



Community Resource & Support Center  
 1150 S. Bascom Av, Ste 24, San Jose, CA 95128-3509  
 408.453.0400 Fax: 408.453.2100  
[www.namisantaclara.org](http://www.namisantaclara.org)

Santa Clara County

Volume XXXVII · No. 7 & 8 July/August 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.

**GATEWAY, DEPT OF ALCOHOL & DRUG SERVICES  
 FOR SCC, REFERRAL AGENCY** 1-800-488-9919

**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** 408-379-9085  
 After-hours/weekend emergencies 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**

**June 27-30** NAMI National Convention  
**July 2/Tues.** NAMI SCC Board Meeting  
**July 4/Thurs.** Office closed for 4th of July  
**July 6, 20, Aug. 3, 17/Sat.** Connect 2 U Social Group (p.7)  
**July 13, 27, Aug. 10, 24, 31/Sat.** Nature Walk (p.7)  
**July 28/Sun.** NAMI SCC Picnic  
**Aug. 6/Tues.** NAMI SCC Board Meeting  
**Aug. 16-17** NAMI California Conference

**No General Meetings in July and August**  
 Join us on Tues., Sept. 10 for our next meeting.



**NAMI Annual Picnic**  
**Sunday, July 28, 12-3 P.M.**  
**Elks Lodge**  
**1680 Martin Avenue, Santa Clara**

Our Annual Picnic will take place at the end of July. If you are available to help with setup, cooking, serving, cleanup, raffle prizes, music and/or other activities, please call the office to sign up. We are doing the planning now, so get in on the fun!

**NAMI California 2013 Annual Conference**  
**August 16-17, 2013**

This year's conference will take place in Burlingame at the San Francisco Airport Marriott Hotel. The theme of this year's conference is Building a Roadmap from Prevention to Wellness. For specific details, call 916-567-0163 or go to [www.namicalifornia.org](http://www.namicalifornia.org). Once on the website, look for the green sign on the right-hand side of the page; click it for the link to the registration page. Or mail a check to NAMI California, 1851 Heritage Ln, Suite 150, Sacramento CA 95815. Space is limited, so register as soon as possible.



There's still time to help us reach our overall NAMIWalk SF Bay Area goal, as well as our NAMI Santa Clara County goal. Donations for NAMI Walk will be accepted until mid-July online and **Wednesday, July 25**, by mail. Go to [www.namiwalksfbay.org](http://www.namiwalksfbay.org) to see how we are closing in on our goal!

**Changes to our Newsletter**



Starting with this issue, we are decreasing the number of newsletters that we publish each year from 12 to 10. This issue combines July and August. December's issue will be combined with January's.

This is just one of a number of newsletter changes to come in the next few months. So keep reading!

**facebook** Check our Facebook page at **NAMI Santa Clara County** for recently-posted articles and links to other organizations. Be sure to *like* us!

**Panel Discussion of Recovery-Oriented  
Consumer Programs  
NAMI General Meeting Write-Up  
May 14, 2013**

**By Cole Buxbaum**

The panel consisted of the coordinator and one participant in each of the following NAMI programs: Peer PALS, Connection Recovery Support Group, Peer-to-Peer, and In Our Own Voice.

**David DeTata** began by describing the role of the Peer PAL coordinator that acts like an occupational specialist to connect people who have mental illness with people who have received training. They serve as a “pal” to help them get out more and improve their interaction with the world in general. Each pairing is a six-month program and has a lot of impact on individuals.

**Karen Fifer** spoke next and talked about when she was first diagnosed and felt that others had no idea what she was going through. When she found NAMI, she felt that she found a place where people could really relate to one another. Karen has taken Peer-to-Peer and has been a Peer Pal. Currently, she is employed as NAMI SCC’s Volunteer Coordinator.

**Barbara Thompson** is one of the coordinators of our Peer-to-Peer Education Class. These classes meet once a week for 10 weeks with scripted material and group discussions. The classes are set up to explore topics related to mental illness and develop awareness and avoidance of negative feelings. Peer-to-Peer is a safe place to share one’s thoughts. Barbara is also involved in NAMI’s Consumer Advisory Council, a group of consumers who determine projects to do out in the community.

**Tracy Owen** has benefitted from taking Peer-to-Peer, and now would like to become a mentor in the program. Before coming to NAMI, Tracy worked at Zephyr, one of three self-help programs funded by Santa Clara County.

**Barbara Saxon** started NAMI SCC’s Connection Recovery Support Group, a group that meets every Sunday. On any given Sunday approximately 17 consumers attend this group, the only program where people can come without any formal schedule. The average age of group members is late thirties and early forties, but some are also in their fifties.

**Robin Stepto** is both a trainer and presenter in NAMI’s In Our Own Voice (IOOV) program. This program reaches consumer groups, law enforcements, students, educators, politicians, and other professionals. The program out of SCC is currently in its third year. There has been a lot of positive feedback from hospitals where IOOV has been presented; it has been particularly helpful with soon-to-be-released patients.

**Eleanor Russell** is also a presenter in IOOV. As a consumer she started by taking Peer-to-Peer, then became a Peer Pal. When engaging others who have similar struggles, she said, it shows that life can be better and mental illness is like any other, where by people can heal with support and love.

### **Handbook about Cognitive Dysfunction**

Here is a link to a potentially very useful handbook about cognitive dysfunction: <http://www.omh.ny.gov/omhweb/>

### **Psychotic Disorders In DSM-5: Summary of Changes**

After many years, the manual for diagnosis of schizophrenia and other psychotic disorders has been updated. New information has resulted in a more precise delineation of schizoaffective disorder from schizophrenia and psychotic mood disorder, such as bipolar disorder.

The specific nature of the revisions in DSM-5, Criteria for Schizophrenia and Other Psychotic Disorders, are summarized in an article by William T. Carpenter and Rajiv Tandon in the Volume 6, Issue 3, June, 2013 in the *Asian Journal of Psychiatry*.

### **Conference at the White House Creating Community Solutions: National Dialog on Mental Health**

On **June 3, 2013**, a **Conference on Mental Health** was held at the **White House**. New efforts to engage the country in reducing stigma and helping those in need of treatment were outlined. These efforts include insurance covered screenings under the Affordable Care Act, increased funding for school counselors and providers for veterans, partnering with broadcasters to produce a new public awareness campaign and commitments from medical and faith organizations.

A new website, [www.mentalhealth.gov](http://www.mentalhealth.gov), was launched with helpful resource links for consumers, families and friends, as well as educators.

This year’s conference had a specific goal to start a broad national conversation about what we as a nation can do to help to open channels of communication. One such conversation will take place in **Sacramento** on **Saturday, July 20** from 9:30 A.M. to 3:30 P.M. at the Convention Center. Facilitators are needed. Go to <http://creatingcommunitysolutions.org/partners/sacramento-california> for specifics about this event.

Getting local communities involved and talking is essential to stimulate any significant actions. The city of **Campbell** will be hosting a dialogue about the mental health challenges facing our community, but no specific date has been set. Please check the following website for details as they become available: <http://creatingcommunitysolutions.org>.

### **9th Annual Mood Disorders Education Day Saturday, July 27, 2013 8:30 A.M.–2:30 P.M.**

The **9th Annual Mood Disorders Education Day** will be held at the **Frances C. Arrillaga Alumni Center at 326 Galvez Street (NOTE: This is a new location) at Stanford University**.

This is an excellent opportunity for all community members to learn about bipolar disorder and depressive disorder from experts in the field. This event is free for consumers and families. For registration information, go to [www.bipolar.org](http://www.bipolar.org). For updates and additional info about this event, you can call **Natalie Portillo** at **650-498-4968** or email [nport22@stanford.edu](mailto:nport22@stanford.edu). The registration link will be available in early July.

## Community Health Fair for Seniors

The **Community Health Fair 2013** is set for **Friday, July 26**, at Town Park Towers located at 60 North 3rd Street in San Jose. The Santa Clara County Public Health Department's SNAP Education Innovative Project is co-sponsoring this event with Northern California Presbyterian Homes & Services and Town Park Towers. The focus of the health fair is to provide health screenings, immunizations, services, resources and education to senior citizens living in the San Jose area.

For more info, contact **Vanessa Merlano** at **408-793-2700** or [Vanessa.Merlano@phd.sccgov.org](mailto:Vanessa.Merlano@phd.sccgov.org).

## Silicon Valley Independent Living Center (SVILC) Co-organized by Office of SCC Supervisor Dave Cortese

### Present the 4th Annual West Coast Disability Pride Parade & Festival Saturday, July 20, 2013

#### Location: Downtown Mountain View

The parade will start at Centennial Plaza; the festival will be at Pioneer Park. In addition to the parade and festival this year will also include a wellness theme in an effort to provide more interactive activities including health screening. There will be more activities and games for youth and "the young at heart."

**SCHEDULE:** Parade check-in and line-up at **10 A.M.**  
Parade will start at **11 A.M.**  
Festival from **11 A.M.–3 P.M.**

Go to [www.svilc.org](http://www.svilc.org) to sign up to be a sponsor, vendor, parade participant/group or to make a donation in honor of this event. Questions: Contact **Debra Sue** at **408-894-9041x209**.

## Volunteer Spotlight



Since August 2012 we have had the pleasure of having Cassandra Render fulfill her internship requirements at Palo Alto University by volunteering at NAMI SCC twice a week. Cassandra will be graduating in June with a Bachelor of a Science degree in Psychology. She has had an interest in mental illness and suicide prevention since she was in middle school. Her interests stem from having a family member with mental illness, as well as many friends and acquaintances who have had similar struggles.

Cassandra has always enjoyed helping people with life's difficulties. At our office, she spend time working directly with our Volunteer Coordinator, Karen Fifer, and the wonderful drop-in volunteers with their various projects, which helped to reinforce her desire to work in the counseling profession.. She stated, "I love to engage with the volunteers and see how happy they are when they realize that others understand mental illness and, more importantly, them." She also emphasized the need to help others not feel so alone and stigmatized.

Cassandra will continue her studies in the fall when she starts the Master of Science degree in Marriage and Family Therapy Program at Palo Alto University. She would like to work as a therapist with adolescents.

Thank you, Cassandra, for all your dedication these past ten months. We will miss you and wish you well on your advanced educational pursuits!



## A Book Review

### *Broken: My Story of Addiction and Redemption*

By William Cope Moyers

Reviewed by Brandon Huy Ha

By the time William Cope Moyers entered high school, he had already done things the general population could only dream about. The son of Bill Moyers, former White House Press Secretary and famed award-winning journalist, William spent his Easters hunting for eggs on the White House lawn, regularly flew on Air Force One and often vacationed at Camp David with President Lyndon B. Johnson. Moyers excelled in sports, had a solid B average and was popular among his friends. Things were as normal as they could be for someone who had a U.S. President dine at his house frequently.

Having a famous father did have its disadvantages, as the pressure of being the perfect son constantly weighed heavily on Moyers. While working a summer job in Aspen, CO, he took a puff of a joint offered by a coworker. Immediately Moyers felt at home and peaceful—the edge was off and soon drugs were a crutch for him to be able to lead his "perfect" life. The drug use continued well after college and his marriage to his childhood sweetheart. Unbeknown to anyone, Moyers had a daily coke habit that cost him almost the entirety of his salary.

After finally landing in rehab at Hazelden, one of the premier recovery institutions in the U.S. for addicts and alcoholics, he starts the process of sobriety and self-discovery. In *Broken*, Moyers' harrowing memoir about his life with addiction and redemption, we learn that hitting rock bottom can happen more than once. From a former junkie who battled his addiction for decades to leading a campaign to fight against the stigma of addiction, Moyers illustrates it's how you stand up after the fall — or in his case, many falls — that matters.

William Cope Moyers is currently Vice President of Public Affairs and Community Relations at Hazelden Foundation in Minnesota, where he received treatment years ago. He is a regular contributor to *Good Morning America*. As a former journalist for CNN, his work has been featured in the *New York Times*, *USA Today* and *Newsweek*. *Broken* is available in the NAMI SCC library, and is a highly recommended read for those struggling with addiction and recovery.

### "Cracked, Not Broken: Surviving and Thriving After a Suicide Attempt" By Kevin Hines

Author **Kevin Hines** spoke to the crowd gathered in Golden Gate Park for NAMIWalk 2013, sharing his story of his suicide attempt. Today he is a leading mental health advocate. Hines' book is due out on **Monday, July 16, 2013** and you just might want to get a copy. It is a reminder that "life is a gift." According to Linda Rosenberg, president and CEO of the National Council for Behavioral Health, "**Cracked, Not Broken: Surviving and Thriving After a Suicide Attempt**" is a must-read for anyone who's ever wanted to know about living with mental illness."



## Network of Care

There is good information on topics including bipolar, depression, schizophrenia and PTSD at network of care: <http://santaclara.networkofcare.org/mh/index.aspx>. It's worth checking out.

### SUPPORT GROUPS FOR CONSUMERS

**SAN JOSE — Every Sun., 3–4:30 P.M.**

NAMI SCC Office, 1150 S. Bascom Av, Ste. 24

**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, 15891 Los Gatos-Almaden Rd. **Intake and Referral, 408-559-2000.**

**LOS GATOS — 1st/3rd Wed., 6–7:30 P.M.**

Body Image/Eating Disorders Support Group, Mission Oaks, 15891 Los Gatos-Almaden Rd., Rm. 295 (take elevator B). Info: **Kira Olson** at 408-356-1212 or [kira@edrcsv.org](mailto:kira@edrcsv.org).

**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.

### SUPPORT GROUPS FOR FAMILIES & FRIENDS

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

NAMI SCC Office, 1150 S Bascom Ave., Ste 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.

**SAN JOSE — Every Monday, 6–7 P.M.**

Eating Disorders Group. Cielo House, 334 N. Second St. More info: 775-351-9411 or [akwhitlock@hotmail.com](mailto:akwhitlock@hotmail.com).

**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. Info: **John Bisenius, 650-688-3097; 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: **Mike & Lilly Henning, 408-264-0782.** (NAMI Format)

**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.**

**NOTE:** This support group will resume in September. Christian group for consumers, families, friends. H.E.L.P. at South Hills Community Church. Info: 408-997-7284.

**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.**

**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.

**SAN JOSE — Every Wed., 5:30-7:30 P.M.**

**Services for Brain Injury (SBI) hosts a free group** for people with brain injuries and caregivers at 60 Daggett Dr., [sbicares.org](http://sbicares.org).

**SAN JOSE — Every Mon., 6:30– 8 P.M.**

**SCC Suicide & Crisis Services** provides an ongoing drop-in Survivors of Suicide Support Group. Info: **Eddie Subega** at 408-885-6216.

**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.

**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, Ph.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 Thurs./month, 7–9 P.M.**

API (Asian Pacific Islanders) Adult & Young Adult Peer Support Group. Info: **Sophia Huang, 408-623-9711.**

Beginning in this issue of our newsletter, we will no longer list the day-by-day classes and groups offered by Grace Community Center and the three self-help centers for consumers. Please call all centers for information, including upcoming events. Here is contact information for each center:

**THERAPEUTIC SERVICES/SELF-HELP CENTERS**

- ◆ **Grace Community Center** 408-293-0422  
484 E. San Fernando Street, San Jose  
<http://sanjoseca.gov/facilities/facility/details/300>
- ◆ **Zephyr Central County Self-Help Center** 408-792-2140  
Downtown Mental Health, 1075 E. Santa Clara Street,  
San Jose (Enter at rear of bldg.)
- ◆ **South County Self-Help Center** 408-686-2365  
1235 First Street, Gilroy
- ◆ **Phoenix North County Self-Help Center** 650-462-2811  
231 Grant Ave., Palo Alto

**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 in-service 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.



**NAMI SCC Board Meeting** — The Board Meeting is held the first Tuesday of the month. The next two Board Meetings will be on **Tuesday, July 2 & Aug. 6, 7-9 P.M.**, at the **NAMI SCC office, 1150 S. Bascom Avenue, Suite 24, San Jose.** All are welcome!

**SCC Mental Health Board — July/August 2013 Meetings are open to the public!**

(Meetings are held at 1075 E Santa Clara St., *unless* specified.) The Mental Health Board regularly meets on the 2nd Monday of the month. In July, the Board will meet on Monday, July 8. Please go to [www.sccmhd.org](http://www.sccmhd.org) select the Mental Health Board tab on the top of the page for the dates and times of other County committee meetings.

NOTE: There will be no meetings in August. All regularly scheduled meetings will resume in September.

**Volunteer Opportunity at NAMI SCC**

We are looking for two volunteers to deliver brochures and newsletters to community locations within Santa Clara County, one time toward the end of each month. If you can help out, please call our office.

**Consumer Advisory Council Is Recruiting**

By Robin Stepto & Barbara Thompson

The Consumer Advisory Council is looking for a few good consumers to join us. We will be recruiting for the month of July. We ask that you be a member of NAMI; be familiar with at least one of the NAMI consumer programs; be willing to attend our monthly meetings (usually on the last Tuesday of the month); take an active role in those meetings; and be ready to interact with outside groups.

You can pick up an application form in the NAMI office. If you have any questions, please contact **Robin Stepto** at [robivoste@sbcglobal.net](mailto:robivoste@sbcglobal.net) or **Barbara Thompson** at **650-576-3279**. **Cheryl Aronowitz, Tom Carter and Patty J** are also on the council.

**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: **Gerry Larvey, Beverly Lozoff, Vic Ojakian, Juan Perez**  
 Treasurer: **Jerry Gruhn** Secretary: **Meg Stein**  
 Recorder: **Peter Newman**  
 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.

**NAMIWALK 2013 Photos**



**State Senator Jim Beall holding his team sign, The Advocates...Never Give Up!**



**John Mitchem (with Weekend Walkers sign) and Laurie Williams, Walk Director**



**Rich Berryessa (center back) and family members**



**Team members from Grace Community Center**



## Recap — NAMIWalk 2013

By Gini Mitchem

NAMIWalk SF Bay Area Steering Committee Co-Chair  
and NAMI SCC Walk Committee

Perfect weather, about 2,500 people in attendance, our inspiring speaker **Kevin Hines**, the dove release, The Nickel Slots band and many happy faces made this a wonderful event. Thanks to all from our own and neighboring NAMI affiliates who made this important event come together.

Our NAMI Santa Clara Sponsors, our Mental Health Department with the bus, Walk Volunteers, Team Captains, Walkers, Virtual Walkers, Donors, NAMI Santa Clara County Board, Staff, Volunteers, and NAMIWalk Committee—thank you, thank you!

Lastly, and very important, did you have a good time? We'd love to hear your comments. Let's walk on to next year! Please email **Gini** at [vmitchem@hotmail.com](mailto:vmitchem@hotmail.com) or call 408-453-0400.

## What a Walk in the Park!

By Barbara Thompson & Rick Vierhus

Gorgeous day, people and experiences for all! That Saturday at NAMIWalk 2013 Lindley Meadow was ablaze with color, music, excitement, inspiration and the common bonding of fighting against stigma and for our loved ones and our futures. By the numbers (so far)...2500+ walkers, \$437,318 (June 8). Still time to ask for more donations—so very close to the goal of \$450,000. Send out that one last email for this year's walk. Brave Hearts team members contributed almost \$10,000 and still counting.

Call either **Barbara Thompson (650-576-3279)** or **Rick Vierhus (408-209-3031)** with questions, comments, suggestions or a pep talk!



Brave Hearts team members (in turquoise)  
heading towards the starting line

## NAMI SCC Ongoing Activities

*Supporting others is part of the recovery process.*



**NOTE:** Connection Recovery Support Group meets every Sunday 3–4:30 P.M. at the NAMI SCC office (1150 S. Bascom Avenue, Suite 24, San Jose).

Please arrive between **2:45 P.M.** and **3:10 P.M.** when doors of the building are open. This will reduce group interruptions. Thanks!

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

## Connect 2 U and Nature Walks

**IMPORTANT NOTE ABOUT THESE PROGRAMS:** Attendance has been down for both Connect 2 U and our Nature Walks. We very much want these activities to continue and are looking for new people to lead them and ignite enthusiasm; we need two leaders per activity. Please contact the NAMI office about this.

**Connect 2 U:** Come to our office on **Saturday, July 6, 20 and Aug. 3, 17**, from 2–4 P.M. for board games (Bingo, Pictionary, Cards, Dominos and more), art projects and light snacks.  
Info: **Kathy, 408-354-7077.**

**Nature Walks:** Join the group on **Saturday, July 13, 27 and Aug. 10, 24, & 31**, from 9–11 A.M. Rain or Shine! The group meets at Campbell Park in Campbell (corner of Campbell & Gilman) near the playground.



NAMI SCC President Jen Hong (holding sign) and  
Joy Luck team members





NAMI SANTA CLARA COUNTY  
COMMUNITY RESOURCE & SUPPORT CENTER  
1150 S BASCOM AV STE 24  
SAN JOSE CA 95128-3509

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**RETURN SERVICE REQUESTED**

**NAMI Santa Clara County  
Community Resource & Support Center  
1150 S. Bascom Av. Ste 24  
San Jose, CA 95128-3509**

**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.\*\***

**Would you be interested in doing volunteer work at NAMI? If interested, call 408-453-0400.**

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

**Renewal**

\$ 35 Membership Type:  Standard Membership How did you hear about us? \_\_\_\_\_

\$ 3 Membership Type:  Open Door

**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 and click on "Join NAMI."**

NAMI SCC 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 we can maintain our office, as well as our education programs. Your membership and donations are tax deductible. **Tax #94-2430956**