



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

**Santa Clara County**

**Volume XXXVII· No. 3**

**March 2013**

**COUNTY MENTAL HEALTH  
 EMERGENCY & REFERRALS**

**NAMI SANTA CLARA COUNTY OFFICE**

**Info/Referrals M–F, 10 A.M.–2 P.M.** 408-453-0400  
**Evening Hrs:** Bernie Genetti (English) 408-268-2615  
 Luisa Perez (se habla español) 408-378-6988  
 Juan Perez (se habla español) 408-528-5353  
 Athen Hong (Mandarin) 408-996-1016  
 Anna Chan (Cantonese) 408-705-5372

**EMERGENCIES**

Dial 911 and request a Crisis Intervention Team (CIT) officer

**Emergency Psychiatric Services (EPS)**  
 871 Enborg Court, San Jose 408-885-6100

**Urgent Psychiatric Care Unit 100**  
 871 Enborg Court, San Jose 408-885-7855

**Daily 8 A.M.–10 P.M.; walk in or by appointment**

**Note:** For those with no medical insurance only.

**SERIOUS MENTAL HEALTH HELP & COUNSELING**

Suicide & Crisis Center (Central) 1-855-278-4204

**MENTAL HEALTH CALL CENTER** 1-800-704-0900

24-hr. On-Call Staff; Info/Referrals M-F, 8 A.M.-5 P.M.

**ETHNIC CULTURAL COMMUNITY ADVISORY  
 COMMITTEES (ECCAC)**

1075 E. Santa Clara St, San Jose 408-792-3912

**2-1-1 Santa Clara County**

Free, nonemergency, confidential 3-digit phone number/service for access to critical services; more at [www.211scc.org](http://www.211scc.org)

**EMO 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**

- Mar. 2, 16/Sat.** Connect 2 U Social Group (p.7)
- Mar. 5/Tues.** NAMI SCC Board Meeting
- Mar. 9, 23/Sat.** Nature Walk (p.7)
- Mar. 12/Tues.** NAMI SCC General Meeting
- Mar. 20/Wed.** Momentum Family Night (p.2)
- June 1/Sat.** NAMIWalk at Lindley Meadow in Golden Gate Park (p.7)
- June 27-30** NAMI National Convention (p.3)



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!

**General Meeting, Tues., Mar. 12, 2013  
 Wellness Recovery Action Plan (WRAP)  
 Presented by BJ North**

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

Our March General Meeting speaker will be **BJ North**, who will speak on Wellness Recovery Action Plan (WRAP), a plan that individuals write for themselves so they can have continued wellness in their lives. The plan helps them to respond rather than react to situations and symptoms to allow them to come back to “wellness in the moment.” This plan helps individuals to educate themselves and those around them by helping them become the experts on themselves.

People who have used this plan have increased their well days, enriched their decision-making process and connected to community supports in amazing ways. They have less need for “emergency” help, as well as less time spent unwell.

BJ North works as a consultant in building bridges across uncommon grounds such as those from businesses to community, individuals to community resources, and agencies to consumers. She has been able to assist various community agencies to better serve those they work with by helping people to hear and speak to one another in the spirit of mutual respect.

BJ has obtained certification to facilitate 3-day and 5-day WRAP group trainings and train-the-trainer Advanced Level Facilitators, has facilitated numerous trainings nationally and internationally, has led many WRAP groups herself, has obtained a Certificate in Advanced Alcohol and Drug Studies, has been a keynote speaker, and has consulted with colleges, universities, agencies and individuals about Wellness and related topics.

Most recently, BJ has created her own curriculum, Mentoring Me, and opened a business, Conscious Educators, in response to continued queries about taking wellness to the next level.

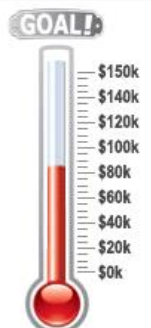
Join us at **7:30** for announcements. BJ North will speak from **8 to 9**.

**NOTE:** Directions to Good Samaritan Hospital can be found at [www.maps.yahoo.com](http://www.maps.yahoo.com) The auditorium is in the basement of the main building.

**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 60% towards our goal of raising funds to allow us to grow—but we still need more help. Detailed information about “Adopt-A-Program” is on our website at [www.namisantaclara.org](http://www.namisantaclara.org).



**Mood/Anxiety Disorders/BiPolar/ADHD  
Neuro-Behavioral Medicine  
NAMI General Meeting Write-up  
January 8, 2013**

**By Cole Buxbaum**

**Saad Shakir, M.D.**, a neuropsychiatrist and distinguished fellow of the American Psychiatric Association, is the founder of the Silicon Valley Transcranial Magnetic Stimulation (TMS) Society, a recently FDA-approved treatment for depression.

Support of the family is very important in the care of patients, according to Dr. Shakir, who introduced several individuals who contributed to TMS. In earlier times, procedures such as shock therapy were performed very crudely resulting in damage, but the present technique is very improved. Dr. Shakir is happy to report that we are living in a good time for knowledge of brain activity.

Depression, according to the World Health Organization (WHO), is considered to be the most serious illness of the 21st century, second only to heart disease, which if included with depression greatly exceeds the numbers for all disabilities.

Fortunately, if depression is treated properly it can avoid 62% further damage. Depression cannot be treated in a vacuum and family members must be involved, even infants. Two-thirds of patients in the U.S. do not see a physician for depression and those who do may not receive the correct medication or dosage. Stigma is also a cause of avoidance of proper treatment.

It is important to do a physical workout to assure that other conditions such as anemia, thyroid dysfunction and substance abuse are not contributing factors. A set of nine questions is a fairly accurate indicator of depression if five of them occur. Suicide is an important risk factor and should always be treated. In addition, depression impacts divorce rate, ability to work and work-related injuries and loss of pleasure. Starting to treat depression is only the beginning, since continued interaction is necessary to avoid relapse ("get well and stay well"). Genetics (family history) and physical illness which compounds mental illness and low self-esteem and coping skills all can impact the outcome. In untreated depression the rate of death is four times higher in those with cardiac illness.

Looking at the anatomy and functions of the brain, the area called the amygdala, which is the size of a pin, has every stored memory one has experienced. The hippocampus, another area the center of moods including depression, is reduced in size; when ill. Effective treatment can reactivate synapses in the brain and the mood center by increasing the Brain Derived Neurotrophic Factor and the subsequent branching of the neurons.

The prefrontal cortex is the center of mood, anxiety, memory, and cognition. Serotonin, a neurotransmitter chemical in the brain, affects various moods. Norepinephrine is the reward center. Dopamine is another neurotransmitter that affects mood. (Schizophrenia is one illness that is primarily affected by a dysfunction in dopamine.)

Cognitive behavioral therapy is a method of treatment that is achieving success in addition to medications. Drugs like Prozac are used in addition to other medications such as antipsychotics.

Dr. Shakir introduced the Transcranial Magnetic Stimulation program by stating, "We are proud to be the first ones in the San Jose

area to successfully implement NeuroStar TMS therapy, approved by the U.S. Food and Drug Administration (FDA) in October, 2008, and endorsed by the American Psychiatric Association (APA) as the go-to treatment for patients who have failed to respond to one antidepressant therapy.

"We have had tremendous success with the full range of depressive disorders including patients who do not tolerate medications, who do not respond adequately to medication, or those who experience intolerable side effects that impair the quality of life.

Transcranial Magnetic Stimulation is a therapy that uses MRI technology delivering short pulses of magnetic fields to stimulate neurons and areas of the brain that regulates moods."

NeuroStar TMS therapy:

- ◆ **Is safe** (minimum likelihood of side effects),
- ◆ **Is non-invasive** (no surgery or anesthesia is required),
- ◆ **Has very high efficacy** (success rates at improving depression and anxiety fall within the range of 70-85%).

Dr. Shakir and Associates is located at 14651 S. Bascom Ave., Suite 230, Los Gatos, CA 95032. A brochure describing the program is available by calling 408-358-8090.

### **NAMI SCC Newsletter in Your Inbox or Mailbox?**

Every month we print more than 1,000 newsletters, over 700 of which go to the post office for mailing. Would you be interested in receiving your copy electronically instead? If so, call **Donna** at the office or email [newsletter@namisantaclara.org](mailto:newsletter@namisantaclara.org).

### **NAMI SCC Board Officer Nominations**

If you are interested in serving on the NAMI SCC Board as President, Vice President, Treasurer, Secretary, Recorder, or wish to suggest someone for one or more of these positions, please contact the nominating committee, **Navah Statman** and **Beverly Loeff**, by calling the NAMI SCC office.

Nominations will be accepted from the floor at the March General Meeting. Installation of officers will take place at the April General Meeting, following the election in March.

### **Momentum for Mental Health Family Advisory Board Presents Family Night**

An evening of community building through fun and connection with others! Games! Crafts! Friendship building! Bring a potluck dish — or just bring yourself. Children and teenagers are welcome at this event.

**WHEN:** Wed., March 20, 2013, 7–9 P.M.

**WHERE:** 2001 The Alameda, San Jose, CA

**CONTACTS:** **Janna Mitchell**, LMFT, 408-261-7777 x2212  
**Lynn Dellaporta**, Family Advisory Board,  
408-247 1362

Everyone is welcome! Refreshments will be served.

### **New CIT Coordinator**

After a very comprehensive oral interview & reference checks, **Kathryn Parlet**, a licensed clinician with extensive experience in the Mental Health Department, was selected. She will work largely with criminal justice-connected clients.

## Coming to You Live: NAMI SCC's New Location at 1150 Bascom Avenue, San Jose

We did it! We moved and so many people helped make this possible: NAMI Santa Clara staff; our dedicated and dependable volunteers; NAMI Santa Clara Board Members; our awesome Information Technology Team (**Keith Woodall**, **Anthoni Druis**, **Mike Doering**, **Brent Campbell** and **David Marquardt**); our new landlord/property manager, **Philip Boyce**, and his super contractor Peter the Great; **John Perez** of Infinite Communications who wired our phones and computers; Shamrock Movers; Business Information Solutions; **Victor Malabed** of Inner Space Studio; and **Robert Nay** who moved our kitchen and provided a new countertop. The move couldn't have happened without their excellent services and kind support.

All in all, the physical move was flawless — nothing broken, nothing lost — and now we enter a period of transition from the old and familiar place to the new and very different place. It will take a few months to get everything in order and in its place.

Please come and see us. Office hours are the same, 10:00 A.M.–2:00 P.M., Monday through Friday. We are located on the 61 and 62 Valley Transit Bus Lines (get off at the Downing intersection near Kelly Williams Paints; we're right across the street) and the Bascom Light Rail stop on the Winchester Line will put you one block down Stokes and left at the corner of Del Mar High School.

Sincerely,



NAMI Santa Clara County Executive Director

### Pastor Johnny, FaithNet Coordinator

NAMI FaithNet is an information resource for NAMI members, clergy and congregations of all faiths working together to create welcoming and supportive communities for individuals and families living with mental illness. You will find a wide variety of resources at [www.nami.org/faithnet](http://www.nami.org/faithnet).

**Pastor Johnny LaPenias** is NAMI SCC's FaithNet Coordinator. He leads a support group for those who are pre-incarcerated to pre-release. Contact Pastor Johnny at **408-466-0143**, by email at [johnnylapenias@namisantaclara.org](mailto:johnnylapenias@namisantaclara.org), or simply call our office.

Pastor Johnny needs donations of new or gently used bed sheets (twin size) and bath towels for individuals for whom he is providing housing. If you can help out, please call our office.

### New York Times Article by Elyn Saks "Successful and Schizophrenic"

In the Jan. 27, 2012 *New York Times*, **Elyn Saks**, an accomplished law professor at the University of Southern California who has schizophrenia, wrote an excellent article. You can find the article by going to [www.nytimes.com](http://www.nytimes.com); enter **2013/01/27** in the search box; then enter **elyn saks** in the search box on this page.

## NAMI BASICS: A Road to Wellness

BASICS is a NAMI National signature education program for parents and of the caregivers of children and adolescents living with mental illness. The six-week course is taught by two trained teachers who are also parents/caregivers whose children developed symptoms of mental illness prior to the age of 13. The course provides fundamentals one needs to care for themselves, their family and their child who is living with a mental illness. All instruction and course materials are free to class participants.

The goals of the BASICS program are:

- ◆ Give the parent/caregiver the fundamental information necessary to be effective
- ◆ Help with the traumatic impact that mental illness has on the child and the entire family
- ◆ Provide tools for the parent/caregiver to use that will assist in making the best possible decisions for the care of the child
- ◆ Help the parent/caregiver take care of the entire family, especially themselves.

Here are some comments from class participants: "I wish I knew about this NAMI course when my son was in middle school"; "A feeling of relief knowing I'm not the only one with this situation"; "I have been searching on the internet for awhile and did not come across this material."

## 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. **May 31** is the deadline for early bird registration. For more information about the convention and registration, go to [www.nami.org/convention](http://www.nami.org/convention).

### Overcoming Anxiety & Sleeplessness Breathing Techniques/Meditation/Relaxation

The Art of Living Center in Santa Clara will present an interactive talk about sleep better and overcoming anxiety.

Nearly a third of Americans report sleep and anxiety issues. In this talk, these issues will be approached from a holistic viewpoint and guided meditation and breathing techniques will be used to help participants.

**WHEN:** Sat., March 23, at 4 P.M.  
**WHERE:** Art of Living Center  
 2368 Walsh Ave, Santa Clara  
**CONTACT:** 408-220-5399  
[www.santaclara@us.artofliving.org](http://www.santaclara@us.artofliving.org)

Admission is free. RSVP is recommended.

### How to Help Someone Thinking About Suicide

Learn how to help through **QPR**, an emergency response to someone in crisis. For info, email [jean.kaelin@hhs.sccgov.org](mailto:jean.kaelin@hhs.sccgov.org).

**SUPPORT GROUPS FOR CONSUMERS**

**SAN JOSE** — Every Sun., 3–4:30 P.M.  
(**New Location**) 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. **Intake and Referral, 408-559-2000**. See below for address.

**LOS GATOS** — 1st Wed. at 6 P.M.  
Body Image/Eating Disorders Support Group, Mission Oaks, 15891 Los Gatos-Almaden Rd., Rm. 295 (take elevator B). Drop-ins welcome.

**MTN. VIEW** — 1st/3rd Sat. 9:30–11 A.M.  
Body Image/Eating Disorders Support Group, El Camino Hosp., Conf. Rm. A., 2500 Grant Rd., Drop-ins welcome. Info: **Kira Olson** at 408-356-1212 or [kira@edrcsv.org](mailto:kira@edrcsv.org).

**SUPPORT GROUPS FOR FAMILIES & FRIENDS**

**SAN JOSE** — 3rd Tues. of month, 7– 8:30 P.M.  
(**New Location**) NAMI SCC Office, 1150 S Bascom Av., 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](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: **Barbara** 408-229-0428.

**SAN JOSE** — 1st & 3rd Thurs. of month, 7–8:30 P.M.  
Christian group for consumers, families & friends. H.E.L.P. at Sunrise Valley Baptist. Info: **Jerry Gruhn**, 408-224-8449.

**SAN JOSE** — 2nd Thurs. of month, 7–8:30 P.M.  
Christian group for consumers, families, friends. H.E.L.P. at South Hills Community Church. Info: 408-997-7284.

**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.

**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.

**SAN JOSE** — Every Wed., 5:30-7:30 P.M.  
**Services for Brain Injury (SBI) hosts a free support group** for people with brain injuries and those who care for them. 60 Daggett Dr. Info: [sbicares.org](http://sbicares.org).

**SE HABLA ESPAÑOL IN SAN JOSE**

**SAN JOSE** — 4th Fri./month, 7–9:30 P.M.  
Dorsa Centro de la Comunidad, 1290 Bal Harbor Way.  
**Llame á Luisa Perez** at 408-378-6988.

**SAN JOSE** — ACT for Mental Health, Inc. en Español,  
441 Park Ave. **Armenda Sousa, 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 Wed./month, 7–9 P.M.  
API (Asian Pacific Islanders) Adult & Young Adult Peer Support Group. Info: **Sophia Huang, 408-623-9711.**

NOTE: Call **408-975-2730** about counseling for API.

**THERAPEUTIC SRVS/MENTAL HEALTH SUPPORT**

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

**M:** Basketball/Art Time 10 A.M.; Anger Mgt 10:30 A.M.; Stained Glass (\$6) 12:15 P.M.; Art Therapy 12:30 P.M.; Men’s Group /Wii Time 2 P.M.

**T:** You Grill It (\$.25) 10 A.M.; Beading 10:30 A.M.; Relaxation Skills Group 11:15 A.M.; Yoga 12:30 P.M.; Sewing 1 P.M.; Movie Matinee; G90x (exercise) 2 P.M.

**W:** Basketball 10 A.M.; Morning Meditation 10:05 A.M.; Tea Time/Finding Our Bliss/Painting & Drawing/Creative Writing 10:30 A.M.; Science/History/Art 12:15 P.M.; Clothes Closet 12:30 P.M. (Center closes at 1:30 P.M.)

**TH:** New You Hair/Nail Salon 10 A.M. (call for appt.); Arts/Crafts 10:30 A.M.; Relaxation Skills Group 11:15 A.M.; Seasoned Sewing Group 1 P.M.; Entertainer 1:15 P.M.; Self Esteem 3 P.M.

**F:** Birthday Party 2nd Fri./month 1 P.M.; News Grabbers/Gardening 10 A.M.; Stress Management 11 A.M.; Open Art Studio 1 P.M.; Women’s Group/Leisure Walk 1:30 P.M.; Wii Time 2 P.M.; Movie Night 5–7 P.M.

**SAT:** Aerobics 10:15 A.M.; Movie Morning 10:30 A.M.; Art Club 11 A.M.; Eat/Art 12:30 P.M.; Bingo 12:45 P.M.

**M–F@ 11:45 A.M.:** Lunch (\$.75); **SAT:** \$1

**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.; 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.; Current Events 11 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 P2P 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.



Call Grace Community Center for info  
about  
Friday evening programs 5–7 P.M.

**NAMI SCC Board Meeting** — The Board Meeting is held the first Tuesday of the month. The next Board Meeting will be on **Tuesday, March 5 at 7–9 P.M.**, at the **NEW NAMI SCC office, 1150 S. Bascom Av., Suite 24, SJ.** All are welcome!

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

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

<b>TH</b>	<b>3/7</b>	<b>3–5 P.M.</b>	System Planning/Fiscal Committee
<b>M</b>	<b>3/11</b>	<b>9–10:30 A.M.</b>	Older Adult Committee
<b>M</b>	<b>3/11</b>	<b>12–2 P.M.</b>	Mental Health Board
<b>TH</b>	<b>3/14</b>	<b>2–3:30 P.M.</b>	Family, Adolescent & Children’s Committee
<b>T</b>	<b>3/19</b>	<b>12–2 P.M.</b>	Minority Advisory Committee
<b>TH</b>	<b>3/21</b>	<b>9–11 A.M.</b>	Adult System of Care Committee

**Volunteer Opportunity at NAMI SCC**

- ◆ **Membership Co-Coordinator**  
 NAMI SCC is looking for a person to handle membership renewals, about 5–7 hours per week. Must have computer skills. Call the NAMI office for more info.

**Paid Opportunity**

- ◆ **In Our Own Voice (IOOV) Speakers**  
 IOOV is looking for more speakers to be trained. Please come to the office or e-mail [ioov@namisantaclara.org](mailto:ioov@namisantaclara.org) to get an application. You will be contacted when more information is available.

**Social Security 2012 Red Book**

This summary guide to Employment Supports for Persons with Disabilities is under the Social Security Disability Insurance and Supplemental Security Income Program. Ask for the guide at the NAMI SCC office.

**NAMI SCC Mission Statement**

NAMI Santa Clara County’s mission is to help people with mental illness, families and the community by providing support, education and advocacy for those suffering from mental illness; to promote research; to reduce stigma and guilt; and to improve services by working with mental health professionals & families.

**Officers of the NAMI SCC Board**

President: **Jen Hong**  
 Past President: **Navah Statman**  
 VPs: **Juan Perez, Victor Ojakian, Carol Irwin, Gerry Larvey**  
 Treasurer: **Jerry Gruhn** Secretary: **Meg Stein**  
 Recorder: **Deanna Fassett**  
 Members-at-Large: **Alan Cade, Lowanda Pierson**

**NAMI SCC Newsletter** is published monthly by the Newsletter Crew: **Cole Buxbaum** (Editor), **Beverly Lozoff** (Coordinator), **Donna-Jo** (Typesetter) and our great volunteers.

**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 inservice program for school professionals/families.

**Peer PALS:** A trained PAL is paired with someone having like interests & of similar age needing help from isolation by sharing fun activities.

**In Our Own Voice: Living with Mental Illness (IOOV):** Presentations by trained consumer-presenters to groups of consumers, family members, community groups, colleges and professionals.

**Ending the Silence (ETS):** A program involving talking about adolescent mental illness to high school students.

**NAMI FaithNet:** An information resource for faith communities, NAMI Members and Community Partners.

**Connect 2 U:** Consumers & family members meet at the NAMI office on the 1st & 3rd Saturday afternoon per month to socialize and play games.

**Connection Recovery Support Group:** Adults living with a mental illness share with others who understand.

**Nature Walks Group:** On the 2nd, 4th & 5th Saturday mornings per month, consumers and family members hike or participate in nature walks.



National Alliance on Mental Illness

San Francisco Bay Area NAMIWalk 2013 Sat., June 1 — Save the Date!

NAMIWalk/Class Recognition Party: We were honored to have a room full of sponsors, team captains, walkers, volunteers and donors from last year's Walk in attendance at our festive party at our General Meeting on Feb. 12 at Good Samaritan.

Thank you to Navah Statman for supplying the delicious food; Tracy Owen who played the recorder for us; Laurie Williams who inspired us; our NAMI Santa Clara Board for their great support; and everyone who made it a festive evening. It was wonderful to see many alumni from our classes, PeerPALS & IOOV.

Another Date to Mark on Your Calendar: Wed., April 17, Kick-Off Luncheon at FAZ Restaurant in Pleasanton. Details will be coming soon.

About Our New Website: The initial link is the same as before: www.namiwalksfbay.org. Click on that and find the "Register to Walk" button on the top left-hand side. NOTE: Everyone gets to register as a new user in our new system even if you registered for the last 8 years! So select a new Username and Password, and keep this information for next time you log in. You can walk with a team or as an individual. Either way, remember to select NAMI Santa Clara as your Affiliate. We'll help you set up.

Questions: Contact Gini Mitchem or Barbara Thompson. Email vmitchem@hotmail.com or call Gini at 408-259-2256 or the NAMI office and leave a message for Barbara Thompson.

NAMI SCC Ongoing Activities

Supporting others is part of the recovery process.

NAMI Connection logo with text: Every Sunday 3-4:30 P.M. National Alliance on Mental Illness RECOVERY SUPPORT GROUP

NOTE: Connection Recovery Support Group meets every Sunday 3-4:30 P.M. at the new office, 1150 S. Bascom Avenue, Suite 24, San Jose, 95128-3509.

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 new office on the Sat., March 2 & 16, 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 Sat., March 9 & 23, from 9-11 A.M. Rain or Shine! The group meets at Campbell Park in Campbell (corner of Campbell & Gilman) near the playground.

Note About the Flier Below: Cut the flier along the dashed lines and take it to a participating Chili's on Thurs., March 21, to help raise funds for NAMIWalk Santa Clara County.

Chili's IS PROUD TO SUPPORT NAMIWALKS. With each flyer presented on March 21st Chili's will donate 15% of the sales you bring in to your organization. Valid at Participating Locations. We look forward to seeing you here. Milpitas, Morgan Hill, Eastridge Mall, Santa Clara, Coleman Ave, Blossom Hill, Cupertino, Mountain View, and Gilroy Event is: March 21st, 2013 from 11 AM - 11 PM



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

NONPROFIT ORG.  
US POSTAGE  
PAID  
SAN JOSE, CA  
PERMIT NO. 1132

DATED MATERIAL

**INSIDE THE MARCH 2013 ISSUE**

**RETURN SERVICE REQUESTED**

Upcoming Meetings and Events .....p.1  
 Find Us on Facebook .....p.1  
 General Meeting, Tues., Mar. 12, at Good Samaritan .....p.1  
 Fundraising Campaign, Adopt-A-Program.....p.1  
 Mood/Anxiety Disorders General Meeting Write-up .....p.2  
 NAMI SCC Board Officer Nominations .....p.2  
 Momentum for Mental Health Family Night.....p.2  
 From Christine Baucus, NAMI SCC Executive Director .....p.3  
 Pastor Johnny Needs Houses to Rent .....p.3  
 NAMI BASICS Education Program.....p.3  
 NAMI National Convention 2013 .....p.3  
 Overcoming Anxiety & Sleeplessness.....p.3  
 Support Groups Calendar .....p.4-5  
 Mental Health Board Meetings.....p.6  
 Volunteer/Paid Opportunities .....p.6  
 Who's Who/Education Programs at NAMI SCC .....p.6  
 NAMIWalks 2013 .....p.7  
 Ongoing Activities/Groups at NAMI SCC .....p.7  
 Go to Chili's to Help Raise Money for NAMIWalks (flier).....p.7

you at NAMI State and National, which, in turn, automatically registers you as a member at all levels.  
**NAMI Santa Clara County** welcomes your membership. Memberships are valid for one year. Part of your membership dues enrolls

**To pay online, go to //www.namisanclara.org and click on "Join NAMI."**

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

Resource Handbook (Donation of \$25, w/postage add \$10)

In Memory of \_\_\_\_\_  In Honor of \_\_\_\_\_

**Please accept my additional donation(s):**  General Fund  Education Program  Other \_\_\_\_\_

\$ 3 Membership Type:  Open Door

\$ 35 Membership Type:  Standard Membership

How did you hear about us? \_\_\_\_\_

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

**\*\*\* 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.**

**E-Mail Address:** \_\_\_\_\_

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

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

Street Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_

Zip: \_\_\_\_\_

Name: \_\_\_\_\_

**NOTE: If this is a renewal, please indicate any changes in the following:**

**MEMBERSHIP APPLICATION OR RENEWAL**

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