



# NAMI Contra Costa

*Contra Costa's Voice on Mental Illness*      *October 2006*

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

## NAMI CALIFORNIA ANNUAL CONFERENCE FOR 2006

NAMI California held their Annual Conference at the Airport Marriott at the San Francisco Airport August 25 and 26, 2006.

The conference was well attended and the process of drawing the various affiliates from across the state

(Continued on page 4, column 1)

## BOARD MEETING PROTOCOL

By Art Honegger, President, NAMI-CC

Anyone is most welcome to attend our monthly NAMI-CC Board of Directors meetings. We will observe conventional practice by seating board members only at the table. There is ample seating around the perimeter for our guests.

Requests to be included on the agenda should be made two days in advance of the meeting. I will accommodate the requests as best I can depending on the priority of other agenda items. We cannot entertain matters desired by persons who simply show up unannounced. Please limit presentations to three minutes.

## JOBS! GENERAL MEETING TO DISCUSS JOBS

John Hollender, Vocational Services Coordinator, will lead a discussion on how best locate a real job. It is generally acknowledged that a real job is the ultimate form of therapy.

There will be information on how to initiate a job search and what to do when the job opening is found. This will be a valuable program with much useable information.

### REGIONAL MEDICAL CENTER

## COUNTY HOSPITAL FINISHES LATEST ROUNDS OF INVESTIGATION

The Regional Medical Center had a meeting with the State agency that cited the facility last spring and got a report as to how they viewed the current situation.

Dr. Jeff Smith, the Medical Center's Director was heard to say after

(Continued on page 4, column 2)

## October General Meeting October 19, 2006

7:00 pm

### SPEAKER

John Hollender

Vocational Services Coordinator

### Topic

How to Locate a Job

John Muir Medical Center  
Concord Campus  
(Note: Formerly Mt. Diablo  
Medical Center)  
(Go to the website for map)  
[www.namicontracosta.org](http://www.namicontracosta.org)

2540 East Street, Concord

925-682 8200

## IN THIS ISSUE

Support Groups .....	2
Grant Application Program ..	4
Crestwood Introduces the Pathways Program .....	4
IOOV Study .....	5
Clubhouse Report .....	6

## **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, Willie Mack or Dave Kahler 925- 676-5771 or e mail: xnamicc@aol.com

**3rd Monday of each month**, 7:15-9:15 pm, John Muir Hospital, 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

#### **CONSUMER RUN BIPOLAR SUPPORT GROUP**

Where: 1420 Willow Pass Road, Concord. 2nd floor

When: Every Tuesday, 6:00 pm to 7:30 pm

Contact: Chris Dodd: 925-646 5549 Marian : 646 5788

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

Manic Depression Support Group Wednesdays, 7:15 pm to 9:00 pm St. Claire'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: 925-945 7871

#### **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

#### **NAPA STATE HOSPITAL**

#### **FAMILY SUPPORT GROUP (NSHFSG)**

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

WHERE: Hospital's Volunteer Center Conference Room

For Information: Bill Schrader, 707- 433 9250

#### **ALANON SUPPORT GROUP**

For those supporting one who is dually diagnosed: Wednesdays 7:30 to 9:00 pm Holy Shepherd Lutheran Church  
433 Moraga Way, Orinda

Contact Kay: 925- 933 4012

#### **Antioch Support Group**

2nd Wednesday each month.

Sutter Delta Hospital In the Hospitality Room

7:00 to 8:00 pm Craig Cross 925-625 1271  
hendrxlvrl@netzero.net

#### **NEW HOPE**

#### **SUPPORT GROUP FOR PARENTS OF BIPOLAR**

ADOLESCENT CHILDREN (7-17) With Bipolar/Mood Disorders  
When: The 2nd Monday of every month at 7:00 pm Where: Lafayette Orinda Presbyterian Church, 49 Knox Dr., Lafayette Call: Annette Seelig 510-733 0577 or Joani: 925-962 9952 E mail: 3kids1dog@comcast.net

Website: www.newhopesupportgroup.com

### **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:**

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**BOARD OF DIRECTORS:**

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**Coralie Reed Marilyn Capener**  
**Bob Newell Al Farmer**  
**Connie Steers Kay Derrico**

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<b>Katherine Ranft</b>	K.I.D.S. Program

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namicalifornia.org (State)  
nami.org. (National)

**PRESIDENT'S  
COLUMN**

Art Honegger

Several NAMI Contra Costa members attended the State NAMI Convention in August at the S.F. Airport Marriott. It was a terrific event, and included our own Dave Kahler's Workshop on newsletters and websites.

Our family attended our first Conference four years ago, and we've been hooked ever since. There is so much to learn, and it is very invigorating to be with 1500 other NAMI people! I encourage you folks to try one. The specially arranged hotel rates are excellent, and I'm sure you will be as enthusiastic as we are about the event.

Our own Chet Watson is stepping down from the Bay Area NAMI Walk chair and the Stigma Committee for health reasons. The kind of leadership Chet has provided to all California NAMI families is so very rare. We are most appreciative of the boundless energy he's given to our cause. I am proud to say that Maureen and I attended the very first Family to Family class series ever given in Contra Costa County, facilitated by.....of course, Chet and Doris!

Speaking of health challenges, board member Dr. Floyd Overby and board member Al Farmer's wife Sue have certainly had theirs. We wish them both speedy recoveries.



Dr. Steven Mayberg, Director of the State Department of Mental Health talking with NAMI-CC President, Art Honegger.

**NAMI WALK 2007  
SEEKING NEW  
DIRECTOR**

The seven San Francisco Bay area NAMI affiliates seek a Walk Manager for the 2007 Walk that will be held on May 12, 2007 in San Francisco's Golden Gate Park.

The Bay Area Walk is one of the many walks NAMI National holds around the country. The first Bay Area Walk set a record for taking in more money than any other Walk up to that time.

NAMI Walk 2007 will be the third walk and we are going to work hard to make it the best Walk ever.

The new walk manager will use a combination of project management skills, events/activities planning experience and fund raising knowledge. There will be a particular emphasis on corporate sponsorships. The Walk manager will work closely with the SF Bay Area NAMI WALK Steering Committee which is made up of members from each of the seven affiliates. The compensation will be in line with similar non-profit ventures. We invite you or someone you know to call or e mail:

Gini Mitchem

408-259 2256

vmitchem@hotmail.com

**Thanks**

A special thanks to both Clare Bechner and Coralie Reed for their help in providing supplies for the Quilting Program at the Crestwood Healing Center

**WEBSITES**

www.nami.org

www.mentalhealthjournal.com

NAMI California Conference

together to share the mutual interests and learn of the very real successes that have occurred.

The Friday morning session was opened by Stephen Mayberg, Director of the California Department of Mental Health.



Grace McAndrews  
Director, NAMI California

The number of consumers in attendance was greater than ever. They had a meeting where about 260 came and had frank, honest and helpful discussions along with a catered lunch.

You would do well to mark your calendar for 2007 and get the benefits of the workshops and lectures.

REGIONAL MEDICAL CENTER

**COUNTY HOSPITAL  
FINISHES LATEST  
ROUNDS OF  
INVESTIGATION**

(continued from page 1, column 2)

the meeting “pretty good, better than I had thought.”

Hospital staff has told NAMI-CC that the response from the administration has not been robust. The problems and the citations are not to be underestimated. There is the very real possibility that the hospital, running short of Medi-Cal and Medi-Care funding, could have to close.

That would be a catastrophe of the first order. Those that care should call their Supervisor. Their numbers are in the front of the phone book under government numbers.

**NAMI-CC  
BEGINS GRANT  
APPLICATION  
PROGRAM**

If you would like to learn what creating effective grant applications is all about, you should join the NAMI-CC Grant Application Committee.

Working with the Foundation Center of San Francisco, NAMI-CC is establishing a permanent, ongoing program to seek grants for the various programs that the affiliate has offered the public for over a decade.

As a member of the committee you will develop the information to use in the grant application and then research which foundations are appropriate to approach. You will be sent to classes that will show you, step by step, what to do.

Contact:

xnamicc@aol.com



**Crestwood Healing Center's  
Program Celebration**

*We are proud to announce the opening of The Pathway at Crestwood Pleasant Hill. Together with The Healing Center and The Bridge, Crestwood provides choice in recovery-based treatment for Contra Costa County mental health consumers and their families.*



**Date:** Thursday—October 19th, 2006

**Time:** 2:00 to 4:00 pm

**A Tribute to The Recovery Journey**

**Welcome—Cindy Mataraso, PsyD**

**Officiating—Rev. Chet Watson**

**Guest Speakers—Crestwood Consumers**

*Please RSVP no later than October 10th, 2006.*

Crestwood Healing Center  
550 Patterson Boulevard—Pleasant Hill, California  
Main Lobby

Phone: 925-938-8050

Fax: 925-938-8040

Email: office138@cbhl.net

# NAMI REGIONAL MEETING

The NAMI Bay Area affiliates meet from time to time to compare notes, strategize and attempt to not to reinvent the wheel. They met at the offices of the Alameda County affiliate Saturday, September 30, 2006.

There were reports from two of the affiliates of disagreement and unpleasantness among the Board members.

A real lesson that abrasive, controversial issues should, if possible, be worked out before the meeting. It is not practical to work out complicated, contentious issues during a two hour Board meeting.

Both Marin and San Francisco have offices as do Santa Clara and San Mateo.

San Francisco has developed plans to improve and expand their affiliate. Contra Costa is establishing a grant application and publicity program. It is one of the first affiliates to use Power Point slide programs in groups as small as support groups.



Front Row: Roberta English, Liz Rebensdorf, Margo McDaniel

Back Row: Steve Bishoff, Marie Koerper, Pam Fisher, Tom Purvis, Marcia McInnis

# STUDY SHOWS IOOV TO BE EFFECTIVE

A study at George Mason University has shown the IOOV Program (In Our Own Voice) to be effective in opening minds, changing attitudes towards the mentally ill, and educating the public.

The program produced by NAMI National is presented by mental health consumers to many different groups including mental health professionals, students, service clubs and the police.

The study showed the program to be effective as a strategy for increasing audience knowledge about mental illnesses and improving attitudes toward those who experience psychiatric disorders.

IOOV has been active with NAMI-CC for about two years under the leadership of Chet Watson, Veronica Vale and Collette O'Keefe.

# ZYPREXA SETTLEMENT

The Indianapolis Star reported that 8,362 individuals who developed diabetic side effects from Zyprexa will receive letters shortly informing them they will receive checks out of a \$700 million fund set up by Eli Lilly and Company in a settlement of a class action lawsuit.

Individual payments will range from a minimum amount of \$5000 to more than \$100,000 depending upon the extent of the harms suffered by those involved in the lawsuit. The settlement applies only to this specific class action lawsuit and these payments will thus be made only to those people who were part of the lawsuit.

Zyprexa (olanzapine) has proven effectiveness for some people in treating the symptoms of schizophrenia, schizoaffective disorder and bipolar disorder. However, Zyprexa and certain other atypical antipsychotic medications have also been associated with side effects such as significant weight gain and related metabolic disorders.



The Family to Family Instructors

Front row: Dr. Floyd Overby, Julia Bonicich Second Row: Marie Overby, Director, Janice Khalil Third row: Marie Degan, Tony Khalil, Kathy Wilson Back row: Steve Jacobs and peeking over Kathy's shoulder is Marcia Jacobs.

**BOOK REVIEW**

**Mae Bragen, Librarian**

*Cognitive Behavioral Therapy for Bipolar Disorder*, by Monica Ramirez Basco and A. John Rush. Published by The Guilford Press, 2005, 324 pages, \$35.00

The two authors have revised their popular and useful book in this second edition. Although designed for professionals, it easily provides much usable information and techniques that any layman would do well to use. The book is updated with current empirical data. The book features new medication information, expanded coverage of treatment compliance and new strategies for preventing relapse and dealing with common comorbid conditions. Each chapter concludes with “Key points for the Therapist to Remember” and “Points to Discuss with Patients.”

Monica Ramirez Basco, PhD, is a clinical psychologist, author and lecturer and Clinical Associate professor of Psychology at the University of Texas Southwestern Medical Center at Dallas. A. John Rush, MD is a Professor and Vice Chair at the same school. He has authored 10 books and more than 400 articles where he focused on the diagnosis of major depressive and bipolar disorders.

The book’s approach is family and consumer friendly. “For the clinician’s part, respect for patients’ preferences and needs, even when counter to clinical judgment, is a cornerstone of a strong collaborative relationship.”

The authors put a lot of confidence in Cognitive therapy as if it were generally available throughout the country. It’s not, and that is one of great shortcomings of the mental health field.

**The Contra Costa Clubhouse:****MOVING  
FORWARD**

Our nine-member working group continues meeting twice monthly with the ambitious goal of opening Contra Costa’s first clubhouse in 2007. We’ve created a plan for operating as a program of New Connections, an already established non-profit. The New Connections board of directors will review our proposal at their October meeting. If approved, next steps are fund raising and finding a location in Concord.

The Clubhouse model is a proven social-vocational rehabilitation program that has been successfully implemented in 400 communities worldwide. We’ve joined the International Center for Clubhouse Development network and aspire to meet their standards. Built upon the belief that every member can sufficiently recover from the effects of mental illness to lead a personally satisfying and productive life, a clubhouse provides an accepting place to spend the day, valuable work to perform within the organization, opportunities to socialize with friends and co-workers, and access to employment within the wider community.

Participants—called members, not patients—share ownership and responsibility for the success of the organization. They work in a unique partnership with a small staff, building on strengths instead of focusing on illness. Membership is for life and provides ongoing support.

To learn more or join in, please attend our next meeting which will be in October at New Connections, 3024 Willow Pass Road, Concord. For more information, please contact Molly Hamaker at 925-945-1382 or [molly@balancefeedback.com](mailto:molly@balancefeedback.com).

**BITS AND  
PIECES****From The Front**

The Public defender’s office is continuing their assault on the mental health system by getting unstable people to ask for a trial and some are being released prematurely and ending back in the hospital within a matter of hours or days. A huge waste of our taxpayers money is being spent on this useless and inhuman effort.

Contra Costa Regional Medical Center In Patient Psych is being staffed by three temps (Rent-A-Docs), on contract and one staff psychiatrist who is not in charge of the other psychiatrists.

**Choice**

The establishment also tends to ignore the science on insight into illness. They talk about “choice,” disregarding studies showing some people are unable to choose. The most common cause of non-adherence to treatment is actually not side effects, stigma, or medication cost, but a lack of insight into the illness. That seriously interferes with a patient’s ability to weigh meaningfully the consequences of various treatment options.

**Hospital Beds Gone**

In the past four decades, America has lost effectively 93 % of its state psychiatric hospital beds, resulting in increased rates of homelessness, incarceration, suicide, victimization and violence, according to the Treatment Advocacy Center. The largest mental health facility in the United States is now the Los Angeles County Jail.

**Explanation**

The problem in the mental health field is that the majority of decisions are made based on budget and financial considerations not psychiatric or medical.

LETTERS TO THE EDITOR

OCTOBER DONATIONS

Editor:

Note: This letter was sent to the Editor of the Contra Costa Times.

Over 1,300 people have jumped to their deaths from the Golden Gate Bridge. My son was one of them.

If I, as a homeowner, caused someone's death whether intentionally or not, I would be liable. If I had a residence with an attractive nuisance such as a swimming pool, I would be required to build a fence around it to keep trespassers out of my backyard, or I could be sued over an accidental death. The Golden Gate is a public monument built for foot travel and it is well known that mentally ill people are attracted to that bridge.

We are morally responsible to build a suicide deterrent since so many deaths result from its absence. Let's not be overly pretentious regarding aesthetics. To many families, this once beautiful monument represents only heartache. It is factually untrue that once suicidal, always suicidal. With proper medication and treatment, many victims and go on to live productive lives.

We must not allow it to be so easy for people to end their lives on San Francisco's Golden Gate Bridge. Let's support the barrier project and begin to crush the stigma of mental illness by showing that we care about our mentally ill.

Heather Quisenberry

Editor's note: Heather is the mother of Alexander Lyndon Quisenberry who jumped from the Golden Gate Bridge to his death September 29, 2005. She wrote an eloquent essay about Alex which appeared on page 5 of the December, 2005 NAMI-CC Newsletter. It is still on the NAMI-CC website: www.namicontracosta.org Her phone number is 925-726 9828.

Alexander Lyndon Quisenberry

September 13, 1984—September 29, 2005

Note: Alex took his own life by jumping from the Golden Gate Bridge

"You fought a courageous battle and were so very proud. Fly away, sweet bird." Mom (Heather) and Mariah Quisenberry

In Memory Of

Joan Sorisio

From: Val and Bob Compton "Joan worked long and hard for NAMI-CC. She will be sorely missed."

To be directed to NARSAD

In Memory Of:

Alexander Lyndon Quisenberry

From: Dick & Nancy Owens

William J. Boyle

David Kahler

Lis & David Espinera

Walter P. Cannon

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

Name

Street Address

City State Zip

Phone:

Please Use Donation For:

- NAMI-CC General Fund
Family to Family
K.I.D.S. Program
Housing fund

COMMENTS

Comments for the newsletter should be sent to:

E mail: xnamicc@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.

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

***Renew Your  
 Membership Now.***

Stamp

**The NAMI-CC Creed**

To meld the experiences and successes of the 400 NAMI families into a useable and effective form that can be passed on to help other families to have confidence and competency in their challenges with mental illness.

After which those families will turn and help the next group of newcomers. Thus creating a self perpetuating chain of support, help and education.

**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

**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 Member    \$ 50.00

Century Club    \$100.00

Lifetime    \$500.00