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General Meeting, Tuesday, May 13, 2014
Work Incentives Planning and Assistance, Olayinka Popoola & Liezel Taube

Our May General Meeting speakers are Olayinka Popoola & Liezel Taube, counselors at the Center for Independence of Individuals with Disabilities. If you’re on SSI and thinking about going back to work and need assistance, this presentation is for you. The counselors are trained through the Social Security Administration about public benefits and have up-to-date information to share. May’s presentation will focus on SSI; June’s will focus on SSDI.

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

May Is Mental Health Month

A number of events will take place in May in recognition of the designated month. On Thursday May 1, Zephyr Self-Help Center will present a Stigma Consortium led by Jim Raphael of the Mental Health Advocacy Project (MHAP). Jim will discuss the California Mental Health Services Agency (Cal MHSA), which is engaged in developing a statewide discrimination campaign, Each Mind Matters, to reduce mental health stigma, promote wellness and recovery, social justice and social inclusion. Everyone is invited to share their experiences and ideas on ways to improve the situation statewide.

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Silicon Valley Gives — May 6, 2014

On May 6, Silicon Valley Community Foundation (SVCF) will raise money for local nonprofits. If you are considering a charitable donation to NAMI SCC and make it on this day, NAMI SCC will benefit in two ways: we will get needed funds for our support and educational programs, and we will get more visibility (which can also lead to more funds).

Please go to http://svgives.razoo.com/story/Nami-Santa-Clara-County for a direct link to this important Day of Giving.

California Assembly Bill 2198: Suicide Prevention Training for Mental Health Professionals

The proposed legislation (AB 2198) requests that mental health professionals including Licensed Marriage and Family Therapists, Clinical Social Workers and Psychologists receive specific training in suicide assessment, treatment and management during their license renewal process. The legislation can be found at http://www.leginfo.ca.gov. Once on the Official California Legislative Information website, click on Bill Information near the bottom of the page; fill in the bill number on the page that opens; click Search; then click on the pdf file.

Our NAMI Vice President Vic Ojakian has helped to put together this legislation. Your supporting emails are needed and are very important. Please consider writing to and thanking Assemblyman Marc Levine and Senator Jerry Hill for taking the courageous action to propose the legislation. You can email Assemblyman Levine’s Legislative Dir. Ryan Ojakian, Ryan.Ojakian@asm.ca.gov; and Senator Hill’s Chief of Staff Nate Solov Nate.solov@sen.ca.gov. Thank you.

See page 3 for the latest updates about Registration, tips about Teams and Walker Pages, bus info for Walk day & BraveHearts.
National Alliance on Mental Illness (NAMI)

Mental Health Improvements Through Early Detection & Treatment
March 11, 2014 NAMI SCC General Meeting Write-Up

By Cole Buxbaum

Stephen Adelsheim, M.D., Clinical Professor of Psychiatry and Behavioral Sciences at Stanford University School of Medicine, discussed his work in the international movement towards building models for detection of serious mental illness. His presentation covered:

- Mental Health as Public Health
- Early Detection/Intervention for Psychosis
- International Expansion
- The U.S. Response
- Developing a State and National Network

Mental Health is a worldwide public health issue. It is predicted that by 2020 mental disorders will be the leading cause of disability in the world. Fifteen productive years are lost due to mental illness at present, with one in five children and teens having a diagnosable psychiatric disorder. Psychosis is defined as any number of symptoms indicating a loss of contact with reality, including:

- Hallucinations
- Delusions
- Associated features, e.g., neurocognitive impairment, behavioral/emotional changes, disordered speech, sleep difficulties

The prodromal phase encompasses the period of early symptoms or changes in functioning that precede psychosis. Symptoms generally arise gradually but are new and uncharacteristic of the person. The person retains awareness that something is not normal and thus is more amenable to help. During this phase, early intervention can be very helpful.

The shorter the “duration of untreated psychosis” (DUP) the better is the response to antipsychotics and treatment, and the less frequent the relapse rate. The average duration of untreated psychosis in the U.S. and Europe is 1–2 years. Most children who experience these symptoms think the way they feel is right, at first. The number of episodes of untreated psychosis affect the outcome and overall time lost by the patient. Stress management and psychosocial intervention are both very important.

Denial is a major problem for many young people. This impacts number of relapses and days to remission: 1st episode 47; 2nd episode 76; 3rd episode 130 days. The earlier the treatment, the more function is preserved.

Australia has extensive programs to help mentally ill youth; 77% hear about these programs from their peers. The key features of these programs are:

- Governed by a lead agency, with a consortium of local services with an independent chair
- Removing barriers to service
- Reorienting and maximizing the use of existing resources
- Meaningful youth participation, including youth reference groups
- Respectful family involvement in care and service development
- Partner to provide expanded services that fit with the local need
- Community awareness activities, including social media

Headspace is a program in Australia that supports young people and their families going through a tough time with health checks and information for them, mostly in their teens and early twenties.

Dr. Adelsheim can be reached at sadelsheim@stanford.edu.

May Is Mental Health Month (continued)

May 13: Mental Health Matters Day
There will be a gathering on the South Lawn of the Capitol Building in Sacramento starting at 10:30 A.M. The purpose is to give voice to the growing community of those who know that mental health is a critical issue and that widespread wellness is possible only when we overcome fear and stigma. Register for this event at http://www.eachmindmatters.org/events/.

May 19-23: Week-long Series of Events at El Camino Hospital in Mountain View.
Starting on Monday, May 19, the hospital will have speakers each day on a range of topics including bullying, suicide prevention and NAMI “In Our Own Voice.”

May 20: Community Resource Day
NAMI SCC and other community organizations will provide resources and information to the public and hospital staff.

Throughout the week, art from Grace Community Center in San Jose will be on display. The entire community is invited to participate. Please check the hospital website at www.elcaminohospital.org, for the daily schedule of events. Info: Lauren Olaiz, MPH, Community Liaison for Behavioral Health Services. Lauren_Olaiz@elcaminohospital.org or 650-962-4453.
BraveHearts NAMIWalk Team Update

The BraveHearts team packs a punch! Yes, the team that will walk on May 31 in Golden Gate Park will carry a powerful message of inclusion and pride for fighting the stigma of mental illness. With your participation, either as a walker, virtual walker or donor, you will be making a strong statement that the people we love and support deserve services that will improve their lives and the community. All that for the price of a beautiful morning walk and picnic in a unique location! Join us along with about 3,000 others!

Consumer Advisory Council Hosts a Talk with Law Enforcement Liaisons

On Tuesday, May 27 at 4 p.m., the Consumer Advisory Council will host a conversation with John Costa and Kathy McKenna, Law Enforcement Liaisons employed by the SCC Mental Health Department to work with police departments throughout the county. They will address these topics: How law enforcement works with Mental Health Department; training provided to officers, including CIT, of all law-enforcement agencies in SCC; a demonstration of their interactive training.

Please call the NAMI office to RSVP.

Job Readiness Workshops at Zephyr in May

In April Zephyr Self-Help Center began job readiness workshops that will continue for the next few months. Here is the schedule for May and June:

- **May 6:** Job assessment
- **May 20:** Job assessment
- **June 3:** Job assessment
- **June 17:** Getting references; benefits of volunteering

The workshops take place from 11 a.m.–noon. For more information, contact Enrique Ruiz at 408-792-2140.

Employment Support Group

2nd/4th Wednesday, 2-3 p.m.

A peer support group for those contemplating employment, actively looking or currently employed.
NAMI SCC Ongoing Activities
Supporting others is part of the recovery process.

Connection
Recovery Support Group
This group meets every Sunday 3–4:30 P.M. at the NAMI SCC office. To reduce group interruptions, please arrive between 2:45–3:10 P.M. when building doors are open. Note: that this group is for people over 18 with a mental illness.

Nature Walks
The Nature Walk takes place at 9–11 A.M. on the 1st Sunday of the month at Campbell Park in Campbell and is now being coordinated by the Davé family. For more info, contact them at 408-946-4379.

Santa Clara County Mental Health Emergency & Referral Information

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

Emergencies
Dial 911 and request a Crisis Intervention Team (CIT) officer.
NOTE: For nonemergency situations, call your local police department and ask for a CIT Officer.
Emergency Psychiatric Services (EPS) 408-885-6100
Urgent Psychiatric Care Unit 100 408-885-7855
Daily 8 A.M.–10 P.M.; walk in or by appointment
NOTE: For those with no medical insurance only
Suicide & Crisis Center Hotline (Central) 855-278-4204
Mental Health Call Center 800-704-0900
24-hr. on-call staff; Provides info/referrals M–F, 8 A.M.–5 P.M.
Gateway, Dept. of Alcohol & Drug Services 800-488-9919

211 Santa Clara County
Free nonemergency, confidential 3-digit phone number/service for access to critical services (multilingual); www.211scc.org
EMQ Child/Adolescent Mobile Crisis Prg 408-379-9085
After-hours/weekend emergencies 877-412-7474
Bill Wilson Center Teen Crisis Line 408-850-6140

Mental Health Advocacy Project (MHAP)
Free legal help for mental health patients’ rights 408-294-9730
VA Referrals—Help for Veterans 800-455-0057

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 ☐ Open Door
$ 3 Membership Type: ☐ Education Program ☐ Other

Please accept my additional donation(s): ☐ General Fund ☐ Resource Guide Available online
☐ 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.namisantaclara.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