAMI WALK .....	5
14th Annual Picnic .....	5
Friday, June 18, 2004 10:00 am	

## **RANDI HACKBARTH TO SPEAK AT JUNE GENERAL MEETING**

Randi Hackbarth, Director of Nursing at the Mt. Diablo Medical Pavilion, will speak at the June General Meeting.

The Pavilion is one of the two acute facilities in Contra Costa County. There was a profile of the Pavilion in the May Newsletter which is still available on the website. It is a fully accredited, 73 bed psychiatric hospital located in Concord on the same campus where the NAMI-CC General Meetings are held the third Thursday of each month. Ms. Hackbarth will field questions after her talk.

## NAMI-CC Care and Support Groups

### Central Contra Costa County

**1st Tuesday of each month**, 7:30-9:00 p.m., Hillcrest Congregational Church, 404 Gregory Lane, Pleasant Hill.

Contact Dave Kahler 925- 676-5771 or e mail: dk122932@aol.com

**3rd Monday of each month**, 7:15-9:00 p.m., John Muir Hospital, Downstairs. The meeting has been moved from the Aspin Room to the Sterns Conference Room. Mary Olowin, MD and Gloria Hill. Contact Gloria Hill 925- 957-5146.

### West Contra Costa County

**4th Monday of each month**, 7:00 p.m., 10203 San Pablo Ave (Idaho Apts.), Conference Room, El Cerrito (across from Black Oak Motors). Contact Gloria Hill 925-957-5146.

### East Alameda County

**4th Monday of each month**, 7:00-8:30 p.m., St. Claire's Episcopal Church, 3350 Hopyard Road. Pleasanton.

Contact: Russell or Donna White E mail: russdonnawhite@sbcglobal.net 925-455 6901

### **TRI-VALLEY BIPOLAR (Consumer Run)**

Manic Depression Support Group

Wednesdays, 7:15 pm to 9:00 pm

St. Clair's Episcopal Church, Pleasanton. Krista Radojevich 925- 462 1248

### **SELF-INJURY SUPPORT GROUP**

(Consumer)

For self-injury sufferers to talk about ways to change these behaviors and resolve the feelings brought on by trauma.

CALL: Veronica 925-676 5313

### **BIPOLAR CHILL (Client Run)**

Manic Depression Support Group

Wednesday, 7:00-8:30 p.m.

710 Broadway #3G, Walnut Creek

Contact Lisa or Scott- 925-743 1160

### **NAPA STATE HOSPITAL SUPPORT GROUP (NSHSG)**

Meets the 2nd Saturday of each month, 9:30-11:30 am.

WHERE: Hospital's Volunteer Center Conference Room

For Information: Gene Schulting 925-933 1151

### **NEW BIPOLAR GROUP**

Where: The Central Clinic, 1420 Willow Pass Road, Concord. Behind the Hungry Hunter

When: Every Monday at 7:00 pm to 8:30 pm

Contact: Marian Guglielmo 925-646 5788

Colette O'Keeffe 925-646 5624

### **RECOVERY, INC. (Self Help Mental Health)**

Mondays, 7:30 p.m. Kaiser, Walnut Creek

Saturdays, 2:00 pm to 4:00 pm

Lilac Building, Room 2

Contact: Iris Richards, 510-482 5808

### **NEW HOPE**

SUPPORT GROUP FOR PARENTS OF  
ADOLESCENT CHILDREN

(See article on page 5, column 2)

When: The 2nd Monday of every month at 7:00 pm

Where: Lafayette Orinda Presbyterian Church, Rm. #4

E mail: newhopelopc@hotmail.com or 925-934 1216 (Nancy)

### **FAMILY ADVOCATE HOURS**

Gloria Hill, Contra Costa County Mental Health Advocate hours are:

**Mondays 12:30- 3:30 at 957 5146. Tuesdays all day at 957 5146. Thursday morning at 957 5146.**

**After 1:30 on Thursdays at 646 5844 or 646 5480 which is not a voice mail number. The best way to reach Gloria is to page 925-476 2618 any day of the week or leave a message on the voice mail. Gloria requests that she not be called at home unless it is an emergency and all other numbers and the pager have been called.**

**NAMI-Contra Costa**  
National Alliance for the Mentally Ill

**OFFICERS:**

**David Kahler, President**  
(925) 676 5771 dk122932@aol.com

**Kay Derrico, 1st Vice President**  
(925) 933 4012 vder123@aol.com

**Terry Dillingham, 2nd Vice President**  
(925) 825 4700 tdillingham@phoenix-programs.org

**Marilyn Capener, Secretary**  
(925)254 5090 marilyncap@aol.com

**Coralie Reed, Treasurer**  
(925) 376 0880 coralie@dafg.com

**BOARD OF DIRECTORS:**

**Tom Uhlman Art Honegger  
Carolyn Daniels  
Ray Olmscheid  
Floyd Overby Connie Steers  
Andy Schneit**

**COMMITTEES:**

<b>Tom Uhlman</b>	Government Affairs
<b>Kay Derrico,</b>	Education
<b>Ann Pereyra,</b>	E Scrip & Albertsons
<b>Doris Watson,</b>	Family to Family
<b>Veronica Vale</b>	NARSAD
<b>Mae Bragen,</b>	Library
<b>Andy Schneit,</b>	Membership
<b>Dick Hunter</b>	Membership Data
<b>Craig Fletcher</b>	Data Input
<b>David Kahler,</b>	Publishing
<b>Art Honegger</b>	Insurance
<b>Michael Cohen</b>	Web Master Outreach Program
<b>Chet Watson,</b>	Religious Outreach Stigma Committee
<b>Gene Schulting</b>	Napa Committee
<b>Terry Dillingham</b>	Programs
<b>Connie Steers</b>	Consumer Relations
<b>Julia Bonich</b>	Youth Program
<b>Kate Olmschied</b>	Criminal Justice

**Mailing Address:**

P.O. Box 21247

Concord, CA., 94521

Phone: (925) 646 5798

E Mail: xnamicc@aol.com

Web Site:

www.namicontracosta.org

namicalifornia.org

nami.org.

## **PRESIDENT'S COLUMN**

*David Kahler*

Terry Dillingham, NAMI-CC's Second Vice President is in charge of arranging the programs for the General Meetings. She has a great lineup through the fall:

- June, Dr. Moutier
- July, Dr. Aaron Chapman
- August, Dr. Steve Radar
- September, Dr. Ramon Garcia
- October, Dr. Carl Drake

May 8, NAMI-CC again participated in the Human Race. This year it was headed up by Rich DeAndre. He called every member and the turnout reflected it. Rich was either the one that raised the most money or just next to the top. We won't know for another week.

As you can see by the front page, the turnout for the Mental Health Initiative filled the entire area in front of the West steps of the Capitol, about 3000 people. That should add to the momentum to pass the initiative in November.

Kay Derrico, her husband Rich and I were invited to hear our July speaker, Dr. Aaron Chapman. He is very impressive. He combines street smarts with scholarship and achieves results. He will be a great one to answer your questions. Medication non-compliance is one of our greatest problems. He has had considerable experience in that field.

There is a notice on page 5 announcing the Annual NAMI California Conference this August at the Airport Marriott in Burlingame. For all the details, go to the website: [namicalifornia.org](http://namicalifornia.org)

Two things are likely to happen on June 29, 2004. First the budget figures will be made public. Second, we may get word on the \$15,000 grant application we made to the Intero Foundation. The funds would go to the children's program.

I hope to see you at the Summer Picnic in Pleasant Hill. The detailed information is on page 5.

## **DR. AARON CHAPMAN TO BE JULY SPEAKER**

Dr. Chapman will be the speaker at the NAMI-CC General Meeting, Thursday, July 15.

He is the Medical Director of the South of Market Mental Health Services Clinic. It is the largest outpatient mental health clinic in the San Francisco system.

Dr. Chapman specializes in the care of chronically and persistently mentally ill patients. He is very familiar with the intractable problems of those with a dual diagnosis. He treats the whole range of psychiatric disorders from bipolar to schizophrenia.

He also consults to the Primary Care segment of the Department of Public Health in San Francisco.



Dr. Aaron Chapman  
cisco.

Dr. Chapman received his degree from Temple University in Philadelphia. He trained in psychiatry at the Stanford University School of Medicine prior to going to work for the city of San Francisco. He chairs the Formulary Committee for Community Behavioral Health Services in San Francisco.

After his formal presentation there will be ample time to answer your questions.

## **FREE COLLEGE LEVEL COURSE IN MENTAL ILLNESS**

The NAMI-CC Family to Family Educational Program is a free 12-week course on mental illness and how to cope. The next classes will be:

Antioch: Wednesday, Sept. 1  
Livermore: Thursday, Sept. 2  
Lafayette: Wednesday, Sept. 8

E Mail: F2Fmom@aol.com or  
Call Doris Watson: 925-682 7195

## DR. MOUTIER TO ADDRESS JUNE MEETING

(Continued from Page 1, Column 2)

Originally trained as a classical pianist at Vassar college, Dr. Moutier went on to study medicine at the University of California, San Diego. She later trained in Psychiatry at UCSD as well.

Research has shown that during a two-year period as many as 75 percent of patients with schizophrenia have difficulty taking their oral medication on a regular basis. In fact, missing medications has been cited as a major barrier to treatment success in schizophrenia.

Many of the families in NAMI have found the consistent administration of medications to be a very great challenge. Knowing that the correct dose of medication is in the system over a two-week period is a relief and a substantial improvement.

There will be ample time to get any questions you might have answered.

## BARNES & NOBLE BOOKSELLERS

A good place to find the most recent books on the problems of mental illness is at Barnes & Noble just north of the Target store in Pleasant Hill. NAMI-CC will be notifying them of the new books that are reviewed in the newsletter.

## VERONICA VALE

Veronica Vale graduated from Los Medanos College May 28, 2004 in Graphic Communications. A celebration was held at the Chestnut Community church in Concord, May 29.

# MASS RALLY IN SUPPORT OF THE MENTAL HEALTH INITIATIVE REVERSING BROKEN PROMISES

(Continued from Page 1)

Steinberg, a central figure in the effort to help the mentally ill, said "We may be on the verge of realizing a dream." The Mental Health Services Act would raise \$700 million in funding for the state's mental health system.

There were over 640,000 signatures actually submitted which demonstrates the strong support for the measure. To get the initiative on the ballot, only 373,000 signatures were required. Steinberg mentioned a March 2004 poll which found support for the initiative at 64 percent.

However, the opposition is only getting off the ground. Groups of statewide and national anti-tax organization are taking the lead. This would include the Howard Jarvis Taxpayers Association, Americans for Tax reform and the Citizens Commission on Human rights, a group founded by the Church of Scientology.

Steinberg emphasized that substantial funds will be required to answer the claims of the opposition. To get yourself fully informed on this important issue, go to the website:

[www.campaignformentalhealth.org](http://www.campaignformentalhealth.org)

## PAINTING AND HOME REPAIRS

NAMI-CC has family members and consumer members that are professionals in the home repair and painting field. If you would like to contact one, just e mail:

[xnamicc@aol.com](mailto:xnamicc@aol.com)

## DEBATE OVER SSRI's CONTINUES SENATOR TORLAKSON STUDYING THE ISSUE

In the May 25 issue of the Wall Street Journal an article by Anna Wilde Mathews named the researcher that insisted that young people may be likely to become suicidal when taking SSRI's. (Prozac, Paxil, Zoloft and Cefexa)

Dr. Andrew Mosholder, a drug safety analyst at the Food and Drug Administration, reached the conclusion after running clinical trials comparing youths in a control group with another group that took placebos. The question was raised as to whether the benefits were great enough to justify the risks.

The NAMI-CC March, 2004 newsletter reported on a study by the College of Neuropsychopharmacology which concluded that the risks of going untreated were greater than risks involved in the taking of SSRI's.

Dr. Mosholder's superiors at the FDA felt that his findings were premature and should not be released, thus avoiding the possibility of causing the public to lose confidence in a widely used and needed medication.

Terry Leach, Senator Torlakson's aide that handles mental health legislative issues, said that they continue to look at the various studies. At an earlier meeting she said that she did not think that label warnings would be forthcoming from the FDA. In the meantime, the caregivers should have a heightened sense of awareness about these risks.

## DONATE A CAR

Donate a car, boat, trailer or even real estate to NAMI-CC to help those that are mentally ill. NAMI-CC is the only charity we know of where 100% of the proceeds go to those who need it. For more information E mail:

[xnamicc@aol.com](mailto:xnamicc@aol.com) or call:

925-676 5771.

**FIRST ANNUAL  
NAMI WALK  
SATURDAY, MAY 21, 2005**

**LOS ANGELES GROSSES  
\$132,000**

NAMI National has developed a program where affiliates around the country sponsor walks which act as major fundraising events. All of the larger charities have found the walks to be an enjoyable and an eminently profitable effort.

The NAMI-CC Board of Directors voted to join with the other Bay Area affiliates and sponsor a Walk which would be held in San Francisco's Golden Gate Park. It would occur on May 21, of 2005. There will be considerable work and preparation in the coming nine months.

The effort is expected to be more than worthwhile. The Los Angeles Walk which took place in Irwindale May 22, 2004 grossed more than \$132,000.

Chet Watson, President of NAMI California, walked with Dr. Steven Mayberg, Director, Mental Health Department, State of California, Dr. Marv Southard, Mental Health Director, Los Angeles County and 4000 others who wanted to raise the public's awareness of the devastation that mental illness causes the individual and his family.

This will be NAMI-CC's major fundraiser and it will require many volunteers to bring it off so please:

E Mail: [xnamicc@aol.com](mailto:xnamicc@aol.com) or  
Call Chet: 925-682 7195 or

**NAMI CALIFORNIA  
2004 ANNUAL  
CONFERENCE**

August 13 & 14 (Fri. & Sat)  
San Francisco Airport Marriott  
1800 Old Bayshore Highway  
Burlingame, CA 94010  
For Complete Information:  
[www.namicontracosta.org](http://www.namicontracosta.org)

**ADDITION TO  
THIRD MONDAY  
SUPPORT GROUP**

There has been a family support group that meets in the Stern Conference Room at John Muir Hospital in Walnut Creek for a number of years. It meets the third Monday of each month. There is also a group for consumers which meets at the same time. These would be people who actually have a mental illness.. This group is led by Katie Roberts, MFT in the Sequoia 2 Room. Families must bring the mentally ill relative with them to the Stern Room where Katie will take them to the Stern Room.

Consumers coming to the group must be stable, as this support group is not a substitute for treatment. If you have any questions about this, please call Gloria Hill at her office phone number, 957-5146, and leave a message. The family group continues to be facilitated by Mary Olowin, M.D., who is a Kaiser psychiatrist, and Gloria Hill who is the Family Advocate for Contra Costa Mental Health.

**NEW HOPE  
PARENT RUN  
SUPPORT GROUP**

The New Hope, parent run support group deals with pediatric bipolar and affective disorders. It is for the parents of children and adolescents to age 18, with a mood disorder. It meets the second Monday of each month. The meetings begin promptly at 7:00 pm.

The group meets at the Lafayette Orinda Presbyterian Church in room #4. For more information on this group call Nancy at 925-934 1216 or you may E Mail her at:  
[newhopelopc@hotmail.com](mailto:newhopelopc@hotmail.com)

**SAVE THE DATE!  
14th ANNUAL  
CONSUMER  
FAMILY  
SUMMER PICNIC**

**Friday, June 18**

**10:00 am to 2:00 pm**

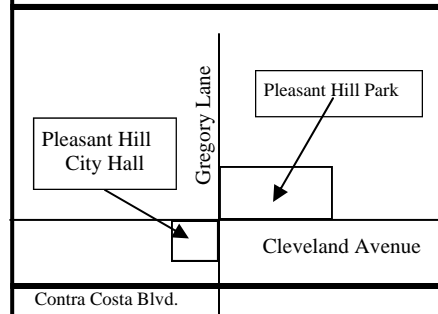
**PLEASANT HILL PARK**

**At the corner of Cleveland and  
Gregory Lane in the  
City of Pleasant Hill**

- **FREE HOT DOGS**
- **FREE HAMBURGERS**
- **FREE BBQ CHICKEN**
- **FREE BEVERAGES**
- **GAMES**
- **RAFFLE & PRIZES**

**SPONSORED BY:**

- **MHCC**  
(Mental Health Consumer Concerns)
- **NAMI-CC**  
(NAMI Contra Costa)
- **Crestwood Behavioral**

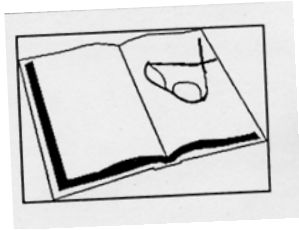


Highway #680

**INFORMATION**

Paul Baber or Liza Bruce 925-646 5788  
[xnamicc@aol.com](mailto:xnamicc@aol.com)

**BOOK REVIEW**

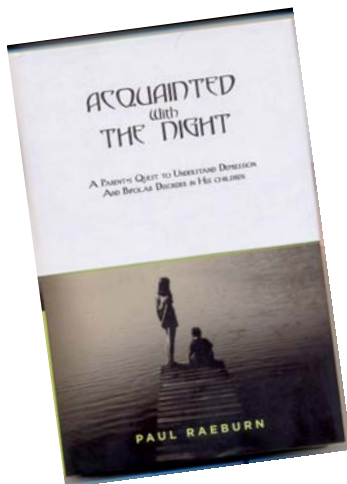


*Mae Bragen, Librarian*

*Acquainted with The Night*, A parent's quest to understand depression and bipolar disorder in his children, by Paul Raeburn. Published by Broadway Books, 302 pages, \$24.95. Review by David Kahler

It is not surprising that Paul Raeburn's book is a delightful read. He is a professional writer and was formerly a senior writer and editor at *Business Week*. He has employed his writing skills to tell the story of his son and daughter who both suffer from severe psychiatric disorders.

First his son Alex was admitted to a psychiatric hospital when he



was in the fifth grade. His daughter was struck at age twelve. Raeburn, a sophisticated, well educated man had no clue as how to help his two children.

He was astonished at the inadequacy and outright dysfunctionality of the mental health system. Instead of embarrassing the psychiatrists he dealt with, he numbers them #1 through #7. "what we found was a splintered, chaotic mental health care system that

seemed to do more harm than good."

The author cites as one example one of his son's early stays in a psychiatric facility. "They returned the next day. Alex still had no diagnosis. He had only minimal therapy, for less than a week. When he was discharged, he had been on Tegretol for three days, far too little time to determine whether it was helping."

Another comment "I updated my tally: three psychiatrists, four visits, four drugs. All within less than two months." The confusion was evident even to a lay person who had never come in contact with the mental health system.

Raeburn sets a stage all too familiar to parents shepherding a loved one though the current mental health system. On page 137 he says "... I discovered that this was a problem not just in Ridgewood, or in the New York area, but all over the country. The U. S. psychiatric hospital system is on the verge of collapse, largely as a result of pressure from insurance companies and the federal government's Medicare and Medicaid programs."

This is an excellent book and an example of what a loving and persistent parent can do. He is to be commended for passing these difficult experiences along to help others.

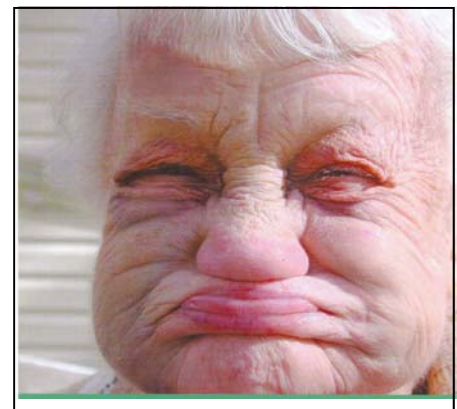


**Short term treatment with multiple antipsychotic medications does not appear to lead to improved clinical results-and in fact seems to lead to longer hospital stays and more adverse events.**

(From Medscape, WebMD, April 2004, by Dr. Irving Kuo, MD)

**Providing your loved one with housing can actually result in robbing him or her of badly needed treatment.** One of the main questions asked of the patient during the treatment process is "do you have a place to go where you can stay?" If the answer is yes, the parents or friends who wanted to help by offering housing set up a situation where the hospital may send the patient on his way and spend their time on those who do not have a place they can go. Robert Snyder

**NAMI-CC's OFFICIAL COMMENT ON THE BUDGET!**



Have you called your Supervisor Today?

**NOTE:**

Clip the addresses listed below and affix them to you refrigerator door with a permanent adhesive.

**COUNTY BOARD OF SUPERVISORS**

- John Gioia**, 1st District  
11780 San Pablo Ave., #D  
El Cerrito, CA, 94530 510-374 3231
- Gayle B. Uilkema**, 2nd District  
651 Pine Street, Room 108A  
Martinez, CA. 94553 925-335 1046
- Mille Greenberg**, 3rd District  
309 Diablo road  
Danville, CA., 94526 925-820 8683
- Mark DeSaulnier**, 4th District  
2425 Bisso Lane, #110  
Concord, CA, 94520 925-646 5763

**LETTERS TO THE  
EDITOR**

Dear NAMI Editor:

I am writing to share some recent experiences and to thank NAMI for the help given to me, a non-member at the time.

Our son is now 22. It took us a long time to realize that he was suffering from a mental illness, not just the routine problems of immaturity. All during his difficult times in school he was treated as a difficult, unpleasant, underachieving youngster. No one suggested that the problems might be far more serious.

Finally we were able to get him to a therapist who urged us to get him into long term psychiatric care. We did everything in our power to accomplish that, unsuccessfully.

He lost his job, his apartment, his girlfriend, his friends, his self esteem and any plans and dreams he had for the future.

He was taken by the police to the County Hospital several times and always, with one exception, released with the comment "there is nothing seriously wrong with him." That's one way to contain costs.

The one time he was sent up to the psych ward, he was kept for only four days. He was put on a medication to quiet him down but not given any therapy or an effective evaluation. If the system to treat cancer was as badly thought out, there would be zero survivors. Now we have him in another state and have some hope for the future.

Al and Beth Houser

**COMMENTS**

Comments for the newsletter should be sent to:

E mail: x nami@aol.com  
 Fax: 925-476 1444 or mail to  
 P.O. Box 21247  
 Concord, CA., 94521

All letters are subject to abridgment and those unpublished can be neither acknowledged nor returned.

**JUNE DONATIONS**

**DONATIONS**

GENERAL FUND

Monarch Mechanical  
 Pieter Van Vliet  
 Renate M. Van Vliet  
 James Braga  
 Suzanne Chapman  
 Dorothy L. Crumb  
 Bill Dickinson  
 Beverly J. Dickinson

**IN MEMORY OF:**

Marjory Studebaker

Donor:

Dollie Root

**IN MEMORY OF:**

Sarah Hoppe

Donor:

Keith and Ann Wright

**FAMILY TO FAMILY**

In Honor of Those Who Dedicate  
 Their Time to Teaching Others

Deborah Andrews Ahlman

**THE EASY WAY  
 TO SUPPORT  
 THE MENTALLY  
 ILL.**

The E Scrip Program has got to be the easiest way to provide money to help those that suffer from a psychiatric disorder. It costs nothing to sign up and nothing from then on. Just sign up and let the money roll in to help those that really need it. Just call:

1-800-801 4973

**NEW LIFETIME MEMBERS**

David Tom  
 And  
 Teresa Tom

**NEW CENTURY CLUB MEMBERS**

Patricia Ann Henderson  
 M.V. Henderson  
 Vera Selig

**DONATIONS**

A VERY GENEROUS  
 DONATION FROM:

Jody S. Kruse  
 A graduate of Julia Bonacich's  
 Family to Family Class

**DONATION FORM**

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

\_\_\_\_\_  
 Name

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

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

Phone: \_\_\_\_\_ E Mail \_\_\_\_\_

Use Donation For:

- NAMI-CC General Fund
- NAMI-CC Housing fund
- Family to Family Program
- NARSAD (Research)
- Other \_\_\_\_\_

In Honor Of: \_\_\_\_\_

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

Have You Renewed Your  
**NAMI MEMBERSHIP?**

Stamp

**14th ANNUAL CONSUMER-FAMILY  
SUMMER PICNIC**  
Friday, June 18, 2004 10:00 am to 2:00 pm Pleasant Hill Park -Details on Page 5

**NAMI Contra Costa**

*Our purpose is to support families, to educate ourselves and the public, to advocate for better treatment, and to support legislation which helps those with neurobiological brain disorders.*

General membership in NAMI-CC is \$40 per calendar year. Dues paid from January to October provide membership for the current year. Dues paid in October, November and December provide membership for the following year.

Your dues support our affiliate, and should be mailed to our P.O. Box 21247, Concord, CA., 94521. Dues also include your membership in NAMI California and NAMI National.

Your dues entitle you to receive the NAMI Contra Costa newsletter, the NAMI-California publication "The Connection," and the NAMI National publication, "The Advocate." You are a member of each of the three organizations for the one membership fee. If you are solicited for membership or special gifts from the State or National organization, give generously if you can, but all gifts are voluntary and do not entitle you to membership in NAMI Contra Costa.

To continue to receive the newsletter after the first two complimentary copies, please return an application for membership with your check. You will be most welcome at the monthly General Meeting and all the support meetings throughout the month.

**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

Name \_\_\_\_\_  
Street \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_  
Phone \_\_\_\_\_ E-mail \_\_\_\_\_

My membership is:  New  A Renewal

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

NOTE: You can also pay by credit card.  
E mail: xnamicc@aol.com for instructions