



NAMI Contra Costa

National Alliance On Mental Illness

Contra Costa's Voice on Mental Illness September, 2009

83009854

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

General Meeting **SEPTEMBER** Thursday, September 17, 2009

Doors open at 6:30 p.m. with manned information tables, including representatives from Dual Recovery Anonymous and other 12 step programs

Topic:

Dual Diagnosis and Recovery:
Choosing Healthy Life Styles

Speaker:

Stanley Pugh

Consumer, mental health advocate, *In Our Own Voice* presenter, Speaker for Temple Isaiah Mental Health Conference

Also:

Marti Wilson, Ph.D., on Dual Diagnosis and the Behavioral Health Court

And:

A quilt raffle to benefit the Clubhouse

Location

John Muir Medical Center
Concord Campus

2540 East Street, Concord
925-682 8200

During the Construction, use the Emergency Room Parking Lot.

MENTAL HEALTH COMMISSION

SPECIAL MEETING

Thursday, September 3

As this newsletter was being written, the Mental Health Commission was preparing for a special meeting. The agenda at all Commission meetings allows for the public to comment on the various issues. A summary of those comments will be in the October issue along with a full report on the meeting.

There has been some criticism of the county's \$25 million Allen Street project. The meeting will give the Commissioners and the public an opportunity to offer input.

NOTE: There will not be a Mental Health Commission meeting on September 10, 2009

GARAMENDI SPEAKS TO NAMI-CC

Lt. Governor John Garamendi spoke to the August 20 General Meeting. The emphasis of his talk was California's mental health system, an area in which he has long been interested.



Senior Family to Family Instructor, Julia Bonacich, left, and Lt. Governor John Garamendi, right.

He explained that the need for programs and services for people with mental illness goes back to the closing of state psychiatric hospitals in the 1970s. He helped to open a community men-

IN THIS ISSUE

Support Groups	2
Family to Family Classes . .	4
MHSA Review	4
Depression	5
AOT NY vs. California . . .	5

(Continued on page 4)

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 Olwin 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

DUAL RECOVERY ANONYMOUS

Every Tuesday 5:45 pm to 6:45 pm
John Muir Center for Recovery Classroom B
2730 Grant Street, Concord
Contact: Zula 925- 212 2241

BIPOLAR CHILL (CLIENT RUN)

Manic Depression Support Group
Wednesday 7:00—8:30 pm
710 Broadway #3G Walnut Creek
Contact Lisa or Scott 925-743 1160

TRI-VALLEY BIPOLAR (Consumer Run)

Bipolar and Depression Support Group
Wednesdays, 7:15 pm to 8:45 pm
St. Claire's Episcopal Church, Pleasanton
Contact: Bob Hogan: 925-462 5481

Dual Diagnosis Support Group

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

SELF-INJURY SUPPORT GROUP

(Consumer Run)

For self-injury sufferers to talk about ways to change these behaviors and resolve feelings brought on by trauma. 2nd and 4th Tuesday 7:00 pm
Call: Veronica 925-945 7871

NEW HOPE

BIPOLAR SUPPORT GROUP

For parents of children and adolescents with a mood disorder.
2nd Monday of each month
7:00 pm to 9:00 pm
Lafayette-Orinda Presbyterian Church Room #4
Contact: Annette 510-733 0577 or Joani 925-962 9952
www.newhopesupportgroup.com

H.E.L.P.

Hope, Encouragement, Love and Prayer

See page 6 for specific hours

Support group for those coping with a mental illness and/or their families and friends.

Time: 2nd Monday of each month (With the exception of September 21 which is the 3rd Monday) 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:

Al Farmer, President
925- 254 8508
Fax: 925- 254 5043
farmerfamily@yahoo.com
Art Honegger, 1st Vice President
925- 754 7216
SKIIDER@aol.com
Kay Derrico 2nd Vice President
925-933 4012
kayderrico@comcast.net.
Beatriz Celi, Secretary
925-951 7121
David Kahler Treasurer
925- 676 5771
Fax: 925-476 1444
dk122932@aol.com

BOARD OF DIRECTORS:

Coralie Reed	Gene Schulting
Marilyn Capener	Roger Gregory
Joani DeVries	Teresa Pasquini
Barbara Scott	Fran Martin

COMMITTEES:

Thomas Cloney	Family to Family
Fran Martin	Library
Veronica Vale	IOOV
Liza Bruce	Peer to Peer
Roger Gregory	Database
Richard Derrico	Behavioral Health Court
David Kahler	Publishing
Sean Kleen	Web Master
Connie Steers	Consumer Relations
Julia Bonacich	Family to Family
Naomi Chamberlin	Faith Outreach
Steve Gallion	Consumer Recreation

Newsletter Group

Bob Newell Caroline Jackson
Rich and Yvonne DeAndre Fran Martin
Peggy Luna Dave Kahler Dick Owens
Dick Hunter Sean Kleen
Nancy Swartz

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

Newsletter Deadline: 20th of Each Month

**PRESIDENT'S
COLUMN**

By Al Farmer

My wife and I just returned from the NAMI California Conference in Torrance, California. This conference was a truly inspirational and beneficial experience! The dedication of NAMI leaders and participants state wide was amazing. Everyone was so kind, helpful and sensitive to each other's feelings that we felt we were part of one big NAMI family.

One of the many things we learned was about the recent breakthrough in the Criminal Justice System. NAMI California's first vice president, Mark Gale has been working tirelessly to have a standardized form containing medical history and needed medications provided at jails for each incarcerated consumer .

This information is critical if any rehabilitation is to take place. So far, twelve counties have agreed to accept this form and Mark's goal is to have it available at all jails and prisons. It is most unfortunate that the mentally ill are incarcerated at all, but at least this is a step in the right direction to get them the help they need.

It is a matter of great concern that the state will soon be releasing 44,000 prisoners early and about twenty per cent of these

(Continued on page 7)

**GENERAL
MEETING**

Thursday, October 15, 2009

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

Thursday, November 19, 2009

Obsessive Compulsive Disorder, Jeff Bell, KCBS radio anchor Monday through Friday 2:00 pm to 7:00 pm; Author of *Rewind, Replay, Repeat*. There will be a book signing.

Thursday, December 17,
Dr. Johanna Ferman, M.D.,
Medical Director, Contra Costa
Mental Health Adult Services

Thursday, January 21, 2010,

Psychosis as a Continuum:
How to assess for risk and find the right treatment regimen as soon as possible. Dr. Demian Rose, M.D., Ph.D., UCSF Department of Psychiatry, Medical Director, Prodrome Assessment Research and Treatment Program.

PEER TO PEER

The fall session begins October 7, 2009. Late sign-ups are permissible. The location will be at the Crestwood Healing Center in Pleasant Hill. Call Lisa Bruce: 925- 827 5435 or Lisa Honegger at 813 0335.



NAMI E mail Address:

xnamicc@aol.com

NAMI Website MAKEOVER

Sean Kleen, webmaster for NAMI Contra Costa, has done an extensive makeover on the website which has evolved into being the first line of communication for the affiliate.

You can easily access detailed information about every public official, elected and appointed. Forms for the *Release of Confidentially* are one of the links you can click on and print out. You can also print out the *Survival Guide* which gives the instructions on how be the Family Case Manager.

Print that out and follow the instructions and you will bring order out of chaos. There is a link to maps of many of the locations you will need to go to. Check it out:

www.namicontracosta.org

CLASSES IN MENTAL ILLNESS RICHMOND LAYAYETTE

The second Family to Family class ever to be offered in the Richmond area will begin September 2, 2009. Late sign-ups are permissible. Call 510- 237 9277 or e mail: family2familyrichmond.nami@gmail.com

The class will again be given by Dr. Sumchai.

The Lafayette Family to Family class will be given by Julia Bonacich, NAMI-CC's senior Family to Family instructor. This session will begin September 14, 2009.

For information call:
Thomas Cloney
510- 705 2608

All the Classes and the materials are free. There is no class of this nature in any university or college in the country. This is the class that will help you to manage your loved one's case to recovery.

GARAMENDI SPEAKS TO NAMI-CC

(Continued from page 1)

County in 1982, which is still operating. The need for services, he pointed out, still continues. Proposition 63, he noted, is limited in the kinds of programs and services that can be funded and is implemented differently in different counties.

Garamendi was speaking from a long history in government. He was the first elected Insurance Commissioner.

He was the Deputy secretary in the Interior Department under Secretary Babbitt. He was a state senator for 14 years and spent two years in the Assembly. He chaired the Health and Welfare Committee and served as Senate Majority Leader.

Your Best Links To NAMI-CC

www.namicontracosta.org

E mail: xnamicc@aol.com

MHSA REVIEW

On November 2, 2004, Proposition 63 was passed by the voters of California in an historic election. The effort then was given the name MHSA (Mental Health Services Act) The funds are distributed by the State Department of Health. Below is a review of the distributions of funds so far.

\$44,260	For Workforce Education and Training Activities	FY 06/07
\$1,575,500	For Community Supports and Services	FY 07/08
\$2,461,302	For Workforce and Education Training Services	FY 07/08
\$200,000	For Capital Facilities Pre-Dev Funds	FY 07/08
\$2,336,300	For Prevention and Early Intervention Services	FY 07/08
\$14,557,600	For Community and Supports Services	FY 08/09
\$3,216,700	For Prevention and Early Intervention Services	FY 08/09

\$24,491,662 Total from MHSA Questions: mhsa@hsd.cccounty.us 925- 957 5114

DEPRESSION A TREATABLE ILLNESS

Although doctors have more than 20 medications to choose from when prescribing a treatment for depression, there's still little way to know which drug will work for a particular person.

Many people need to try two or three drugs or drug combinations before experiencing relief. Some go through six or more. "It's a hit-or-miss, trial-and-error kind of process," said Dr. Richard A. Friedman, a professor of clinical psychiatry at Weill Cornell Medical College.

Patients have finally come to recognize depression as a treatable illness with an underlying biological cause rather than misconstruing it as a sign of weakness.

Doctors are able to help more people than ever with depression simply because more people are coming to their offices for treatment. One might expect that this increase in patients would lead to a new sophistication in choosing which drug might work for a particular patient.

That's not the case. A review article in the November 2008 issue of the *Annals of Internal Medicine* looked at more than 200 studies of 12 second-generation antidepressants -- primarily selective serotonin reuptake inhibitors (SSRIs) such as Prozac and Zoloft and serotonin and norepinephrine reuptake inhibitors (SNRIs) such as Effexor and Cymbalta -- and concluded that no substantial differences existed in how well they worked.

Although a more recent review in the *Lancet* of the same 12 drugs concluded that certain ones worked better than others,

that analysis has been criticized for reading too much into studies that are largely funded by the drugs' manufacturers.

"There's no clear evidence that one antidepressant is more effective than another," said Dr. Ian A. Cook, director of depression research at UCLA's Semel Institute for Neuroscience and Human Behavior. Even if modest differences do exist among antidepressants, he said, patients vary widely in what will work for them.

Depression is a common condition, affecting nearly 15 million Americans a year and one in six over their lifetime. The most common treatments are counseling and drugs, with a combination of the two working best.

The most effective way for a doctor to find an antidepressant that works is to look at the patient's history, because someone who has already been treated for depression will often respond to a medication that worked before. There's also a chance that someone with a family history of depression could benefit from the same drug that helped a parent or sibling.

Beyond these factors, "there is not a good way to know what medication is going to be the best for your patient," said Dr. Raymond J. DePaulo Jr., a professor of psychiatry at the Johns Hopkins University School of Medicine.

Cost has become less of a concern now that most antidepressants are available in generic form for less than \$20 a month, so the decision usually comes down to side effects.

Antidepressants are believed to work by blocking the reuptake of neurotransmitters such as serotonin, norepinephrine and dopamine, increasing the amount available in the synapses.

EDITOR'S NOTE: *This article was excerpted from a piece in the Los Angeles Times by Devon Schuyler.*

ASSISTED OUTPATIENT TREATMENT NEW YORK VS; CALIFORNIA

By Kristina M. Ragasta, J.D., Legislative and Policy Counsel, Treatment Advocacy Center

Anyone who has worked in the mental health system can recite a litany of patients who spin through its revolving doors over and over. They become familiar faces and stories, some loved, some disdained.

This subset of patients return again and again for a variety of reasons, but the most common one is noncompliance with medications. This happens often times because of money and access, other times because of flat-out refusal.

Misfortune often laughs at our weakest, and some of these people end up floating face-down in a river after successfully committing suicide, or mumbling in the hallways of a state mental hospital where they are psychologically buffed-up to competently stand trial for some bloody violence. The rest? Well, they walk among us.

The mental health system in America is bleeding to death. The causes are most certainly legion, but the hemorrhage can be stemmed by creating law and infrastructure to get the most seriously mentally ill treated. How to do this?

Under AOT, patients with severe and persistent mental illness can be court-ordered into outpatient treatment, rather than leaving it up to them. If the patient fails to show up for treatment, peace officers or

(Continued on page 6, column 1)

CLUBHOUSE REPORT

The Putnam Contra Costa Clubhouse will host its second annual dinner and raffle, "An Autumn Evening in the Garden."

This year's event will be held on Wednesday, October 14, 2009 at the Centre Concord. Admission is \$50 a person and includes a special keynote address at 5:00 pm by Dr. Sophia Vinogradov, M.D., UCSF professor of psychiatry.

Dr. Vinogradov will talk about her cutting-edge schizophrenia research. The public is invited to attend just the address for a \$5 donation at the door. Raffle tickets are available in advance for those who are unable to attend (you need not be present to win!)

Fantastic prizes include a stay at a vacation home at Pismo Beach, wine and winery tastings, dinners, hotels, theater, yoga classes, and much more. For information about the event or to purchase dinner and/or raffle tickets, please contact Tamara at 925-691-4276.

The Clubhouse is also very excited to announce that beginning September 8, 2009, we will be open on Tuesdays. That means that members are now able to attend five days a week, Monday through Friday from 8:30am to 4:00 pm, and Friday evenings, from 4:00 to 8:00 pm.

OUTPATIENT TREATMENT

(Continued from page 5)

field clinicians can bring them to an emergency room. The patient is evaluated for a possible 72-hour involuntary hospitalization (a 5150 in California). It is money that is the decisive difference between the New York and California AOT structures.

(Continued on next page, column 1)

TAPERING OFF ANTI-DEPRESSANTS

By Regina Nuzzo,

After the first big dose drop, Ryan slashed his wrists in front of his mother in the living room. "It was a six-hour psychotic episode. He was quoting Shakespeare and saying he wanted to die," she recalls.

A few weeks later, after more gradual dose changes, Ryan was still so sensitive to light and sound that he taped shut the window shades in his bedroom. His memory and concentration were poor. He dropped out of school and got his GED later, after the withdrawal process was over.

Mental health professionals aren't sure how many people have problems when stopping anti-depressant medication. It's not even clear how to define the cluster of withdrawal symptoms people report, or even what causes the effects.

"It's a difficult corner of the field," says Dr. Kenneth Duckworth, medical director of the National Alliance on Mental Illness and psychiatry professor at Harvard Medical School. "It's hard to know whether the person's depression is worsening or if they're having a variation on a discontinuation syndrome."

All approved antidepressant medications either come with documented discontinuation problems or a manufacturer's warning of the possibility. Typical symptoms can depend on the class of antidepressant. A typical dose of Paxil (which among SSRIs has some of the highest reported rates of discontinuation symptoms) has a half-life of less than a day, for example. The half-life of a typical dose of Prozac is three to six days.

CELEBRATION IN MARTINEZ

RECOVERY FROM SUBSTANCE ABUSE SEPTEMBER 19 10:00 AM TO 3:00 PM

When we celebrate recovery from substance abuse, we are also celebrating a key component for many to recovery from mental illnesses.

The Substance Abuse and Mental Health Services Administration (SAMHSA) reminds us that about 50% of those with substance abuse are dually diagnosed with a mental illness.

Join in this free event, Saturday, September 19, 2009, with music, "kids corner," free t-shirts for the first 400 and **free lunch** for the first 500 who register, and more.

To find out about all of the activities for this day,

www.support4recovery.org

or Tom Aswad
925-980-8638 or
925-939-6882

For that reason, Prozac has some of the fewest reported problems. This means that stopping antidepressants cold turkey can be a bad idea, especially for short half-life drugs.

A gradual taper gives the brain more time to right itself. "If a plane wants to land in Los Angeles, it's nice to start going down very, very slowly over Denver," Duckworth says. "I make changes gently."

PRESIDENT'S COLUMN

(Continued from page 3)

prisoners are suffering from mental illness! How in the world can the mentally ill get the help they need when facilities for them have been scaled back so dramatically?

In spite of this concern, there are other wonderful programs flourishing around the state. For example, NAMI Kern County has established a very successful veteran's program entitled "FRONT LINE" which could be a model program for other NAMI affiliates. They currently have two veterans who are conducting Family to Family classes.

Also, NAMI Kern County has established a support program entitled OSYM (Out Spoken Young Minds). This awesome program is basically for fourteen to eighteen year olds suffering from mental illness. When you combine mental illness with all of the problems and challenges teenagers have, they really need an active support group like OSYM.

These are just a few of the inspiring accomplishments Sue and I learned about while attending the convention, and I look forward to sharing all that with NAMI Contra Costa.

(Continued from Page 6)

New York has a well-organized and funded program. California's until recently had been all talk and no action, a legislative mandate without the cash to implement it. Happily, that is changing as Los Angeles and Nevada counties are now using MHSA (Mental Health Services Act) monies to initiate AOT programs.

SEPTEMBER DONATIONS

Donation

A sizeable donation has been received from

Roger Gregory

Through the Chevron Humankind Matching Gift Program

Donations

Richard and Yvonne De Andre

David and Laura Meiser

New Lifetime Members

Al and Sue Farmer

Housing Fund Donation

Janet Wilson

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

Stamp

If you need Support, Guidance and Information:
First Tuesday SupportGroup
 Tuesday, October 6, 7:30 pm
 Hillcrest Congregational Church,
 404 Gregory Lane, Pleasant Hill
See Page 2

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