



NAMI Santa Clara County Community Resource & Support Center

National Alliance on Mental Illness

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May 2014

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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.

(Continued on Page 2)

Calendar:

- May 3/Sun.**
Nature Walk (p.4)
- May 4,11,18,25/Sun.**
Connection Recovery Support Group, 3-4:30 P.M. (p.4)
- May 6/Tues.**
Silicon Valley Gives
- May 6/Tues.**
NAMI Board Meeting (p.3)
- May 13/Tues.**
Mental Health Matters Day (p.2)
- May 27/Tues.**
Consumer Advisory Council (p.3)
- May 31/Sat.**
SF Bay Area NAMIWalk (p.3)

Silicon Valley Gives — May 6, 2014

On May 6, Silicon Valley Community Foundation (SVCF) will raise money for local non-profits. 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.

Contact Us!

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www.namisantaclara.org
M-F, 10 A.M.-2 P.M.



See page 3 for the latest updates about Registration, tips about Teams and Walker Pages, bus info for Walk day & BraveHearts.

Mental Health Improvements Through Early Detection & Treatment**March 11, 2014 NAMI SCC General Meeting Write-Up****By Cole Buxbaum****Who's Who at the NAMI SCC Office****Navah Statman:**
Board President**Kathy Forward:**
Executive Director**Francesca Merchant:**
Office Manager**Donna Mechanic:**
Office Support**Sanja Pesich:**
Volunteer Services
Manager**Karen Fifer:**
Volunteer Coordinator**Jennifer Blostein:**
Program Coordinator**Programs****Jennifer Blostein:**
Family-to-Family
In Our Own Voice (IOOV)
Parents & Teachers as
Allies (PTAA)**Greg Osborn:**
Provider**Sharon Ruhl:**
Basics**David DeTata:**
Peer PALS**Barbara Thompson,
Kathy Williams:**
Peer-to-Peer**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.

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**.

NAMI SCC Board Meetings

Held the **first Tuesday** of the month. The next Board Meeting will take place on **Tuesday, May 6, 7-9 P.M.**, at the **NAMI SCC office**. All are welcome!

Officers of the NAMI SCC Board

President:

Navah Statman

Past President:

Jen Hong

Vice Presidents:

Victor Ojakian (1st VP)

Beverly Lozoff (2nd VP)

Juan Perez

Gerry Larvey

Treasurer:

Steven Wade

Secretary:

Peter Newman

Members-at-Large:

Alan Cade

Lowanda Pierson

We Want to Say "Thank You"!

- ◆ We just received a \$10,000 grant for our Peer PALS program from the **100 Women Charitable Foundation**. We are very grateful!
- ◆ We put out the call for a bus for NAMIWalk Day. **Navah Statman & Mary Alexander** have stepped forward to fund most of this effort.



10th Anniversary

NAMIWalk 2014 Updates

Walk Day is just around the corner! Have you registered your teams and invited your friends? There are 21 NAMI SCC teams registered and, of course, there's room for more.

Sponsors: We are delighted to welcome back sponsors Good Samaritan Hospital, the Marquardt Family, Dr. Michael James Lopez, Story Dental, Milo's Wide World of Sports, ESG Consulting and the Knights of Columbus, in addition to those mentioned previously. Thanks to all of you.

Bus Info: Walkers, call the Warm Line early to reserve your space. Our bus costs will be covered by generous donations this year.

Brochures & Posters: Please help us distribute our brochures & posters in your neighborhoods. Building awareness of our work is a primary goal of our NAMIWalk, besides education, fundraising and a party in the park!

NAMIWalk Registration
www.namiwalksfbay.org



Team Building: Our first-ever NAMI SCC Team Captain Brunch was a blast — an excellent turnout. Many thanks to **Sanja and Navah** for hosting and catering this lovely time.

Barbara, Alex, Tracy, Donna, Susan, Harold, thanks for your ongoing planning & organizing.

Volunteering for the Walk: If you can volunteer on Walk Day or during the days leading up to **May 31**, please contact us.

Let's Walk On to a wonderful day in Golden Gate Park and a very special celebration for our 10th Annual NAMIWalk! Please contact us through the office or email me at vmitchem@hotmail.com or call **408-259-2256**.

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!

The largest mental health activity in Northern California will raise awareness and critical funds for all that we do. Raise \$10 in donations (preferably online, see link below) and earn a BraveHearts T-shirt; \$100 gets you the official NAMIWalk SF Bay Area T-shirt. Contacts:

- ◆ **Barbara Thompson** (650-576-3279 or bthompson@namisantaclara.org)
- ◆ **Rick Vierhus** (408-209-3031 or rvierhus@namisantaclara.org).

The online link is <http://namiwalks.nami.org/BraveHearts2014>.

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



We're on Twitter!

Be part of our online community and engage in conversations on Mental Health on [Twitter@NAMISantaClara](https://twitter.com/NAMISantaClara)



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

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.namisantaclara.org](http://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