



NAMI Santa Clara County Community Resource & Support Center

National Alliance on Mental Illness

Newsletter Volume XXXVIX No. 7/8

July/August 2014

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Calendar:

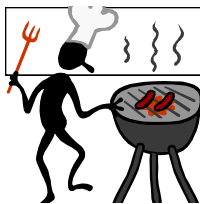
June 28/Sat.
Mood Disorders Educ. Day
July 1 & Aug. 5/Tues.
NAMI Board Meeting (p.3)
July 4/Fri.
Office Closed for 4th of July
July 6 & Aug. 3/Sun.
Nature Walk (p.4)
**July 6, 13, 20, 27 &
Aug. 3, 10, 17, 24, 31/Sun.**
Connection Recovery Support
Group, 3–4:30 P.M. (p.4)
July 19/Sat.
Disability Pride (p.2)
July 26/Sat.
Wellness Educ. Day (p.3)
July 27/Sun.
NAMI SCC Annual Picnic
Aug. 1–2/Fri.–Sat.
NAMI CA Conference

Contact Us!

**NAMI Santa Clara County
Community Resource &
Support Center**
1150 S. Bascom Avenue
Suite 24
San Jose, CA 95128-3509
408.453.0400
www.namisantaclara.org
M–F, 10 A.M.–2 P.M.

No General Meetings in July & August
Our next General Meeting will take place on Tuesday, Sept. 9, 2014.

NAMI Santa Clara Annual Picnic



Please join us for our annual picnic at the end of July. It's always a wonderful event! 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.

Here are the details:

WHEN: Sunday, July 27, 12–3 P.M.

WHERE: Elks Lodge
1680 Martin Ave, Santa Clara



NAMI California Annual Conference in Newport Beach August 1–2, 2014

This year's conference will take place at the Newport Beach Marriott Hotel and Spa in Newport Beach. The theme of this year's conference is **Growing Minds in Changing Times**. For more details, call 916-567-0163 or go to 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 you can send a check to NAMI California, 1851 Heritage Lane, Suite 150, Sacramento CA 95815.

Early-bird registration has been extended to **Friday, June 20**. Space is limited, so register as soon as possible.

10th Annual Mood Disorders Education Day at Stanford University Sat., June 28, 2014 ~ 8:30 A.M.–2:30 P.M.

The **10th Annual Mood Disorders Education Day** will be held at the **William R. Hewitt Teaching Center** at 370 Serra Mall on the **Stanford University** campus. 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 to the community, but the organizers would like attendees to register. Visit www.bipolar.org for more information, including the agenda and link to register.



National Alliance on Mental Illness

There is still time to help us reach and surpass our overall NAMIWalk SF Bay Area goal — \$500,000 — as well as our NAMI SCC goal — \$100,000. Donations for NAMIWalks will be accepted until the end of July both online and by check. The online system will stay open for donations until the end of July.

Be sure to tell your friends and family members that there are different ways to make a donation:

- ♦ Online at www.namisantaclara.org to make a donation to a specific team or person OR
- ♦ Via mail by sending a check, made out to NAMIWalks, to our office at 1150 S. Bascom Av, Suite 24, San Jose 95128-3509.

NEW for Family Members: While you are waiting for NAMI's 12-week Family-to-Family Education Program to begin, you can take an 8-hour crash course, **Mental Health First Aid**. Contact **Diana Guido** at 408-792-2166 or email her at Diana.Guido@hhs.sccgov.org.

Who's Who at the NAMI SCC Office

Navah Statman:
Board President

Kathy Forward:
Executive Director

Francesca Merchant:
Office Manager

Donna Mechanic:
Office Support

Sanja Pesich:
Volunteer Services Manager

Karen Fifer:
Volunteer Coordinator

Eleanor Russell:
Office & Outreach Assistant

Jennifer Blostein:
Program Coordinator

Programs

Jennifer Blostein:
Family-to-Family
In Our Own Voice (IOOV)
Parents & Teachers as
Allies (PTAA)

Greg Osborn:
Provider

Sharon Ruhl:
Basics

David DeTata:
Peer PALS

Barbara Thompson, Kathy Williams:
Peer-to-Peer

Brandon Ha:
Ending the Silence (ETS)

Isabel Romero:
NAMI Español

NAMI SCC Newsletter

Published 10 times per year by the Newsletter Crew: **Cole Buxbaum** (Editor), **Beverly Lozoff** (Coordinator), **Donna-Jo** (Typesetter) and our great volunteers.

Spreading the Word

Sixteen VTA buses in SCC are now wrapped with Suicide & Crisis Hotline info to raise awareness about this important

National Alliance on Mental Illness

Work Incentives Planning & Assistance for Those on SSI May 13, 2014 General Meeting Write-Up

By Cole Buxbaum

Olayinka Popoola and **Liezel Taube** of the Center for Independence of Individuals with Disabilities discussed the financial and support considerations for people on SSI who are interested in working part-time.

A program called "Ticket to Work" is voluntary and free, set up to assist beneficiaries in obtaining supplemental income. Examples of services offered are skills testing; interest testing; resume preparation; interview skills training; job search/placement services; work incentives counseling; and job coaching or other ongoing services.

One advantage of signing up with the Social Security Administration to obtain supplemental income with this program is the protection offered in preventing a review. To meet the definition of disability, one must not be able to engage in any substantial gainful activity because you have medically determinable physical or mental impairments (expected to last at least twelve months). If you receive SSI benefits, different standards are applied to determine eligibility for continuation. Once you receive SSI, you can get benefits unless your earnings are too high.

Regarding SSI, work history is not a consideration. For every dollar the individual earns,

half of the wages are counted against them. For example, if one earns \$885 in the month, \$400 is counted against SSI. The first \$65 of earned income is not counted.

You can receive SSI cash payments even when your gross income is at the substantial gainful activity (SGA) level. If you go to work under "Ticket to Work," there is a trial period that allows you to receive benefits if your monthly income exceeds \$770. There is no time limit if it is less. Benefits can start again if you stop working. If your income is so high that your SSI stops, Medi-Cal continues until you earn above the threshold.

The Redbook, a document published by the Social Security Administration, is a summary guide to employment for persons with disabilities and contains different rules that apply to benefits. It is available on the Internet at www.socialsecurity.gov/redbook.

For more information, Ms. Popoola or Ms. Taube can be reached at **650-648-1780** at the **Center for Independence of Individuals with Disabilities**.

To access audio recordings of our General Meeting presentations, go to www.namisanlaclara.org/meetings.htm.

5th Annual West Coast Disability Pride Parade & Festival SV Independent Living Center Co-organized by the Office of Supervisor Dave Cortese

WHEN: Sat., July 19 ~ 11 A.M.-3:30 P.M.

WHERE: Downtown Mountain View

SCHEDULE OF EVENTS:

- ◆ **11 A.M.:** Parade check-in
- ◆ **Noon:** The parade will start at **Centennial Plaza**
- ◆ **Noon—3:30 P.M.:** The festival at **Pioneer Park**

Be a part of the efforts to build a community of equality and choice for everyone.

Register today at www.svilc.org.

Live Performances!

Music! Fun! Food!

Disability & Aging Fair!

Volunteer/Staff Spotlight: Barbara Thompson

Barbara Thompson found NAMI in the spring of 2009 by attending a Peer-to-Peer class. She started out folding newsletters and progressed to working on the Warm Line before becoming a Peer-to-Peer Coordinator, one of her current positions. Barbara is also chair of the Consumer Advisory Council, which has given her a seat on the NAMI SCC Board. The NAMIWalk Steering Committee is another component of her NAMI work, and BraveHearts is her Walk team

that she co-captains with **Rick Vierhus**.

Barbara's other interests include yoga, walking, going out with friends and cooking. Her favorite electronic toy is her iPad.

Barbara first learned about NAMI while in the hospital in 2003, but she took several years to move close enough to get involved.



NAMI SCC Board Meetings

Held the **first Tuesday** of the month. The next Board Meeting will take place on **Tuesday, July 1 & Aug. 5, 7–9 P.M.**, at the **NAMI SCC office**. All are welcome!

Officers of the NAMI SCC Board

President:

Navah Statman

Past President:

Jen Hong

Vice Presidents:

Victor Ojakian (1st VP)

Beverly Lozoff (2nd VP)

Juan Perez

Gerry Larvey

Treasurer:

Steve Wade

Secretary:

Peter Newman

Members-at-Large:

Alan Cade

Lowanda Pierson

Harold Brown

Thank You!

A big Thank You to **Cisco Systems** for their support of our Peer PALS Program with a grant of \$15,000.

Congratulations to Michael Rogan

Michael Rogan, one of the creators of our Peer PALS program, is a veteran and long-time NAMI activist. He is also an artist whose works have been exhibited far and wide. Recently, his portrait of his friend Mark, retitled, "Woodstock Vet," was accepted as a finalist in the annual National Veterans Art Festival. Winners gather in the fall, which will be held this year in Milwaukee, Wisconsin. Veterans across the country in the arts, crafts, poetry, and music and theater will participate.

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Recap of NAMIWalk 2014

By Barbara Thompson

Perfect foggy walking weather with about 3000 people in attendance; our inspiring speaker, **Sgt. Kevin Briggs**, the "Godfather of the Golden Gate Bridge"; the moving dove release, the band, and many happy faces made this a wonderful event.



BraveHearts Team Captains Barbara & Rick

Thanks to all from our own and neighboring NAMI affiliates who made this important event come together. Our NAMI Santa Clara County Sponsors, Walk Volunteers, Team Captains, Walkers, Virtual Walkers, Donors, NAMI Santa Clara County Board of Directors, Staff, Volunteers and NAMIWalk Committee — thank you, thank you!

Did you have a good time? We'd love to hear about your Walk day. Contact **Gini** at vmitchem@hotmail.com or **Barbara** at barbarap2pnami@yahoo.com or call our office.



The Mechanic girls holding their team sign

NAMI 2014 National Convention in Washington, D.C. September 3–6, 2014

NAMI returns to the nation's capital for the 2014 convention taking place at the Marriott Wardman Park Hotel. Being in Washington affords NAMI advocates the opportunity to educate their Congressional legislators about issues related to mental illness. Two thousand grassroots activists will

meet face-to-face with our nation's policy-makers on the National Day of Action to demand change to our nations' mental health care system.

Visit www.nami.org/convention for all the information. The deadline for **early-bird registration** is **Thursday, July 31**.

Wellness Education Day

July is **National Minority Mental Health Awareness Month**. In celebration, NAMI Santa Clara County and Santa Clara County Mental Health Department's Ethnic Cultural Communities Advisory Committee (ECCAC) will present a free multicultural community event, **Wellness Education Day**.

Free Parking

Free Registration ~ Dress Comfortably

TIME: Sat., July, 26, 10 A.M.–5 P.M.

PLACE: River of Life Christian Church
1177 Laurelwood Rd
Rooms E5/F2/F3
Santa Clara, CA 95054

RSVP: **Brian Cheung**
(Brian.Cheung@hhs.sccgov.org
or 408-792-3922) OR
Leticia Medina
(Lecicia.Medina2@hhs.sccgov.org
or 408-792-3921)

NAMI SCC Ongoing Activities

Supporting others is part of the recovery process.

Connection Recovery Support Group

This group meets **every Sunday 3–4:30 P.M.** at the NAMI SCC office. To reduce group interruptions, please arrive between **2:45–3:10 P.M.** when building doors are open. Note: that this group is for people over 18 with a mental illness.

Nature Walks

The Nature Walk takes place at **9–11 A.M.** on the **1st Sunday of the month** at Campbell Park in Campbell and is now being coordinated by the **Davé** family. For more info, contact them at **408-946-4379**.

Paid Opportunities at NAMI SCC

♦ Development Manager (20 hours per week)

The Development Manager leads the planning and execution of NAMI Santa Clara County's fundraising, marketing communications and public relations activities. The position will partner with the Executive Director and Board of Directors to build and strengthen relationships with funders and community partners. The successful candidate will have the ability to manage and prioritize fundraising projects, work with partners and volunteers and provide a clear view of how each project helps achieve the organization's annual income goal.

♦ In Our Own Voice (IOOV) Coordinator (35 hours per month)

NAMI SCC is seeking a coordinator for its In Our Own Voice (IOOV) Program, a powerful NAMI program that consists of presentations given by trained individuals with a lived experience of mental illness to groups of others with a lived experience, as well as family members, community groups, college students and professionals. The Coordinator oversees the coordination and administration of all aspects of the program, including planning, organizing, staffing, leading and controlling program activities.

For a full description of these positions, please go to our website, www.namisantaclara.org. If you are interested in one of these positions, please contact **Kathy Forward**, NAMI SCC Executive Director, at kforward@namisantaclara.org.



We're on Twitter!

Be part of our online community and engage in conversations on Mental Health on **Twitter@NAMISantaClara**



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!

www.facebook.com/namisantaclara.org

NAMI Santa Clara County, Community Resource & Support Center

1150 S. Bascom Ave, 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: _____

****You will receive your newsletter via email. Please provide us with an email address.****

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) _____ ☐ Resource Guide Available online

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

To pay online, go to www.namisantaclara.org and click on "Join NAMI."

Drive Change: Donate a vehicle today. To find out more, call **800-240-0160** or go to www.namisantaclara.org.

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.) 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