Revised:
March 6, 2018
Welcome to Contra Costa’s CRASH COURSE on Mental Illness
Goals of this Training

- County Mental Health services
  - Types of services available
  - Who can access these services
  - How to access these services

- Mental Health Holds
  - Different types
  - Who can/how to initiate one
  - What happens when a hold is initiated

- Impact of untreated mental health issues
- Where to go for additional resources
Mental Health Advocacy

NAMI Contra Costa
CRASH COURSE

Five Sponsors

Contra Costa County
BEHAVIORAL HEALTH SERVICES
Administration
George & Cynthia
Miller Wellness Center
BEHAVIORAL HEALTH

FAMILY JUSTICE CENTER
SERVING • CONNECTING • EMPOWERING

National Alliance on Mental Illness

Contra Costa Crisis Center
CRASH COURSE

Workgroup Partners & Volunteers

Robert Thigpen

Greg Beckner

Kimberly Krisch

Charles & Sharon Madison

Lela Clark

Dave Kahler & Peggy Harris
Whenever you go to a university or college they start you with an Orientation!
This is the orientation to the mental health system.
The Crash Course Information Packet

E mail: dk122932@aol.com
Phone: 925-676 5771  567 6109
Website: mhcrcrashcourse.org

The NAMI Website: namicontracosta.org

Free Resources for Family Members Who Have Loved Ones Living With Mental Health Conditions or Mental Illnesses

Crash Course On Mental Illness Every Wednesday, 6:00-8:10.
An overview of mental health services offered by County Mental Health, NAMI CC, Miller Wellness, & Family Justice Center. Open to the public; all welcomed. No reservations required. 3151 Solano St. #201, Concord. Information 925-676-5771, dk122932@gti.com. Verified 7/26/16

NAMI Family-to-Family—A NAMI Signature Program. 12-week, educational course on mental illness for families who have loved-ones with mental illness. Meets weekly. Also available to Spanish and Mandarin speaking community; the African-American community; and the Veterans' community, including active duty military personnel. Contact Natty familiumemail.com or call Natty at (925) 244-0873. Verified 1/12/16

NAMI BASICS—A NAMI Signature Program. 8-week, educational course on mental illness for parents and caregivers who have children or adolescents living with mental illness. Contact Natty familiumemail.com or leave a message on the NAMI CC answering service 925-943-0787. Verified 1/21/16

NAMI Family Support Group—1st Monday of the month - 7:00 PM to 9:00 PM, Wawasee Creek Campus of John Muir Hospital, 1020 Wawasee Valley Rd, Walnut Creek, classrooms in Emporia One. Contact 925-316-9640 or 925-676-5771. Verified 1/26/16

NAMI West County Support Group—2nd Wednesday of the month - 6:30 PM-8:00 PM, Kaiser Permanente Medical Center of San Rafael, 914 Novato Ave., Conference Room 1, Psychology/ Psychiatry. RSVP by 916-390-5699 or 916-390-5699. Contact 510-247-9277/office@family-familiumemail.com. Verified 7/26/16

NAMI Marinade Family Support Group—2nd Saturday of each month, 10:30 AM to noon, Danville Chinese Baptist Church, 2275 San Ramon Valley Blvd., San Ramon, CA 94583. Information 925-334-6200 or info@miamarin.org. Contact 925-334-6200. Verified 7/26/16

NAMI Spanish Language, Family Support Group: Pittsburgh-based Thursday of the month, 7:00-9:00 PM, Church of the Living God, 3113 Harbor Blvd., Huntington Beach. Cross Streets-12th and Seta Fp. Faith-based. All treeds welcomed! Veronica (925) 250-4302 or defratafamil@ymail.com

West County Host support group in Spanish in West County until further notice. For more information, contact Veronica Mc Kinna (925) 250-4302
drfatsa@ymail.com. Verified 7/22/16

NAMI Nice Hope Support Group—Second Monday of the month - 7:00 PM to 9:00 PM, for parents of children, adolescents and transitional aged youth with mood or neurobiological disorders (Bipolar, OCD, schizophrenia). Formal diagnosis not needed. Lafayette-Oakland Presbyterian Church, Room D4 49 Knox Drive, Lafayette. Christina Smeder (925) 859-0882 or christina338@gmail.com. Call before attending. Verified 1/21/18

Writers' Group—See Page 2 for information.

Re-Connected—See Page 2 for information.

Open Our Hearts Family Member Support Group—For family members of adults with mental illness. All faiths welcomed 4th Monday of each month, 7:00PM- 8:30PM Located at Temple Beth, 795 Rial Rd., Lafayette (on the Talmud Torah Center, Room 201), Drive across parking lot, turn left at the Day School and drive down the hill to the first building on the right. Call Karen at (925) 940-1272 or karen@meslaken.com www.openourhearts.org. Note: This is not a NAMI program. Verified 1/27/16

NAMI Support Group for Parents of Adult Children With Mental Illnesses—3rd Thursday of the month, 7:00 PM, San Ramon Valley United Methodist Church, 802 Daniel Rd., Alamo, Family Room, on right side of church as you look at the building. Contact Karen (925) 820-7495 or karen@comcast.net or Marilyn Clark 925-887-2423. Verified 1/16/16

next page for Free Resources for Those Who Live With Mental Illness or Mental Health Conditions
Components of the Mental Health System

Mental Health Consumer

TREATMENT

Specialty Mental Health Clinics

5150 LAWS

Conservatorship

Rehabilitation

LPS

Therapy

Mental Health CRISIS

Psychiatrist

STIGMA

Criminal Justice BHC

HOPE

Community

Family

Member

Patients’ Rights

Advocate

Psychiatric Emergency Services (PES)
Levels of Mental Health Services
Mild/Moderate

- Can hold down job/housing
- Maintain hygiene
- Maintain relationships

Services **not** available through County Mental Health if mild/moderate.
Moderate/Severe

Required to be moderate/severe to be client of County Mental Health services

Eg:
- Not able to get out of bed
- Can’t hold down a job
- Can’t hold down housing b/c of mental health challenges
3 Adult Clinics

OTHER CONTRA COSTA HEALTH CENTERS

Information for all clinics
(877) 905-4545

1. Antioch Health Center
   3505 Lone Tree Way, Antioch
   Appointments (800) 495-8885

2. Bay Point Family Health Center
   215 Pacific Ave., Bay Point
   Appointments (800) 495-8885

3. Brentwood Health Center
   171 Sand Creek Road, Suite A
   Brentwood
   Appointments (800) 495-8885

4. Concord Health Center
   3052 Willow Pass Rd., Concord
   Appointments (800) 495-8885

5. Contra Costa Regional Medical Center
   2500 Alhambra Ave., Martinez
   Information (925) 370-5000

6. Martinez Health Center Building 1
   2500 Alhambra Ave., Martinez
   Appointments (800) 495-8885

7. North Richmond Center for Health
   1501 Fred Jackson Way (Formerly Third St.), Richmond
   Appointments (800) 495-8885

8. Pittsburg Health Center
   2311 Loveridge Rd., Pittsburg
   Appointments (800) 495-8885

9. West County Health Center
   13601 San Pablo Ave., San Pablo
   Appointments (800) 495-8885

DIRECTIONS

CONTRA COSTA REGIONAL MEDICAL CENTER & HEALTH CENTERS

2500 Alhambra Avenue
Martinez, CA 94553

From East and Central County
Take Highway 4 toward Martinez
Exit Highway 4 at Alhambra Avenue
Turn Right at Stop Light at Exit
Medical Center is 1 mile down on left
hand side at B Street.

From West County
Take I-80 East
Exit I-80 at Highway 4 East towards Martinez
Exit Highway 4 at Alhambra Avenue
Turn left at Stop Light under Freeway
Medical Center is 1 mile down on left
hand side at B Street.

BUS SERVICES
Bus Services from all locations is available.
Schedules are available at the Hospital and
all Health Centers.

The County Connection bus stops at the
corner of Alhambra and “C” Street, adjacent
to the hospital.
25 Allen Street
Martinez, CA 94553
Phone: (925) 313-7940
Fax: (925) 646-9997

Miller Wellness Center
Behavioral Health

Monday – Friday
12:00 to 9:00 p.m.
* Doors lock at 8:15 p.m.

Saturday
8:00 a.m. to 5:00 p.m.
* Doors lock at 4:15 p.m.

Closed Sundays and all major holidays.

925-313-7940
Miller Wellness Center – Behavioral Health

- A “Walk-In” Transitional Outpatient Behavioral Health Treatment Clinic – “Bridge Clinic”
  - Persons *not* currently connected to mental health services
  - Medication refills for persons with appointments months out
  - Clients participating in other County Medi-Cal Treatment Programs
  - Short term services up to 60 days to address immediate issues

- Persons **Meet with A Psychiatrist**, LCSW, CSWs, and RN
  - Same day or short term appointments
Levels of Mental Health Treatment I

- **OUT-Patient Treatment** - Medicare
  - Partial Hospitalization Program (PHP)
    - 5-Day Intensive Therapeutic Services
    - Psychiatric Evaluation / Assessment
    - Individualized Treatment Plan

**Program Objectives**

- Prevent hospitalization
- In-patient hospitalization alternative
- Reduce symptoms and relapse
- Stabilize by reintegrating into the community

Portia Bell Hume Behavioral Health & Training Center
1333 Willow Pass, CONCORD
Phone: (925) 825-1793
Levels of Mental Health Treatment II

- **OUT-Patient Treatment** – For the **Moderate to Severe** patients.

  - **Adult** Mental Health Clinics – East, Central & West Co.
    - Referrals from PES, Acute Care (4C), Mental Health Access Line, Miller Wellness Center Behavioral Health

  - **Children & Adolescent** Mental Health Clinics - East, Central & West Co.
    - Referrals from PES, Acute Care (4C), **Mental Health Access Line**, Miller Wellness Center - Behavioral Health

  - **George & Cynthia Miller Wellness Center** – Behavioral Health
    - **Walk-in Transitional Clinic for Adults, Children and Adolescents**
MILLER WELLNESS CENTER

Behavioral Health

Directly across the street from

Psychiatric Emergency Services (PES)

Medical Emergency Department (ED)
Out-Patient Mental Health Treatment

➢ Contra Costa County Behavioral Health Access Line

➢ Important: This is the door to County MH Services

➢ Access Line: (888) 678-7277

➢ Toll Free # - Link to Medi-Cal Mental Health Provider Network

➢ Collocated Behavioral Health Services AOD + MH + Homeless

➢ At each of the Clinics
Crisis Residential
(short term)
Crisis Residential Facility (CRF)

Crisis Stabilization

➢ Where persons can stabilize mental health symptoms and return to their previous level of functioning in the community.

➢ Referral of Medi-Cal CCHP patients from PES and Acute Care 4C to CCBHS Transition Team

* Opened 2014
Crisis Residential Facility (CRF) II

Telecare Corp.
Contra Costa Hope House
300 Ilene Street, MARTINEZ

Anka Behavioral Health, Inc.
Nierika House
1959 Solano Way, CONCORD
Crisis Residential (long term)
Board and Care

“I want to go back to Crestwood. I felt safe there and knew that I would have a plan for after I left and that I would know what I would do after I left.”

Client
Crestwood Center at Napa Valley
Behavioral Health ACCESS Line: Mental Health & Substance Use Resources 1-888-678-7277

The Behavioral Health ACCESS Line is the Mental Health and Substance Use Disorder resource line for Contra Costa County.

We are open 24 hours a day, seven days a week.

For non-urgent calls, it is best to call during regular business hours: 8am-5pm, Monday-Friday, except Holidays.

Interpreters or staff are available for ALL languages.

Behavioral Health ACCESS Line 1-888-678-7277

What does the Access Line do?

- Complete telephone screenings to determine appropriate care and referrals
- Provide Medical authorization to Network Providers
- Assist with mental health emergencies or crisis situations
- Linkage to a Substance Use Counselor
- Linkage to Homeless/housing resources

Who is eligible for services?

- Anyone can call to be screened and to request information about community mental health, substance use, and homeless/housing resources
- Eligibility for services will be determined as part of the screening process
Hospitalization
Contra Costa Regional Medical Center - The County Hospital
Psychiatric Emergency Services (PES)
About 800 people a month pass through the CIT Training.

About 900 persons each month pass through the PES.

60% are evaluated and then sent on their way in 2 to 5 hours.
Diagnosis

How does someone get a diagnosis?
The Doctor arrives at a diagnosis based on subjective observations of the subject’s behavior. And reports from family and staff. The DSM may be used
DIAGNOSTIC AND STATISTICAL MANUAL OF MENTAL DISORDERS
FIFTH EDITION

AMERICAN PSYCHIATRIC ASSOCIATION
Types of Mental Health Holds
## Mental Health Holds

<table>
<thead>
<tr>
<th>Code</th>
<th>Timeframe</th>
</tr>
</thead>
<tbody>
<tr>
<td>5150</td>
<td>Up To 72 hours from the time the officer or licensed clinician wrote the incident up.</td>
</tr>
<tr>
<td>5250</td>
<td>Up to 14 Days</td>
</tr>
<tr>
<td>5260</td>
<td>Up To 30 Days</td>
</tr>
<tr>
<td>T. Con. (Temporary Conservatorship)</td>
<td>Up to Six Months</td>
</tr>
<tr>
<td>Permanent Conservatorship</td>
<td>Up To One Year</td>
</tr>
</tbody>
</table>
Summary of Lanterman-Petris Short ACT (LPS)

- **WIC 5150** - Up to 72-Hour Hold
- **WIC 5250** - Up to 14-Day Hold
- **WIC 5260** - Up to 30-Day Hold

Temporary Conservatorship (T-CON)
- Permanent Conservatorship (Up to 1yr term)
Check with your supervisor to find out what your agency policies and procedures are regarding initiating a 5150 with a client!
1. Mental Health

"CRISIS"

5150 Criteria

1. Danger to Self
2. Danger to Others
3. Gravely Disabled

3.

Peace Officers
Police
Sheriffs

2.

911

ONE PAGE Summary
to Sheriff and Ambulance Personnel
When a person as a result of a mental health disorder, is a danger to others or to himself or herself, or gravely disabled, a peace officer, . . . May upon probable cause take the person into custody for a period of up to 72 hours for assessment, evaluation, and crisis intervention . . .

without being detained, he or she shall be provided evaluation, crisis intervention, or other inpatient or outpatient services on a voluntary basis. Nothing in this subdivision shall be interpreted to prevent a peace

Asterisks (***): Denote Text Deleted by Legislation

This is an actual copy from the penal code.
AB 1194

- AB 1194 adds two significant new criteria for a 5150. In addition to:
  1. Danger of harm to self
  2. Danger of harm to others
  3. Grave Disability
- AB 1194 explicitly requires that law enforcement, clinical evaluators, and discharge personnel:
  4. Actively consider the person’s mental health history.
  5. Not limit themselves to just considering danger of imminent harm.

Governor Brown signed into law October 7, 2015
Effective January 1, 2016
is found to own, have in his or her possession or under his or her control, any firearm whatsoever, or any other deadly weapon, the firearm or other deadly weapon shall be confiscated by any law enforcement agency or peace officer, who shall retain custody of the firearm or other deadly weapon.
Suicide Prevention

- Facts About Mental Illness and Suicide
  - According to NAMI National (www.nami.org)

- American Foundation for Suicide Prevention (www.afsp.org)
  Research       Advocacy       Education
Suicide Assessment and Prevention Trainings

Email jaime.jenett@hsd.cccounty.us for more details
Suicide Prevention III
If you or someone you know is in an emergency, call . . .

**911**

Contra Costa Crisis Center – Suicide Hotline
(800) 833-2900

National Suicide Prevention Lifeline
(800) 273-8255
LPS Conservatorship – Guardianship I

- Process Starts in ACUTE CARE Facility with Psychiatrist
  - Patient deemed “Gravely Disabled” –
    - Patient considered highest level of vulnerability
  - Patient is unwilling to accept psychiatric treatment voluntarily
  - Referral made to CCBHS Public Guardian’s Office for Temporary Conservatorship (T-CON)
  - Acute Care Facility Chief/Director signs
  - T-CON authorizes facility to make decisions for psychiatric care and treatment for 30-45 days (Can be up to 6 months)
Probate Conservatorship

NOT used in psychiatric Cases

LPS Conservatorship
Lanterman Petris Short

Authorizes psychiatric Care
The Conservatorship / Public Guardianship Program

Contra Costa Health Services
Conservatorship / Public Guardianship Office
1111 Ward Street
3rd Floor
Martinez, CA  94553
Phone:  (925) 646-2791
Fax:  (925) 646-2853

Linda Arzio,  Program Supervisor

* Located across from Martinez Detention Center - Jail

925-646 2791
CoC Training on Conservatorship

CoC Training on Conservatorship
June 13, 2018

Email jaime.jenett@hsd.cccounty.us
for more details
Laura’s Law

This is the Front Page of the NAMI April Newsletter

The Nine Points
Contra Costa ACTiOn Team
*A Program of Mental Health Systems

2280 Diamond Blvd. #500
Concord, CA 94520
(925) 483-2223
What is AOT?

- Assisted Outpatient Treatment, also known as Laura’s Law, offers **court ordered** treatment to individuals who qualify for the service.

- AOT provides an added layer of support through the court’s monitoring of engagement with the program.

- AOT is a **civil process** (not criminal)- consumers do **not** have the threat of jail or other punitive actions for noncompliance; rather, this is an added layer of support for consumers who are otherwise resistant to treatment.

- The referral process for AOT is highly structured and regulated
  - All referrals go through CCCBHS for initial investigation and processing
  - Once the consumer has enrolled in services (voluntarily or by court order), all services are provided by the Contra Costa ACTiOn Team.
Scope

- The Contra Costa ACTiOn Team is the treatment provider for individuals who qualify for Laura’s Law (AB1421).

- This program is a collaborative effort between Mental Health Systems and CCCBHS to provide AOT (Assisted Outpatient Treatment).

- Two aspects of service:
  1. How people get into the program *(the population we serve)*
  2. The service they get once they are enrolled *(service delivery)*
Population  
*(How clients get into the program)*

Clients must qualify for Laura’s Law:

- Adult with a serious **mental illness**
- Unlikely to survive safely without supervision—due to **mental illness**
- Seriously **deteriorating** (gravely disabled)
- Service would be the least restrictive care necessary
- Mental health problems have resulted in at least one of the following:
  - **Hospitalized** or **detained** at least twice in the last 36 months;
  - One or more **threats of serious violence** in last 48 months
- Has been offered services but repeatedly fails to engage
- Is **likely to benefit** from the services offered
Service
(The service they get once enrolled)

- Assertive Community Treatment
- **Multi-disciplinary** treatment team includes:
  - Psychiatry
  - Group & Individual Counseling
  - Independent Living Skills
  - Vocational Rehabilitation
  - Social Support & Community Connection
  - Housing support
  - Family support
  - Case Management

- **24/7** Supportive Response

- Harm-reduction model highlights client **strengths** and encourages clients to be the driver of treatment

- **Intensity**: clients are seen on average 4 times per week for up to 2 hours per week
Thinking about referring someone?

1-888-678-7277
https://cchealth.org/mentalhealth/lauras-law.php

1-888- 678 7277
ALCOHOL AND OTHER DRUGS

Toll Free: 1-800-846 1652
The Many AOD Phone Resources.

When you print this sheet out at home, You will find the numbers legible.
Alcohol and Other Drug Services

- Is your client affected by the use of alcohol and other drugs?
- Need to access outpatient counseling, residential treatment, detoxification, and support groups for men, women, families and youth.
- Addicted to prescription drugs?
If you need to talk to a substance abuse counselor or need information about AOD (Alcohol and Other Drugs) Treatment Resources

Toll Free: 1-800-846 1652
Impact of Untreated Mental Health Issues
The Martinez Detention Facility

The Martinez jail is the largest mental health facility in the county!

The Los Angeles County Jail is the LARGEST Mental health facility in the world
Criminal Justice System II

Mark A. Peterson, District Attorney
mpeterson@contracostada.org
900 Ward Street
4th Floor
Martinez, CA 94553
Phone: 925-957-2200
Fax: (925) 646-4445

Greg Chiarella
Deputy District Attorney
gchiarella@contracostada.org
Mental Health Litigation

Hours
8:00 am - 5:00 pm
Monday - Friday

925-957 2200
Probation

Potentially A Positive Development

925-313 4000
Criminal Justice System V

- Behavioral Health Court (BHC)
  - Intensive clinical case management program
  - Evidence Based Model – Launched in 2009
  - 20 to 25 Dual Diagnosis clients
  - Clients transition to long term mental health treatment program post graduation

Contra Costa County
Behavioral Health Court (BHC)
835 Castro Street
Martinez, CA 94553
Phone: (925) 646-1154
Fax: (925) 335-8010
E mail: mwilson@hsd.cccounty.us

Behavioral Health Court (BHC)
Martha “Marti” Wilson, PhD, Team Lead – Forensic Mental Health (right) with and Judge Mary O’Malley (Left)
At this point it is important for you to understand the financial aspects of the system and how they drive decisions.
Monthly Costs:

Acute Care Ward 4C: $44,880.

Sub Acute Facilities: 8,580. 19%

State Hospital: 15,210. 33%

Martinez Detention Facility 1,830 4%
A Major Reason

1955: 340 beds per 100,000
2010: 14 beds per 100,000

Note: 50 beds per 100,000 is a minimum
Total:
Behavioral Mental Health Budget
$193 Million

$43 Million from MHSA
Plus money from Realignment and Federal Reimbursement (Medi-Cal)
Results in:

15-20 Million Shortfall

Paid from County Funds
Number Of Persons Served Annually:

Total: 9453
Adults: 7863
Children: 1590
Other Resources
Consumers Self Help Center
Advocacy · Peer Support · Education

Office of Patients’ Rights
Sacramento · Yolo · San Joaquin · Contra Costa

Bernadette Banks
Program Director
Phone: (925) 293-4942 x100
bbanks@consumersselfhelp.org

1350 Arnold Dr. Ste 203
Martinez, CA 94553
Toll Free: 844-666-0472
Fax: (925) 387-0968
Office of Patients’ Rights
Serving Contra Costa County

925-293-4942  844-666-0472
Recovery Innovations International

925-363 7290

Director: April
RAP Plan
Monday:
9:30 am to 12:00 Noon
Handbook Supplied
Bob Thigpen is the County’s Family Advocate. He is an employee of the county with a wealth of information. You can talk with him at the Crash Course which is every Wednesday night (925-676-5771) crashcoursehelp2aol.com

Bob’s Phone Number: 925-957 5139
Work:
“A real, paying job is the most effective form of therapy possible.”
Recovery Through Work

VOCATIONAL SERVICES  925-288 3973

Vocational Services may be able to help you or a loved one enter the workforce, return to work or find a more suitable job.

You are eligible if you are a part of one of the following groups:

- Receives on-going care from Contra Costa County Adult Mental Health Services.
- Receives on-going Mental Health treatment from the Concord Health Clinic, Richmond Health Clinic or Pittsburg Health Clinic.
- Is currently in a Contra Costa County Alcohol and Other Drug Services residential treatment facility.
Elena Eagan, M.S., C.R.C.
Mental Health Vocational Services Coordinator
Contra Costa Mental Health Vocational Services
1430 Willow Pass Rd. Suite 230
Concord, CA 94520
Ph 925-288-3973
Fax 925-646-5518
eegan@hsd.cccounty.us

925-288 3973
MISSION

Bring together our community to support the healing of family violence survivors, and to integrate capable partners with a comprehensive service approach to renew individuals and our community from a trauma of family violence.
Advocacy - Veterans

Veterans Support Services – Benefit Support

U.S. Department of Veterans Affairs
Department of Defense
California Department of Veterans Affairs

➢ Comprehensive benefit counseling
➢ Claim development, preparation & submission
➢ Case Management
➢ Networking with federal, state and local agencies

Information & Referrals

Crisis Intervention  Social Security
Public Assistance  Homeless Services

925-313 1481 Nathan Johnson

Contra Costa County
Veterans Service Office
10 Douglas Drive, Suite # 100
Martinez, CA  94553
Phone: (925) 313-1481
Fax: (925) 313-1490

Nathan D. Johnson
Veterans Service Officer

California Department of Veterans Affairs
Department of Defense
U.S. Department of Veterans Affairs

Veterans Support Services – Benefit Support

Comprehensive benefit counseling
Claim development, preparation & submission
Case Management
Networking with federal, state and local agencies

Information & Referrals
Crisis Intervention  Social Security
Public Assistance  Homeless Services

925-313 1481 Nathan Johnson

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California Department of Veterans Affairs

➢ Comprehensive benefit counseling
➢ Claim development, preparation & submission
➢ Case Management
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Information & Referrals
Crisis Intervention  Social Security
Public Assistance  Homeless Services

925-313 1481 Nathan Johnson
Advocacy – Clubhouse Members

Putnam Clubhouse

- Mental Health Social & Vocational Rehabilitation Program

- Program participants called “members” share ownership and responsibility for the success of the organization – called “The Clubhouse.”

- Recovery from serious mental illness is achieved at the Clubhouse through restorative work and work-mediated relationships with fellow members and a small staff.

- Members spend the day in an accepting environment, performing valuable work to support running the organization, enjoy opportunities to socialize, learn and grow through wellness activities, expressive arts, education and paid employment assignments.
Recovery Innovations International

925-363 7290

Director: April
RAP Plan
Monday:
9:30 am to 12:00 Noon
Handbook Supplied
Advocacy – Mental Health Consumer

Recovery Innovations International

- Mental Health Wellness & Recovery Program

- Program participants or “Citizens” embark or expand on their mental health recovery journeys in Wellness City communities

- Those new to the journey learn to identify personal strengths and challenges

- Wellness coaches work alongside supporting citizens to develop personalized plans, learn new skills and set goals.

Recovery Innovations
2975 Treat Blvd., Suite C-8
Concord, CA 94518
Phone: (925) 363-7290
Fax: (925) 691-5643
Rainbow Community Center
Rainbow Community Center

- RCC is located at 2118 Willow Pass Road in Concord CA

- Our founders wanted to develop programs to reduce isolation of LGBTQ people; provide a space for community development; and serve as an alternative to gay bars

- RCC is the only community center serving the Lesbian, Gay, Bisexual, Transgender and Queer (LGBTQ) community in Contra Costa County
Myths About Suicide

Author: Thomas Joiner
Night Falls Fast

Author: Kay Redfield Jamison

Author of:
“An Unquiet Mind”

Best selling book in the mental health field.
Managing Suicidal Risk

Author: David A. Jobes
NAMI Monthly Newsletter
Distributed
The Early Part of Each Month
Mailed FREE
To Paid Members
If You don’t remember anything else . . .
Remember what is on the next slide!
At the top of Each Newsletter
The Family to Family classes will be in Lafayette and Brentwood.
NAMI Contra Costa II

- NAMI Website [www.namicontracosta.org](http://www.namicontracosta.org)
- NAMI Monthly Newsletter
  *Top NAMI Affiliate Newsletter in CA*
- NAMI 24 x7 Phone: (925) 465-3864
- Crisis Intervention Training (NAMI helps Fund)
- NAMI In Our Own Voice – Speakers Bureau
NAMI Contra Costa – Support Groups

- NAMI Family Member - Third Monday Monthly Support Group
  - John Muir Medical Center – Walnut Creek – 7:00 – 9:00 p.m.
  - Facilitators: Sharon Madison & Robert Thigpen, CCC Family Advocate

- NAMI Writer’s Group
- NAMI West County Support Group
- Bipolar Chill Community Support Groups

All are on page 2 of every NAMI Newsletter
NAMI-CC Care and Support Groups

Central Contra Costa County
3rd Monday of Each Month, 7:00 to 9:00 p.m., John Muir Medical Center, 1601 Ygnacio Valley Road, Walnut Creek Campus, downstairs in the Epstein Conference Room. Parking in the FREE public garage on the La Casa Via side of the hospital. The group is facilitated by Sharon Madson and Beth Tidges. Email: namiccccosta@gmail.com, or call (925) 256-0060, (925) 676-9315.

NAMI Connection
A weekly recovery support group run by NAMI.
Saturday: 10:00 a.m. to 12:00 Noon. Susan Mullen (925) 997-7104
Saturday: 7:00 to 9:00 p.m., John Muir Medical Center
Richmond Support Group
2nd Wednesday of Each Month, 6:30 to 8:00 p.m.
Conference Room A1, Building A
Richmond Medical Center
901 Novato Avenue, Richmond
Contact: Dr. Sarchet (510) 237-9277

NEW HOPE SUPPORT GROUP
Offering support, education and resources to parents, caregivers of children, teens and young adults diagnosed with a mood disorder or neurological disorders (bipolar, depression, anxiety and more).
Meets the 2nd Monday of Each Month
Lafayette (Old) Presbyterian Church
49 Ken Drive, Room 204, in Lafayette
7:00 to 9:00 p.m.
Contact Terri Hurst at (415) 748-1529

Additional Support Groups — www.namiccccosta.org

Open Our Hearts
Family Member Support Group
For family members of children with mental illness. All folks welcome!
6th Monday of Each Month 7:00 p.m. to 8:30 pm
Temple Shalom
615 Blue Road, Lafayette
On the Second Temple Shalom, Room 3200
Drive across the parking lot, turn left at the Day School and drive down to the first building on the right.
Call Karen at (925) 945-7272 or email kahun@mac.com
www.openourhearts.org

Support Group for Parents of Children with Mental Illness
Meets the 2nd Sunday of Each month
2:00 p.m. to 3:30 p.m.
San Ramon Valley United Methodist Church
902 Danville Blvd., Alamo, CA 94507
Karen Salas: (925) 820-7499 or ksalas@comcast.net
Marilyn Clayton: (925) 837-3243 Office: (925) 837-3243

Clueless Self Help Group
Mondays, 7:00 to 8:30 p.m., Room 1
St. Mary and St. John’s Capuchin Orthodox Church
4300 Mirador Drive, Pleasanton

NAMI Mandate Educational Workshops
2nd Sunday of Each Month, 10:00 a.m. to 12:00 noon.
San Ramon Valley United Methodist Church
902 Danville Blvd., Alamo
Information: mandate@namiccccosta.org
Gloria (925) 487-8238 or Susan (925) 246-9992.
Remember
You will ALWAYS Have the information You need by simply E Mailing:

xnamicc@aol.com
Which is at the top of every NAMI Newsletter

Which is always on the Website
The Website:

namiccontracosta.org
All this is so you won’t feel lost!
Thank you and Good Evening!
And now to Your Questions