
NAMI EAST BAY NEWSLETTER

A local affiliate of the National Alliance on Mental Illness (NAMI)

July-August 2020

“Trauma Informed Care” – Why It Will Transform Therapeutic Care

Wednesday, July 22

“Trauma Informed Care” is considered a best practice in the therapeutic treatment of clients with severe mental illness. Alameda County Behavioral Health has mandated training in this approach for its service providers. Listen in on our July 22 meeting to hear our two speakers explain the practice and discuss its benefits.

Mariana Dailey, MPH, is the new senior planner for the Mental Health Services Act Division of Alameda County Behavioral Care. She is also the department's Coordinator for Trauma Informed Care.

Lori DeLay, LCSW, RD, is the Training Officer for the Mental Health Services Act in Workforce Education and Training.

Note: We want to thank Mariana and Lori for re-scheduling this presentation, originally set to for March, when the coronavirus and shelter-in-place orders changed plans for everybody.

Speaker Meeting starts at 7:30 pm

The July presentation will be **Zoom/online** and we are asking attendees to preregister. You can go to our website <https://namiestbay.org>, click on “What’s New,” and follow the link. Or you can register [here](#) via Zoom.

Support Meetings

For the duration of shelter-in-place and social-distancing orders from Alameda County, NAMI East Bay is offering online **Family Support Meetings** every Tuesday from 6 to 8 pm via Zoom. You can go to our website <https://namiestbay.org>, click on “What We Offer,” and follow the link to “Online Support Groups.” Or you can register [here](#) via Zoom.

Note: Invites to a Zoom meeting will include phone numbers, links, meeting identification, and passwords. You can join any meeting by phone and

voice only, but to participate by video you need to download the Zoom app before joining a group. Check out your App Store, or Google “Zoom” and go to [Download Zoom](#).

Editor’s Note

Times are changing, with a lot more challenges, stress, and anxiety. Accordingly, this edition of our bimonthly newsletter tries to reflect the importance of the two most significant issues of this time. We can’t do proper justice to the country’s racial crisis, other than report on local efforts and research findings. As stress increases and support resources are no longer face to face, there are many online groups and we’re devoting a fair amount of space to an updated resource support guide.

Peer-to-Peer Online Class

This is a free 10-session course for adults with mental illness who are looking to understand their condition better and journey toward recovery. Classes will be accessible by Zoom or by regular phone. Starting in the summer, classes will be held on Fridays, 1:15 to 3:30 pm—starting date to be determined. For more information, please contact our office and we will arrange contact with the teachers.

Stress Resilience Study

UC San Francisco is conducting a study to explore the efforts of different non-pharmacological interventions. Participants will learn a new breathing exercise, complete questionnaires, keep daily diaries, and give saliva and blood samples over a three-week period. They will receive monetary compensation. For more information, go to <https://www.stressresilience.net>.

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Musings

A *New York Times* article in April by Thomas Friedman really hit a chord with me. In it, he quotes a conversation he had with Dov Seidman, founder of LRN (an ethics and compliance organization) and an expert on values-based leadership. His comments about coping and change are worth repeating:

“A pivot, as in basketball, is a very deliberate action where I put one foot solidly in place and then I move the other foot in a better direction. ... that pivot will be anchored, hopefully, in deep human values—and then move in the new directions we’ll need in a post-pandemic world, where people’s expectations have fundamentally changed.”

The obvious dilemma now is that a solid physical point of anchor is very tenuous and shaky regarding our lifestyles—most significantly the social and medical issues that haunt our country. We discuss systemic bias as it affects law enforcement and human rights, but are we overlooking another area as well, the systemic disparity regarding African-Americans and mental illness.

The American Psychiatric Association did a meta-analysis titled “Mental Health Disparities: African-Americans.” In that article of three years ago, the authors listed the original research that produced the following conclusions. Rates of mental health illnesses in African-Americans are similar to those of the general population—but ...

- Only one-in-three African-Americans who needs mental health receives it.
- Research shows lower rates of mental health service use, including prescription medications and outpatient services, but higher use of inpatient services.
- Compared with whites, African-Americans are less likely to receive guideline-constant care and are less frequently included in research, and more likely to use emergency rooms or primary care rather than mental health specialists.
- African-Americans are less likely to be offered evidence-based medication therapy or psychotherapy.
- They are more frequently diagnosed with schizophrenia rather than mood disorders.
- They experience physician-patient communication that is 23% more verbally dominant and 33% less patient-centered on the part of the physician.

- They are more likely to be incarcerated than people of other races.

Hopefully, some of these issues may be approached by the nationwide efforts to include clinicians in the 5150 process, and we will see that in action with the Bonita House project (see below). However, as with so many of the issues being brought up to consciousness now, we have a long way to go. As we pivot into a new approach, we need to reinforce our foundation of basic human values ... personally, locally, and nationally.

—Liz Rebensdorf, President, NAMI East Bay

African-American Outreach Program

Margot Dashiell, our affiliate vice president and founder of the African-American Family Support Group (see elsewhere in Resources article), has been involved in an Mental Health Services Act (MHSA)–funded African-American Family Outreach Project. These free events are held quarterly and, before Covid-19, were day-long programs. The format is an African-American focused session with guest speakers and discussion of issues and resources in the community. The format now is online, runs a couple of hours, and there are still informative presentations. To find the date of the next meetings and to get more information, contact Robin Brannock at the Mental Health Association at 510-835-5010.

News from Bonita House

Bonita House, Inc., is a well-respected dual-diagnosis, community-based organization providing 50 years of service to Alameda County and we just received this news from them.

“We’re about to launch our Community Assessment and Transport Team (CATT), which is the mobile-crisis response of an EMT and licensed behavioral health clinician to triage individuals, and assist with dispositions to not only emergency rooms but also to crisis residential, wellness centers, detox, etc. Our goal is to reduce the number of 5150/5585s in Alameda County. Our program is planning to ‘go live’ on Monday, July 20.

“Bonita House is also excited to develop a steering committee to help those with mental health and

co-occurring disorders establish and maintain employment. With support from the Oakland Chamber of Commerce, Department of Rehabilitation, Alameda County Behavioral Healthcare Services, and more, we look forward to hearing your ideas and develop best practices for employment opportunities within Alameda County. Help us support consumers who are interested in promoting their recovery by reclaiming meaningful roles within the community through employment. Our first steering committee meeting will be in August, and we eagerly await your voice and advocacy. For more information, please contact Jackie Anderson, (510) 923-1099, or jackie@bonitahouse.org.

Mental Health Association of Alameda County Resources

It looks as if we're transitioning through our shelter-in-place status with perhaps more resources than ever, but they're in a new format. Groups are online, and you'll need to call for access information.

FERC – Family Education Resource Center

- Warm Line, Mon-Fri, 9-6 pm, 888-896-3372
- Fremont Caregiver Support Groups, 2nd Tuesdays and 3rd Thursdays, 4-5:30 pm, 510-746-1700
- Spanish-speaking Caregiver Support Groups, weekly Wednesday, 5:30-7 pm, 510-746-1700
- Oakland Caregiver Support Group, 1st and 3rd Wednesdays, 4-5:30 pm, 510-746-1700
- Bingo, Fridays, 4-5:30 pm, 510-746-1700
- Fun Family Drawing, 3rd Tuesday, 3-4 pm, 510-746-1700

Family Partnership Program

This program provides support, advocacy, resources, and referral to parents of children with behavioral health diagnoses and who are receiving services through one of the county's Behavioral Health Clinics. They can help you negotiate individualized education programs (IEPs). Contact 510-383-5129 for more information.

Patients' Rights Advocacy

Advocates represent patients at hearings. Call 800-734-2504.

Grievances

Agency manages grievances related to mental health services in the county. Call 800-779-0787, 9-5 pm.

Family Caregiver Advocate

Beverly Bergman can support and assist families in problem solving and finding appropriate services for families experiencing a psychiatric emergency, particularly with issues relating to John George hospitalization. She can be reached at 510-393-9275.

African-American Family Outreach Program

This group is held monthly on the 4th Tuesday, 5:30-7:30 pm. Call 510-835-5010 for more information. See the article on the previous page for contact information about their quarterly outreach events.

Resources Through Other NAMI Affiliates

NAMI Alameda County - Family Caregiver Support Group, 1st and 3rd Tuesdays, 12-1 pm. Call Beverly at 510-334-7721.

NAMI Chinese - 2nd Tuesdays, 7-8:30 pm; 2nd Saturdays, 3:30-5 pm; 3rd Saturdays, 3:30-5 pm. Contact info@namichinese.org.

NAMI Tri-Valley - www.nami-trivalley.org.

NAMI Contra Costa County - www.namicontracosta.org.

Connection Recovery Peer Support Group - 1st and 3rd Tuesdays, 7-8:30 pm. Contact information at 510-560-6498.

Berkeley Depression and Bipolar Support Alliance (DBSA) Meetings

Berkeley DBSA meetings are held Thursdays and Saturdays and are open to individuals with depression and/or bipolar and also to their significant others. For information about access, contact berkbipolar@yahoo.com.



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NAMI EAST BAY 2020 MEMBERSHIP

Please check your mailing label. If the code "20" is over your name on the right side of the label, your dues are current through 2020. If your mailing label indicates a previous year, or nothing at all, your dues are not current.

We urge you to mail your 2020 dues now. And if you can afford to add a bit more, please do so. Your \$40 NAMI East Bay membership gives you our newsletter six times a year, the quarterly "Connection" from NAMI-California, and the NAMI-National "Advocate." NAMI East Bay is nonprofit [501(c)3] and your dues and contributions are tax deductible.

Family Membership, \$60 per year Open Door Membership, \$5 per year

Make checks payable to "NAMI EAST BAY" and mail to NAMI East Bay, 980 Stannage Avenue, Albany, California 94706

Contact me for Family to Family Education Class

Name: _____ Phone No.: _____

Address: _____

Email: _____

I'd like to volunteer:	<input type="checkbox"/> In the Office	<input type="checkbox"/> Grant Writing	<input type="checkbox"/> Membership Committee
	<input type="checkbox"/> Hospitality Committee	<input type="checkbox"/> Labeling Newsletters	<input type="checkbox"/> Computer Committee