



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

**Santa Clara County**

**Volume XXXVII· No. 1**

**January 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](http://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. 1/Tues** Office Closed, New Year's Day  
**Jan. 2/Wed.** NAMI SCC Board Meeting  
**Jan. 5, 19/Sat.** Connect 2 U Social Group (p.7)  
**Jan. 8/Tues.** NAMI SCC General Meeting  
**Jan. 12, 26/Sat.** Nature Walk (p.7)  
**Jan. 21/Mon.** Office Closed, Martin Luther King Birthday  
**June 1, 2013/Sat.** NAMIWalk in Golden Gate Park (p.7)

**General Meeting, Tuesday, January 8, 2013**  
**Mood & Anxiety Disorders, Bipolar, ADHD and**  
**Neuro-Behavioral Medicine**  
**Dr. Saad A. Shakir**

**Good Samaritan Hospital Auditorium**  
**2425 Samaritan Drive, SJ 7–9 P.M.**

Our speaker for January will be **Saad A. Shakir, M.D.**, a Neuro-Psychiatrist in the SF Bay Area. He is board-certified by the American Board of Psychiatry and Neurology, a Distinguished Fellow of the American Psychiatric Association, and also a Fellow of the American College of International Physicians.

Currently Dr. Shakir is founder and medical director of Silicon Valley Trans-Cranial Magnetic Stimulation (TMS), the latest FDA-approved treatment for depression. He is also a national and international expert and speaker on a variety of topics involving mood and anxiety disorders, bipolar disorders, ADHD and other topics in Neuro-Behavioral medicine.

**NOTE:** Directions to Good Samaritan Hospital can be found at [www.maps.yahoo.com](http://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.

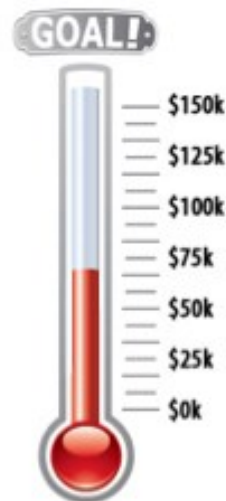
**“Adopt-A-Program”  
NAMI SCC’s Fundraising Campaign**

Our fundraising campaign has been developed to address the needs of our affiliate, to allow us to continue to grow.

Even though we offer all of our services for no fee to anyone living with mental illness and their families, we have increasing costs for trainings, supplies, compensation for teachers and presenters, as well as our office space where many programs take place.

All of us can help bring awareness of our needs to friends, family members and the community at large. All donations are tax deductible, 90% of which go directly into our programs, warmline services, and outreach and volunteer development activities.

Detailed information about “Adopt-A-Program” is now on our website at [www.namisantacalra.org](http://www.namisantacalra.org)



**NAMI SCC Is Moving!**  
**See page 2 for more information.**

**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!

## "Mental Illness Strikes 1 in 5 Adults"

Written by Sarah Glynn in  
*Medical News Today*, (Nov. 29, 2012)  
and excerpted by Cole Buxbaum

Over the past year, 1 in 5 people in the U.S. over the age of 18 (45.6 million) had mental illness.

Previous research indicated that people who have jobs in creative fields are diagnosed and treated with a mental illness more often than the general public, showing a link between creativity and mental illness.

The 2011 National Survey on Drug Use and Health (NSDUH) is the main source in the U.S. of statistics on people over 12 years of age (non-institutionalized) regarding their consumption of illegal drugs, alcohol and tobacco. The survey has been conducted by the federal government since 1971. It gathers information nationally through face-to-face interviews with an estimated 65,750 people aged 12 or older at each person's home.

Among the people aged 18 to 25, the rate of mental illness was over two times greater than among those aged 50 and older (29.8% vs. 14.3%). Adult females also had a higher chance of having mental illness in the past year than men (23% vs. 15.9%).

Based on criteria described in the 4<sup>th</sup> edition of the *Diagnostic and Statistical Manual of Mental Disorders*, mental illness among people over the age of 18 is identified as having had a diagnosable emotional, mental or behavioral disorder in the past year. The criteria does not include developmental or substance use disorders.

In the past year, five percent of adults in the U.S. (11.5 million) had serious mental illness, according to the 2011 NSDUH. Experts define serious mental illness as severe functional impairment results from mental illness, and this impairment disrupts or limits one or more important life activities.

SAMHSA Administrator Pamela S. Hyde explained, "Although mental illness remains a serious public health issue, increasingly we know that people who experience it can be successfully treated and can live full, productive lives. Like other medical conditions, such as cardiovascular disease or diabetes, the key to recovery is identifying the problem and taking active measures to treat it as soon as possible."

Only about 4 in 10 adults (38.2%) with mental illness in the past year received help from a mental health professional during that time. Unfortunately, approximately 8.5 million adults (3.7%) thought about committing suicide, 2.4 million (1%) made plans to do so and 1.1 million (.5%) attempted suicide.

Adults who had mental illness had higher rates for substance dependence or abuse compared to those who did not have mental illness. Adults who had mental illness in the past year also had a three times higher chance to have met the criteria for substance dependence or abuse during that time compared to those who did not have mental illness (17.5% vs. 5.8%). People with *serious* mental illness had an even higher chance of having had substance dependence or abuse (22.6%).

In the past year, there were 2.0 million individuals aged 12 to 17 (8.2%) who went through a major depressive episode, defined as a period of two weeks or more when a person has a depressed mood or loss of interest in their usual activities, and has at least 4 of the 7 symptoms listed in the *Diagnostic and Statistical Manual of Mental Disorders*.

The report also demonstrated that adolescents aged 12 to 17 who went through a major depressive episode in the past year have over two times the rate of illegal drug use than people of the same age who did not go through a major depressive episode during that time (36 vs. 17.4%).

## NAMI SCC Board Officer Nominations

In accordance with our bylaws, our annual election of officers will take place at the March General Meeting. We need candidates for President, four Vice Presidents, Treasurer, Secretary and Recorder.

If you are interested in any of these positions, or wish to suggest someone else for one or more of them, please contact the nominating committee, **Navah Statman** and **Beverly Lozoff**, or by calling the NAMI SCC office.

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

## 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](mailto:newsletter@namisantaclara.org).

## Members Receive Asian American Heroes Award

In a ceremony on Nov. 16, SCC Supervisor **Liz Kniss** awarded the Asian American Heroes Award to NAMI SCC member **Chiao-Wen Chen**, for establishing the NAMI Chinese Family Support Group at River of Life Church, and to her son **Jeffrey Pea**, who founded Lynbrook High School's NAMI Club (a first in California). The consideration criteria for this award include demonstrating a commitment in the selected category, inspiring others to believe they can make a difference, engaging community members, and bridging differences among communities.



Supervisor **Liz Kniss**; NAMI Members **Chiao-Wen Chen** & **Jeffrey Pea**; NAMI Board President **Jen Hong**

## NAMI SCC Is Moving!

NAMI SCC will be relocating to a new office soon. The address is **1150 S. Bascom Ave., SJ 95128**.

We'll share more details as the date gets closer. Until then, we could really use your help in the following ways:

- ◆ Please return any library materials that you may have;
- ◆ Please hold any in-kind donations until after the move;
- ◆ Check our lost and found. All unclaimed items will be donated after **Wednesday, Jan.16**.

### Notes from Our Executive Director

The more I learn about this amazingly wonderful organization, the more delighted I am to be here. In learning about NAMI SCC, curiosity led me to put together an organization chart that identifies what we do and recognizes all of the dedicated, compassionate people who make the NAMI SCC miracle.

This is what I discovered:

- ◆ NAMI SCC offers 16 programs in 5 languages that range from Family and Consumer Support Groups and Education Classes to Outreach and Social Programs to Community Education Presentations.
- ◆ NAMI SCC has 26 Program Coordinators who supervise over 130 trained Mentors, Teachers, Presenters and Volunteers all of whom help bring hope, understanding and compassion to individuals and families with a lived experience of mental illness and to educate and reduce stigma in the Santa Clara County community at large.
- ◆ NAMI SCC Board of Directors consists of 12 individuals who tirelessly give of themselves in countless ways. They are the stewards of the governance, development and so much more that makes the NAMI SCC miracle possible.

In this season of thankfulness, I am thankful to be a part of this amazing, beautiful organization. Please remember NAMI SCC in your holiday giving and your family trust. Your giving makes all of this possible. We cannot do it without you.

Best wishes,

*Christine Baucus*

### 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](mailto: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](mailto:Barbarap2pnami@yahoo.com). Other CAC members you can speak to are **Robin Stepto**, **Cheryl Aronowitz** and **Tom Carter**.

### Parents & Teachers as Allies: A Road to Wellness

**Parents & Teachers as Allies (P&TasA)** is a two-hour, in-service program that helps school professionals and families better understand the early warning signs of mental illness in children and adolescents. Understanding of these signs is very important with the intervention process so that youth can begin mental health treatment and achieve better long-term outcomes.

The program is delivered by a trained 4-person team, including a facilitator, parent, individual with mental illness and education professional. There is a PowerPoint presentation along with an informational booklet that gives details of mental illness's early warning signs. The parent shares the lived experiences of raising a child with mental illness and the individual shares his/her own journey with a diagnosable mental health condition. The program concludes with a facilitated, interactive discussion that encourages audience participation. Strengthening the alliance between schools and families helps to prevent the unnecessary daily struggles and challenges faced by students with mental illness.

We recently did the Parents & Teachers As Allies presentation for Campbell Union School District representatives. Most of the audience strongly agreed that the presentation increased their understanding of symptoms of mental illness in children and adolescents, the trauma experienced by these youth and families, as well as the importance of early intervention. Here are some of their comments: "Thank you for sharing your stories. They were very powerful." "Outstanding presentation!" "Would love to learn more about recognizing signs & share them with teachers."

### 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](http://www.directingchange.org) for contest rules and information.

### 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](http://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); a coffee maker 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



**SUPPORT GROUPS FOR CONSUMERS**

**SAN JOSE — Every Sun., 3–4:30 P.M.** Connection Recovery Support Group, NAMI SCC Office, 2010 N. 1st St., Suite 530.

**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](mailto: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](http://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](mailto: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](mailto:kira@edrcsv.org).

**SUPPORT GROUPS FOR FAMILIES & FRIENDS**

**SAN JOSE — 3rd Tues. of month, 7– 8:30 P.M.** NAMI SCC Office, 2010 N. 1st St, Suite 530. 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](mailto: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](http://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.**

Support Group for Brain Injury Services (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 [sbicares.org](http://sbicares.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](http://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/Think Positive **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/Let's Get Cooking **10 A.M.**; Stress Management **11 A.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 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 **Noon**; Current Events Group **1 P.M.**; Mood Surfing/Peer Support Group **2 P.M.**

**THURS. (9 A.M.–3 P.M.):** Positive Thinking Positive Thinking **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**

Note: Center will be closed **Mon., Dec. 24–Fri., Jan. 4.** Center reopens **Tues., Jan. 8.**

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.**; Writing **1 P.M. (No group 2nd Wed.)**

**THURS. (10 A.M.–4 P.M.– Closed for Lunch 12–1 P.M.):** Anger Mgmt **1 P.M.**; WRAP (Wellness Recovery Action Plan) **2:30 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 **Wednesday, January 2 at 7 P.M.**, at the NAMI SCC office, 2010 N. 1st St., Suite 530, SJ. All are welcome!

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

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

TH	1/3	3–5 P.M.	System Planning/Fiscal Committee
TH	1/10	2–3:30 P.M. (New Time)	Family, Adolescent & Children's Committee
M	1/14	12–2 P.M.	Mental Health Board
M	1/14	9–10:30 A.M.	Older Adult Committee
T	1/15	12–2 P.M.	Minority Advisory Committee
TH	1/17	9–11 A.M.	Adult System of Care Committee

### Volunteer Opportunity at NAMI SCC

- ♦ **Membership Co-Coordinator, NAMI SCC**  
NAMI 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)**  
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.namisantaclara.org](http://www.namisantaclara.org).

- ♦ **Mental Health Peer Support Worker (full- or part-time)**  
The Mental Health Department is looking to hire people who have lived experience with mental health challenges as a consumer, family member or caregiver. For details about this position, go to [www.sccjobs.org](http://www.sccjobs.org), click on "Employment Opportunities" under "What's New," then scroll to the bottom of the page and click on "Mental Health Peer Support Worker" for complete description of the position as well as how to apply. Applicants must apply online; no paper applications will be accepted. The deadline for submission is Monday, **Dec. 24, 2012**.

### 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](mailto:jean.kaelin@hhs.sccgov.org).

### 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 (P&TasA):** 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!

### Mary Alexander, NAMIWalk's Premier Sponsor

Our incredible NAMIWalker, Bravehearts Member, long-time Supporter and Premier Sponsor has put us right on track towards a fabulous NAMIWalk 2013! Very many thanks to Mary for her generous \$15,000 sponsorship. Now it's our job to keep up!

Sponsorship Forms are available for download from the website, through email or from the office (let us know and we'll make copies). Please let us know if you work for a company you think might be interested in sponsoring, and don't be shy about asking people such as your doctor, your dentist, or other groups you do business with regularly.

Meanwhile, NAMI National has given the NAMIWalks website a complete makeover, so go to [www.namiwalksfbay.org](http://www.namiwalksfbay.org) to check it out and to register. Santa Clara teams Bravehearts and Weekend Walkers are already online, and you can create a team too.

Here are some things to note about the new site before you start:

- 1) The username and password you used last year can be used this year, but you will need to create a new login.
- 2) If you remember the old info, you can access **myNAMI** at [www.nami.org](http://www.nami.org), click on **NAMIWalks** on your **myNAMI** page to see who donated in your name previously.
- 3) If you were a team captain, you can go to **myNAMI** and retrieve your list of team members as well.
- 4) Otherwise, simply register as an individual walker or a team member or captain, and be the first to donate on your personal page or to your team! Remember to select **NAMI Santa Clara** as the affiliate you wish to support.

**Coming in February:** Our General Meeting will be a Valentine's Day NAMIWalk Celebration, Family-to-Family Class Reunion, Peer-to-Peer Class Reunion and will have videos, music, food and more! Look for more details next month.

### 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**  
 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 **2<sup>nd</sup> 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](http://namisantaclara.org) under support groups for a location map.

### NAMI SCC Ongoing Activities

*Supporting others is part of the recovery process.*



People over 18 years of age with mental illness are welcome. Family members and consumers will find the other NAMI support groups (p. 4-5) more appropriate when attending together. For further info or questions, call **Barbara, 408-229-0428**.

### Connect 2 U and Nature Walk

**Connect 2 U:** This social group is meeting on the **1st/3rd Saturdays** from **2–4 P.M.** at the NAMI office. 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.



### Barbara Saxon, NAMI SCC's Support Group Coordinator

Since 1998, **Barbara Saxon** has devoted herself to NAMI. Now she will be retiring from her volunteer position as Support Group Coordinator. In this position, Barbara developed the current support group network and brought the Connection Support Group to our affiliate. She managed the support groups and training of facilitators, and ensured that support groups were available throughout Santa Clara County, including South County.

Barbara's plan is to continue to stay involved on specific projects. Currently, she is developing a special outreach ambassador training for our staff, to take place next spring.

In the words of Lilly and Mike Henning: "Barbara is a wonderful mentor. We've learned so much through her patience, knowledge, understanding and hope. We enjoyed many humorous conversations about our children and our pets, especially her cat! We'll miss her tremendously."

We can't thank Barbara enough for the thousands of hours she has given to us to help make our affiliate what it is today.

**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: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_

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  
**Effective July 1, 2012** ☐ 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 \_\_\_\_\_ ☐ In Honor 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.

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