



Community Resource & Support Center
2010 N. 1st Street, Suite 530, San Jose, CA 95131-2040
408.453.0400 Fax: 408.453.2100
www.namisantacalara.org

Santa Clara County

Volume XXXVII• No. 2

February 2013

**COUNTY MENTAL HEALTH
EMERGENCY & REFERRALS**

NAMI SANTA CLARA COUNTY OFFICE

Info/Referrals M–F, 10 A.M.–2 P.M. 408-453-0400

Evening Hrs: Bernie Genetti (English) 408-268-2615

Luisa Perez (se habla español) 408-378-6988

Juan Perez (se habla español) 408-528-5353

Athen Hong (Mandarin) 408-996-1016

Anna Chan (Cantonese) 408-705-5372

EMERGENCIES

Dial 911 and request a Crisis Intervention Team (CIT) officer

Emergency Psychiatric Services (EPS)

871 Enborg Court, San Jose 408-885-6100

Urgent Psychiatric Care Unit 100

871 Enborg Court, San Jose 408-885-7855

Daily 8 A.M.–10 P.M.; walk in or by appointment

Note: For those with no medical insurance only.

SERIOUS MENTAL HEALTH HELP & COUNSELING

Suicide & Crisis Center (Central) 1-855-278-4204

MENTAL HEALTH CALL CENTER 1-800-704-0900

24-hr. On-Call Staff; Info/Referrals M–F, 8 A.M.–5 P.M.

**ETHNIC CULTURAL COMMUNITY ADVISORY
COMMITTEES (ECCAC)**

1075 E. Santa Clara St, San Jose 408-792-3912

2-1-1 Santa Clara County

Free, nonemergency, confidential 3-digit phone number/service for access to critical services; more at www.211scc.org

**EMQ CHILD/ADOLESCENT MOBILE CRISIS
PROGRAM**

After-hours/weekend emergencies 408-379-9085

1-877-412-7474

BILL WILSON CENTER Teen Crisis Line 408-850-6140

MENTAL HEALTH ADVOCACY PROJECT (MHAP)

Free legal help for mental health patients' rights 408-294-9730

VA REFERRALS—Help for Veterans 1-800-455-0057

Upcoming Meetings & Events

Jan. 31–Feb. 4 Office Closed for Move to New Location

Feb. 5/Tues. NAMI SCC Open at New Location

Feb. 5/Tues. NAMI SCC Board Meeting

Feb. 9, 23/Sat. Nature Walk (p.7)

Feb. 12/Tues. NAMI SCC General Meeting

Feb. 16/Sat. Connect 2 U Social Group (p.7)

Feb. 18/Mon. Office Closed, Presidents' Day

June 1/Sat. NAMIWalk in Golden Gate Park at Lindley Meadow (p.7)

NAMI SCC Is Moving

At 2 P.M. on Wednesday, Jan. 30, our current San Jose office at 2010 N. 1st Street will be closed. We will be moving to **1150 S. Bascom Ave., Suite 24, San Jose 95128** (very close to the Campbell border).

We will reopen at our new San Jose office on **Tuesday, Feb. 5.**

Our telephone numbers will be the same. If you leave a message during the move, we will get back to you after Feb. 5; however, all emergency contacts at the left will be available.

General Meeting, Tues., Feb. 12, 2013

A NAMIWalk Celebration

Grand Reunion of all F2F and P2P Classes

Good Samaritan Hospital Auditorium

2425 Samaritan Drive, SJ 7–9 P.M.

Our February General Meeting will be a Celebration of the amazing achievements of NAMIWalk 2012. We will be honoring our Team Captains, Walkers and Supporters, and we will also welcome participants for 2013. We'll have Family-to-Family and Peer-to-Peer Class Reunions and Team Reunions, as well as videos from last year's Walk. And there will be music, food, door prizes and more! And we'll remind you to Save the Date, **Sat., June 1, 2013**, at Lindley Meadow in SF's Golden Gate Park.

Join us at **7 P.M.** for food and **7:30** for announcements. The celebration will take place from **8 to 9.**

NOTE: Directions to Good Samaritan Hospital can be found at www.maps.yahoo.com The auditorium is in the basement of the main building.

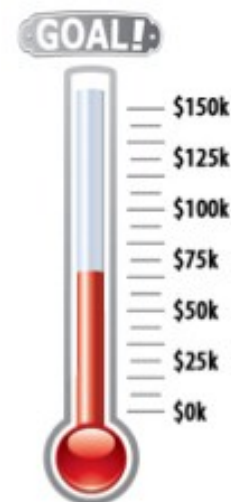
Re NAMI Membership: Membership registration and renewal can be done at the General Meeting by paying with cash/check or online with a credit or debit card.

**"Adopt-A-Program"
NAMI SCC's
Fundraising Campaign**

Thanks to the donations of so many of you, we are now halfway to our goal of raising funds to address the needs of our affiliate, to allow us to continue to grow.

Detailed information about "Adopt-A-Program" is on our website at www.namisantacalara.org.

All donations are tax deductible, 90% of which go directly into our programs, warmline services, and outreach and volunteer development activities.



facebook

On our Facebook page at **NAMI Santa Clara County**, you'll find lots of articles that have been posted recently, as well as links to other mental health organizations. And be sure to *like* us!

25 Years of Breakthroughs: “Father of CBT” Expands Scope of Treatment to Schizophrenia

Excerpted by Cole Buxbaum
from NARSAD

The National Association for Research on Schizophrenia and Depression (NARSAD) distinguished investigator Grantee, **Aaron T. Beck, M.D.**, the “Father of Cognitive Behavioral Therapy (CBT)” proved that it can be used to help treat the negative symptoms of schizophrenia. CBT was invented by Dr. Beck in the 1960s as a method of talk therapy aimed at solving problems related to dysfunctional emotional behaviors and cognitions — primarily associated with depression and other mood disorders. Eventually it was used to help treat anxiety disorders as well. In 2011, Dr. Beck furthered the scope of its potential and discovered that CBT can treat the symptoms of schizophrenia that have been considered untreatable, such as emotional flatness, listlessness and isolation.

While positive symptoms are the most initially apparent and frightening manifestations of schizophrenia, it is negative symptoms — the loss of volition, the flat affect and social isolation — that are ultimately the most debilitating. Negative symptoms are typically exacerbated by neurocognitive problems, which include deficits in memory, attention and decision-making.

“The great thrill,” according to Dr. Beck, “has been in showing that an individual’s beliefs, attitudes and expectations play a far more important role in the negative symptoms and poor social and occupational functioning in schizophrenia than does the neurocognitive impairment.”

In the chain of causality in schizophrenia, each negative symptom is associated with a characteristic set of negative thoughts. For example, with the symptom of a lack of drive or desire, the patient expresses low expectation of success or pleasure. “Why bother, I’m just going to fail,” the patient says, “so it’s best not to get involved.” When a patient has problems in verbal expression, the thinking goes: “I’m not going to find the right words”; “I’m slow and it’ll be boring and I’m going to sound stupid or weird.” The typical flattened affect seen in people with schizophrenia masks such fears as: “If I show my feelings, people will see how inadequate I am”; or “I don’t feel the way I used to”; or “My face looks stiff and contorted.”

For more information about this and related topics, go to www.bbrfoundation.org.

NAMI SCC Newsletter in Your Inbox or Mailbox?

Every month we print more than 1,000 newsletters, over 700 of which go to the post office for mailing. Would you be interested in receiving your copy electronically instead? If so, call **Donna** at the office or email newsletter@namisantaclara.org.

NAMI SCC Board Officer Nominations

If you are interested in serving on the NAMI SCC Board as President, Vice President, Treasurer, Secretary, Recorder, or wish to suggest someone for one or more of these positions, please contact the nominating committee, **Navah Statman** and **Beverly Lozoff**, by calling the NAMI SCC office.

Nominations will be accepted from the floor at the February and March general meetings, and installation of officers will take place at the April General Meeting, following the election in March.

An Example of Hope from a Collaboration of NAMI Advocates

By Pastor Johnny LaPenias, NAMI SCC Faithnet

On the evening of July 14, 2012, **Jen Hong**, NAMI SCC President, contacted me concerning an incarcerated individual who had been charged with assault with a deadly weapon and making terrorist threats (a felony charge). If found guilty, the young man was facing 2–8 years of state-committed incarceration.

According to Jen Hong and the young man’s parents, the young man, **Brian**, had never broken the law. Born with cerebral palsy and diagnosed with anxiety disorder, Brian was devastated and his parents did not know how to deal with the judiciary process or his mental illness. They were also very concerned about the financial burden they might be facing.

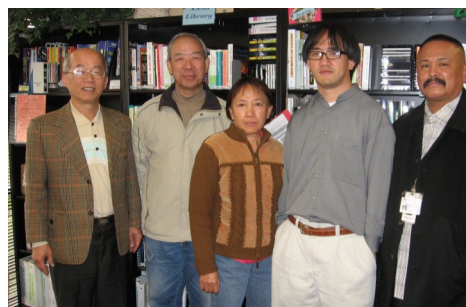
I met with the parents and Jen Hong to create a plan to support Brian’s true problem — his mental illness. First the parents enrolled in NAMI’s Family-to-Family class so they would better understand their son’s illness, the importance of medication, how to be more observant, whom to contact for help in navigating the county. NAMI’s Chinese support group played a key collaborative role.

I then enrolled Brian in NAMI’s Peer-to-Peer class to help him better understand his illness, and placed him in a weekly NAMI consumer group so he had a place to share his issues and a family/consumer support group to enhance the family support collaboration. Finally upon release from incarceration, Brian would be placed in a certified safe, sober living environment where all assistants are certified mental health first aides who have completed NAMI’s Provider Education Program and Family-to-Family. Free paralegal services are also available.

The last piece of the plan was to get Brian professional help to assess his diagnosis and possible update on his medication for stability. After all this was put in place, NAMI’s office manager drafted a letter addressing the court. I went to court on August 2, representing NAMI’s support for Brian and his family. Brian was then released to NAMI and my ministry, NCCM, without bail.

We are grateful that the presiding honorable judge and district attorney had the compassion to allow NAMI & NCCM to address mental illness rather than require incarceration.

It is now January, 2013. Brian’s family has completed Family-to-Family, Brian has completed Peer-to-Peer and has received a new diagnosis and new medication. Brian is stable, has completed an outpatient program with Central Wellness, graduated from the NCCM men’s home and has been approved for SSDI benefits. Brian also works with special needs children teaching computer skills and, most importantly, has a lifetime support group with NAMI and NCCM. A family that was in distress is now hopeful.



Pictured:
Jen Hong;
Moon & Vivian
(Brian’s parents);
Brian; and
Pastor Johnny

Board and Care Quality Improvement Project

Excerpted from an article by John Hardy
in "Our Voice"

Do you live in a Licensed Board and Care facility? Have you ever wondered about what your rights are under the law and what requirements your caregivers have in serving you?

Over the past year, consumer leaders and the Mental Health Advocacy Project have met with representatives from various stakeholders in the Board and Care community to address issues and the overall quality of care.

Leaders from the Consumer Affairs Department within the Mental Health Department collaborated with the Mental Health Advocacy Project to create a Board and Care Resident's Rights Workshop, which was presented to residents, family members, clinicians and other stakeholders at Zephyr Self-Help Center and the Grace Baptist Community Center.

Here are some examples of the rights to which you are entitled:

- ◆ You must be provided with hygiene items such as soap, toilet paper, a toothbrush and toothpaste.
- ◆ You are entitled to interesting reading materials such as daily newspapers and current magazines.
- ◆ You are entitled to help in forming a resident's council with space for meetings that only residents may attend.

The presentations are one way that the Board and Care Quality Improvement Project is reaching out to improve your quality of life in SCC. They plan to hold one presentation per month at different locations over the next year.

Pastor Johnny Needs Houses to Rent

Due to the weather and other reasons, **Pastor Johnny** needs to find more homes to rent. The cold weather has forced many newly released and homeless women/men and families onto the streets. He is looking for 3–4 bedroom, 2-bath houses. If you know anyone with a place for rent, please call the NAMI office and ask for Pastor Johnny. His organization maintains the homes in very good condition.

Pastor Johnny LaPenias leads a support group for those who are pre-incarcerated to pre-release. Contact Pastor Johnny at 408-466-0143, by email johnnylapenias@namisantaclara.org, or simply call our office.

NAMI SCC Consumer Advisory Council (CAC)

Are you a person living with mental illness who might be interested in getting involved at NAMI SCC? Think about applying for a position on the Consumer Advisory Council. It is an easy one-page application available at the NAMI SCC front desk. Deadline for applications is **Tues., January 29, 2013**.

What does CAC do? We are planning a community service project and speakers for our spring meetings. If you have any questions, please contact **Barbara Thompson** at 650-576-3279 or Barbarap2pnami@yahoo.com. Other CAC members you can speak to are **Robin Stepto**, **Cheryl Aronowitz** and **Tom Carter**.

NAMI Provider Education Program: A Road to Wellness

This program is a 15-hour program designed to be taught by a 5-person teaching team comprised of two family members of individuals living with mental illness, who are also NAMI Family-to-Family or Basics teachers; two individuals living with mental illness; and one mental health professional who is either a family member or someone living with a mental illness.

The program is structured around five 3-hour sessions that are presented to mental health providers by a trained team who presents the material from their lived experience. The program makes information available to providers that they do not receive in their professional training: what it is like to live with mental illness every day. The program gives providers the opportunity to develop an insight into what individuals living with mental illness struggle with on a daily basis across all aspects of their lives and the resulting impact on their entire family. NAMI believes that once providers develop this essential insight they will view individuals with mental illness and their families as partners in the treatment process, and the result will be improved outcomes for everyone.

Here are some comments from our latest Provider Course: "One of the best classes I've taken"; "So much more interactive and interesting than I would have thought. The course workbook and personal touch made for a great learning environment"; "The training was worth coming on my day off!"

Directing Change — A Student Video Contest Winning Prize \$1,000

Take action by creating a 60-second public service announcement to prevent suicide and change minds about mental illness. The winning video team will win \$1,000, a cash prize for their school, and will be recognized for their cinematic achievement at an award ceremony.

Visit www.directingchange.org for contest rules and information. **Submit by March 1, 2013.**

Time is Running Out: Switch to Electronic Federal Benefit Payments Today

Friday, March 1, 2013 is the deadline to switch—it's the law. Call the U.S. Treasury Electronic Payment Solution Center at 800-333-1795, M–F from 8 A.M. to 8 P.M. EST, or go online to www.GoDirect.org or visit your bank or credit union.

Wish List

- ◆ Cash Donations for Connect 2 U
- ◆ **South County Self-Help Center** needs new or used (in good condition) bookcase(s); coffeemaker for 15–40 cups; DVD movies (new or used in good condition); karaoke CD's (modern music); new and/or used games; e.g., Dominoes, Monopoly, Scrabble, Trivial Pursuit, Jenga, Uno, Yatzee, Texas Hold 'Em

AVAILABLE FOR AN INDIVIDUAL OR GROUP HOME:
One used 32" color TV, Call NAMI Office

SUPPORT GROUPS FOR CONSUMERS

SAN JOSE — Every Sun., 3–4:30 P.M. Connection Recovery Support Group, (See p.7).

SAN JOSE — Every Wed., 10 A.M.–1 P.M.

“Fireside Friendship Club,” ACT for Mental Health, Inc., Life Skills Social Club for people with mental disabilities & physical limitations; Writer’s Club, 1–2 P.M. Beginners welcome! 441 Park Ave. (upstairs/no elevator), 408-287-2640.

SAN JOSE — DBSA Chapter, 1st & 3rd Mon., 7 P.M.

Westgate Church, 1735 Saratoga Ave. Info: **Kristin VandeVort, 408-858-3460** or dbsa.sanjose@gmail.com. For peers diagnosed with bipolar disorder or clinical depression; family members/significant others are welcome to attend as support for any participant.

PALO ALTO — Every Mon., 1:15–3 P.M.

Creative Writing for people with major depression or bipolar disorder; Stanford Psychiatry Dept., 401 Quarry Rd. Registration is ongoing; please contact **Beth Schaefer** at 510-502-7770 or www.writingthroughthedarkness.com.

PALO ALTO— DBSA Chapter, Every Wed., 6:30–8:30 P.M.

Mood Disorders Support Group for consumers with bipolar, depression or anxiety. Support people may attend with their consumer. VA Hospital, 3801 Miranda Ave., Hospital Bldg. 101, Rm. A2-200. Info: dbsapaloalto@gmail.com.

LOS GATOS — Every Wed., 1–2:30 P.M. Behavioral Health Outpatient/Older Adult (65+) Group Therapy, Good Samaritan Hospital at Mission Oaks. **Intake and Referral, 408-559-2000.** See below for address.

LOS GATOS — 1st Wed. at 6 P.M.

Body Image/Eating Disorders Support Group, Mission Oaks, 15891 Los Gatos-Almaden Rd., Rm. 295 (take elevator B). Drop-ins welcome.

MTN. VIEW — 1st/3rd Sat. 9:30–11 A.M.

Body Image/Eating Disorders Support Group, El Camino Hosp., Conf. Rm. A., 2500 Grant Rd., Drop-ins welcome. Contact info: **Kira Olson** at 408-356-1212 or kira@edrcsv.org.

SUPPORT GROUPS FOR FAMILIES & FRIENDS

SAN JOSE — 3rd Tues. of month, 7–8:30 P.M.

(New Location) NAMI SCC Office, 1150 S Bascom Av., Suite 24. Info: **Mike & Lilly Henning, 408-264-0782.** (NAMI Format)

SAN JOSE — 4th Mon. of month, 6–8:30 P.M.

Mental Illness Overview Families & Friends, Psychiatry Dept./Health Ed, Behavioral Health, Kaiser, 5755 Cottle Rd., Bldg 3, Rm. 1. **Susan Jones, MA, CMT, 408-363-4843** (Kaiser members free/nonmembers \$25). Call 408-972-3340 to enroll.

MTN. VIEW — 2nd /4th Sat., 9:30–11 A.M.

Eating Disorders group. El Camino Hosp., Conf. Rm. A, 2500 Grant Rd. Drop-ins welcome. Contact info: **Kira Olson** at 408-356-1212 or kira@edrcsv.org.

MTN. VIEW — 1st Tues. of month, 7–8:30 P.M.

El Camino Hosp., 2500 Grant Rd, Conf. Rm. C, Main Bldg. on ground floor. Info: **John Jacobs, 650-804-2222; Khalid Kazi, 650-823-3270; Farhana Kazi, 650-387-8532.** (NAMI Format)

PALO ALTO — 4th Tues. of month, 7–8:30 P.M.

Jewish Family & Children’s Services, 200 Channing Ave. **John Bisenius, 650-688-3097** or **Laurel Woodard, 650-688-3073.**

SUPPORT GROUPS FOR CONSUMERS & FAMILIES

SAN JOSE — 4th Thurs. of month, 7–8:30 P.M.

Empowerment for Consumers & Caregivers, Momentum, 2001 The Alameda (enter at back). Info: **408-453-0400.**

SAN JOSE — 1st & 3rd Thurs. of month, 7–8:30 P.M.

Christian group for consumers, families & friends. H.E.L.P. at Sunrise Valley Baptist. Info: **Jerry Gruhn, 408-224-8449.**

SAN JOSE — 2nd Thurs. of month, 7–8:30 P.M.

Christian group for consumers, families, friends. H.E.L.P. at South Hills Community Church. Info: **408-997-7284.**

(NEW PLACE) MORGAN HILL — 2nd Wed./mo., 7–8:30 P.M.

Consumers, families & friends, DePaul Conference Center, 18550 De Paul Dr. (St. Louise). Info: **Diane, 408-224-5623** (NAMI Format)

LOS ALTOS HILLS — 2nd Wed. of month, 6:15–8:30 P.M.

Jewish support group for those coping with mental illness & families & friends. Congregation Beth Am, Beit Kehillah, 26790 Arastradero Rd. Info: **Carol Irwin, 408-858-1372.**

MENLO PARK — Every Thurs. 6:45–8:30 P.M. (optional dinner, 6 P.M.) Christian support group, those coping with mental illness & those supporting them. Presbyterian Church, Garden Ct,

950 Santa Cruz Ave. Info: **650-464-9033.**

MTN. VIEW — 1st/3rd Mon. of month, 7–8:30 P.M.

Ask for H.E.L.P. Christian Group, Abundant Life Church, 2440 Leghorn St, Room 5. Info: **650-625-1500 x147.**

LOS GATOS — 3rd Fri. of month, 7–8:30 P.M.

Mission Oaks Campus of Good Samaritan Hospital, 15891 Los Gatos-Almaden Rd, Rm. 292. Info: **Diane, 408-224-5623.**

(NEW GROUP) CUPERTINO — Every Tuesday 7–8:30 P.M.

Christian support group for those coping with mental illness & those supporting them. West Valley Presbyterian Church sanctuary, 6191 Bollinger Rd. Info: **Pastor Kim 408-252-1365.**

OTHER SUPPORT GROUPS

SAN JOSE — 3rd Wed. of month, 11 A.M.–1 P.M.

Parents Helping Parents, for caregivers of children & teens with bipolar disorder. Sobrato Center for Nonprofits, 1400 Parkmoor Ave., #100. Info: www.php.com or 408-727-5775.

SANTA CLARA — Centre for Living with Dying

Individual & small-group grief support for those dealing w/life-threatening illness or death of a loved one. Info: **408-980-9801.**

(NEW GROUP) SAN JOSE — Every Wed., 5:30–7:30 P.M.

Services for Brain Injury (SBI) hosts a *free* support group for people with brain injuries and those who care for them. 60 Daggett Dr. For more info, go to sbicare.org.

SE HABLA ESPAÑOL IN SAN JOSE

SAN JOSE — 4th Fri./month, 7–9:30 P.M.

Dorsa Centro de la Comunidad, 1290 Bal Harbor Way. **Llame á Luisa Perez** at 408-378-6988.

SAN JOSE — ACT for Mental Health, Inc. en Español,

441 Park Ave. **Armenda Sousa, Psy.D.D., 408-287-2640.**

NOTE: Depression and Bipolar Support Alliance has launched a Spanish language website, www.dbsalianza.org.

ASIAN-COMMUNITY SUPPORT GROUPS

CUPERTINO (Korean) — 4th Tues./month, 6:30–8:30 P.M.
Family/Consumer Group. Info: **Kyo, 408-253-9733.**

CUPERTINO (Cantonese) — 2nd Thurs./month, 7–9 P.M.
Family (primary) & Consumer Group, Valley Church of Cupertino, 10885 N. Stelling Rd. Info: **Katherine Fok, 650-961-2751.**

MTN. VIEW (Mandarin) — 3rd Thurs. /month, 7–9 P.M.
Christian Group, Mtn. View Chinese Christian Church, 175 E. Dana. (Hwy 237/85). Info: **Jen Hong, 408-996-1016.**

SANTA CLARA (Mandarin) — 4th Thurs./month, 7–9 P.M.
River of Life Christian Church (ROLCC), 1177 Laurelwood Rd. Info: **Chiao-Wen Chen, 408-338-9161.**

SAN JOSE (Mandarin) — 1st Thurs./month, 7–8:30 P.M.
Momentum, 2001 The Alameda. Info: **Jill Chen-Kuendig, 650-576-9712; Chia-Ling Mao, 408-924-3152.**

SAN JOSE (Vietnamese) — Every Mon., 6:30–8:30 P.M.
Family Support Group for consumers & families. Asian Pacific Family Resource Ctr, 591 N. King #8; **Thong Le 408-792-3919.**

SUNNYVALE (English) — 1st, 3rd Wed./month, 7–9 P.M.
API (Asian Pacific Islanders) Adult & Young Adult Peer Support Group. Info: **Sophia Huang, 408-623-9711.**

NOTE: Call **408-975-2730** about counseling for API.

THERAPEUTIC SRVS/MENTAL HEALTH SUPPORT

SAN JOSE — GRACE COMMUNITY CENTER
484 E. San Fernando Street, 408-293-0422

NOTE: If you receive Medi-Cal & need extra support on mental health goals, you may qualify for our Day Rehabilitation Program.

M: Basketball/Art Time **10 A.M.**; Anger Mgt **10:30 A.M.**; Stained Glass (\$6) **12:15 P.M.**; Art Therapy **12:30 P.M.**; Men's Group /Wii Time **2 P.M.**

T: You Grill it **\$0.25 10 A.M.**; Beading **10:30 A.M.**; Relaxation Skills Group **11:15 A.M.**; Yoga **12:30 P.M.**; Movie Matinee/Sewing **1:30 P.M.**

W: Basketball **10 A.M.**; Open Art Studio/Creative Writing **10:30 A.M.**; Science/History/Art **12:15 P.M.**; Clothes Closet **12:30 P.M.**
(Center closes at **1:30 P.M.**)

TH: New You Hair/Nail Salon **10 A.M.** (call for appt.); Arts/Crafts **10:30 A.M.**; Relaxation Skills Group **11:15 A.M.**; Seasoned Sewing Group **1 P.M.**; Entertainer **1:15 P.M.**

F: Birthday Party **2nd Fri./month 1 P.M.**; News Grabbers/Gardening **10 A.M.**; Stress Management **11 A.M.**; Open Art Studio **1 P.M.**; Women's Group/Leisure Walk **1:30 P.M.**; Wii Time **2 P.M.**; Movie Night **5-7 P.M.**

SAT: Aerobics **10:15 A.M.**; Movie Morning **10:30 A.M.**; Art Club **11 A.M.**; Eat/Art **12:30 P.M.**; Bingo **12:45 P.M.**

M-F@ 11:45 A.M.: Lunch/\$.75; **SAT:** \$1

**Call Grace Community Center for info about
Friday evening programs 5–7 P.M.**

**SELF-HELP CENTERS for Consumers by Consumers
(CALL ALL CENTERS FOR UPCOMING EVENTS)**

SAN JOSE—ZEPHYR CENTRAL COUNTY CENTER
Downtown Mental Health, 1075 E. Santa Clara St, 1st Floor
Enter at rear of bldg, 408-792-2140. All are welcome.

MON. CLOSED (One-on-one available **10 A.M. T, W, TH, F**)
TUES. (9 A.M.–3 P.M.): Tobacco Cessation **10 A.M.**; Check-In **11 A.M.**; Employment Peer Support **1 P.M.**; New Beginnings/Grief & Loss Peer Support Group **2 P.M.**

WED. (9 A.M.–3 P.M.): Men's/Women's Peer Support Group **10 A.M.**; Community Game Activity/Welcome Newcomers **11 A.M.**; Older Adults Peer Support Group/Current Events Group **1 P.M.**; Mood Surfing-Coping with Mood Challenges/Peer Support Group **2 P.M.**

THURS. (9 A.M.–3 P.M.): Positive Thinking Peer Support Group **10 A.M.**; Beading/Social Group **10:30 A.M.**; Community Meeting **3rd Thurs. @ Noon**; VA Squad Meeting Semper Fidelis **1:30 P.M.**; Wellness Recovery Action Plan (WRAP) **2 P.M.**

FRI. (9 A.M.–3 P.M.): Art, Writing, Music/Creative Free Time **9 A.M.**; Zephyr Social Hour Newcomers Welcome **10 A.M.**; WRAP **11 A.M.**; Thank Goodness It's Friday (TGIF)/Movie with Friends **1 P.M.**; People's Talking Circle **1:30 P.M.**; Board Games **2 P.M.**

GILROY—SOUTH COUNTY SELF-HELP CENTER
1235 First St., 408-852-2460

408.852.2462 – Adriana Vega – direct line
408.852.2463 – Alisa Perez, community worker direct line

One-on-one available Tues. through Fri.

MON.: CLOSED

TUES. (10 A.M.–4 P.M.; Closed for Lunch 12-1 P.M.): Wellness Support **1 P.M.**; Mindfulness Group w/Meditation **2:30 P.M.**

WED. (10 A.M.–3:30 P.M.; Closed for Lunch 12-1 P.M.): Women's Beading /Craft Group **10 A.M.**; The People's Talking Circle **2nd Wed. 12 P.M.**

THURS. (10 A.M.–4 P.M.; Closed for Lunch 12-1 P.M.): Anger Mgmt/WRAP (Wellness Recovery Action Plan) **1 P.M.**

FRI. (10 A.M.–2:30 P.M.; Closed for Lunch 12-1 P.M.): "Game Time" Bingo, Ping Pong or Bring Your Own **1 P.M.**

DAILY: Peer Support (call for appointment)

PALO ALTO— PHOENIX NORTH COUNTY CENTER
231 Grant Ave., 650-462-2811

MON. (1-6 P.M.): Men's/Women's Group **1:30 P.M.**; Mood Surfing **3 P.M.**; Employment Support Group **5 P.M.**

SAN JOSE — INDIAN HEALTH CENTER
Corner of 13th and E. Santa Clara streets

Weekly schedule, call **408-445-3400 x 235**. Free to exercise.

Nueva Vista Tours

MORGAN HILL — 1st Sun./month, 1-4 P.M.

Family Connections Nueva Vista Open House, 18225 Hale Ave.
Info: **Lynda, 408-833-5115**. Refreshments served.

NAMI SCC Board Meeting — The Board Meeting is held the first Tuesday of the month. The next Board Meeting will be on **Tuesday, February 5 at 7-9 P.M.**, at the **NEW NAMI SCC office, 1150 S. Bascom Av., Suite 24, SJ.** All are welcome!

SCC Mental Health Board — February 2013
Meetings are open to the public!

(Meetings are held at 1075 E Santa Clara St., *unless* specified.)

TH	2/7	3–5 P.M.	System Planning/Fiscal Committee
TH		None	Family, Adolescent & Children's Committee
M	2/11	12–2 P.M.	Mental Health Board
M	2/11	9–10:30 A.M.	Older Adult Committee
T	2/19	12–2 P.M.	Minority Advisory Committee
TH		None	Adult System of Care Committee

Volunteer Opportunity at NAMI SCC

- ♦ **Membership Co-Coordinator**
 NAMI SCC is looking for a person to handle membership renewals, about 5–7 hours per week. Must have computer skills. Call the NAMI office for more info.

Paid Opportunities

- ♦ **Warmline Coordinator (25 hours per week)**
 NAMI SCC is seeking a person to oversee coordination and administration of all aspects of the Warmline desks and volunteers. **Required:** Previous office experience and knowledge of family/consumer issues relating to mental illness.
- ♦ **Volunteer Coordinator (10 hours per week)**
 NAMI SCC is seeking a person to fill about 10 hours of a job-shared position. Responsibilities include overseeing coordination of all NAMI SCC volunteers and working directly with them to help support the organization. **Required:** Previous office experience and knowledge of working with individuals with mental illness.

For complete job descriptions, please go to our website:
www.namiantaclar.org.

- ♦ **In Our Own Voice (IOOV) Speakers**
 IOOV is looking for more speakers to be trained. Please come into the office or e-mail ioov@namiantaclar.org to get an application. You will be contacted when more information is available.

How to Help Someone Thinking About Suicide

Learn how to help through **QPR**, an emergency response to someone in crisis. For info, email jean.kaelin@hhs.sccgov.org.

Change your thoughts and you change your world
 —Norman Vincent Peale

Who's Who at the NAMI SCC Office

Christine Baucus: Executive Director
Kathy Forward: Outreach and Program Director
Francesca Merchant: Office Manager
Donna Mechanic: Office Support
Monica Nay: Accounting/Contracts Manager
Karen Fifer: Volunteer Coordinator

Program Coordinators

Jennifer Blostein: Family-to-Family
Greg Osborn: Provider Classes
Sharon Ruhl: Basics; Parents & Teachers as Allies
Nina Veeravalli: Hearts & Minds
David DeTata: Peer PALS
Barbara Thompson, Kathy Williams: Peer-to-Peer
Raschell Lade: In Our Own Voice (IOOV)
Kathy Forward: Ending the Silence (ETS)
Pastor Johnny LaPenias: NAMI Faithnet

NAMI SCC Free Education and Support Programs

For more information and/or to register, call the NAMI Office.

Family-to-Family: A 12-week program for family members (English/Spanish/Mandarin).

Provider Course: A 5-week class offered to professionals who work with persons with mental illness.

NAMI Basics: 6-week course for parents of children & adolescents 17 and under.

NAMI Hearts & Minds is an educational wellness initiative promoting the wellness in both mind and body.

Peer-to-Peer: A 10-week (2 hours per week) experiential course for ages 18 and over (English and Spanish).

Parents & Teachers as Allies (PTAA): A 2-hour inservice program for school professionals/families.

Peer PALS: A trained PAL is paired with someone having like interests & of similar age needing help from isolation by sharing fun activities.

In Our Own Voice: Living with Mental Illness (IOOV): Presentations by trained consumer-presenters to groups of consumers, family members, community groups, colleges and professionals.

Ending the Silence (ETS): A program involving talking about adolescent mental illness to high school students.

NAMI FaithNet: An information resource for faith communities, NAMI Members and Community Partners.

Connect 2 U: Consumers & family members meet at the NAMI office on the 1st & 3rd Saturday afternoon per month to socialize and play games.

Connection Recovery Support Group: Adults living with a mental illness share with others who understand.

Nature Walks Group: On the 2nd, 4th & 5th Saturday mornings per month, consumers and family members hike or participate in nature walks.



San Francisco Bay Area NAMIWalk 2013 Sat., June 1 — Save the Date!

NAMIWalk Valentine F2F and P2P Class Reunion Party!
You all have new calendars for 2013, right? Good! Now be sure the following dates are marked:

1. NAMIWalk on **Saturday, June 1**, but surely that's there already!
2. If you don't have this one marked, make sure to reserve **Tuesday, February 12**, at Good Samaritan—our 2nd Valentine's F2F and P2P Reunion and recognition of our 2012 Sponsors, Team Captains, Walkers and Volunteers. Come on out for this General Meeting and join in the cheers! We already have four Sponsors (many thanks to Andrea and Dave Marquardt for their Kilometer Sponsorship), 12 teams and over 30 registered walkers. NAMI Santa Clara NAMIWalkers, come and celebrate! See further details on page 1.

Planning continues with our All-Affiliate Steering Committee and our local NAMIWalk Committee, both hard at work. **Laurie Williams**, our Walk Director, joined us for our local meeting before the holidays. Our next All-Affiliate meetings happen on the following **Saturdays: January 12, February 9, and March 16**. Local meetings will be interspersed between these. If you'd like to join us, please let us know.

We could also use volunteers for a number of duties as we continue to organize for this year's NAMIWalk: We'd love you to help call and confirm Walker Registrations, offer assistance with Registration either online or at the Kickoff Luncheon or on Walk Day, deliver NAMIWalk information to your local library, talk to your book or yoga group, recruit classmates to walk with you, and so on. Call or email vmitchem@hotmail.com, 408-259-2256, or call the office and we'll get you set up.

See you **Tuesday, Feb. 12** for a great start to NAMIWalk 2013!

NAMI SCC Mission Statement

NAMI Santa Clara County's mission is to help people with mental illness, families and the community by providing support, education and advocacy for those suffering from mental illness; to promote research; to reduce stigma and guilt; and to improve services by working with mental health professionals & families.

Officers of the NAMI SCC Board

President: **Jen Hong**
 Immediate Past President: **Navah Statman**
 VPs: **Juan Perez, Victor Ojakian, Carol Irwin, Gerry Larvey**
 Treasurer: **Jerry Gruhn** Secretary: **Meg Stein**
 Recorder: **Deanna Fassett**
 Members-at-Large: **Alan Cade, Lowanda Pierson**

NAMI SCC Newsletter is published monthly by the Newsletter Crew: **Cole Buxbaum** (Editor), **Beverly Lozoff** (Coordinator), **Donna-Jo** (Typesetter) and our great volunteers.

"I need to be with people who understand."

Group Location Change: Morgan Hill NAMI Family, Friends & Consumer Support Group has moved to a new address:

De Paul Conference Center
18550 De Paul Drive (St. Louise), Morgan Hill

The group will continue to meet on the **2nd Wednesday of each month** from **7:00–8:30 P.M.** at this new address (no longer at Nueva Vista). Contact **Diane** at **408-224-5623** for more information or check namisantaclara.org under support groups for a location map.

NAMI SCC Ongoing Activities

Supporting others is part of the recovery process.



Every Sunday
3–4:30 P.M.

NOTE: Connection Recovery Support Group will **NOT** meet on **February 3, 2013** due to the office move. Starting **February 10, 2013**, Connection will meet every Sunday **3 to 4:30 P.M.** at the new office, 1150 S Bascom Avenue, Suite 24 San Jose, 95128-3509

*Please arrive before 2:55 P.M.
to reduce group interruptions – Thanks!*

People of over 18 years of age with mental illness are welcome. Family members and consumers will find the other NAMI support groups listed in the newsletter more appropriate when attending together. This is a "drop-in" group and does not require preregistration.

Connect 2 U and Nature Walk

Connect 2 U: Due to the office move, Connect 2 U will **not** meet on the **1st Sat., Feb. 2**, in February. Please come to our new office on the **3rd Sat., Feb. 16**, from **2–4 P.M.** Come for board games (Bingo, Pictionary, Cards, Dominos and more), art projects and light snacks. For info, call **Kathy, 408-354-7077**.

Nature Walks: The Nature Walks group is meeting on the **2nd/4th/5th Saturdays** from **9–11 A.M.** Rain or Shine! The group meets in Campbell at Campbell Park (corner of Campbell & Gilman avenues) near the playground.

Stanford Seeking Research Participants

Adolescent females aged 14–19 having problems with intrusive thoughts or a diagnosis of Obsessive Compulsive Disorder (OCD) are invited to participate in a research study designed to investigate how the brain processes reward and visual images.

If you are interested and able to come to two or three 1.5–3 hour visits at Stanford, email nandinid@stanford.edu or call **650-723-9182**.



NAMI SANTA CLARA COUNTY
COMMUNITY RESOURCE & SUPPORT CENTER
2010 N I ST STE 530
SAN JOSE, CA 95131

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NAMI Santa Clara County
Community Resource & Support Center
2010 N. 1st St. Ste 530
San Jose CA 95131-2040
MEMBERSHIP APPLICATION OR RENEWAL

NOTE: If this is a renewal, please indicate any changes in the following:

Name: _____

Street Address: _____

Home Phone: _____

Work Phone: _____

City: _____ State: _____ Zip: _____

E-Mail Address: _____

*** NAMI SCC is going green. If you are a Member,
please consider signing up to receive your Newsletter by email. ***
Yes, I would like to receive the newsletter by email. _____

Please accept my annual membership at the following level: Please check one ☐ New ☐ Renewal

\$ 35 Membership Type: ☐ Standard Membership
\$ 3 Membership Type: ☐ Open Door

How did you hear about us? _____

Please accept my additional donation(s): ☐ General Fund ☐ Education Program ☐ Other _____
☐ In Memory of _____
☐ Resource Handbook (Donation of \$25, w/postage add \$10) _____

Total Amount Enclosed: \$ _____ Make checks payable to NAMI Santa Clara County.

To pay online, go to [//www.namisantaclara.org](http://www.namisantaclara.org) and click on "Join NAMI."

NAMI Santa Clara County welcomes your membership. Memberships are valid for one year. Part of your membership dues enrolls you at NAMI State and National, which, in turn, automatically registers you as a member at all levels.
Your additional donations help ensure that our organization can maintain the office and support programs. Your member-
ship and donations are tax deductible. Tax #94-2430956