



Community Resource & Support Center
1150 S. Bascom Ave, Ste 24, San Jose, CA 95128-3509
408.453.0400 Fax: 408.453.2100
www.namisantacalra.org

Santa Clara County

Volume XXXVII · No. 6

June 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

**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

May 27/Mon. Office closed for Memorial Day
June 1/Sat. NAMIWalk in Golden Gate Park (p.7)
June 1/15Sat. Connect 2 U Social Group (p.7)
June 4/Tues. NAMI SCC Board Meeting
June 8/22/29Sat. Nature Walk (p.7)
June 11/Tues. NAMI SCC General Meeting
June 27–30 NAMI National Convention (p.6)
Aug. 16–17 NAMI California Conference (p.3)

facebook

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

General Meeting, Tues., June 11, 2013
Culturally-Adapted School-Based
Suicide Prevention
Presented by Dr. Shashank V. Joshi
Good Samaritan Hospital Auditorium
2425 Samaritan Drive, SJ 7–9 P.M.

Dr. Shashank V. Joshi is Director of Training in Child & Adolescent Psychiatry and Director of the School Mental Health Team of Lucile Packard Children's Hospital at Stanford.

Dr. Joshi's presentation will describe recent school-based efforts to address the problem of depression and suicide risk in several local communities with culturally diverse youth. Two communities — Palo Alto and San Francisco — have experienced suicide clusters over the past three years that represent roughly a 20-fold increase over national norms. Dr. Joshi will describe the interventions the local community has undertaken, especially the Peer Leadership Program called Sources of Strength.

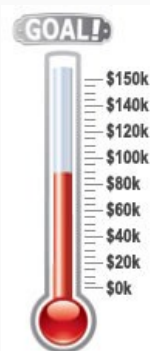
Join us at **7:30** for NAMI announcements. The presentation will be from **8 to 9 P.M.**

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

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

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

Thanks to the donations of so many of you, we are now over 60% towards our goal of raising funds to allow us to grow — but we still need your help. Detailed information about "Adopt-A-Program" is on our website at www.namisantacalra.org.



NAMIWalk 2013 Is Fast Approaching!
Saturday, June 1

Please see page 7 for the latest updates about the Walk. There is still time to register and there is certainly still time to raise funds for NAMI's important programs. Donations will be accepted until the middle of July.

Have a wonderful day in Golden Gate Park on June 1. See you there!

**Mental Health Protection and Legal Issues
in the Post-Sandy Hook Era
NAMI General Meeting Write-Up
March 12, 2013**

By Cole Buxbaum

Andrea Tytell, Special Needs Attorney, and **Laura Ericson**, Special Needs Advocate, were our speakers on mental health protection and legal issues.

According to Laura Ericson, NAMI is the voice of reason in the mental health arena. The lack of understanding regarding mental illness in the general population results in 20 times more risk to those suffering. There is 72% of college students who experienced a crisis never sought treatment; 64% leave college when faced with mental health issues.

“It is easier for Americans to have access to guns than mental supports,” Ericson stated. “More energy goes into the right to use guns than does towards protecting and facilitating our children’s rights to life, liberty and the pursuit of happiness, as stated in the Declaration of Independence.

As a special needs advocate, Ericson impressed upon us how critical it is for parents to work to advocate for those with developmental disabilities and mental illness support, which frequently coexist. It is also important to advocate for themselves. Current laws protect the school system over the special needs of kids. Ericson’s family members didn’t understand how difficult it was for her son to operate in the system. He was battered by school-mates and very little was done to get recompense. According to Ericson, “sometimes we must bring in reinforcements.”

Andrea Tytell said that she was standing before us as someone whose son has bipolar disorder, and she has been on the receiving end of having to pick him up from jail because his behavior was so irregular. She has seen what the illness has done to her two sisters who have suffered under the shadow of mental illness. The mantra in her family has been, “Oh my goodness, if only you knew then what you know now.”

“There is built-in discrimination in every one of the systems, we try to access. As an attorney, I intend to empower everyone, I can so you know what your rights and your child’s rights are,” Andrea said.

She provided some examples of situations of abuse. She has heard of a 300-pound teacher sitting on top of children to restrain them, and a case of a little girl being tossed on her head, picked up by her arms and legs and pile driven to the floor when she did not wish to eat her lunch. Most parents don’t know the law and what can be done.

The Americans with Disabilities Act and Section 504 of the Health and Rehabilitation Act were enacted to protect children at all ages. Tytell explained what a conservatorship is, which allows you or another responsible adult to make medical and legal decisions on behalf of your adult child.

A person in the audience called attention to the fact that the cut-backs in funding are having a negative effect on LPS Conservatorships, those that give the county responsibility for disabled individuals, who do not have the means from family or others to do so. Tytell said that we should not allow this to happen. Budgeting concerns should not stand in the way, and we have to take districts to court who are not complying.

One member of the audience noted that he is the representative payee for Social Security and other funding for a family member and it gives him more control with doctors and others. Tytell replied that this is a very useful power; however, some medical organizations now resist giving out information.

We have to talk to our representatives in Congress to assure that the disabled are represented. Congressman **Charles Miller** is a key advocate for those with mental illness. It was noted that the Mental Health Parity Act has been very important in getting funding and support. Tytell said that in individual cases a letter of necessity is very effective in moving a case through the system faster. NAMI has been important in getting support and legislation to assure more funding. However, Tytell noted, only about 14% of the funding reaches the school and the child. We must be very vocal to improve this situation.

Do special needs trusts perform an important function? Yes, absolutely, and all parents should use these to assure that their children continue to get good support when they are gone.

There is an array of services available to improve on a child’s performance, but many times they are not utilized. All students must be exposed to socialization, recreation, and involvement with community — part and parcel of the educational process.

For more information, you can contact Laura Ericson or Andrea Tytell at www.andreatytell.com or 408-458-7938.

Panel Refutes Link Between Mental Illness and Gun Violence

**Excerpted from an article by Adam Toobin
in the Brown University Daily Herald**

In the wake of the massacre at Newtown Elementary School at the end of 2012, the president of Brown University, **Christina Paxson**, called for a campus dialogue on gun violence and its causes. “While an improvement in the U.S.’s mental health care system would be “amazing,” we should be frank about what (reductions in violence) we’re going to see,” said **Richard Friedman**, Cornell professor of clinical psychiatry. Also on the panel were **Jeffrey Swanson**, professor in psychiatry and behavioral sciences at Duke University School of Medicine, and **Doris Fuller**, Executive Director of the Treatment Advocacy Center.

The event was the third in a series on “Guns in America.” “Friedman began by pointed” out that only 4 percent of gun deaths annually in the U.S. can be attributed to individuals with mental illnesses — far lower than most people “think,” he said. “If America could hypothetically solve the problem of mental health issues leading to violence, “you’re likely to see a reduction in suicides, not homicides,” he said.

Every year in the U.S. firearms kill 30,000 people — 17,000 by suicide and 13,000 by homicide, Friedman said. While only a small number of the homicides are due to mental health issues, the majority who commit suicide have an illness like depression. Disproportionate media coverage, “creates distorted perception of the risk” of mental illness in influencing gun violence.

Fuller spoke of the need to strengthen laws allowing judges to order people who are a threat to themselves or others into psychiatric hospitals. “Americans place a premium on civil liberties, said Fuller, but everybody loses when people who could have been saved by a court order kill themselves or others.”

Israeli Researchers Find New Way of Diagnosing Schizophrenia

Excerpted from an article dated April 23 by Dan Even

Researchers from Tel Aviv University have developed a way to diagnose schizophrenia by examining nerve cells from the nose. Schizophrenia, the leading reason for admission to psychiatric hospitals, is currently diagnosed subjectively, using clinical observation and medical questionnaires that evaluate the patient's functioning. The medical community has long sought a biological marker that would offer a more accurate diagnosis.

The Israeli researchers working in partnership with researchers at Johns Hopkins University Medical Center said they have found a quick way to arrive at an early diagnosis by examining nerve cells located in the inside top of the nose that are part of the system responsible for our sense of smell.

The study identified three specific genetic controls that were faulty in the schizophrenia patients. Two of these are "turned on" genes that are meant to remain "turned off." The third and most significant control led to the shutting down of genes that remain "on" in healthy people, and that previous research had already shown to be connected to schizophrenia. Until now, biological signs of schizophrenia could only be found in nerve cells that could not be examined in live patients.

"Next, it is important" to determine whether the detected change in the controls occurs before the symptoms of schizophrenia appear, or only after the development of the disease. If it turns out the change appears in the early stages, even before the onset of the disease, this would allow early therapeutic intervention that could delay the onset of symptoms and prevent a great deal of suffering to the patient and his family.

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 more details, you can 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. Early-bird registration ends on **Sunday, June 23**. Or send a check to NAMI California, 1851 Heritage Lane, Suite 150, Sacramento CA 95815.

Space is limited, so register as soon as possible.

Farmer's Market at Santa Clara Valley Medical Center



Valley Medical Center has just launched a Farmer's Market. Here are the particulars:

WHEN: Every Wednesday from **May 15 to Nov. 6, 2013**, from **10 A.M. – 2 P.M.**

WHERE: Valley Specialty Center, 751 S. Bascom Ave., San Jose

- ◆ Free public parking available
- ◆ Bring a bag for your produce
- ◆ WIC & CalFresh/EBT accepted

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. Please see the enclosed flier for detailed information. 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 starting the planning now, so get in on the fun!



A Book Review "Bodily Harm"

By Karen Conterio
and Wendy Lader, Ph.D.
Reviewed by Brandon Huy Ha

Over the past few decades, self-injury has been a growing concern among mental health professionals and loved ones of self-injurers. Self-injury (self-harm or self-abuse) is the intentional act of harming one's own body, usually by cutting with a sharp object or burning the skin with a lighter or lit cigarette.

In extreme cases, self-injurers ingest toxic chemicals and even amputate their limbs. The acts of self-mutilation are not suicide attempts, but a dangerous and unhealthy way to cope with emotional problems.

There are several common misconceptions about those who self-injure, why it's a rising epidemic and treatment options. "*Bodily Harm*", co-written by Karen Conterio and Wendy Lader, attempts to shed light on the disturbing trend of self-injury. As directors of S.A.F.E. (Self Abuse Finally Ends) Alternatives, the country's first treatment program for self-injury, Conterio and Lader have nearly 30 years of experience dealing with patients who have self-abused. In "*Bodily Harm*", they share stories of some of their patients who have gone through the S.A.F.E. treatment program. One misconception of self-injury is that it is just a phase during adolescent or early teen years and one will just "get over it." Ceci J., a former patient at S.A.F.E, is a 38-year-old successful attorney who began self-injuring in her early twenties. The fact is, self-injurers come in all shapes, sizes and ages, and is common in both sexes. Another myth is that self-injury is just a cry for attention. Research has shown that most self-injury stems from early childhood abuse and neglect, and many resort to self-harm in their teens because they were never able to properly address those issues. Although outsiders may feel it is a radical method of handling emotional pain, self-injurers find immediate relief and numbness.

"*Bodily Harm*" is recommended for the self-injurer, their loved ones, and any clinician wanting to learn how to treat this difficult psychiatric disorder. Treatment and full recovery are possible with the help of the two inspiring co-authors. Karen Conterio is a trained alcohol and addictions counselor and a certified group facilitator. Wendy Lader has treated more self-injurers than anyone else in the country, and is an expert on women's health issues. "*Bodily Harm*" is available for checkout in the NAMI Santa Clara County Library.

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

LOS GATOS — 1st Wed. of month, 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. 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.

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.

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. 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 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.

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.

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.**

THERAPEUTIC SRVS/MENTAL HEALTH SUPPORT

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

M: Laundry Program 9:30 A.M.; Basketball/Art Time 10 A.M.; Morning Meditation 10:05 A.M.; Anger Mgt 10:30 A.M.; Stained Glass (fee) 12:15 P.M.; Art Therapy 12:30 P.M.; Men's Group /Wii Time 2 P.M.

T: So Fresh & So Clean 9 A.M.; Laundry Program 9:30 A.M.; You Grill It (\$.25) 10 A.M.; Life Skills/Beading 10:30 A.M.; Relaxation Skills Group 11:15 A.M.; Italian Tuesday (\$.50) 11:45 A.M.; Yoga 12:30 P.M.; Sewing 1 P.M.; Movie Matinee 1:30 P.M.; G90x (exercise) 2 P.M.

W: Laundry Program 9:30 A.M.; Basketball 10 A.M.; Morning Meditation 10:05 A.M.; Tea Time/Painting & Drawing/Creative Writing 10:30 A.M.; Science/History/Art 12:30 P.M.; Clothes Closet 12:30 P.M. **NOTE:** Center closes at 1:30 P.M.

TH: So Fresh & So Clean 9 A.M.; 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.; Self Esteem 3 P.M.

F: Birthday Party 2nd Fri./month 1 P.M.; News Grabbers/Open Gym/Gardening 10 A.M.; Morning Meditation 10:05 A.M.; Aging with Attitude 10:15 A.M.; Stress Management 11 A.M.; Yoga 12:30 P.M.; Open Art Studio 1 P.M.; Women's Group 1:45 P.M.; Leisure Walk 1 P.M.; Wii Time 2 P.M.; Movie Night 4:30 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.; Zephyr Community Game Activity/Welcome Newcomers 11 A.M.; Current Events Noon; Older Adults Peer Support 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; Healthy Boundaries Peer Support Group 1 P.M.; Wellness Recovery Action Plan (WRAP) 2 P.M.

FRI. (9 A.M.–3 P.M.): Art, Writing, Music/Creative Free Time 9A.M.; Zephyr Social Hour Newcomers Welcome 10 A.M.; Thank Goodness It's Friday (TGIF)/Movie with Friends 1 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.): Low-impact exercise class 10 A.M.; Mindfulness Group w/Meditation 1:30 P.M.

WED. (10 A.M.–3:30 P.M.; Closed for Lunch 12–1 P.M.): Women's Beading 10 A.M.; Open for peer-to-peer support or just socializing 1 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 & Movie Time 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, June 4 at 7–9 P.M., at the NAMI SCC office, 1150 S. Bascom Avenue, Suite 24, San Jose. All are welcome!

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

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

W	5/29	11:30 A.M.– 2:00 P.M.	2 nd Annual Mental Health Board Luncheon; RSVPs Only to Llolanda Ulloa, 408-793-5677
TH	6/6	3–5 P.M.	System Planning/Fiscal Committee
TH	No Mtg.	2-3:30 P.M.	Family, Adolescents & Children's Committee
M	6/10	9–10:30 A.M.	Older Adult Committee
M	6/10	12–2 P.M.	Mental Health Board
TH	No Mtg.	9–11 A.M.	Adult System of Care Committee
T	6/18	12–2 P.M.	Minority Advisory Committee

NAMI National Convention 2013
June 27–30 in San Antonio, Texas

The 2013 NAMI National Convention will be held at the Grand Hyatt Hotel in San Antonio, Texas. The convention theme — **Together We Can Make a Difference** — highlights this year's focus on developing effective programs and resources to increase resiliency and advance recovery. **Friday, May 31** is the deadline for early-bird registration. For more information about the convention and registration, go to www.nami.org/convention.

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. Thank you.

CIT Officers Being Honored

The following individuals have been selected by their respective agencies for recognition as CIT Officers of the Year for 2013:

1. **Officer Spencer Billman**, Campbell PFD
2. **Officer John Gemmet**, San Jose PD
3. **Officer Scott Kim**, Milpitas PD
4. **Officer David Pecoraro**, Palo Alto PD
5. **Officer Holly Orchard**, Palo Alto PD
6. **Officer Jason Pistor**, Sunnyvale DPS
7. **Officer Scott Prange**, Sunnyvale DPS
8. **Officer Melinda Zen**, Morgan Hill PD

These officers were recognized at the SCC Board of Supervisors meeting on Tuesday, May 21, and have been invited to attend the Annual Mental Health Board Luncheon at the end of May.

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.



Updates for NAMIWalk 2013 on June 1

By Gini Mitchem

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

What to Expect on Walk Day: Golden Gate Park often starts out cold and windy and by lunchtime turns warm and lovely, so you'll want to bring layers of clothing. There will be music, food, an inspiring speaker, many volunteers, teams, walkers, sponsors, and, best of all, great company! Parking is tight, so plan to ride the bus or consider a carpool.

Walk Day is the culmination of hard work by the many volunteers who make this event possible, led with expertise and understanding by **Laurie Williams**, our Walk Director. While you enjoy the music, camaraderie, and excellent exercise (short or long route), consider what role you might like to play in our 2014 Walk! There is always more we can do, and we love the exchange of ideas and observations.

Leaving from NAMI SCC on Walk Day: Cars and buses will leave the NAMI parking lot behind the building at 1150 S. Bascom Avenue, San Jose, no later than **8:30 A.M.** on the morning of June 1. Please call our office for last-minute bus status as well as carpool status.

You Can Still Register for the Walk: There is still time to register for your favorite team, so contact **Gini Mitchem (408-259-2256 or vmitchem@hotmail.com)** with last-minute questions. We are moving steadily towards our fundraising and registration goals, and donations will be accepted for six weeks after Walk Day.

Last Month's Kick-Off Luncheon: Thank you to everyone who attended this excellent event. Lots of fliers and brochures have since been distributed into our communities, which is a primary goal of the Luncheon. Another is a chance to honor our major sponsors and last year's Top 10 teams, **Bravehearts** and **Week-end Walkers** in the lead. Time shared with our fellow Team Captains, Walkers and All-Affiliate Steering Committee is another opportunity to celebrate the ongoing community building our Walk represents.

Presentation of the Documentary *The Shaken Tree: Families Living with Mental Illness*

The Shaken Tree is an award-winning documentary that illuminates, through a collection of stories, the journey families experience when one of its members has chronic, persistent mental illness. The film provides hope to families that they are not alone and describes ways to live life fully while sharing it with someone who has a mental illness.

The Presenter, **Janice Holmes**, will present an introduction to the documentary followed by a viewing of the 30-minute film. After the film, she will provide the audience with information and a question and answer period.

WHEN: Tuesday, June 4 from 6–8 P.M.
WHERE: Masonic Center, 2500 Masonic Drive, SJ
CONTACT: Kamillah Gallofin, 408-792-3900 or kamillah.gallofin@hhs.scc.gov

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 1150 S. Bascom Avenue, Suite 24, San Jose.

*Please arrive before 2:55 P.M.
to 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 Walk

Connect 2 U: Come to our office on **Saturday, June 1 & 15**, 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, June 8 & 22 & 29** from **9–11 A.M.** Rain or Shine! The group meets at Campbell Park in Campbell (corner of Campbell & Gilman) near the playground.



South County Self-Help Center Annual Mental Health Consumer Art Show

NEW DATE: Friday, May 31 from 12-3 P.M.
(changed from May 24)

WHERE: 1235 1st Street in Gilroy

Prizes will be given. Bring your favorite snack or dish between **11–11:30 A.M.** For more info and to RSVP, call **408-852-2360**.

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.



**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 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: _____

****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.namisaclara.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