Our March General Meeting speaker will be Steven Adelsheim, MD, Clinical Professor of Psychiatry and Behavioral Sciences at Stanford University’s School of Medicine. He is a nationally recognized consultant in the field of School Mental Health.

Dr. Adelsheim will discuss the international and national movement towards building early detection and intervention models for serious mental illness. Learn how these models are now expanding across California and other states in an effort to build a more effective health support system for our young people.

Please join us in the auditorium at Good Samaritan Hospital on March 11 at 7:30 P.M. for announcements. The presentation will be from 8 – 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.

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The NAMI SCC Nominating Committee is happy to announce the following slate of officers for 2014-2015:

President: Navah Statman
1st Vice President: Victor Ojakian
2nd Vice President: Beverly Lozoff
Other VP’s: Juan Perez, Gerry Larvey
Treasurer: Steven Wade
Secretary: Peter Newman

Please note that nominations can still be accepted from the floor at our March General Meeting. The slate of candidates will be voted on at the March meeting, and installation of officers will take place at the April meeting.

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
Changes to NAMI Santa Clara County’s Bylaws

In the past few years, NAMI SCC has experienced tremendous growth in programs and outreach activity. In order to sustain this level of activity, we now have an executive director and a fully functioning office and paid staff, in addition to our wonderful volunteers. A board committee has worked during the last eight months on updating our organization’s bylaws to reflect these changes. While we have maintained the basic structure of president and vice presidents, committees such as membership, library and newsletter are no longer a part of the board structure. Their functions will be fulfilled by the office staff.

Our current bylaws require that the membership review and approve changes and amendments to the bylaws. Given that the proposed bylaws are a major revision, we request that you review them and address comments, suggestions and suggested changes to the Bylaws Committee by sending an email to newsletter@namisantaclara.org. Hard copies of the bylaws are available at our office.

The NAMI Santa Clara County Board approved these bylaws at the January 2014 board meeting. The membership vote to approve them will take place at our March 11 general meeting.

We thank you in advance for your review and comments,

NAMI SCC Bylaws Committee

Call to Action by State Senator Jim Beall

Senator Jim Beall is Chair of the California Senate Mental Health Caucus and Select Committee on Mental Health. In this role, he organized a coalition of leaders to make mental health and substance abuse parity a top budget priority. The result is the Mental Health Parity Enforcement Budget Act. This act would improve consumer and provider transparency, adopt national standards and force health insurers to submit documented evidence to prove they are complying with the law. Most importantly, it provides the funding to ensure that regulators have the tools they need to enforce the tougher standards and rules.

To make parity enforcement a reality in Sacramento, Senator Beall needs our help. Write to the Governor and legislators about why the Mental Health Parity Enforcement Budget Act is important to California. Mail, email or fax your support letters to Hon. Jim Beall, State Capitol Room 2068, Sacramento, CA 95814; senator.beall@senate.ca.gov; or 916-651-4915 (fax). Questions? Contact Cris Forsyth at cris.forsyth@sen.ca.gov.

Staff Spotlight: Jennifer Blostein

Jennifer Blostein has been a member of the NAMI staff as the Family to Family (F2F) Coordinator since 2011. In October 2013, she became Programs Coordinator. In her expanded responsibilities, Jennifer continues to coordinate F2F but is now the liaison between all individual program coordinators and our Executive Director.

Jennifer originally took Family to Family in Los Angeles, where her mother still lives. In 2006, she became a F2F teacher. After moving to the Bay Area, Jennifer has taught more than 10 F2F classes and continues to demonstrate compassion for all individuals living with mental illness.

Family Night at Momentum for Mental Health

The Family Advisory Board at Momentum for Mental Health will host a Family Night focusing on “TED Talks.” TED Talks address a wide range of topics within the research and practice of science and culture, often through storytelling. Speakers are given a maximum of 18 minutes to present their ideas in innovative and engaging ways.

At this event participants will view, explore and discuss various Ted Talks related to mental health.

WHEN: Wed., March 19
7–9 P.M.

WHERE: 2001 The Alameda
San Jose, CA

CONTACTS: Janna Mitchell, LMFT
408-261-7777
Lynn Dellaporta
408-247-1362

Everyone is welcome to attend. Light refreshments will be served.
NAMI SCC Board Meetings
Held the first Tuesday of the month. The next Board Meeting will take place on Tuesday, March 4, 7–9 P.M., at the NAMI SCC office. All are welcome!

Officers of the NAMI SCC Board
President: Jen Hong
Past President: Navah Statman
Vice Presidents: Gerry Larvey, Victor Ojakian, Juan Perez, Beverly Lozoff
Treasurer: Jerry Gruhn
Secretary: Meg Stein
Recorder: Peter Newman
Members-at-Large: Alan Cade, Lowanda Pierson

A Great NAMIWalk Reunion
Thanks to all who attended our NAMIWalk/Valentines/Class Reunion on February 11. We enjoyed wonderful food prepared by Navah and browsed the Graceful Gift Shop presented by Ruth & Janet from Grace Community Center. We heard beautiful music by violinist Benito Cortez (see his website at www.BenitoCortez.com) and played a NAMIWalk fact-filled “Millionaire” game. Thanks to everyone who helped put this event together and made sure it ran smoothly. Thanks also to Mary McCall and Good Samaritan Hospital for hosting and supporting our unusual general meeting!
And, of course, we honored our sponsors and teams from 2013, then we welcomed those already registered for 2014.

Important NAMIWalk Dates
♦ Sat., March 29: See article below.
♦ Wed., April 2: Chili’s Give Back Event — Chili’s will donate 15% of event-day coupon sales. Fliers will be available soon.

Our local NAMIWalk Committee and the All-Affiliate Steering Committee continue wide outreach into the community as we plan for this 10th Anniversary. Please call or email if you would like to participate in any phase of the 2014 NAMIWalk Bay Area. Contact Gini Mitchem or others on our local committee for information or with questions: 408-259-2256 or vmitchem@hotmail.com, or call our office.

NAMIWalk Team Captain Brunch & Training
Are you a NAMIWalk Team Captain? Would you like to be, but you’re worried about making your team a success?
Join us for a team captain brunch where you will be able to ask our most successful team captains your burning questions about making your team a success.
We promise food, fun and learning!

Conference on LGBT Suicide Risk & Prevention
On Sat., March 22, the Greater San Francisco Bay Area Chapter of the American Foundation for Suicide Prevention is sponsoring the LGBT Suicide Risk and Prevention Conference at San Francisco State University. This all-day conference will feature some of the leading authorities on LGBT mental health and suicide prevention, both in plenary and breakout sessions.

The Passing of Kyra Girman
We were so sorry to hear of the passing of one of our volunteers, Kyra Girman, daughter of Rita and Don Girman. (Rita is one of our warmline volunteers.) NAMI SCC extends heartfelt condolences to the Girman family.

$1000 Essay Scholarship for High School Students
The Culture to Culture Foundation is sponsoring a Mental Health Essay Scholarship with this topic: “How does your personal definition of success affect your mental health?” 11th and 12th Graders are invited to share their journey and insights. There is a 1,000-word limit, and the deadline is March 17, 2014. All submissions will be recognized, and the selected winners will receive $1,000 scholarships. For more info, go to www.culturetoculture.org or email culturetoculture2014@gmail.com.
Paid Opportunity at NAMI SCC

NAMI SCC is looking for a Volunteer Project Coordinator to work 10 hours per week helping to supervise and coordinate office work. For a full job description, go to www.namisantaclara.org. Please submit a resume and cover letter to Sanja Pesich at sanjapesich@namisantaclara.org. The deadline to apply is Friday, March 7.

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.

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 Program 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 1-800-455-0057

We’re on Twitter!
Be part of our online community and engage in conversations on Mental Health on Twitter@NAMISantaClara