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NAMI Santa Clara County Community Resource & Support Center

National Alliance on Mental Illness

Newsletter Volume XXXVIX No. 6

June 2014

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Calendar:

- May 26/Mon**
Office Closed/Memorial Day
- May 31/Sat.**
SF Bay Area NAMIWalk (p.3)
- June 1/Sun.**
Nature Walk (p.4)
- June 1, 8, 15, 22, 29/Sun.**
Connection Recovery Support Group, 3-4:30 P.M. (p.4)
- June 3/Tues.**
NAMI Board Meeting (p.3)
- July 27/Sun.**
NAMI SCC Annual Picnic (p.3)
- Aug. 1-2/Fri.-Sat.**
NAMI CA Conference (p.3)

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.

General Meeting, Tuesday June 10, 2014

Part 2: Work Incentives Planning & Assistance for Those on SSDI

Olayinka Popoola & Liezel Taube, counselors at the Center for Independence of Individuals with Disabilities, will return on June 10 to discuss going back to work while on SSDI. (May's presentation was about SSI; you'll find the audio at www.namisantaclara.org/meetings.htm.) The counselors are trained through the Social Security Administration about public benefits and have up-to-date information to share.

Join us in the Good Samaritan Hospital auditorium at **7:30 P.M.** for announcements. The presentation will be from **8-9 P.M.**

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

"Silicon Valley Gives" Crowdfunding Event a Huge Success!

During the twenty-four hours of **Tuesday, May 6** donors contributed **\$7,935,704** to **700 nonprofits** in the Bay Area! This first-time-ever campaign, spearheaded by the Silicon Valley Community Foundation, exceeded everyone's expectations.

Thank you for your tremendous support of Silicon Valley Gives! During this period,

NAMI SCC realized **\$6,540** — amazing! And we also had two random drawing Golden Tickets for \$500 each!

We are so grateful to all those who gave to our affiliate — this money will help everyone in our community where we continue to provide help and hope for those living with mental illness and their families.

Volunteer on Election Day and Donate Your Earnings to NAMI SCC!

Election officers are needed. Stipends are \$95-\$180. This is a great way to be a part of the democratic process, serve your community and make money. Experience is not necessary. Paid training is provided. There is also a critical need for Election Officers who are

bilingual in English and Chinese, Hindi, Japanese, Khmer, Korean, Spanish, Tagalog and Vietnamese.

Call **408-299-poll** or go to www.sccvote.org to volunteer.

Momentum for Mental Health Family Advisory Board in conjunction with The Foundation for Mental Health Invites You to Celebrate Summer with Rise Above Stigma!

A panel of personal narratives that offer a very real view into the lives of people who have been diagnosed with a mental illness or have a loved one with a mental illness and who have gone on to lead healthy and productive lives.

Date: Wed., June 18, 2014
Time: 7 P.M. – 9 P.M.
Location: 2001 The Alameda
San Jose, CA 95126

Everyone is welcome to attend! Light refreshments will be provided.

- ◆ For more information, contact **Janna Mitchell, LMFT** 408-261-7777 ext. 2212
- ◆ **Lynn Dellaporta**, Family Advisory Board Member 408-247-1362

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

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 service.

National Alliance on Mental Illness**Mental Health Parity: Becoming Parity Advocates
April 8, 2014 General Meeting Write-Up**

By Cole Buxbaum

Mental Health Advocacy Project (MHAP) representatives **Rachel Richardson**, Patient's Rights Advocate, and **Kim Pederson**, Senior Attorney, presented a discussion of their work at the Law Foundation of Silicon Valley, an organization that has been in existence for forty years.

The Mental Health Advocacy Project's mission is to empower people identified as having mental or developmental disabilities to live more independent, secure and satisfying lives through the enforcement of their legal rights and the advancement of their social and economic well-being.

Rachel talked about mental health parity, specifically that mental health insurance plans must provide equal coverage for physical and mental health and substance abuse disorder services. Kim has worked on a variety of housing cases, including direct services on behalf of mental health consumers. She has provided legal support on a variety of housing rights cases and discrimination cases and has given trainings across California on the topic of reasonable accommodations for people with mental health disabilities; she splits her time between working on housing rights cases/due process and medication capacity hearings in inpatient psychiatric facilities.

Stigma and discrimination have resulted in disparities (inequalities) between health care for physical and mental health. Historically, insurance companies have not covered physical health and mental health/substance abuse disorder benefits equally. Mental health parity laws were created in response to unequal coverage and discrimination and require health insurance plans to provide equal coverage for physical and mental health including substance abuse disorders.

In 2010, the Affordable Care Act extended mental health coverage to more health plans. Coverage includes outpatient services, inpatient services, partial hospital services and prescription drugs if the plan covers drugs.

If your insurer denies a claim, keep asking and appealing—denials frequently get overturned at every stage of the appeal process; keep your appeals factual and brief; meet all deadlines; keep detailed records; ask for help from your health providers.

Where to Get Help:

- ◆ Mental Health Advocacy Project:
408-280-2407 or **800-248-6427 X407**
- ◆ Disability Rights CA: **800-776-5746**
www.disabilityrightsca.org
- ◆ Each Mind Matters:
www.eachmindmatters.org

Community Hero Awards

On April 23, 2014, the Santa Clara County Mental Health Board recognized community members for the exceptional work they do in making life easier/better for individuals with mental health and their family members.

Heroes:

- ◆ Family Member Hero Award:
Kathy Forward, NAMI SCC Executive Director
- ◆ Agency Hero Award: Alum Rock Counseling Center, **Patricia Chiapellone**, Executive Director
- ◆ Consumer Hero Award: **Teresa Nava**
- ◆ Program Hero Award: Volunteer Doctor, **David Hammons, MD**
- ◆ Mover and Shaker Hero Award:
Angelique Gaeta, Assistant to San José City Manager

Volunteer/Staff Spotlight: Rick Christensen

After growing up in Minnesota and moving to California in 1984, Rick took Family-to-Family in 2012 and became interested in volunteering for our Warmline. He likes volunteering at NAMI to

pay back to the community and has also been instrumental in working to update our Warm-

line Resource Guide by taking the initiative to make it more user friendly and thorough. Currently Rick is sharing his technology knowledge as part of our website development team. He also assisted with our new Access Database and has helped train other warmline volunteers on how to use it.

In his free time Rick enjoys photography, films and food.

NAMI SCC Board Meetings

Held the **first Tuesday** of the month. The next Board Meeting will take place on **Tuesday, June 3, 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

NAMI SCC Annual Picnic



Sun, July 27, 2014
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 starting the planning now, so get in on the fun!



Still Time to Reach Our 10th Anniversary NAMIWalk Bay Area Goal!

NAMIWalk 2014 Updates

As you read this, we'll be moving into the final hours before we walk. Or perhaps May 31 has already flown by. In that case, we'll be busy acknowledging the wonderful support from all of you, thanking our participants, reviewing donations, admiring our Walk Day photographs, and sharing details of a special day in Golden Gate Park.

But this Walk is not over yet! There's still plenty of time to reach and surpass our goal of **\$500,000**. The online system will stay open for donations until mid-July. Encourage your friends and relatives to click on the links of NAMIWalk teams directly from the NAMI SCC website, www.namisantaclara.org, to see how close you are to your fundraising

goal. **Donna Mechanic**, our tireless NAMI-Walk Administrator, will gratefully process checks that come in until early August.

A general thank you for another year of outreach and enthusiasm, starting on September 1 and continuing until August 31, the duration of 2014 NAMIWalk Bay Area. We could not achieve the success we have seen over the years without the unflinching support of NAMI Santa Clara County's Board of Directors and office staff, as well as that of the All-Affiliate Consortium in which we participate.

Questions about the Walk? Please contact us through the office or email me at vmitchem@hotmail.com. Remember, there is still time to make a difference!



Annual Conference in Newport Beach August 1-2, 2014

This year's conference will take place in Newport Beach at the Newport Beach Marriott Hotel and Spa. 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. Early-bird discounts end on **Friday, June 6**. Or send a check to NAMI California, 1851 Heritage Lane, Suite 150, Sacramento CA 95815.

Space is limited, so register as soon as possible.

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 nation's mental health care system.

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

Stanford Non-Medication Insomnia Treatment Studies

◆ Project SERVE: Sleep Enhancement for Returning Veterans

Researchers at Stanford University and VA Palo Alto Health Care System are studying the impact of a non-medication insomnia treatment on symptoms of depression. They are offering a 4-session treatment at no cost. Participants are reimbursed \$200-\$350 for study participation. If interested, contact projectserveemail@stanford.edu or **650-725-5030**.

◆ iSleep: Insomnia Treatment for Improved Sleep and Well-Being

Stanford researchers conducting another study on the impact of a non-medication insomnia treatment on symptoms of depression. They are offering a 5-session non-medication treatment at no cost. Participants are reimbursed \$270 for study participation. If you are interested, contact isleep-email@stanford.edu or **650-724-5368**.

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**.



Friday, June 13, 6–8 P.M. at **Grace Community Center**
484 E. San Fernando St, SJ
408-293-0422
Dance to DJ Cost \$2

Santa Clara County Mental Health Emergency & Referral Information

NAMI Santa Clara County

Info/Referrals M–F, 10 A.M.–2 P.M. 408-453-0400
Evening Hrs: Bernie Genetti (English) 408-268-2615
Isabel Romero (se habla español) 408-916-6193
Juan Perez (se habla español) 408-528-5353
Athen Hong (Mandarin) 408-996-1016
Aileen Lau (Cantonese) 408-838-8106

Emergencies

Dial 911 and request a Crisis Intervention Team (CIT) officer.
NOTE: For nonemergency situations, call your local police department and ask for a CIT Officer.

Emergency Psychiatric Services (EPS) 408-885-6100

Urgent Psychiatric Care Unit 100 408-885-7855

Daily 8 A.M.–10 P.M.; walk in or by appointment
NOTE: For those with no medical insurance only

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

Mental Health Call Center 800-704-0900
24-hr. on-call staff; Provides info/referrals **M–F, 8 A.M.–5 P.M.**

Gateway, Dept. of Alcohol & Drug Services 800-488-9919

211 Santa Clara County

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

EMQ Child/Adolescent Mobile Crisis Prg 408-379-9085
After-hours/weekend emergencies 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 800-455-0057



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