



NAMI Contra Costa

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

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

General Meeting **SEPTEMBER**

Thursday,
September 20, 2007

7:00pm

Speakers

Dr. Steven Hinshaw

Author of: *The Years of Silence Are Past* and *The Mark of Shame*
Chair, Dept. of Psychology,
U.C., Berkeley

Topic:

Bipolar Disorder and ADHD

Also:

Kathleen Toups, M.D.
Medical Director
Bay Area Research Institute

Topic:

The Advantages and
Opportunities for you in
Clinical Trials

John Muir Medical Center
Concord Campus
(Note: Formerly Mt. Diablo
Medical Center)
www.namicontracosta.org
E mail : xnamicc@aol.com

2540 East Street, Concord
925-682 8200

CLUBHOUSE HIRES EXECUTIVE DIRECTOR

Molly Hamaker has announced that the Contra Costa Clubhouse has hired a full time director. Yvonne Nair will be the first Executive Director of The Contra Costa Clubhouses, Inc.

Yvonne, who recently moved here from Wisconsin, will be joining the Clubhouse team in September to work with the Board on raising funds, seeking a location, and getting the Clubhouse program off the ground.

(Continued on page 4, column 1)

Late Breaking News

As this newsletter was going to press, it was also announced that the Clubhouse has been awarded its 501 (C) (3) status. Clubhouse is now an independent, tax-exempt organization.

Support for Parents of Children & Adolescents Who Have A Mood Disorder

Annette Seelig and Joani DeVries Meeting, will give information about the New Hope Bipolar Support group, how it works and what it does to support parents and youth at the September 20, General Meeting.

General Meeting

**AUTHOR
STEVEN HINSHAW
TO SPEAK
BIPOLAR DISORDER & ADHD**
By Kay Derrico

Dr. Hinshaw comes to his topics from two perspectives, one personal, the other scholarly. First, he understands bipolar disorder intimately, as his father suffered from this illness.

Hence came his book, *The Years of Silence Are Past: My Father's Life with Bipolar Disorder*. Second, his intellectual interest developed into years of scholarship and research, particularly with children having ADHD (attention deficit with hyperactivity disorder).

(Continued on page 3, column 3)

**FREE CLASSES
ON MENTAL ILLNESS**

Nami's Fall Session of the Family to Family class will begin September 10 in Lafayette.
925- 284 5240
925-676 5771
E mail: mfoverby@yahoo.com

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 or Dave Kahler. 925- 676-5771 or e mail:

dk122932@aol.com or xnamicc@aol.com

3rd Monday of each month, 7:15-9:15 pm, John Muir Hospital, 1601 Ygnacio Valley Road, Walnut Creek Campus, Downstairs in the Stern Conference Room. The group is facilitated by Dr. Mary Olwin and Gloria Hill. The Consumer Group will not be meeting.

Call: Gloria Hill 925- 957-5146.

East Alameda County

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

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

BIPOLAR CHILL (CLIENT RUN)

Manic Depression Support Group

Wednesday 7:00—8:30 pm

710 Broadway #3G Walnut Creek

Contact Lisa or Scott 925-743 1160

TRI-VALLEY BIPOLAR (Consumer Run)

Bipolar and Depression Support Group

Wednesdays, 7:15 pm to 8:45 pm

St. Claire's Episcopal Church, Pleasanton

Contact: Bob Hogan: 925-462 5481

SELF-INJURY SUPPORT GROUP

(Consumer Run)

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

Call: Veronica 925-945 7871

NEW HOPE

BIPOLAR SUPPORT GROUP

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

Two Meeting Locations:

Lafayette:

2nd Monday of each month

7:00 pm to 9:00 pm

Lafayette-Orinda Presbyterian Church Room #4

Contact: Anette 510-733 0577 or

Joani 925-962 9952

Concord:

Last Monday of each month— 7—8:30 pm

Dr, Philip Shains' Offices-2630 Salvio St. Concord

Contact: Leslie 925— 518 6684

www.newhopesupportgroup.com

NAPA STATE HOSPITAL FAMILY SUPPORT GROUP (NSHFSG)

Meets the 2nd Saturday of each month

Where: Hospital's Volunteer Conference Room

For Information: Bill Schrader 707-433 9250

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

FAMILY ADVOCATE HOURS

Gloria Hill, Contra Costa County Mental Health Advocate

Mondays: 12:30—3:30 pm Tuesdays All Day: 925-957 5146 Thursday Morning: 925-957 5146

After 1:30 pm 925-646 5844 Pager: 925-476 2618 Any day of the Week.

NAMI-Contra Costa
National Alliance for the Mentally Ill

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**PRESIDENT'S
COLUMN**

BY ART HONEGGER

We now have our Walk Executive member representing NAMI Contra Costa – Connie Steers! Thank you, Connie for stepping up into this very important position. Connie now needs an additional Steering Committee member to round out our representation. Please consider repaying NAMI for the help you have received by volunteering for this position. Call me (925-200-0978) or Connie (925-813-8065) if you'd like to discuss particulars.

Veronica Vale heads up the In Our Own Voice (IOOV) program for our affiliate, and is doing an outstanding job! Her team is now presenting the program at John Muir Behavioral Health every Friday and may be extending the program to the adolescent wing soon. They are also presenting to JFK Continuing Education classes and to Family to Family.

Doris Watson has been managing our telephone traffic and now needs to step down. We need someone to pick up the reins and volunteer to assist NAMI CC, and the many suffering families calling us for help. Please call me at the number above. Thank you, Doris, for your loving service.

I will again suggest that all of you consider participation in this year's State NAMI Convention, September 28th and 29th. Details are available on our website with the link to NAMI California.

Maureen and I recently saw the movie "Sicko". It is both frightening and grossly shameful that we have such a dysfunctional health system. The care available to people with mental illnesses is

**General Meeting
AUTHOR
STEVEN HINSHAW
TO SPEAK**

(Continued from page 1, column 3)

Dr. Hinshaw has become known and respected state-wide and nationally for his research and advocacy in the mental health field. He throws new light on stigma in his newest book which he was interviewed about on KRON TV with Henry Tannu- enbaum.

Over the years, Dr. Hinshaw has received numerous research grants from the National Institute of Mental Health, written three books and dozens of shorter works, and has received many awards.

See Book Reviews (Page 6), *The Mark of Shame: Stigma and Mental Illness* and an Agenda for Change

**Upcoming Speakers
NAMI General Meetings**

October 18, 2007: John Dawdy, Hearing Officer for Contra Costa County. Topic: Tips and Guidelines when involved with a hearing. Tip #1: *Know the Law*.

November 15, 2007: KCBS Afternoon anchor, Jeff Bell. Author of the new classic on OCD, *Rewind, Replay, Repeat*.

even worse, and certainly discriminatory. When will our elected representatives wake up?.....when we scream loud enough!

CLUBHOUSE HIRES EXECUTIVE DIRECTOR

(Continued from page 1)

She's a seasoned non-profit professional who brings lots of program development and fundraising experience. Yvonne is familiar with NAMI and Clubhouses from her previous position as the executive director of the Wisconsin Association on Alcohol and Other Drug Abuse, Inc. (WAAODA).

She has an upbeat, problem-solving attitude and proven leadership skills. Yvonne is a very compassionate person who is committed to the mission of building Clubhouse programs in Contra Costa County.

The Clubhouse Board enthusiastically decided to offer her the position and feel fortunate that she's accepted. In October, Yvonne and three of our Board members—Herb Putnam, Betty McCabe, and Mae Bragen—will be attending the International Center for Clubhouse Development's (ICCD) international seminar in Milwaukee, Wisconsin. Later on, Yvonne will also attend the ICCD's comprehensive three-week training program for clubhouse executive directors and staff. For more information about the Clubhouse or to make a donation, visit our website:

www.ccclubhous.org

\$10,000 DONATION

A very generous donation has been made to the Clubhouse in memory of:

Moody (Sonny) Davis

By his wife, Patricia Davis, Mineola, Texas, who is the sister of Bev Putnam.

Bay Area Research CLINICAL TRIALS IN LAFAYETTE

Bay Area Research Institute of Lafayette is an independent clinical research facility. They conduct clinical trials to evaluate the effects of new and investigational medications. The goal is to help develop safer and more effective treatment for medical and psychiatric disorders.

The Institute has conducted numerous clinical trials since becoming a research center in 1997.

The principal investigator, Kathleen Toups, MD, CCTI, has been involved with clinical research since 1990. Studies at



BARI have primarily emphasized new treatments for psychiatric disorders like ADHD, anxiety disorders, bipolar disorders, depression, eating disorders and schizophrenia.

Dr. Toups, who will be one of the speakers at the September 20 General Meeting is a Board-Certified Geriatric Psychiatrist. Taking part in a clinical trial is a great way to get free additional professional attention. Current studies are:

Depression
General Anxiety
Bipolar

925- 283 9006

info@bayareasresearch.com

SCAN BEING TESTED TO DIAGNOSE BRAIN DISORDERS

By Maura Lerner, Star Tribune

A University of Minnesota scientist has discovered a way to detect Alzheimer's disease, schizophrenia and other brain disorders by using a device that tracks magnetic brain signals. Although the research is still in its early stages, it could lead to a relatively quick and painless test for a wide range of conditions that affect the brain, experts say.

The scientist, Dr. Apostolos Georgopoulos, calls it an "elegantly simple test" that has been surprisingly accurate so far in assessing nearly 300 patients and healthy volunteers.

He and his research team used a technology known as MEG (magnetoencephalography) at the VA Medical Center in Minneapolis to study people's brains as they stared at a point of light for forty-five to 60 seconds. In a study published August 22, 2007, they found that they were able to identify six types of disorders "with 100 percent accuracy."

They included patients with Alzheimer's, chronic alcoholism, schizophrenia, multiple sclerosis, and Sjogren's syndrome (an autoimmune disease).

What they found, Georgopoulos said, is that each disease affects the brain differently, and alters the way brain cells communicate with one another. There are no such tests for most brain diseases, which can be difficult and time-consuming to diagnose. They're usually identified over time by observing behavior.

Note: This research was also covered in a Contra Costa Times article Sunday, August 26, 2007, page A9.

(Continued on page 7, column 2)

Older Adult Committee
**PROGRESS ON
 THE MHSA
 FRONT**

By Donna Wigand
 Director Mental Health Division

Since the meeting in May, very good progress has been made in getting a commitment from the Hospital and the Clinics to partner with us on implementing the MHSA Older Adults Work plan and we will be able to have space in each of those facilities.

We are moving forward using the Project Impact model and will be hiring a Program Manager shortly. New positions for the Outreach Teams are also in the pipeline with Human Resources so that we can begin the hiring process and stick to our original time-frame of implementing the program by the end of 2007.

We're also coordinating regional trainings with other Bay Area counties who are implementing Project Impact in their counties. No dates have been set yet, but the plan is to bring trainers in to work with County staff as the program is developed is in place.

Because this is a modification to an already approved plan with the State Department of Mental Health, we anticipate not having to resubmit the entire plan, since it is simply a budget revision.

We have some additional CSS funding for 2007-08 available to us that we can also use if necessary.



**DEPRESSION
 AND MEDICATIONS**

The authors of this new study analyzed data on 226,866 veterans who received a diagnosis of depression in 2003 or 2004, had at least 6 months of follow-up, and had no history of depression from 2000 to 2002.

This study examined the relationship between antidepressant treatment and suicide attempts in adult patients in the Veterans Administration health care system.

Suicide attempt rates were lower among patients who were treated with antidepressants than among those who were not, with a statistically significant odds ratio for SSRIs and tricyclics. For SSRIs versus no antidepressant, this effect was significant in all adult age groups.

Suicide attempt rates were also higher prior to treatment than after the start of treatment, with a significant relative risk for both SSRIs and for non-SSRIs. For SSRIs, this effect was seen in all adult age groups and was significant in all but the 18-25 group.

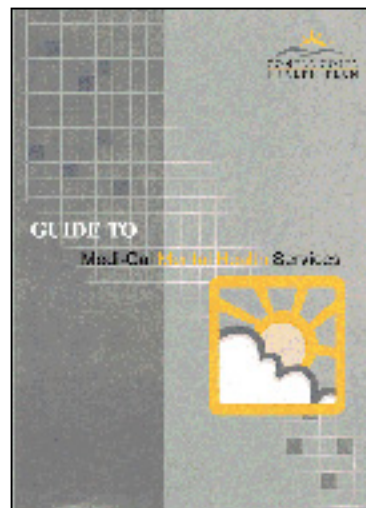
CONCLUSIONS: These findings suggest that SSRI treatment has a protective effect in adult age groups. They do not support the hypothesis that SSRI treatment places patients at greater risk of suicide.

Editor's Note: The study discussed above was from the Center for Health Statistics, University of Illinois at Chicago, Chicago, IL Medline.

**COUNTY ISSUES
 "HOW TO"
 MANUAL**

Those that are eligible for Medi-Cal and need to know about the mental health services that Contra Costa County offers now have a 37 page guidebook to help them into and through the system.

To those that are new to the system, this book will be invaluable. It describes the mental health services in detail and explains what to expect. It offers tips such as what are your responsibilities.



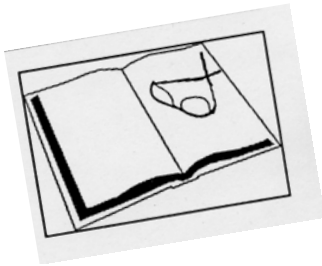
Under "How Services May be provided To You" you will find:

- How do I get Specialty Mental Health Services?
- How Do I find the provider I need specifically?
- Once I have the provider can the MHP tell the provider what services I get?
- Which Providers does my MHP use?

For your copy call:

888- 678 7277

BOOK REVIEW



Review by Kay Derrico

Mark of Shame: Stigma of Mental Illness and an Agenda for Change By Dr. Stephen Hinshaw, Oxford University Press, 2007, \$35.00.

Mark of Shame documents stigma that has been attached to the mentally ill through history, from before the time of the ancient



Greeks to the present. Regardless of the complexities of stigma and the roots of centuries of the mentally ill being “marked with shame,” Dr. Hinshaw gives us tools, as well as great hope, to reduce stigma and to create a climate that better supports the quest for wellness for the mentally ill.

Hinshaw challenges us with a clarion call to take action; and his call, like his historical overview, is based on research, thus strengthening the foundation to battle ignorance and discrimination.

New England Medical Journal, Clare Kelly, Ph.D, June

NEXT MONTH

In the NAMI Newsletter

Note: Look for the NAMI newsletter on the website. There are newsletters in the archive going back to 2003.

www.namicontracosta.org

The October, 2007 issue will have articles on:

The Central Clinic,
Crestwood Healing Center
Affordable Counseling Services
Resources for Consumers
Prop #63 and Contra Costa



2007, provides an in-depth review and says his book is “broad, deep, and fascinating.” Undoubtedly, *Mark of Shame*, hot off the 2007 press, will become a source of reference for other researchers, college students, mental health providers, and mental health activists. A seminal work, it has made a significant splash in the mental health community.

Note: Dr Hinshaw will be the featured speaker at the September 20 NAMI General Meeting. The topic will be:

Bipolar Disorder and ADHD

From:

Grace McAndrews

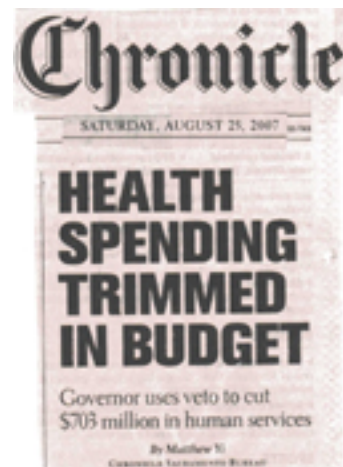
Executive Director NAMI California

The news on the budget front is not good. Governor Schwarzenegger cut the \$54.9 million AB 34/2034 Program for Homeless Adults with Serious Mental Illness. His veto message states:

“I am deleting the \$54,850,000 legislative augmentation for the Integrated Services for Homeless Adults with Serious Mental Illness Program. While I support the goals of the program, this reduction is necessary to limit program expansions and to help bring ongoing expenditures in line with existing resources. To the extent counties find this program beneficial and cost effective, it can be restructured to meet the needs of each county’s homeless population using other county funding sources, such as federal funds, realignment funds, or Proposition 63 funds.”

On a brighter note, the Governor DID NOT blue pencil the Mentally Ill Offender Crime Reduction Act (MIOCR). It remains at \$29.7 million.

EDITOR’S NOTE: Below is the headline from the San Francisco Chronicle from Saturday August 25, 2007.



**LETTERS TO THE
EDITOR**

Dear Editor:

I recently took my son to the County's Wellness & Recovery Center at 1420 Willow Pass Road for an appointment with a psychiatrist. I was very dismayed by what I saw. Upon entering the building, there were numerous people just sitting around on tables and chairs. The place reeked of a urine smell. I couldn't believe how filthy the place is from the exterior and front door, to the interior with stained carpets and broken furniture.

How can this be a County Health Services building? There is nothing about this office building that speaks to *Wellness*.

In a county of this size, there is no excuse for this! Mental Health is already a disheartening matter—we need a positive, healthy place to take our loved ones!

N. Ralstead

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

P.O. Box 21247
Concord, CA., 94521
All letters are subject to abridgment and those unpublished can be neither acknowledged nor returned.

SEPTEMBER DONATIONS

Donation

Jody Kruse

Chevron Employees'
"People Making A Difference Campaign"

Donation

A Matching Grant

From an Anonymous
Donor Through
AT & T Matching Grant Program

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Donation

Jay Slade
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Rudy Martinson

Donation

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Mail to: Treasurer, NAMI-CC
P.O. Box 21247, Concord, CA. 94521
NAMI-CC Tax ID # 68-0209474

(Continued From Page 4, column 3)
Georgopoulos, a regents professor of neuroscience known internationally for his work on how the brain affects movement, said even he was surprised by the apparent accuracy of the test. "It's just too good to be true," he said in an interview. But the results have continued to hold up, he said, even after they concluded the initial study, which involved 142 patients and volunteers. "We're approaching our 300th subject," he said, "and it looks better and better." If it pans out, the new test could be used to diagnose brain disorders earlier, monitor their progress and track the effectiveness of new drugs and treatments.

The study was published online by the British Journal of Neural Engineering Through the TAC Center.

Name _____

Street Address _____

City State Zip

Phone: _____

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- Peer to Peer Program
- NAMI-CC General Fund
- Family to Family
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NAMI Contra Costa
 P.O Box 21247
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**FIRST TUESDAY
 SUPPORT GROUP**
 Now In Its 10th Year
Everyone welcome!
 Hillcrest Congregational Church
 404 Gregory Lane, Pleasant Hill
 Information on Page 2
 E mail: xnamicc@aol.com
 925-676 5771

Stamp

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

NAMI Contra Costa

The annual membership dues are \$40. This makes you a member of NAMI National, NAMI California and NAMI Contra Costa. You are automatically a member of all three organizations.

If you are solicited for membership or special donations from the State or National organizations, give generously if you can, but all such donations are voluntary and would be over and above your membership in NAMI Contra Costa.

Dues paid in October, November and December provide membership for the following year.

Send your membership application to:

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 94521
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 Make check payable to NAMI Contra Costa
 Complete this information cut-out and return it to:
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 P.O. Box 21247, Concord, CA., 94521
 E Mail Address: xnamicc@aol.com

Name _____

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