



# NAMI Contra Costa

National Alliance On Mental Illness

*Contra Costa's Voice on Mental Illness June, 2009*

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)

## CLUBHOUSE RECOMMENDED FOR \$345,000

Pending final approval by the Board of Supervisors, Contra Costa Mental Health is recommending that the Putnam Clubhouse receive a contract for \$345,000 under the Prevention and Early Intervention phase of the Mental Health Services Act.

Starting this summer, the additional funding will allow the Clubhouse to dramatically expand its hours to include activities three nights per week, a Saturday morning wellness program, and being open on Tuesdays for the first time ever.

(Continued on page 5)

### PARKING FOR THE GENERAL MEETINGS

The front parking lot will be temporarily closed due to the construction of the new tower. There is more than adequate parking in the lot off the Emergency Room. Just follow the signs to the Emergency Room.

## GOVERNOR ANNOUNCES DRASTIC CUT PROPOSALS

The troubled California State budget was supposed to be straightened out by the special election May 19.

The voters tossed the dilemma back to the legislators by rejecting four out of the five of the propositions by margins greater than 60%. It was a clear indication that the electorate was exasperated with the inability of the legislature to produce a budget that is balanced and on time. Exasperated as the voters were, only 17% of them voted.

Now the Governor and legislature have no alternative but to balance the budget themselves. Massive cuts are expected and they will affect the ability of the county to offer the same level of services to the mentally ill.

(Continued on page 4)

### General Meeting

**JUNE**  
**Thursday,**  
**June 18, 2009**

*Doors open at 6:30 pm*

#### *Speaker*

Dr. Michael Levin  
Behavioral Pediatrician  
Child Psychologist

#### *Topic*

Mood Disorders in Children  
And Adolescents  
(See article on page 4)

#### Location

John Muir Medical Center  
Concord Campus

2540 East Street, Concord  
925-682 8200

[www.namicontracosta.org](http://www.namicontracosta.org)  
E mail : [xnamicc@aol.com](mailto:xnamicc@aol.com)

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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 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

#### **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.

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](http://www.newhopesupportgroup.com)

#### **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  
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

**OFFICERS:**

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**Steve Gallion** Consumer Recreation

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

Newsletter Deadline: 20th of Each Month

**PRESIDENT'S  
COLUMN**

By Al Farmer

At our May 21st general meeting, I had the pleasure of presenting a framed NAMI Certificate of Appreciation to Dick Hunter our indispensable data master. For the past seven years Dick has been responsible for establishing and maintaining our data list of NAMI members on a computer program compatible with the NAMI California program.

On behalf of all our Contra Costa NAMI members, I would like to express our very special thanks and gratitude to Dick for all of his tireless and skillful effort over the years.

By the time this NAMI Newsletter is received, the NAMI Bay Area Walk will be over and I would like to thank Laurie Williams, our Bay Area Walk Director, Barbara Scott, our executive Committee walk representative and Dave Kahler our walk stakeholder representative for their invaluable dedication and contribution to the 2009 NAMI Walk.

Laurie has been an especially effective and successful walk director for the Bay Area Affiliates who brought in over \$300,000 in last year's walk. Barbara Scott has been dedicated, creative and an enthusiastic NAMI Contra Costa representative. And Dave Kahler has made an invaluable contribution to the walk by personally arranging a special lunch and refreshments for our Contra Costa Walkers and by arranging for van transportation to the walk.

Many thanks to all of the above for your tireless efforts and dedication to NAMI!

**GENERAL  
MEETING**

Thursday, June 18, 2009.  
**Pediatric Psychopharmacology,**  
Dr. Michael Levin, Behavioral  
Pediatrician and Child Psychologist.

Thursday, July 16, 2009.  
**Who Will Care When I Am Not  
There.** Julie Hoffman; special  
needs trust specialist, protecting  
benefits, using Personal Support  
Specialists. See:

[www.planofcalif@aol.com](http://www.planofcalif@aol.com).

Thursday, Aug. 20, 2009.  
**Understanding and Coping with  
Post-Traumatic Stress Following  
Military Deployment: Help for  
Individuals and Family.**  
Carol Salacka, Psychologist, Con-  
cord Vet Center, Readjustment  
Counseling Services, Lt. Col., US  
Army (Ret), and Nathan Johnson,  
MSW, US Marine Corps, 2001 to  
2004.

Thurs., Sept. 17, 2009  
**Dual Diagnosis and Recov-  
ery: Choosing Healthy Op-  
tions,** Stanley Pugh, Con-  
sumer Advocate and In Our  
Own Voice Presenter.

**NAMI WEBSITES:**

NAMI National  
[www.nami.org](http://www.nami.org)

NAMI California  
[www.namicalifornia.org](http://www.namicalifornia.org)

## GOVERNOR ANNOUNCES DRASTIC CUT PROPOSALS

(Continued from page1)

The last version of the Governor's proposed budget reduction plan would have serious impact on community mental health services, but the actual reduction package and its ramifications have not been finalized.

If the current proposed reductions stand, the most direct impact on mental health services would be those related to AB3632 (mental health services to special education children), EPSDT (the state general fund contribution to mental health services for children) and the Medi-Cal Managed Care allocation (which provides matching funds to draw down federal reimbursement for outpatient specialty mental health services, predominately to adults).

The latest proposals included deferral of payments on 3632-related services with a 50% reduction in allocations, a \$28 million reduction in EPSDT funds and a \$64 million reduction in outpatient services to adults.

If all of these were to occur, our local community mental health system would have to make significant changes in priority populations to be served, service delivery models and access to care. We have not started planning for system re-design since the extent of change needed will be dependent on funding reductions that actually occur.

**E mail NAMI-CC**

XNAMICC@AOL.COM

## NAMI MEMBER PUBLISHES BOOK

Peggy Kennedy's memoir, *Approaching Neverland*, honors her family's strength, including that of her mother who had bipolar disorder.

The book, set here in the Bay Area where Peggy continues to live, has been receiving good reviews and is scheduled for a number of book readings, including one cosponsored by NAMI-CC and Borders Bookstore in Pleasant Hill at 7:00 PM, Wednesday, July 15.

The following is a review by Lynn Lundstrom:

"Reading this book swept me back to coming of age in the '60's. I was riveted to the memories from a time when no one mentioned divorce, let alone parental mental illness or infidelity; no one mentioned family members facing confusion in their gender identification; and no one knew what new issues challenged, even threatened, our development to adulthood.

This powerful memoir is told with humor, compassion and wisdom and reveals an undercurrent of abiding sadness. Was the modern dysfunctional family invented then? If only every such family had the same rich resources as the Kennedys: unconditional love and support between numerous siblings; persistent creativity; family loyalty; and, for some, resilience. There will always be families facing mental illness, confused children, and young adults in crisis: identities evolving and sorting out years after."

*Approaching Neverland* is an affirming, human tale of one woman from such a family.

## MOOD DISORDERS IN CHILDREN

Parents of children and adolescents with mood disorders, or parents who suspect mood disorders, wonder what behaviors signal the possibility of a mood disorder.

Which behaviors are normal childhood and adolescent "moodiness" and which are signs of impending disorder? Dr. Michael Levin's presentation will help us sort through these issues, address diagnosing mood disorders, and discuss appropriate help. There will be a question/answer period at the conclusion of the presentation.

Dr. Michael Levin, with specialties in Behavioral, Developmental, and Educational Pediatrics, as well as Psychopharmacology, comes to us with extensive training and years of experience. He began his medical training in the early 1980's with an M.S. degree in Pharmacology, quickly followed by his M.D. degree. He spent two years at UCLA-Neuropsychiatric Institute on a Training in Behavioral and Developmental Medicine and Child Psychiatry.

Additionally, Dr. Levin was an Assistant Clinical Professor in the Department of Pediatrics at UC-Irvine. He currently lectures at UC-Berkeley Extension; has participated in clinical research, especially in areas of ADHD; and has a private practice in Pediatric Psychopharmacology in San Ramon.

The evening of Dr. Levin's presentation, a representative from New Hope, a support group for parents of children with mood disorders, will be on hand before (6:30-7:00 PM) and after the presentation to answer questions about their group.

## CLUBHOUSE REPORT

(Continued from page 1)

Additional staff will be hired, including a youth coordinator who will encourage increased participation from younger members ages 18 to 24. The Clubhouse will also launch a new multimedia unit and an expanded outreach program, whereby members and staff will make home visits by appointment to consumers throughout the county.

Members and staff alike are excited about the upcoming changes, which will be announced in more detail soon. In further good news, the Clubhouse recently received notification of another award from the County. An \$18,000 Community Services Block Grant (CSBG). The CSBG funding is allocated primarily for use with the Clubhouse's vocational program.

### 2nd Annual BBQ

The second annual Clubhouse BBQ will be held at Cowell Park in Concord. The starting time is 3:00 pm. on Friday, June 26, 2009.

This is Concord's largest and most beautiful park. It is located on Cowell Road which runs between Monument and Treat Boulevards.



### July Speaker:

## SPECIAL NEEDS TRUSTS

Julie Hoffman, featured in Katie Cadigan's KQED documentary *When Medicine Got it Wrong*, is a life-long NAMI activist whose family roots reach back to the founding days of NAMI when her parents started a San Mateo support group that eventually evolved into NAMI. Ms. Hoffman naturally became an advocate for her brother who suffers from chronic schizophrenia.

In her presentation, "Who will care when I'm not there?" Ms. Hoffman will be providing information on special needs trusts, protecting benefits, and using Personal Support Specialists. She serves as a Board Member of the Proxy Parent Foundation (formerly PLAN, or Planned Lifetime Assistance Network) that is dedicated to meet the needs of families actively planning for the future of an adult child with a disability.

According to Carla Jacobs, "Proxy Parent Foundation is a non-profit, California organization, dedicated to assisting people with disabilities by safeguarding access to public benefits through the creation and administration of a California Special Needs Trust. They also provide personal support services to people with mental illness after their families have passed away. They effectively become the proxy parent, becoming a friend of the beneficiary and advocating for (his/her) best interests..."

NAMI Website:

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

## MHSA INPUT MEETINGS SCHEDULED

Contra Costa Mental Health has scheduled meetings to share your thoughts and ideas about the current and proposed MHSA (Prop 63) program components as they prepare for the 2009-2010 Planning for Community Services and Supports, Capital facilities and technology needs and innovative programs.

The meetings will seek to learn:

- What do you think are the best elements of the current Community Services and Supports Programs?
- How might they be improved?
- How could more consumers benefit from them?
- What do you think of the proposed components?
- What ideas do you have about new and innovative mental health programs?

There was a meeting the first week in June in Bay Point.

The second two meetings will be:

Wednesday, June 17, 2009

7:00 pm—9:00 pm

City of San Pablo

Maple Hall

138 San Pablo, San Pablo

Monday, June 29, 2009

7:00 pm—9:00 pm

Pleasant Hill Recreation Hall

Parkside Room

320 Civic Drive

Pleasant Hill

More information can be found on the website:

[http://cchealth.org/services/mental\\_health/prop63](http://cchealth.org/services/mental_health/prop63)

# CRISIS GUIDE FOR YOUTH

Saying an “alarming” number of youths with mental health treatment needs continue to enter the juvenile justice system. NAMI National has published a guide to educate advocates about crisis intervention programs for children and show them how they can implement such programs in their communities.

Titled “Supporting Schools and Communities in Breaking the Prison Pipeline.” Visit the website:

[www.nami.org/caac](http://www.nami.org/caac)

# SECOND CON-REC FUNDRAISER

The new Consumer Recreation Committee is going to have their second fundraising event.

Their first effort, May 13, at the Sweet Tomatoes restaurant in Pleasant Hill, was very successful.

Don't miss this one:

Panda Express  
Monument and Buskirk  
Pleasant Hill

Saturday, June 13, 2009  
12:00—8:00pm

Present this ad and 20% of your purchase will be donated to NAMI Contra Costa

# 5th ANNUAL STANFORD BIPOLAR EDUCATION DAY

Stanford University is holding it's fifth annual Bipolar Education Day.

It is a day that you are able to listen to and talk with some of the leading educators and researchers in the mental health field.

It is entirely free and you can register on their website:  
[www.bipolar.org](http://www.bipolar.org)

Saturday, July 25  
8:30 am—2:30 pm

Stanford Campus, Palo Alto

## ***CONTACT INFORMATION FOR YOUR ELECTED REPRESENTATIVES***

### **Board of Supervisors**

District 1 John Gioia  
11780 San Pablo Avenue,  
El Cerrito, 94530,  
(510)- 374 3231  
Fax: (510)- 374 3429

District 2 Gayle Uilkema  
651 Pine Street, Martinez,  
94553 (925)-335 1046  
Fax: (925)- 335 1076

District 3 Mary Piepho  
1200 Central Blvd., Brentwood.  
(925)-240 7260 Fax: 240 7261

District 4 Susan Bonilla  
2151 Salvio St.,  
Concord, 94520  
(925)-521 7100 Fax: 646 5202

District 5 Federal Glover  
315 East Leland Road, Pittsburg  
925- 427 8138 Fax: 427 8142

### **State Assembly**

District 11 Tom Torlakson, Dem.  
  
Capitol Office:  
State Capitol  
P.O. Box 942849  
Sacramento, CA, 94249-0011  
Tel: (916) 319 2011  
Fax: (916) 319 2111

District Office:  
815 Estudillo Street  
Martinez, CA, 94553  
Tel: (925) 372 7990

Serves:  
Antioch, Baypoint, Bayview-Montalvin,  
Clayton, Clyde, Concord, Crockett, El  
Sobrante, Hercules, Martinez, Mountain  
View, Pacheco, Pinole, Pittsburg, Port  
Costa, Rodeo, Tara Hills and Vine Hill

### **State Senate**

District 7 Mark DeSaulnier,  
Dem.  
  
Capitol Office;  
(916) 651 4007  
State Capitol, Room 2054  
Sacramento, CA, 95814

District Office:  
(925) 942 6082  
1350 Treat Blvd.  
Walnut Creek, CA, 94597

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Clyde, Concord, Crockett, Diablo, Dis-  
covery Bay, East Richmond, El Cerrito,  
El Sobrante, Hercules, Kensington,  
Knightsen, Lafayette, Martinez.

For much more information on  
your elected officials, go to the website and click on *Our Government*  
[www.namicontracosta.org](http://www.namicontracosta.org)

# SAVE THE DATES

NAMI-CC and Borders, Pleasant Hill, cosponsoring Peggy Kennedy's book reading and signing of her memoir, *Approaching Neverland*, Borders, Pleasant Hill, 7:00 PM, Wednesday, July 15, 2009  
kayderrico@comcast.net

**Stanford's 5<sup>th</sup> Annual Bipolar Education Day**, Saturday, July 25, 2009; free, but must register, [www.bipolar.org](http://www.bipolar.org).  
Information: (650) 724- 4795

**Camp Opehay**  
Livermore, August 14 - 16 for kids and teens with bipolar disorder.  
For information:  
[www.youthbipolarfoundation.org](http://www.youthbipolarfoundation.org)  
E mail: [ca/pejau@gmail.com](mailto:ca/pejau@gmail.com)

Note: there are opportunities to volunteer.

**NAMI National Convention**  
July 6—9, San Francisco Hilton  
Register and information:

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

## NAMI Contra Costa General Meeting

*Mood disorders in children and adolescents.*

Speaker: Dr. Michael Levin, Behavioral Pediatrician, Child Psycho pharmacologist.  
7:00 pm  
John Muir Hospital  
Concord Campus  
(See front page of this newsletter)

# JUNE DONATIONS

NEW CENTURY CLUB MEMBER  
  
Wilmer Carter

Donations  
  
Edwina Batzel  
Walter Cain  
Ted and Tony Long

Donations  
  
Alison R. Budkles  
Susan Henderson  
% Bank of America  
United Way Campaign

Donations  
  
Heather Quisenberry  
In Memory of:  
Alexander Lyndon Quisenberry  
%Chevron Humankind Employee Funds  
  
Roger Gregory  
%Chevron Humankind Funds  
  
Dennis J. Orear  
%Chevron Humankind Funds

Donation  
  
AT & T United Way  
Employee Giving Campaign

## 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
- Housing
- IOOV (In Our Own Voice)

\_\_\_\_\_  
Name

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

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

Zip \_\_\_\_\_

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

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

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

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

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

Stamp

***20th Annual Summer Picnic***

This will be the 20th year for the Consumer-Family Picnic  
 Sponsored by Crestwood-MHCC and NAMI  
 Pleasant Hill Community Park (At Gregory Lane and Cleveland Avenue)  
 Friday, June 19, 2009 11:00 am  
 Information: E mail: xnamicc@aol.com 925- 465 3864

**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