



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

**Santa Clara County**

**Volume XXXVII · No. 5**

**May 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](http://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 4, 18 Sat. Connect 2 U Social Group (p.7)**

**May 7/Tues. NAMI SCC Board Meeting**

**May 11, 25/Sat. Nature Walk (p.7)**

**May 14/Tues. NAMI SCC General Meeting**

**May 27/Mon. Office closed for Memorial Day**

**June 1/Sat. NAMIWalk in Golden Gate Park (p.7)**

**June 27–30 NAMI National Convention (p.6)**

**General Meeting, Tues., May 14, 2013**

**Panel Discussion About  
Consumer Programs at NAMI SCC**

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

The May General Meeting will be a panel discussion with the coordinator and one presenter, pal or mentor of each of our consumer programs: **IOOV, Peer PALS, Peer-to-Peer and Connection Recovery Support Group.**

If you are not familiar with these programs, the evening will be a great opportunity to learn about them, as well as to ask questions.

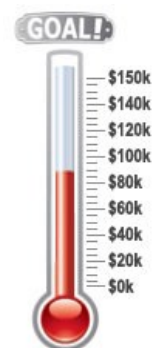
Join us at **7:30** for NAMI announcements. The presentation will be from **8 to 9 P.M.**

**NOTE:** Directions to Good Samaritan Hospital can be found at [www.maps.yahoo.com](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 over 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.namisantacalara.org](http://www.namisantacalara.org).



**NAMIWalk 2013 Is Fast Approaching!  
Saturday, June 1**

Please see page 7 for the latest updates about Registration, tips about Teams and Walker Pages, bus transportation on the day of the Walk, as well as information about the Brave Hearts team.

**facebook** Our Facebook page at **NAMI Santa Clara County** has lots of articles recently posted and links to other mental health organizations. And be sure to *like* us!

**Wellness Recovery Action Plan (WRAP)****NAMI General Meeting Write-Up****March 12, 2013****By Cole Buxbaum**

**The Wellness Recovery Action Plan (WRAP)** is an advocate-based system that is used worldwide by people who are dealing with mental health and other kinds of health challenges; it is used by people who want to attain the highest possible level of wellness. Four speakers presented their views of the plan: **BJ North, Lynn Murphy, Wynette Brock and Tim Lawson.**

The lead speaker, BJ North, described the plan that individuals can write for themselves so that they can have continued wellness in their lives. It helps them to respond rather than react, and to better educate themselves. BJ North has led many WRAP groups and obtained a certificate in Advanced Alcohol and Drug Studies.

**BJ North** has been involved since 1999 when originally learning about the program from one of its founders, **Mary Ellen Copeland, Ph.D.**, who claims that people with mental illness can organize themselves with helpful resources (she herself recovered). The first part starts with the foundation, including concepts such as whole-person responsibility, education and self-advocacy. The second part is called the "Wellness Toolbox Plan," wherein the tools that are most beneficial are identified and participants learn how to use them when needed. It has six key elements: 1) Daily Maintenance List; 2) Identifying Triggers and An Action Plan; 3) Identifying Early Warning Signs and An Action Plan; 4) Identifying When Things Are Breaking Down; 5) Crisis Planning; and 6) Post Crisis Planning.

**Lynn Murphy** is a Licensed Care Therapist with Momentum for Mental Health. She became interested in WRAP after experiencing an event herself. She attended a 3-day session when she concluded that she could not learn more about it and teach others unless she experienced it herself. "You are the only person that can do so. You must also decide who you want to help you with your WRAP plan, show it to others if you desire, and give a copy of your crisis plan to a support person before you need help." The result of "writing a WRAP," she said, "is to use your own wellness tools to relieve difficult feelings, maintain wellness and generate stability."

**Wynette Brock** went on to explain the key recovery concepts of the plan. "Hope for her," she said, "is learning other people's experiences." When she was suffering herself and had pain all over, she visited a doctor who said he could not relieve her condition. She gathered information used to figure out what works, and was then able to advocate for herself with her physicians, learn how to get through the day and became more in charge. The audience asked about factors that are important to help someone feel well: education, hope and self-advocacy.

**Tim Lawson** explained that about two years ago, he took a WRAP class with the hope of explaining it to others, particularly those who were incarcerated. Eighteen months ago he suffered a heart attack and recognized that he had to play an important role in his own recovery. Everything was happening fast, and he needed help to put things together. WRAP helped a lot.

BJ North said that God is very important in helping get us through crises like these. WRAP has been found to work well with people who have life issues.

Lynn Murphy claims that in order for us to make it through life, we should have a list of required things for daily maintenance. In addition, to survive we must find things that we love. For her it's singing. Stop to see what you do well. When things are breaking down with anger, isolation and/or internal pain, take a step back before making a mistake.

For information or help, go to [info@mentalhealthrecovery.com](mailto:info@mentalhealthrecovery.com) or call **802-254-2092**.

**May 2013**

Tuesday	Wednesday	Thursday
	1	2
7	8	9
14	15	16

**May Is Mental Health Month**

The theme of this year's May is Mental Health Month is "Pathways to Wellness," and calls attention to strategies and approaches that help all Americans achieve wellness and good mental and overall health.

Mental Health Month was created 50 years ago to raise awareness about mental health conditions and the importance of mental wellness for all. There are now designated times in May for groups to raise awareness and advocate for improvements in research, prevention and treatment on specific mental health issues. The first week in May, for example, has been designated as Children's Mental Health Week. But the specific times are not as important as educating about all mental illnesses **any** time of the year.

Here are some activities that will take place:

- ♦ **Mental Health Month Kickoff Dance at Zephyr**  
The dance will take place on **Fri., April 26**, from **1-3 P.M.** The theme is Hawaiian Style and light refreshments will be served. For more info, call **408-792-2140**.
- ♦ **Zephyr Consumer Art Show**  
This is an opportunity to exercise your creative talents and share them with your friends. Submit up to 3 pieces by **Fri., April 26**. The art show will take place on **Fri., May 3**, from **11 A.M.-3 P.M.** at Zephyr, 1075 E. Santa Clara Street, San Jose. There will be prizes for the most popular submissions.
- ♦ **South County Self-Help Center Annual Mental Health Consumer Art Show**  
This art show will take place on **Fri., May 24**, from **12-3 P.M.** at 1235 1st Street in Gilroy. Deadline to submit artwork is **Fri., May 17**. Participants may submit up to 5 artworks. Please indicate if you would like to speak about or perform your shared talent. Prizes will be given. Bring your favorite snack or dish between **11-11:30 A.M.** For more info and to RSVP, please call **408-852-2360**.
- ♦ **National Children's Mental Health Awareness Day**  
Awareness Day is a key strategy of the Caring for Every Child's Mental Health Campaign, which is part of the Public Awareness and Support Strategic Initiative by SAMHSA, the Substance Abuse and Mental Health Services Administration. This year's Awareness Day is **Thursday, May 9**. The theme for this year is effort seeks to raise awareness about the importance of children's mental health and that positive mental health is essential to a child's healthy development from birth. Communities around the country participate by holding their own Awareness Day events.

## Momentum for Mental Health Family Advisory Board Presents Family Night Stepping Out of Your Comfort Zone: Trusting Your Talents and Abilities!

Beth Johns, Manager of Momentum Employment Services, other community members, partners and staff will share about how they are inspired to create, as well as to support others to create meaningful lives through work, school and volunteering.

**WHEN:** Wed., May 22, 2013 7-9 P.M.  
**WHERE:** The Rose Room, 2001 The Alameda  
**CONTACTS:** Janna Mitchell, LMFT, 408-261-7777, ext. 2212  
Lynn Dellaporta, Family Advisory Board Member, 408-247-1362

Everyone is welcome to attend. Refreshments will be served.



### A Book Review

#### *Gaining* by Aimee Liu

At the age of 15, Aimee Liu was accepted by Wilhelmina, one of the world's top modeling agencies. Shortly after, she had magazine spreads in *Seventeen*, *Coed* and *American Girl*, and was the envy of teenage girls everywhere. But there was a price to pay with the new career she hoped would pay for college. It triggered an obsession with weight loss that not only ended her short-lived modeling career, but also threatened her life. Anorexia would consume Liu for the next decade, chronicled in her 1979 memoir, *Solitaire*. It was the first published memoir on anorexia in America, and shed light on the illness that has affected so many around the world.

Liu further explores her battle with eating disorders in her latest book, *Gaining: The Truth About Life After Eating Disorders*. She recounts surviving on nothing but oranges and chocolate chips for weeks at a time during her undergraduate years at Yale. The extreme obsession and compulsion plaguing the life of everyone dealing with an eating disorder has root in the drive to be a perfectionist, according to Liu, who interviewed over forty mental health specialists and survivors of eating disorders for her book. *Gaining* offers hope and inspiration. More info about Liu can be found on her website at <http://www.aimeeliu.net>.

### Research Study at NAMI SCC

A graduate student in the Social Work School at San Jose State University is conducting research on "The Impact of Caregiver Strain on Parents of Adult Children Diagnosed with Bipolar Disorder." She has created an anonymous survey questionnaire and is hoping that qualifying parents will fill one out when they are at the office. Questions: Call 970-226-4907.

### How to Help Someone Who Is Thinking About Suicide

Learn how to help through QPR, which stands for **Question Persuade Refer**: **Question** a person about suicide; **Persuade** the person to get help; **Refer** the person to the appropriate resource. QPR is not intended to be a form of counseling or treatment. Its goal is to offer hope through positive action. Like CPR, QPR is an emergency response to someone in crisis. For information, email [jean.kaelin@hhs.sccgov.org](mailto:jean.kaelin@hhs.sccgov.org).

## In Our Own Voice: A Road to Wellness

In Our Own Voice (IOOV) is a unique public-education program developed by NAMI, in which two trained consumer-speakers share compelling personal stories about living with and overcoming the challenges posed by mental illness. The program is dedicated to the support, education and growth of consumers as presenters. Who better to talk about coping with a mental illness than those in recovery? IOOV is an opportunity for those who have struggled with mental illness to gain confidence and to share their individual experiences of recovery and transformation.

Presentations are given to consumer groups, students, law enforcement officials, educators, providers, faith community members, politicians, professionals, inmates and civic groups. During the presentation, audience members are encouraged to offer feedback and ask questions. Audience participation is an important aspect of IOOV because the more audience members become involved, the closer they come to understanding what it is like to live with a mental illness and stay in recovery.

### IOOV Presentation on May 16, 2013

There is going to be an IOOV Presentation at the Sunrise Valley Baptist Church at 5860 Blossom Avenue in San Jose on Thursday, May 16, from 7-8:30 P.M. All are welcome to attend. The presentation will be followed by the support group for consumers, families and friends that is facilitated by Jerry Gruhn on the first and third Thursday of every month. All are invited to attend his group after the presentation.

Questions: Jerry, 408-224-8449.

### Consumer Advisory Council's Community Service Project

Individuals living with mental illness, as well as their families and friends are invited to participate in NAMI Santa Clara County's community service project organized by our Consumer Advisory Council. The service project will take place on **Saturday, May 18**. We will be cleaning up trash along a local creek, in recognition of National River Cleanup Day.

We'll meet in the NAMI parking lot at 8:30 A.M. and return around 1-1:30 P.M. Wear long sleeves, long pants, sturdy shoes and sunscreen. RSVP by calling the NAMI office by **May 10**.

### Free Dental Clinic for Those in Need

The California Dental Association (CDA) and the California Dental Association Foundation (CDAF) are sponsoring a free dental clinic for Californians in need — including uninsured, underinsured, unemployed, adults and children.

**WHEN:** Sat., May 18 – Sun., May 19, 2013

**WHERE:** San Jose Convention Center, South Hall  
150 West San Carlos St., San Jose

**TIME:** Doors open at 5 A.M.

Patients will be seen on a first-come, first-served basis with a goal of providing care to more than 2,000 people.



**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](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, 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](mailto: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 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: **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.**  
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.

**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](http://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 at 871 Enborg Ct. 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](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)** — Note: Change of Day -  
**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:** Basketball/Art Time **10 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 **9:30 A.M.**; Life Skills/You Grill It (\$.25)  
**10 A.M.**; Beading **10:30 A.M.**; Relaxation Skills Group **11:15 A.M.**;  
Italian Tu. (\$.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.**

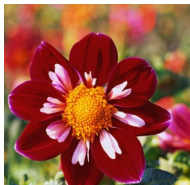
**W:** Basketball **10 A.M.**; Morning Meditation **10:05 A.M.**; Tea  
Time/Painting & Drawing/Creative Writing **10:30 A.M.**; Science/  
History/Art **12:15 P.M.**; Clothes Closet **12:30 P.M.** **NOTE:** Center  
closes at 1:30 P.M.

**TH:** So Fresh & So Clean **9:30 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.**; 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 **1:30 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 Newcom-  
ers **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 Surf-  
ing **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, May 7 at 7–9 P.M.**, at the **NAMI SCC office, 1150 S. Bascom Av., Suite 24, SJ.** All are welcome!

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

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

TH	5/2	3–5 P.M.	System Planning/Fiscal Committee
TH	5/9	2–3:30 P.M.	Family, Adolescents & Children's Committee
M	5/13	9–10:30 A.M.	Older Adult Committee
M	5/13	12–2 P.M.	Mental Health Board
TH	5/16	9–11 A.M.	Adult System of Care Committee
T	5/21	12–2 P.M.	Minority Advisory Committee
W	5/29	11:30 A.M.– 2:00 P.M.	2 <sup>nd</sup> Annual Mental Health Board Luncheon; RSVPs Only to Llolanda Ulloa, 408-793-5677

### 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).

### Mental Health Education Workshop in Mandarin Topic: Post-Traumatic Stress Disorder & Anxiety in Teens

**Katherine Fan, M.D.**, and **Jill Chen, LMFT**, will conduct a free workshop on **Sat., May 18**, from **2–4:30 P.M.** at River of Life Christian Church, 1177 Laurelwood Rd. (Room F2/F3) in Santa Clara. Questions: **Chiao-Wen Chen, 408-792-3922**.

### 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.

### 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.





## Updates for NAMIWalk 2013

By Gini Mitchem

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

## NAMIWalk Strides into May, Mental Health Month!

**Chili's Fundraiser:** A big thank you to **Barbara Thompson**, Bravehearts Co-Captain, for her hard work organizing our successful Chili's Give Back Day on March 21.

**What Teams Can Do Now:** Let's turn the spotlight on mental health by gathering together your NAMIWalk Team and preparing for the big day—**June 1** in Golden Gate Park. Team Captain and Walker materials are ready, and now is the time to spread the word: take a walk down the street to share brochures with your neighbors; deliver a poster to your local library or community center or the cafeteria at work; and, of course, there will be one on the refrigerator, too! All this builds awareness, and you never know who might want to make a donation or walk with you. Many thanks to all those who have formed teams and registered already.

**Bus on Walk Day:** Good news! The Mental Health Department will again contribute a bus to make the ride to San Francisco fun, easy and kind to the environment. Sign up soon by calling our Warmline to get your name on the list. Departure, at **8:30 A.M.** will be from the parking lot at our new office.

**Creating your Team or Walker Page:** First, please remember to select **NAMI Santa Clara** as the affiliate you are supporting. Second, on the personal or team message at the top of your web page, indicate that you are walking for NAMI Santa Clara. This way your friends, colleagues and family know that their NAMI-Walk donation will benefit our affiliate. This will encourage them to walk with you and our affiliate too.

**Questions?** Call our Warmline at **408-354-0400**, or call **Gini** at **408-259-2256** or email [vmitchem@hotmail.com](mailto:vmitchem@hotmail.com).

**Team Building:** NAMI SCC has 7 teams registered so far. Please call or email us if you need help getting set up.

**Registration:** Go to [www.namiwalksfbay.org](http://www.namiwalksfbay.org) and select NAMI Santa Clara County as your affiliate.

## Brave Hearts Walk Team Event

Join your favorite NAMIWalk team, **Bravehearts**, in Campbell for the glorious warm-up to the 2013 NAMIWalk.

At this start-up Walk and Lunch on **Sat., April 27**, at **9 A.M.**, join the NAMI SCC Nature Walk in progress at Campbell Park (see Col. 2). Tips and hints to increase your donations will be given, and lunch will be served.

Can't make this lunch but want to walk on June 1 and need a team to join, consider Bravehearts. Registration online is painless. If you need help, call **Barbara 650-576-3279** or email [barbarap2pnami@yahoo.com](mailto:barbarap2pnami@yahoo.com) or **Rick Vierhus** at [rvierhus@gmail.com](mailto:rvierhus@gmail.com) or **408-209-3031**.

Remember to register to walk for our team by going to <http://namiwalks.nami.org/bravehearts2013>.

## NAMI SCC Ongoing Activities

*Supporting others is part of the recovery process.*



Every Sunday  
3–4:30 P.M.

**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 new office on the **Sat., May 4 & 18**, from **2–4 P.M.** for board games (Bingo, Pictionary, Cards, Dominoes and more), art projects and light snacks.  
Info: **Kathy, 408-354-7077**.

**Nature Walks:** Join the group on **Saturday, May 11 & 25**, from **9–11 A.M.** Rain or Shine! The group meets at Campbell Park in Campbell (corner of Campbell & Gilman) near the playground.

## New Program Focuses on Children's Mental Health

Mental health issues can keep children from achieving academic success. While childhood is considered a carefree time, the reality is many children battle with anxiety, depression and behavior disorders. Catholic Charities is addressing some of these issues through its Prevention and Early Intervention Program, which identifies children who need help and connects them to services.

Catholic Charities launched the program in the Franklin-McKinley School District in January, 2013, thanks to a nearly \$1.3 million grant from the Santa Clara County Department of Mental Health. The countywide project includes a number of organizations that are working together to deliver these services. Catholic Charities is partnering with the Alum Rock Counseling Center to serve East San Jose.

Prevention and Early Intervention program staff — which includes therapists, behavior specialists and family partners — work with teachers and school administrators, as well as **CORAL** (Communities Organizing Resources to Advanced Learning) staff, to identify students who may be at risk for mental health issues. “We are working through our CORAL network,” says Melissa Santos, Catholic Charities’ Senior Program Director for Children’s Mental Health. “because our CORAL after-school program is already so well-established in the district, we launched the program with more than 100 referrals.”

If you know someone who may benefit from these new services, contact **Doris Garcia** at [doris@CatholicCharitiesSCC.org](mailto:doris@CatholicCharitiesSCC.org) or call **408-283-6151 ext. 315**.



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

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**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.\*\***

**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.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.) 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**