



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

Santa Clara County

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September 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
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 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

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

Sept. 2/Mon. Office closed (Labor Day)
Sept. 3/Tues. NAMI SCC Board Meeting
Sept. 7, 21/Sat. Connect 2 U Social Group (p.7)
Sept. 13/Fri. Volunteer Appreciation Event
Sept. 14, 28/Sat. Nature Walks (p.7)
Sept. 24/Tues. Talk on Finding Housing (p.3)
Sept. 24/Tues. New NAMI Member Event
Oct. 4/Fri. 6th Annual Disability Awareness Day (p.3)

facebook

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

General Meeting, Tues., Sept. 10, 2013
Ask the Doctor, Dr. Rona Hu
(Clinical Associate Professor at Stanford)
Good Samaritan Hospital Auditorium
2425 Samaritan Drive, SJ 7-9 P.M.

Dr. Rona Hu is a Clinical Associate Professor of Psychiatry, Behavioral Science and Psychopharmacology at Stanford School of Medicine. Dr. Hu has been at Stanford since 1998 and has been medical director for 14 years. Her main interest is schizophrenia, but she also sees those with bipolar disorder, depression and substance abuse issues.

Dr. Hu will speak briefly about schizophrenia and bipolar disorder, and then will spend most of the time answering questions.

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.



**Volunteer Appreciation
Ice Cream Social**

Friday, Sept. 13 12:30-2 P.M.

Calling all NAMI Santa Clara Volunteers. We're having an Ice Cream Social to celebrate all that you do for NAMI. It will take place at the NAMI office. For more info and to RSVP, please call the office. We look forward to seeing you.

New NAMI SCC Member Event

Tuesday, Sept. 24 6:30 P.M.

If you've recently become a member of NAMI Santa Clara County, or are thinking about becoming one, this is the event for you! We invite everybody else to greet our new and prospective members and welcome them to NAMI. This event will take place at our office. Refreshments will be served and we'll also hear presentations about recent NAMI happenings. To RSVP, email alexander.gorelik@gmail.com or call 773.255.0387.

**"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.namisantaclara.org.



Culturally Adapted, School-Based Suicide Prevention, Dr. Shashank V. Joshi
NAMI General Meeting Write-Up
June 11, 2013

By Cole Buxbaum

Dr. Shashank V. Joshi is the Director of Training in Child & Adolescent Psychiatry and Director of the School Mental Health Team of Lucile Packard Children's Hospital at Stanford. He discussed the problem of suicide risk and depression in culturally diverse communities, including Palo Alto and San Francisco.

He has been working with schools in Palo Alto and other areas on adolescent treatment of behavioral abnormalities. A few years ago, he became involved with NAMI on a concept called Supporting Alliance, meaning that there must be a therapeutic relationship between a student, her/his parents, therapists, teachers/school staff and peers to prevent suicide or self-destruction.

Dr. Joshi believes that teachers must be given training to understand what a student is going through to better decide what action should be taken. Each student can go from a normal developmental range to an abnormal one, and if problems become critical, this can lead to suicide in severe cases.

Pathways to adolescent depression include life experiences, genetics, cognitive style, emotional regulation, and level of anxiety arousal (how easily upset, how intensely felt, capacity for humor).

Some statistics about depression in teens (average onset is age 15) are as follows: About 20–25% have had an episode; 10–14% have had a major one; 20–50% have had a parent with depression; Of teens who have depression, 25% fall asleep in class, and 22% when doing homework; 50% of teens say that every night they send, read or receive text messages (obviously impacting the amount of sleep they get). “Your life is reflected in your sleep; your sleep is a reflection of your life.”

According to data from a 2009 Youth Risk Behavior Survey: **1)** 26.1% of teens felt sad or hopeless and almost daily for two consecutive weeks; **2)** 13.8% of youth recently considered suicide; **3)** In the last 12 months, 10.1% made a plan of how they would attempt suicide; **4)** In the last 12 months, 6.3% attempted suicide. In 2009 in Palo Alto, five teens committed suicide compared to the national average; this is a 20x increase from other years.

Youth need protective factors such as positive values, relationships and experiences. Youth with low asset values are more likely to engage in risky behaviors and fail to achieve success at school. Suicidal teens are less likely to go to an adult for assistance. Family support is very valuable, including positive communication, family fun night and barbecues.

Gunn High in Palo Alto is currently participating in a program called Sources of Strength, a best-practice youth suicide prevention project that utilizes the power of peer social networks to change unhealthy norms and culture and ultimately prevent suicide, bullying and substance abuse. The program is designed to increase help-seeking behaviors and connections between peers and caring adults with a focus on hope, help and strength.

Sources of Strength emphasizes engaging school, community and adults; recruiting and training peer leaders and adult advisors; and involving peer leaders in prevention activities.

More information about youth suicide may be found at these websites: <http://sourcesofstrength.com> & <http://psnpaloalto.com>.



Volunteer Spotlight: Joe Flood

An active volunteer with NAMI SCC since 2010, **Joe Flood** was invited to sit on a panel at NAMI's recently held National Convention in San Antonio, Texas. We think this is a first for NAMI SCC. The panel topic was “Emerging Technologies to Improve Care”; sitting on the panel with Joe were NAMI Medical Director **Dr. Kenneth Duckworth** and NAMI President **Keris Myrick, Ph.D.**

How did this exciting development come about? Joe was on our Fundraising and Corporate Outreach committees and was asked to contact NAMI's COO about our pioneering Corporate Outreach project. At the same time, Joe was being encouraged to repurpose a previously developed mobile diabetic app for mental health monitoring. This effort became the Personal Digital Physician (PDP) app, a continuous personal reporting system that utilizes physical data to improve the diagnosis and treatment of mental illness. It is prevention focused, supplementing and improving the effectiveness of increasingly shorter primary care or office therapy visits. You can view the PDP presentation at www.namisantaclara.org.

Joe updated the NAMI COO about progress on the mobile app, and within moments of updating her, Dr. Duckworth emailed an invitation to present PDP at the convention.

According to Joe, “Presenting PDP at the convention was exciting and a wonderful opportunity, not to mention a bit intimidating. I learned a lot and it's helping to advance development along with providing excellent visibility for NAMI Santa Clara County's valuable work.”

Currently, Joe is working on getting funding to move development of the PDP to the next level. If you'd like to learn more about this, contact Joe at joe@bellsouth.net.

**Momentum for Mental Health
Family Advisory Board
Presents Movie Night**

Depression Out of the Shadows is a movie that tells the dramatic stories of people of different ages, from diverse backgrounds, who live with various forms of depression. Leading mental health experts highlight the latest scientific research and innovative treatments, offering greater understanding and hope for the millions of people living with this complex, but treatable, disease. The movie screening will be followed by discussion of clients and staff sharing challenges and strengths.

DATE: Wednesday, Sept. 25, 2013

TIME: 7–9 P.M.

LOCATION: The Rose Room
2001 The Alameda
San Jose CA 95126

Everyone is welcome! Light refreshments provided.

7 Cups of Tea Connects People in Need with Trained Listeners

NAMI SCC and 7 Cups of Tea (a phone/text chat line) are now partners. Our website, www.namisantaclara.org, now includes access to NAMI Listeners through 7 Cups of Tea. NAMI Listeners can offer emotional health and well-being support services to people who need to talk to someone or need extra emotional support. NAMI Listeners are trained Active Listeners who are standing by, ready to lend an ear when needed. NAMI Listeners don't judge or try to solve problems or say what to do. Listeners just listen. They understand. They provide empathic support.

If you or anyone you know needs a kind ear to listen, go to our website and click on the big blue "Want to Talk? We Can Help" box. This service makes connecting to a listener easy and convenient, while remaining completely anonymous. A secure bridging technology makes the connection, so neither the caller nor the listener's phone number or IP address is revealed.

If you're interested in becoming a NAMI Listener, go to www.7cupsoftea.com, click "Start Connecting," scroll down and click on "Become a Listener." Identify yourself as a NAMI Listener, build your NAMI Listener profile and complete the online training. This is a wonderful opportunity to make a compassionate, helpful difference in people's lives.

Sincerely,



NAMI Santa Clara County Executive Director

Information on Low Income & Homeless Housing Tuesday, Sept. 24 4 P.M.

Come to the NAMI office and listen to **Bob Dolci** talk about finding low income and homeless housing in Santa Clara County. He is an expert in independent housing.

This event is sponsored by the NAMI SCC Consumer Advisory Council. Please RSVP by calling our office at **408-453-0400**. Everyone is welcome!

NEW: Family WRAP Group

By Diana Guido

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**.

The Office of Family Affairs assists families in navigating the behavioral health system of care. They offer direct support, information and education with the goal of providing recovery and hope. They also offer a host of referrals to community resources to link families to wellness and recovery everywhere.

The 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.

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 more information, email: DAD@sjdistrict1.com or call **408-535-4901**.

Mood Disorders Day at Stanford

On July 27, the Bipolar Disorders Clinic held its 9th Annual Mood Disorders Dialogue Day — a gathering of top researchers and mental health professionals to discuss the latest treatment options and jumpstart dialog on mood disorders and other related mental illnesses. The clinic is a part of the Stanford University School of Medicine and is a leading program using the latest research and knowledge of genetics and the brain, combined with the extensive resources of Stanford, to create breakthrough treatments for mood disorders.

Dr. Terence Ketter, chief of the Bipolar Disorders Clinic, welcomed speakers and guests with the latest developments on research and updates on the clinic and its partners.

This year, the annual mood disorders event title changed from Education Day to Dialogue Day. The goal was to create a cultural exchange whereby communication about mood disorders and all mental health was open and free from stigma. Instead of the usual Q&A session at the end of the day, facilitated groups were formed to brainstorm ideas on how to create better dialogue promoting mental health issues. Some topics included bridging the gap between patient and practitioner; getting a true picture of mental illness; and addressing medical problems such as obesity & sleep apnea that may play a role in treatment of mental illness. The group sessions were well received; participation from all groups can be found at <http://bipolar.stanford.edu/documents/BrainstormingDiscussionNotes.doc>.

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

There is good information on topics including bipolar, depression, schizophrenia and PTSD at network of care:

<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.

SAN JOSE — 2nd Thurs. of month, 7–8:30 P.M.

NOTE: This support group will restart Thursday, September 12. Christian group for consumers, families, friends. H.E.L.P. at South Hills Community Church. Info: 408-997-7284.

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.

OTHER SUPPORT GROUPS, CONT'D

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., sbicares.org.

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.

ASIAN-COMMUNITY SUPPORT GROUPS

CUPERTINO (Korean) — 4th Tues./month, 6:30–8:30 P.M.
Family/Consumer Group. Info: **Kyo, 408 238 6318.**

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

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, Sept. 3, 7–9 P.M.**, at the NAMI SCC office, **1150 S. Bascom Avenue, Suite 24, San Jose**. All are welcome!

SCC Mental Health Board — September 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 September, the Board will meet on **Monday, September 9**. 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.

Opportunities at NAMI SCC

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

Paid: Volunteer Services Manager (20 hours/week during office hours) This manager will oversee the coordination and administration of all aspects of volunteer services including the warmline. For a full description of this position, please go to our website, www.namisantaclara.org.

Paid Opportunity at the Law Foundation of Silicon Valley

Mental Health Advocacy Project Peer Intern:

The Law Foundation is looking for someone familiar with the mental health system through firsthand experience who wants to assist other mental health consumers facing legal issues in the areas of housing, public benefits and/or mental health care and treatment. Part-time 10 hours per week. If you have questions or wish to apply, submit a cover letter, resume and reference information via email to jobs@lawfoundation.org.

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.

2013 NAMI SCC Picnic



NAMI SCC Annual Picnic 2013

Our annual picnic was another great party this year. The weather could not have been better. Of course this wonderful event could not and would not happen without all our dedicated volunteers. Our committee members worked behind the scenes shopping and getting our donated raffle items ready.

On picnic day, several people helped transport the goods and set up. Our kitchen staff and grillers once again did a fantastic job of feeding almost 200 people. The raffle and check-in staff kept everything organized and running smoothly. The music and entertainment, as always, were enjoyed by all. And the egg toss was such a great way to end the day. Of course, the clean-up crew was there to make sure the place was tidy and everything put away.

Many, many thanks to all of you who made this event happen. Thank you for your donations, the yummy side dishes and, most of all, for your time and dedication to NAMI SCC.





Final Notes on NAMIWalk 2013

By Gini Mitchem

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

NAMIWalk 2013 was fabulous! (Have I said that before? Probably.) We are still finalizing the reports, and they'll be available next month. Another big thank you for all that you did.

NAMI SCC hosted an excellent meeting of the NAMIWalk Executive Committee on August 2, and many thanks to **Jen Hong, Christine Baucus, Kathy Forward, and Alex Gorelik** for participating from SCC along with **Steve Way** from NAMI San Mateo, **Steve Bischoff** from NAMI Alameda, **Joe Rose** from NAMI Alameda County South and **Giff Boycesmith** from NAMI SF.

We are moving ahead to 2014! As always, if you would like to help in the planning of this event, please let us know. Our Steering Committee meetings for all participating affiliates will start very soon, and we'd be delighted to talk to you. Contact **Gini Mitchem** at vmitchem@hotmail.com or 408-259-2256.

What a Walk We Had!

By Rick Vierhus and Barbara Thompson

So many great team members, families, friends, pets, all together walking, celebrating together, connecting with our community, recharging our batteries and filling our coffers with well-donated funds to fight stigma and educate, and support our community. You did it and soon the results will be at hand and we can admire the bounty gained in the 2013 effort.

Brave Hearts are the best!

NAMIWalk SF Bay Area Celebration & Debriefing Meeting

By Donna Mechanic

On Saturday, June 22, Gini Mitchem and I attended a Celebration/Debriefing Meeting at Jack London Square. The meeting was a combination of debriefing and thank you for the steering committee's hard work for another successful NAMIWalk. During brunch, **Laurie Williams**, NAMIWalk director, asked the attendees for ideas or changes they would like to see in order to make 2014 even better.

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.

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 P.M. 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., Sept. 7 & 21, 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., Sept. 14 & 28, 9-11 A.M. Rain or Shine! The group meets at Campbell Park in Campbell (corner of Campbell & Gilman) near the playground.

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**