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NAMI Santa Clara County Community Resource & Support Center

National Alliance on Mental Illness

Newsletter Volume XXXVIX No. 3

March 2014

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Calendar:

March 2/Sunday
Nature Walk (p.4)

March 2, 9, 16, 23/Sunday
Connection Recovery Support Group, 3–4:30 P.M. (p.4)

March 4/Tuesday
NAMI SCC Board Meeting (p.3)

March 19/Wednesday
Family Night/Momentum (p.2)

March 22/Saturday
Conference on LGBT Suicide Risk & Prevention (p.3)

March 29/Saturday
NAMIWalks Team Captain Brunch/Training (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.

Important Notice About Our Newsletter

We have gone digital! Due to the latest regulations issued by the USPS, we have had to discontinue using bulk mail. Now that our newsletter will be sent to you via email, be sure that we have an email address for you. As we mentioned in the last newsletter, print versions are always on hand at various locations including our office, our general meetings at Good Sam, the Goodwill Wellness Center in downtown SJ, and the Central

Wellness & Benefits Center at Valley Med.* You can stop by at any of these places for a newsletter. Also remember that our newsletter and new resource guide can always be viewed on our website at www.namisantaclara.org.

*We realize that not everyone will be able to receive our newsletter digitally, or pick one up. Just let us know if this describes your circumstances and we will accommodate you.

General Meeting, Tuesday, March 11, 2014 Mental Health Improvements Through Early Detection & Treatment, Dr. Steven Adelsheim, MD

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.

NAMI SCC Board Officer Nominations

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

Who's Who at the NAMI SCC Office

Jen Hong:

Board President

Kathy Forward:

Executive Director

Francesca Merchant:

Office Manager

Donna Mechanic:

Office Support

Monica Nay:

Accounting/Contracts Manager

Sanja Pesich:

Volunteer Services Manager

Karen Fifer:

Volunteer Coordinator

Jennifer Blostein:

Programs Coordinator

Programs

Jennifer Blostein:

Family-to-Family

Greg Osborn:

Provider

Sharon Ruhl:

Basics

David DeTata:

Peer PALS

Barbara Thompson,

Kathy Williams:

Peer-to-Peer

Raschell Lade:

In Our Own Voice (IOOV)

Jennifer Blostein:

Parents & Teachers as Allies (PTAA)

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.

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 amend-

ments 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



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.



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.
- ♦ **Wed, April 16:** NAMIWalk Kick-Off Luncheon in Danville.

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!

WHEN: **Sat., March 29**
11 A.M.–1 P.M.

WHERE: **Sunnyvale** (Please contact us for address and directions)

INFO: **Alex Gorelik**
alexander.gorelik@gmail.com

Barbara Thompson
barbarap2pnami@yahoo.com

R.S.V.P **by Friday, March 21**

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.

Professionals in the Mental Health/Health/LGBT areas will benefit the most from this program, as will graduate students. Seating is limited, so please sign up as soon as possible.

For more information, please go to:

<http://afsp.donordrive.com/event/sfbaylgbt>.

\$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.namisantacalara.org. Please submit a resume and cover letter to **Sanja Pesich** at sanjapesich@namisantacalara.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**



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.namisantacalara.org](http://www.namisantacalara.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.) 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**