



The NAMI Contra Costa Newsletter is available on the web at: www.namicontracosta.org
 You can get a copy of this newsletter and/or the e-News newsletter by e mailing: info@namicontracosta.org
 Email: Ashley@namicontracosta.org Phone Number 24/7: (925) 465-3864 Office Number: (925) 942-0767

SPECIAL ANNOUNCEMENT FROM NAMI CONTRA COSTA: WE ARE HERE FOR YOU

Dear NAMI Contra Costa Family Members, Community Partners and Friends,

NAMI Contra Costa recognizes the community unrest with the recent killings of unarmed African Americans and the peaceful protests in response. We are here to support you if you are having a difficult time coping with all of this. The current headlines can be difficult to process since we are still struggling with the COVID-19 pandemic.

We have missed you and look forward to seeing you again soon! We are now open from 9:30 to 5:30 Monday through Friday. We will always practice social distancing and follow COVID-19 protocol. To help with this, if you would like to be seen in person, please call ahead to make an appointment at (925_942-0767).

We also provide support remotely. You may sign up for one or more of our many multilingual online support groups on Zoom going on all throughout the week. A comprehensive list of our Zoom Meeting are listed on Page 2. The Crash Course is still open on Wednesdays for answers to your most frequently asked questions around how to navigate the county behavioral health system.

As always, please stay connected with us on our social media platforms for the latest mental health resources, information and updates.

1ST ANNUAL MENTAL HEALTH AWARENESS RIBBON CAMPAIGN LAUNCH A SUCCESS



We at NAMI Contra Costa were delighted to see pictures from across the county flood in from our 1st Annual Ribbon Campaign acknowledging May as Mental Health Awareness month.

Many NAMI CC supporters and others and donating funds and participating in this effort to promote mental health and support social justice through our collaboration with the Miles Hall Foundation. The campaign asked participants to display a green and black ribbon on their tree in their yard, mailbox or front door including the County's Behavioral Health Director, Dr. Suzanne Tavano.

This comes at a crucial time to find alternatives since we were Sheltered in Place, when essential workers are busier than ever supporting Contra Costa County residents.

It's not too late to get your ribbon on our website, www.namicontracosta.org.

CRASH COURSE OPEN EVERY WEDNESDAY



The Mental Health Crash Course is offered every Wednesday from 6:30 p.m. to 8:30 p.m. upstairs from the NAMI CC office, 2151 Salvio Street, Suite V in Concord, CA 94520.

The Mental Health Crash Course's 90-minute seminar acts as an orientation to the behavioral health system in Contra Costa County. The Crash Course began in February, 2016 and has increased its time over the years to accommodate people's questions and needs.

What You Will Learn:

- Mental illness
- How to navigate effectively
- Housing and treatment
- Social Security, SSI and SSDI
- The Legal System
- The 911 process
- The 5150 process
- LPS Law

NAMI CC Support Groups—Offered by Zoom

NAMI Costa County Online Support Group Community - Offering multilingual weekly groups for networking and support for individuals and families affected by mental illness.

Support groups offered are for peers, individuals in recovery, API/Mandarin language, Men, African American community, Transitional Age Youth and Spanish language speaking.

Choose from the following groups below hosted on Zoom from trained facilitators from NAMI CC. Use each facilitators contact details to get the Meeting ID and Password to login, attend and participate.

Warm Line 925-942-0767

A non-emergency hot-line for anyone seeking emotional support, information, and/or linkage to community resources.

Zoom Meeting—NAMI CC Connection Support Group
Time: Every Wednesday and Friday, 7:00—8:30 p.m.
Contact: Nancy Bolcerek, Phone: 925-826-8433 or
E-mail: Nancybolcerek@namicontracosta.org

Zoom Meeting: Family Support Group
Time: 1st & 3rd Monday, 7:00 p.m.—8:30 p.m.
Contact: Michele O’Keefe, Phone: 925-689-4447 or
E-mail: Michele@namicontracosta.org

Zoom Meeting—African American Family Support Group
Time: 4th Wednesday, 6:30 p.m.—8:00 p.m.
Contact: Gigi R. Crowder, L.E. Phone: 510-990-2670 or
E-mail: gigi@namicontracosta.org

Zoom Meeting—Peer Dual Diagnosis Support Group
Time: Every Monday, 5:30 p.m.—7:00 p.m.
Contact: Ashley Ciullo Phone: 925-765-9406 or
E-mail: Ashley@namicontracosta.org

Zoom Meeting: Men’s Support Group
Time: 2nd & 4th Saturday, 1:00 p.m.—2:00 p.m.
Contact: Eddie Morris, Phone: 925-765-8045 or
E-mail: Eddie.m@namicontracosta.org

Zoom Meeting—Spanish Support Group
Time: Every Monday, 2:00 p.m.
Contact: Mariela Acosta, Phone: 925-765-8206 or Alejandra Escobedo at 510-837-4077
E-mail: Mariela@namicontracosta.org or Alejandraescobedo2@gmail.com

Zoom Meeting—Transitional Age Youth Support Group
Time: Every Tuesday, 6:00 p.m.—7:30 pm
Contact: Jesse Robbins, Phone: 925—708-8018 or
E-mail: Jesse.robbins@namicontracosta.org

Zoom Meeting: API/Mandarin Support Group
Time: Every 2nd Sunday, 1:30 p.m.—3:00 p.m.
Contact: Shelly Ji, Phone: 925-765-8232 or
E-mail: Shelly@namicontracosta.org

Zoom Meeting: Writer’s Group
Time: 2nd Saturday, 10:30 a.m.—12:00 p.m.
Contact: Margaret Netherby, Phone: 925-370-7282 or
E-mail: Mlnetherby@yahoo.com

NAMI CC Basics On Demand
NAMI Basics is a 6-session educational program for caregivers of loved ones under the age of 22.
Contact Susan@namicontracosta.org for more information.

Contact Our Specialists Directly
Contact page on www.namicontracosta.org

NAMI Contra Costa

National Alliance on Mental Illness

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BOARD OF DIRECTORS

Barbara Scott Clare Beckner
Al Farmer Charles Madison

Emeritus Board Member: Kay Derrico

Executive Director

Gigi Crowder

(510) 990-2670

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Jo Fetterly	Donations

Email: xnamicc@aol.com

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Phone: (925) 676 5771

Newsletter Deadline:

20th of Each Month

PRESIDENT OF THE BOARD'S COLUMN

By Don Green



Don Green

As I write this, there are riots triggered by the brutal death of an African American man named George Floyd in Minnesota at the hands of police. This murder and similar ones, and other police abuses around the country, show us that the violent bigotry in America's past is not behind us.

America has come far in promoting equal justice from when I was born in 1949. The Jim Crow era was still going strong. Lynching African Americans for standing up to Euro-Americans was common, and was never punished.

And yet, the policeman who murdered George Floyd seemed almost bored. The other officers showed no concern. Police murders and other abuses happen far too often for me to believe serious changes are not needed.

What led to George

Floyd's death also leads to abuse and death of people with mental illness. Racial bigotry is at its core, based on fear and power. Fear of persons with severe mental illnesses is common. Police acting from fear or anger are as likely to overreact to people with severe mental illness.

I do not applaud or condone the riots, but I have no answer to: "Instead of what?" Letters of disapproval to public officials? Polite, orderly parades or protest? I could not tell rioters that I believe they have other, effective means of changing police culture that lead to the death of George Floyd. Rioters' rage comes from despair.

I believe most peace officers are sickened by what happened to George Floyd and others, and by how that degrades our confidence in law enforcement and all government. I do not know what, specifically, we can do to bring about needed change. I do know that what we have done in the past is manifestly not enough. Good people, as the members of NAMI CC are, must, somehow find a way to do more.



NAMI Contra Costa's Mission Statement

Our Mission is to provide support, outreach, education and advocacy to families affected by and individuals living with a mental illness.

FIGHTING RACIAL INJUSTICES IN OUR COMMUNITIES

By Gigi R. Crowder, L.E.,
Executive Director



We need to do more to address issues of racial discrimination and injustice. Too often, African Americans are criminalized for living with mental illnesses, which we know are medical conditions. I'm proud that our Contra Costa NAMI California affiliate is involved in several campaigns. Below, I use one as an example to share how we are engaging the community and making progress.

Mobilize your community in response to a problem or crisis.

Miles Hall was a 23-year-old African American young man who lived with mental illness and was killed in a police shooting in Walnut Creek, CA on June 2, 2019. His mother, Taun, had done everything she could to get him support, even attending our Family-to-Family course and building a relationship with the Walnut Creek Police Department. Miles was a gentle and talented soul, and had been living in the predominantly white middle class home in Walnut Creek since the age of four. He was killed just steps from his home, and neighbors and family members were, of course, heartbroken and outraged. Together, they formed an advocacy group, the Friends of Scott, Alexis and Taun Hall (FOSATH). It's a very diverse group but mostly white Americans who knew Miles and recognize that his ethnicity contributed to his death.

Create opportunities to talk about the problem and seek solutions.

I serve on the Administrative Team and Co-Chair the Implicit Bias and Mental Health subcommittees of FOSATH and our affiliate works to support their efforts to build better relationships between law enforcement and families. One of the ways we achieve this goal: over a long meal and dialogue. Sitting down to talk about problems is always a necessary first step.

Call on community members for support.

Because of COVID-19 and shelter-in-place protocols, I had to be creative about how to promote conversations about mental illness and address the disparities. I started a mental health ribbon campaign, which includes a black ribbon behind the green to acknowledge that we must do more to address mental illness and fight for racial justice for African Americans. With support from board members, NAMI CC is partnering with the Miles Hall Foundation and FOSATH to distribute the ribbons. The ribbons are large and are being assembled by NAMI CC volunteers at their homes. To be visible, they are tied around trees, in front yards, on mailboxes, and hung on doors throughout Contra Costa County, with many seen in Walnut Creek. Our county's Behavioral Health Director, Dr. Suzanne Tavano, even has one on her home door. To offset the cost for the materials, we suggested a \$20 donation to support Mental Health Awareness month and raised funds to support our programs to help community members impacted by mental illness.

Celebrate small victories.

For the first time in their history, the City of Walnut Creek issues a proclamation to acknowledge May as Mental Health Month. They used verbiage we supplied to them that addresses equity and culturally responsive practices, calling for "Mental Health Friendly Communities for All." Charles Madison, our former President who lives in Walnut Creek, and I

thanked the city; Taun Hall remotely accepted the proclamation.

Spread the word.

As the ribbons started popping up in Walnut Creek, I talked to local news outlet KRONON TV about the efforts we are making, KTVU also carried the story. In addition, I contacted Congresswoman Barbara Lee and encouraged her to say a few words at the tribute for Miles and she is going to send a statement.

Reach people where they are.

We provide faith-based trainings that are designed to broaden dialogue by addressing disparities. We primarily educate and train African American faith leaders, providers, and other stakeholders about mental illness and share considerations about how it is manifested in the African American community. The hope is to create Mental Health Friendly Communities for African Americans impacted by mental illness.

You can visit justiceformileshall.org to learn more about the work to find justice for him and create change for families.

MHSA UPDATE

Thank you for your ongoing support in critical meetings to address mental health funding.

Because of the many letters of support county Behavioral Health Services has provided, some additional Mental Health Services Act (MHSA) funding for NAMI Contra Costa programs.

Because of the financial effects of the COVID-19 pandemic, the revised 2020-2023 MHSA Three Year Plan will not have a public hearing nor be presented to the Board of Supervisors for approval until August of September.

Current programs should be funded at current levels. However, few, if any, new programs are expected.

We will keep you apprised of further developments as they occur. Thank you for your involvement and support of NAMI Contra Costa endeavors, especially during these uncertain times.

Our Monthly St☆r of NAMI Contra Costa



Meet NAMI CC Board of Directors member, Barbara Scott

Barbara Scott became a Board Member in 2012 as the liaison with Mount Diablo Unified School District focusing on educational outreach, educating nurses, psychologists, counselors, teachers and parents on the resources NAMI CC provides. She runs MDUSD's Home and Hospital program for students that cannot attend school due to medical or psychiatric reasons and is a NAMI Basics teacher.

Barbara is a native San Franciscan. At her private girl's school and Cal State San Francisco she was active in sports and leadership. She received a degree in social work and worked at youth guidance centers and halfway houses focused on community work for low income communities, helping people to build confidence and set goals. She has a regular education teaching credential for the deaf and hard of hearing and taught preschool through high school for over 20 years. She obtained MAs in education and educational leadership and received an administrative credential and became a vice principal and program specialist and manager in special education, making sure students have the accommodations and modifications met in the school and equal access. One of the programs helped parents of students with mental health issues and that helped her understand more about mental illness.

Barbara learned to be a caretaker of her loved ones with mental illness at a young age. She is close with her entire family including her husband, two children, and five grandchildren whom she's very proud of. One of her children was dual diagnosed after he graduated college when Barbara was introduced to NAMI CC, took the Family to Family course, and started advocating for him. She realized that early intervention and treatment for grandparents raising their grandchildren can change a person's life and understands that parents need support for the grieving process that they go through. She and other NAMI CC members formed a group called the "NAMI Mommy's" who's children are all at different stages of their mental health diagnoses but who listen and support each other and are passionate about making the crisis resources available for other families to document records and advocate politically at every level.

Barbara stresses the importance of taking care of yourself through the mental health journey. She practices self-care through watching soccer, which she used to coach professionally, yoga, walking, meditating, praying and practicing daily gratitude. "There's going to be ups and downs along the journey but keep the faith because there's hope. I'm surprised that if 1 in 4 people are diagnosed with mental illness in their lifetime that more families aren't connected with NAMI CC. I wish more people would contribute to NAMI CC for the wonderful work they do."

Our Monthly St☆r of NAMI Contra Costa



Meet NAMI CC Volunteer, Caroline Dublet

Caroline Dublet, born and raised in Beauvais, France, learned English as a second language and received a degree as a bilingual personal assistant and worked for the director of a software company and later a Human Resources assistant for the European Space Agency. She is the middle child of two brothers and her father and mother were a doctor and nurse. She got married in Ireland in 1998 and had two sons, Omar, now 16 and Samy, 8. Her family was transferred to San Francisco due to her husband's software company job.

Caroline dreamed of becoming a musician one day so at the age of 39 she began playing the double bass guitar. After practicing every day, she accomplished her goal of being accepted into Diablo Valley College's Symphony Orchestra. She had never experienced mental illness before until the age of 44 when her dreams nearly shattered in a crisis and she thought life couldn't continue. When life turned upside down, she took time to practice self-care and never gave up.

After she had lived experience with mental illness and had successful treatment with medication, she decided she wanted to volunteer doing something meaningful to give back to the same community that had helped her to help other people. She was attracted to the therapist career because her family and friends always told her she was a good listener. Through NAMI CC, Caroline has been able to obtain mental health education skills and be a part of a compassionate community that can sit down and talk about their mental health without being judged, helping with projects in the office and socializing with other volunteers.

NAMI CC has helped her family restore a happy, healthy balance. "I really feel at home with NAMI CC because I am not different. I want to make a difference in somebody's life and give hope for the future that you can stabilize and live a normal life."

**NAMI CC Acknowledges
June As PRIDE Month**

An Interview with Executive Director Kiku Johnson of the Contra Costa County Rainbow Community Center



Kiku Johnson has been the Executive Director of the Contra Costa County Rainbow Community Center since February of 2020, but his work started long before that. Kiku, an open trans male and Michigan native, integrated his own personal transformation into his love for gender responsive and centered work. Kiku started transitioning four years ago, which he says, is a lifelong process for him.

Previously, Kiku worked at Girls Incorporated of Alameda County in direct service programming with youth then he moved into national programming, traveling across the country to address, reach and peak to gender binary and sexual orientation, gender identity and expression (SOGIE) themes. Being a trans person of color, his work expanded to meet the intersectional pain points those communities are facing. Noticing there was an identity culture expectation bias, Kiku started curriculum writing to understand that his work could impact, change and bring awareness to all gender identities. During his time working with One Circle Foundation, he authored a handbook funded by the CDC and supported by the New York Department of Health and Cornell University that is open source and can be accessed at this link: https://www.health.ny.gov/prevention/sexual_violence/docs/sogie_handbook.pdf. He presented and trained different sectors including juvenile justice, schools, domestic violence prevention, mental health and faith-based organizations on the language and expression of gender identity and sexual orientation, getting at the root of ongoing stigma and fear.

Kiku's first year with Rainbow Community Center marks the organization's 25th anniversary. In the early 80's the HIV/AIDS epidemic was rising and that brought along with it social justice for visibility of the LGBTQI+ community. The Rainbow Community Center has a strong community and board of citizens who were involved in the founding and implementation of what the center needed to be and how it needed to grow. Before that, it the LGBTQI+ community was a different movement which made it hard to feel affirmed or find a voice. Gay book stores were about the only central hub for people to have the conversation, in many parts of the country, to find and one another and have solidarity. Rainbow Community Center grounded in building a place where people could celebrate and bring joy to coming out in life, mitigate stigmas, advance mindsets and dispel fears.

Mental health is very important to the Rainbow Community Center, which has 23 responsive team members including clinicians doing the work in the community. Telehealth has made it possible to stay connected remotely to engage in exploring and healing through someone to listen to and understand what LGBTQI+ people are navigating through and contending with in the world. Many community members branch out and engage in support groups or become volunteers. The Rainbow Community Center engages youth that are seeking supportive and affirming environments and

the homeless population, who don't always get the support they need because of feeling at risk of being exposed or not feeling validated at home and in their communities.

Kiku shared the Rainbow Community Center is responsive ongoing to the COVID-19 pandemic and plans on hosting a virtual PRIDE this year, and hopes that if young people feel isolated and not accepted that they will join. He is proud to see that for the first time on June 1, the City of Clayton, being the 18th of 19 cities in our county, will raise the PRIDE flag. He hopes that people of color and the marginalized people represented in the LGBTQI+ letters are reflected. The Rainbow Community Center is presently providing safe spaces to everyone from youth to older adults on virtual Zoom support and entertainment groups.

The Rainbow Community Center is continuously expanding to identify and educate allies within the most stigmatized communities and elevate LGBTQI+ topics. They value cultural humility and work with effective allies and members of society who advocate for social justice, equality, fairness and respect for marginalized populations including NAMI Contra Costa. In the not so distant future, the Rainbow Community Center would love to help build an LGBTQI+ commission in Contra Costa County to unify visibility, representation, and elevate programs together.

The best ways to get involved in the Rainbow Community Center are by being a community volunteer or a steward of education by becoming familiar and enrolling in their Virtual LGBTQI+ 101 and 102 trainings to educate and impact other staff, family and community members, accessible to people who can be a representative of inspiring forward education. "We've come so far. 25 years ago, I wouldn't be allowed to have the voice I have now," Kiku said.



THE UPS AND DOWNS OF COVID-19: COPING WITH THE NEW NORMAL

The recent global pandemic has turned our world upside down. NAMI Contra Costa continues to provide support for coping with the new normal.

Wellness is being in good physical and mental health. Wellness has eight unique dimensions: emotional, financial, social, spiritual, occupational, physical, intellectual and environmental. It should be emphasized that wellness is not the absence of illness or stress, showing that we can still strive for wellness even when we're experiencing challenges.

Maintaining Purpose Through Self-Care:

- ◆ Pleasure—This is different for different people. We may need to experiment to find out what experiences and activities we enjoy.
- ◆ Accomplishments—We feel good when we complete a challenge, learn a new skill, make something or reach a goal.
- ◆ Personal Values—Each person has some rules or guiding principals that describe what a good person does and doesn't do. These may come from our family, our own experiences, our culture or our own spiritual beliefs.
- ◆ Personal Strengths and Goal Setting—Focusing on strengths rather than weaknesses and overcoming challenges. Creating a vision board for the future despite the odds against you.
- ◆ Being Kind to Ourselves and Others—It goes a long way! An act of kindness a day can boost your immune system and provide fulfillment.

REACHING OUT TO CONTRA COSTA COUNTY'S MOST IN NEED DURING COVID-19



NAMI Contra Costa teamed up with the Church 4 Me in Antioch to do homeless outreach work during COVID-19. Everyone practiced social distancing and safely while distributed face masks, lunches, other toiletries and essentials and a word of encouragement. We were greeted with many "Thank you's" and "God bless you's." We appreciate the donation of face masks from Supervisor Michoff's office for the souls of our community impacted by mental illness. This is an ongoing effort.

GO SCOUTS!



Did you know Brownies are learning about Mental Health Awareness?

This month, NAMI CC Board member Susan Horrocks was asked to ZOOM with a Brownie Scout Group and talk about mental illness. They discussed feelings, emotions, respect and talked about what to do if you feel unhappy. The girls, ages 7-8, responded with remarkable insight and understanding.

NAMI Basics teacher, Jocelyn Schneider, shared this terrific Feelings Wheel. We ended the session with a calming, breathing exercise. It is never too early

REAP THE BENEFITS WITH A NAMI CC MEMBERSHIP



COVID-19 and Stay at Home orders have created difficult situations for so many families. Many are turning to NAMI CC for help. Our office is working overtime on calls and requests for services and support. We need you now, more than ever, to keep up your memberships!

Help our volunteers by sending your renewal at least one month before your expiration date. The date is printed on your newsletter mailing label. Join or renew on our website, www.namicontracosta.org or use the form on the back of this newsletter and mail your check to NAMI CC, 2151 Salvio Street, Suite V, Concord, CA 94520.

Membership Categories:

Choose the one that is the best fit for you and your family.

\$40—Regular

\$60—Household

\$5—Open Door (No questions asked.)

All memberships also include a membership to NAMI National and NAMI California.

REMINDER TO SUPPORTERS— YOU ARE NOT INVINCIBLE, AND THAT'S OK



By Emma Griese,
NAMI Contra Costa volunteer

When you have designated yourself as a pillar of support for your loved one, it is easy to give yourself over to them and their needs. As someone who has been a rock for several friends going through dark times, I know how this can take a serious toll on the supporter.

It is important to take care of yourself when helping your loved ones through their struggles because you are taking on high amounts of stress. In my experience, I have taken on the stress of my loved ones in an attempt to relieve them of some of their own burdens. I have put myself out while trying to make the weight that they carry seem more bearable. Knowing the intimate details of my loved ones' struggles have also caused me to be on high alert at all times, censoring and decrypting everything that my loved ones might be engaging in or who they might be engaging with to ensure that they won't be triggered into an episode. Also, whenever that little voice in my head questioned whether what I was doing was healthy, I could justify my behavior with a simple "I care."

These tendencies, if not attended to, can become habits. These kinds of habits, causing us to worry and obsess over our loved ones is not healthy and does not make us the best supporters we can be.

Here are some things that I try to remind myself when I'm supporting my loved ones:

1. It is not my responsibility to fix them.

Too often we believe that helping our loved ones means fixing all of their problems. We do not have the tools to do that and should consequently not set expectations of ourselves so high. We can listen, we can love, we can support, and we can help navigate treatments, but we cannot cure.

2. I am not to blame for their choices.

We often blame ourselves if anything goes wrong in our loved one's lives because we feel it is our responsibility to take care of them and protect them, even from things out of our control. The burden of the choices that our loved ones make are not our burden to carry. We cannot control them.

3. I cannot resent my loved ones for the stress I feel while supporting them.

My loved ones and their struggles are not as fault for how I act and react. I have struggled with resenting my loved ones for the stress and heartache they have put me through but have come to realize that they have never forced me to feel the way that I feel. They confide in me and rely on me and I am the one who responds. I am accountable for my own feelings and reactions.

4. I do not need to take on this responsibility alone. I can ask for help.

When we take care of and support our loved ones we feel important and strong because we are being relied upon and delivering. It is important to remember that the unconditional love and support we give endlessly to others affects us. We can't do it all on our own. Everybody needs help sometimes and it is OK to ask.

5. I should not be ashamed if I need to be supported as a supporter.

As supporters, we are not invincible. We set an unreasonable expectation that we can continue on unaffected by our loved one's struggles without receiving adequate support ourselves. Reach out to others and let them in. We cannot be the supporters our loved ones need without having our own support system.

“CROSSROADS”

A poem by Roberto Roman of the NAMI CC Writer's Group.

Sometimes the darkest roads are the easiest to travel.

No need to worry about where I'm going—I can't see anything anyway.

If I roll into a ditch,

There's no one to see me push out of the mud.

If I get a flat,

No one to see how clumsily I change tires.

If I run out of gas,

No one to tell me I should have filled up at the last station.

But if it starts raining,

No one to lean against while waiting for the tow truck.

If the battery goes out,

No radio to listen to.

No music.

No words.

No light.

Nothing.

Just silence.

As the sun's first hue caresses the eastern sky,

I leave the jalopy behind me and set off afoot.

After a while, I stumble onto a crossroads:

Roads leading as far from each other as my eyes can traverse.

Do I go right?

Left?

Do I keep going the way I'm going?

It's too far to go back.

What do I do?

In the midst of my confusion, a figure emerges ahead of me.

She looks as weary as I am.

“Where did you come from?” I ask.

“Long story. Where are you going?”

“Not a clue.”

A conversation ensues

As we walk along the only road that daylight seems to be grasping.

BECOME A NAMI CC VOLUNTEER TODAY!



Welcome to NAMI Contra Costa to people interested in volunteering four hours or more a month within the Family Volunteer Support Network (FVSN) on any of our supportive network committees.

We would like to extend the invitation to get involved if you want to reach out and inspire hope and help in yourself and other families. Your lived experience can make a difference.

After becoming a volunteer, you initially will go through five training modules which will help you learn more about NAMI CC history, the behavioral health system in Contra Costa County, mental health and wellness, psychological disorders and multiculturalism. Once your application is filled out we can notify you when the trainings will start.

In English, Spanish and Mandarin, committees available to volunteers include FVSN, Fundraising, Mental Health Advocacy, Conferences, Front Office and Administration, Database, Family Support, FaithNet, Crash Course Seminar, In Your Own Voice Speakers, Support Group Facilitator, Signature Programs Teacher, Social Media, Hospitality, Membership, and Transitional Age Youth Suicide Prevention.

Call the office at 925-942-0767 or e-mail info@namicontracosta.org today

NAMI DONATIONS

Donations		
Keith & Marjorie Riley	Stephanie Salas	Douglas Dunn
Sandra Moriarty	Suzanne Tavano	Lihua Yang
Robert Moisoff	Barbara Serwin	Rosemary & Anthony Salamack
Milo Yoshino	Kathy Mailbaum	Joyce Aldana
Mujahidun Sumchai	Christine Horley	Erma Martin
Melissa Montoya	William & Suzanne Lingo	Ashley Ciullo
Eileen Cowden	Sara Norwick	Sean Kleen
Susan Staten	Andrew Belisle	Laurie Shapley
Clare Beckner	Elizabeth Swanson	Amelia Wilson
Mae Bragen	Sumi, Espen & Eric Dahlen	Karen Cohen
Susan Horrocks	Sara Norwick	Josue M. Guillen
Kay & Richard Derrico	Amy Tingey	Joanne Bourland
Georgie Stathis	Jo Fetterly	Jo & Joseph Macaluso
Joe Warren	Ling Cheng	Thomas O'Connell
Judy Bracken	Anne Hickey	Gillian Carter
Margaret Netherby	Eugene Shulting	Anonymous

Special Recognition
Alexander Leff

Company Donations	
PG&E—Employee Match	John Muir Health
Everyone who donated on Facebook	Ameriprise (Employee Program)
Everyone who donated on Amazon	Kaiser Permanente
Chevron Employee Match	Bank of America (Employee Program)

In Memory of Myra Harrison
Art Honegger

In Memory of Eric Meiser
David & Lara Meiser

In Memory of Dolores Lerma
Roy, Jo & John Fetterly

In Memory of Miles Hall
Gigi Crowder Eugene Durrah

If you lost a loved one, and would like to direct funds to NAMI Contra Costa, please contact Jo Fetterly at jojac6996@gmail.com



THE NAMI CONTRA COSTA BLOG



A place for NAMI CC volunteers and community to share their lived experience or words of inspiration to help others. Bookmark and read for latest posts.
<https://namicontracosta.blogspot.com>

FAMILY ADVOCATE
Bob Thigpen
925-957 5139

robert.thigpen@hsd.cccounty.us,
Bob Thigpen is the
County's Family Advocate.
You can talk directly with him at the Crash Course. (925-676- 5771) xnamicc@aol.com

Stamp

To:



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APPLICATION FOR MEMBERSHIP
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Make check payable to NAMI Contra Costa
Complete this information and please return to:

Treasurer
NAMI Contra Costa
2151 Salvio Street, Suite V
Concord, CA., 94520

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Address _____
City _____ Zip _____
Phone _____ Cell _____
Email Address: _____

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