



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

Santa Clara County

Volume XXXVII · No. 10

October 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
 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

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

24-hr. On-Call Staff; Info/Referrals M-F, 8 A.M.-5 P.M. 1-800-704-0900

**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

**EMQ CHILD/ADOLESCENT MOBILE CRISIS
 PROGRAM**

After-hours/weekend emergencies 408-379-9085
 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

Oct. 1/Tues. NAMI SCC Board Meeting
Oct. 4 6th Annual Disability Awareness Day (p.3)
Oct. 5, 19/Sat. Connect 2 U Social Group (p.7)
Oct. 12/Sat. Mental Health Education Day (p.3)
Oct. 6-12 Mental Health Awareness Week (p.3)
Oct. 12, 26/Sat. Nature Walks (p.7)
Oct. 17 Momentum's Shining Stars Benefit (p.3)
Nov. 8 Healthcare Reform Changes Forum (p.2)

General Meeting, Tues., Oct. 8, 2013
Affordable Care Act (ACA) Explained,
Grace-Sonia Melanio
Good Samaritan Hospital Auditorium
2425 Samaritan Drive, SJ 7-9 P.M.

Our October General Meeting speaker will be **Grace-Sonia Melanio**, Director of Communications and Health Policy at the Community Health Partnership in Santa Clara. She will speak about the Affordable Care Act ("Obamacare") and will cover such topics as how the ACA impacts mental health, new coverage options that begin in 2014 and the penalty for not having health insurance.

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

NOTE: Go to www.maps.yahoo.com for directions to Good Sam. The auditorium is in the basement of the main building.

NAMI Membership: Registration/renewal can be done at the General Meeting.



NAMIWalk 2013 Was Our Best Year Yet!

We are delighted to report that both NAMIWalk SF Bay Area and NAMI Santa Clara County surpassed our goals again this year. Here are the important numbers:

- ♦ NAMIWalk SF Bay Area, consisting of 8 local affiliates, grossed over **\$471,000**.
- ♦ NAMI Santa Clara County grossed over **\$134,000** and netted almost **\$89,000**.
- ♦ Our new goal for 2014 is **\$500,000**, with **\$100,000** for Santa Clara County!

Please see **page 7** for more details about NAMIWalk.

"Adopt-A-Program"
NAMI SCC's Fundraising Campaign

Thanks to the donations of so many of you, we are moving closer to our goal of raising the funds to allow us to grow — but we still need your help. Detailed information about "Adopt-A-Program" is on our website at www.namisantacalara.org.



Check our Facebook page at **NAMI Santa Clara County** for recently posted articles and links to other organizations. Be sure to **like** us!

Healthcare Reform Changes Forum

Sourcewise (previously called Council on Aging Silicon Valley)* is hosting a forum. State officials and Healthcare Plan representatives will speak about these important topics:

- ♦ **Cal MediConnect:** A practical approach to making your decision and knowing what to look for in a health plan.
- ♦ **Medi-Cal:** Eligibility, share-of-cost, and so on.
- ♦ **Medicare:** A brief overview, 2014 annual updates and changes due to the Affordable Care Act.

WHEN: Fri., November 8, 9 A.M.–1 P.M.

WHERE: Santa Clara Convention Center, Exhibit Hall A
5001 Great America Parkway, Santa Clara

To learn more and to register for this free event, visit www.sccduals.com. You can also call Sourcewise at 408-350-3200, option 2. Language translation services will be provided in Vietnamese, Spanish, Mandarin, Russian and American Sign Language. **NOTE:** Seating is limited

*See p.7 for more about Sourcewise.



Screening of *The Shaken Tree* — en Español

Santa Clara County's Office of Family Affairs presents *The Shaken Tree*—en español. This award-winning documentary shares the perspective of family members about their loved ones living with mental illness. Discussion will follow the screening.

WHEN: Sat., October 26, 1–3 P.M.

WHERE: NAMI Santa Clara County
1150 S. Bascom Av, Suite 24, San Jose

INFO: Juan Perez, 408-528-5353

NAMI California Conference 2013 Write-Up

By Cole Buxbaum

California's Conference was held on Aug. 16–17. This year's theme was Building a Roadmap from Prevention to Wellness.

One of the workshops I attended was Integrated Care: Treating Body and Mind at Community Health Centers. The speakers were **Petra Stanton**, Assistant Director of Clinical Affairs California Primary Care Association, and **Brenda Goldstein**, Director of Psychosocial Services Lifelong Medical Care.

Individuals with mental illness display a greater incidence of physical ailments and major illnesses and often die twenty years earlier than the general population. To improve their outcomes, scientists have provided an answer called Integrated Care, where all of the various medical requirements are housed in one site, including supported housing.

An organization in the East Bay called **Lifelong Medical Care** serves 40,000 people in addressing this need. Hospital cost is reduced with integrated care. Regular exams reduce the incidence of medical problems.

Often people who go to a primary care facility do not identify their mental problems and therefore don't get all the medical care they require. What is needed is having treatment goals that include all areas. Case management is "the key to helping clients."

Volunteer Spotlight: Tiffany Truong

This summer we were fortunate to have **Tiffany Truong** return to our office as an intern while on break from her studies at UCLA. She will be starting her final year as a psychology major. On campus, Tiffany is actively involved in the national student-run mental health awareness organization Active Minds and serves as the co-director. She is also on the student advisory committee at the national level. (For info about Active Minds, go to www.activeminds.org.)

Active Minds was developed to empower students to speak openly about mental health. Tiffany feels that her time at our office has enabled her to increase her awareness of available mental health resources. Next, Tiffany will be applying to graduate school to pursue an advanced degree in either Social Work or Marriage and Family Therapy. We wish Tiffany luck in her future endeavors!

Our Fundraising Committee Needs You!

The Fundraising Committee is looking for volunteers. What we do is spread the word about how great NAMI is! We write about how great NAMI is and we talk about how great NAMI is. We organize events where people can talk about how NAMI has helped them. And, of course, we keep track of all the above.

The Fundraising Committee helps with some of NAMI SCC's most valuable relationships: the donors, local foundations, government and companies that support NAMI doing what it does best. Whatever your skills are, the Fundraising Committee needs your help! Email: alexander.gorelik@gmail.com.

Overcoming Barriers to Physical Healthcare Access

The People with Disabilities Foundation will present a seminar to address methods to overcome barriers to healthcare access.

WHEN: Mon., September 30, 1–4 P.M.

WHERE: Koret Auditorium, San Francisco Public Library, 100 Larkin Street, SF 94102 (Enter at Grove Street and proceed to lower level)

The general public, people with disabilities, their doctors, families and friends; the legal community; mental/social service providers are all encouraged to attend this free seminar. **RSVP to April Banerjee at abanerjee@pwwdf.org or call 415-931-3070.**

6th Annual Disability Awareness Day

Theme: Power & Strength Within

Friday, Oct. 4, 2013 9–2 P.M.

This event will take place at the **San Jose City Hall Rotunda and Plaza, 200 E Santa Clara St, San Jose**. For information, email DAD@sjdistrict1.com or call 408-535-4901. It is a free, citywide event that celebrates diversity, awareness and empowerment for persons with differing abilities. It also provides educational opportunities for the general public to understand the many barriers individuals with disabilities encounter. Informational workshops will be held from 9 A.M.–noon followed by a resource fair, live entertainment and sports demonstrations during the day.

Go to their Eventbrite page for workshop topics and registration.

Victor and Mary Ojakian Receive Jefferson Award



Victor, a NAMI SCC Board VP, and **Mary Ojakian** are the latest recipients of a Jefferson Award by KPIX for their work on suicide prevention. The local Jefferson Award is given to individuals who make a difference on a daily basis in their local communities.

The interview with the Ojakians will be aired on **Eyewitness News** on **Oct. 2** at 6 P.M., on **Oct. 3** at **noon**, and on **Oct. 5** on **CBS 5 Early Edition** at 7 A.M.

Congratulations, Vic and Mary, for this well-deserved award.

Family Caregiver Participants Needed for a New Study

San Jose State University researchers **Drs. Meekyung Han** and **Sadhna Diwan** have received a grant to study: 1) How caregivers from different cultural backgrounds (Caucasian, Chinese and Vietnamese) experience caregiving for a family member with a mental illness; and 2) The supports and resources needed to promote caregiver well being.

Participants are needed to take part in one 90-minute focus group interview (conducted separately in English, Chinese and Vietnamese). Participants must be at least 18 years of age and live with an adult family member who has a mental illness. A light dinner will be provided before the focus group. Participation is completely voluntary and confidential. Neither names nor identifying information will be obtained from participants. We greatly appreciate your input on this important topic.

If you are interested in participating in the focus group, please call **Mariah Lyons** at 831-345-3235 or 408-924-5825 or email mslyons10@gmail.com.

NEW: Family WRAP Group

Family WRAP (Wellness Recovery Action Plan) encourages each family member to add their own personal knowledge of themselves to address a plan that will promote wellness and recovery from mental illness. It is a living document to deal with triggers and what it takes to stay well. This is a lifeboat for families dealing with serious mental illness.

The Office of Family Affairs, within the SCC Mental Health Department, is offering WRAP to families on Wednesday nights. This is not a drop-in group. Please contact **Diana Guido** in advance at Diana.Guido@hhs.sccgov.org or 408-792-2166.

Luisa Perez Celebrates 85th Birthday

Luisa Perez has been a pioneer and leader in the NAMI Español movement for over 30 years. She has won numerous awards for her volunteer efforts to support and educate her community about mental illness. She is well respected and loved by many.

On August 25, Luisa's family gave her a birthday bash, surrounding her with family and friends complete with a mariachi band. In lieu of gifts, Luisa asked for donations to NAMI SCC County in memory of her son, **Mark**.

Happy Birthday, Luisa, with many more to come!

IT'S TIME

TO MAKE A DIFFERENCE

MENTAL ILLNESS AWARENESS WEEK

October 6-12, 2013



www.NAMI.org/miaw

Special Event in Celebration of Mental Illness Awareness Week (MIAW) 2013

All Communities Mental Health Education Day

Come learn all you wanted to learn about mental health. Free food and entertainment! This event is presented by NAMI Santa Clara County and the SCC Mental Health Department's Ethnic and Cultural Communities Advisory Committee (ECCAC).

WHEN: Sat., October 12, 8:30 A.M.–3:30 P.M.

WHERE: Masonic Center
2500 Masonic Drive, San Jose

For more info, go to www.namisantaclara.org.

NOTE: Preregistration is required by **Fri., October 4**.

Other Local Activities During MIAW

In 1990, Congress established the first week of October as **Mental Illness Awareness Week (MIAW)** in recognition of NAMI's efforts to raise awareness of mental illness.

Here are some activities that will take place during MIAW this year:

- ♦ **Tues., Oct. 8** is the **National Day of Prayer for Mental Illness Recovery and Understanding**. NAMI FaithNet is at www.nami.org/namifaithnet.
- ♦ **Tues., Oct. 8, 7–8:30 P.M.:** The **Social Justice Group** at Santa Teresa Church will host a NAMI presentation by **Mike and Lilly Henning**, followed by a candle lighting. Santa Teresa Church is located at 794 Calero Avenue in San Jose.
- ♦ **Thur., Oct. 10, 7–8:30 P.M.:** The **Social Justice Group** at Santa Teresa Church will host a presentation of **In Our Own Voice (IOOV)**.
- ♦ **Thurs., Oct. 10** is **World Mental Health Day**. The theme this year is Mental Health and Older Adults. For info, go to www.wfmh.org.
- ♦ **Thurs., Oct. 10** is **National Depression Screening Day**. See www.mentalhealthscreening.org.

Momentum's 16th Annual Shining Stars Rising Above Stigma Benefit

Thursday, Oct. 17, 2013 6–9 P.M.

Grand Ballroom, Santa Clara Marriott Hotel

Momentum's Benefit event is an annual celebration of achievements — a night dedicated to reducing stigma and raising hope. This year's Keynote Speaker is former Representative **Patrick Kennedy**, who will speak about such topics as eliminating mental health stigma, the impact of public policy on our healthcare system and understanding/promoting treatment of brain disease.

For info and/or reservations, call 408-254-6828 ext. 1204.

NOTE: Scholarships are available.

Network of Care

Network of Care offers good information on topics including bipolar, depression, schizophrenia and PTSD. Their website is <http://santaclara.networkofcare.org/mh/index.aspx>. It's worth checking out.

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. For peers diagnosed with bipolar disorder or clinical depression. Family members/significant others are welcome to attend as support.

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.

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.

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/3rd Wed., 6–7:30 P.M.
Body Image/Eating Disorders Support Group, Mission Oaks, 15891 Los Gatos-Almaden Rd., Rm. 295 (take elevator B). Info: **Kira Olson** at 408-356-1212 or kira@edrcsv.org.

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.

SUPPORT GROUPS FOR FAMILIES & FRIENDS

SAN JOSE — 3rd Tues. of month, 7–8:30 P.M.
NAMI SCC Office, 1150 S Bascom Ave., 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.

SAN JOSE — Every Monday, 6–7 P.M.
Eating Disorders Group. Cielo House, 334 N. Second St. Info: 775-351-9411 or akwhitlock@hotmail.com.

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.

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.

New: SAN JOSE — Every Wed., 6:30–8:30 P.M.

Family Support & Wellness, WRAP for Families. Sign up Info: Diana.Guido@hhs.sccgov.org or 408-792-2166.

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 or 408-727-5775.

SAN JOSE — Every Mon., 6:30–8 P.M.

SCC Suicide & Crisis Services provides an ongoing drop-in Survivors of Suicide Support Group. Signup 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.

SAN JOSE — Every Wed., 5:30–7:30 P.M.

Services for Brain Injury (SBI) hosts a *free* group for people with brain injuries & caregivers at 60 Daggett Dr., sbicare.org.

SE HABLA ESPAÑOL IN SAN JOSE

SAN JOSE — Last Fri./month, 7–9:30 P.M.
1150 S Bascom Ave, Ste. 24

Llame á Isabel Romero at 408-916-6193.

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.

ASIAN-COMMUNITY SUPPORT GROUPS

CUPERTINO (Korean) — 4th Tues./month, 6:30–8:30 P.M.
Family/Consumer Group. Info: **Kyo, 408-712-1149.**

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) — 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 SERVICES/SELF-HELP CENTERS

We no longer list the day-by-day classes and groups offered by Grace Community Center and the three self-help centers for consumers. Please call all centers for information, including upcoming events. Here is contact information for each center:

- ♦ **Grace Community Center** **408-293-0422**
484 E. San Fernando Street, San Jose
<http://sanjoseca.gov/facilities/facility/details/300>
- ♦ **Zephyr Central County Self-Help Center** **408-792-2140**
Downtown Mental Health, 1075 E. Santa Clara Street,
San Jose (Enter at rear of bldg.)
- ♦ **South County Self-Help Center** **408-686-2365**
1235 First Street, Gilroy

NOTE: Phoenix North County Self-Help Center is currently closed.

**Who's Who at the NAMI SCC Office**

Jen Hong: President

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

Sharon Ruhl: Basics

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)

Kathy Forward: Parent and Teachers as Allies (PTAA)

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 in-service 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.

NAMI SCC Board Meeting — The Board Meeting is held the first Tuesday of the month. The next Board Meeting will be on **Tuesday, Oct. 1, 7–9 P.M.**, at the NAMI SCC office, **1150 S. Bascom Avenue, Suite 24, San Jose**. All are welcome!

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

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

The Mental Health Board regularly meets on the 2nd Monday of the month. In October, the Board has rescheduled its meeting to take place on **Fri., October 11, 9–11 A.M.** (in the kitchen area). **NOTE: Columbus Day is Mon., October 14** and all County Offices will be closed. Please go to www.sccmhd.org and select the Mental Health Board tab at the top of the page for dates and times of other County committee meetings.

Volunteer Opportunities at NAMI SCC

We are looking for two volunteers to deliver brochures and newsletters to community locations within Santa Clara County, one time per month. If you can help out, please call our office. Mileage reimbursement may be possible.

2013–2014 NAMI Resource Handbook For Consumers, Their Families and Providers in Santa Clara County

NAMI SCC offers a Resource Handbook that is “user friendly” and includes information on the following topics:

- ♦ Scientific information on the serious mental illnesses — schizophrenia, major mood disorders, obsessive-compulsive disorder, bipolar disorder — including characteristics, causes, symptoms and treatments.
- ♦ Helpful guidelines/coping strategies for consumers with mental illness
- ♦ Treatment and the law
- ♦ Financial assistance programs
- ♦ A complete guide to SCC programs and services, including important information on how to access them.

Resource Handbooks are available at our office for a donation of \$25. They can also be mailed with the addition of \$10.

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, Victor 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.

Wellness

By **Loren Crabb**

I would like to introduce you to the concept of Wellness as part of a lifestyle that focuses on a healthy mind. It’s not a new concept, anyone familiar with the work of **Marsha Linehan** and **Mary Ellen Copeland** will have already been given a dose of Wellness along the lines that I would like to talk about here.

Think of the mind as an organ, just as you would any others in your body — heart, kidneys, etc.— and realize that it can get sick just like any of those. And when it gets sick, doctors try to treat the symptoms, just as one patient would take blood pressure medication for high blood pressure. But what if that’s not all you can do for yourself when your mind is sick? Just like the aforementioned high blood pressure patient might exercise, change their diet or meditate to reduce stress, so too can you include other methods that promote mental Wellness in your life.

First, I would like to challenge the statement made by many that we are on a “Recovery Journey.” I much prefer a “Wellness Journey.” After all, we don’t just recover one day as if we had the flu and got better. Think of Wellness in terms of a path, something you have to focus on every day as part of a lifestyle, not a finish line that you cross and then are done. Then define 3–4 things that you *must* do every day to feel good — perhaps shower, take meds, eat 3 balanced meals. Then define a list of maybe 5–10 things that make you feel good — realistically good. Could be meditating, listening to music, eating an ice cream, taking a walk... anything really that speaks to your heart and soul. Start doing your “must” items every day, then if you don’t feel well, include some of your feel-good items.

Also realize that a large part of a successful and sustainable Wellness journey is awareness. Such as being aware of your triggers, symptoms, likes, dislikes, how you are when well — and sick, and perhaps most important, being aware of your feelings from moment to moment. Awareness is key — after all, if you are aware of something, you are already more than halfway to making it better. If nothing else, think of your path in terms of a “Wellness Journey,” focus on awareness of yourself, and see where it takes you.

Halloween Party at Grace Community Center

WHEN: Friday, October 25, 5–8 P.M.

WHERE: 484 E San Fernando St
San Jose 408-293-0422

COST: \$3.00



Order NARSAD Greeting Cards & Music for the Holidays

NARSAD greeting and note cards, as well as gifts may be viewed and purchased online at www.narsadartworks.org. NARSAD “Sunshine from Darkness” artworks showcase artists whose lives have shared the common bond of mental illness.



National Alliance on Mental Illness

NAMIWalk SF Bay Area 2013 Final Numbers — Congratulations, All!

By Gini Mitchem

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

The eight participating NAMI affiliates together raised a gross income of **\$470,893** — our goal was **\$450,000**. NAMI Santa Clara County's goal was to receive a check for **\$80,000** — our actual check was **\$88,753.59!** This will be used to help finance our many NAMI SCC programs.

Once again, great thanks to everyone who participated, whether you planned, volunteered, walked, captained a team, sponsored, donated to a team or walker, or joined us in Golden Gate Park.

And now to 2014: Our first All-Affiliate Steering Committee meeting is scheduled for **Sat., September 29**, and please let us know if you would like to consider taking part in the planning for 2014. Call **Gini Mitchem** at **408-259-2256** or email **vmitchem@hotmail.com**. Also, our Warmline volunteers can find me or another member of our local NAMIWalk Committee if you call **408-453-0400**.

Walk On, Santa Clara County NAMIWalkers!

Council on Aging Silicon Valley Is Now Called “Sourcewise Community Resource Solutions”

Since 1973, the Council on Aging Silicon Valley has provided services and support to seniors in Santa Clara County. They have expanded their reach to include persons with disabilities and all adults in the county. The Council on Aging has updated their name to better reflect the expanded community they serve, i.e., all adults in the county.

Sourcewise aims to inform, educate and prepare all adults within Santa Clara County to better navigate their health and life options. Sourcewise services are Care Management, Information & Awareness, Health Insurance Counseling & Advocacy Program, Senior Employment Services, and Meals on Wheels.

Sourcewise collaborates with Santa Clara County, state and local networks to provide a streamlined approach to service and support systems. They work to empower individuals by providing access to information, allowing for personal choices and continued independence. They strive to create a community-based system of care that crosses city boundaries, income levels, geography and special interests.

For information, call **408-350-3200** or see their website, www.mysourcewise.com. Their hours are **8 A.M.–5 P.M., M–F**.

NAMI SCC Ongoing Activities

Supporting others is part of the recovery process.



NOTE: Connection Recovery Support Group meets every Sunday **3–4:30 P.M.** at the NAMI SCC office (1150 S. Bascom Avenue, Suite 24, San Jose).

Please arrive between **2:45** and **3:10 P.M.** when building doors are open. This will reduce group interruptions. Thanks!

People over 18 years of age with a 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 Walks

Important Note About These Programs: Attendance has been down for both Connect 2 U and our Nature Walks. We very much want these activities to continue and are looking for new people to lead them and ignite enthusiasm; we need two leaders per activity. Please contact the NAMI office, if interested.

Connect 2 U: Come to our office on **Sat., Oct. 5 & 19, 2–4 P.M.** for board games (Bingo, Pictionary, Cards, Dominos and more), art projects and light snacks. Info: **Kathy, 408-354-7077**.

Nature Walks: Join the group on **Sat., Oct. 12 & 26, 9–11 A.M.** Rain or Shine! The group meets at Campbell Park in Campbell (corner of Campbell & Gilman) near the playground.

Editor's Note: Due to a printing error, the following article did not appear in its entirety last month, so we have reprinted it.

Connection Support Group Facilitators Robin Stepto, Mark Fannuchi, Marianne Delatorre, Eleanor Russell, Mary Carlos, Tom Carter



On **Friday, May 31**, these individuals completed a Connection Refresher & Mentoring Training. The outcome was a plan for future topic-specific workshops or trainings that improve facilitating skills, increase interest in attracting future facilitators for training and identifying consumers interested in coordinating the Connection Support Group program. Well done!



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

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RETURN SERVICE REQUESTED

**NAMI Santa Clara County
Community Resource & Support Center
1150 S. Bascom Av 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.****

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) _____

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.) 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**