

Santa Clara County Newsletter

September 2015

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Calendar:

Aug. 21-22 / Fri.-Sat.
NAMI CA Conference (p.3)

Aug. 29 / Sat.
Mood Disorders Educ. Day (p.1)

Sept. 1 / Tues.
NAMI Board Meeting (p.3)

Sept. 6 / Sun.
Nature Walk (p.4)

Sept. 7 / Mon.
Office Closed (Labor Day)

Sept. 8 / Tues.
General Meeting (p.1)

Sept. 13, 27 / Sun.
Connection Recovery Support Group (p.4)

Sept. 23 / Wed.
Momentum Family Night (p.1)

Sept. 25-26 / Fri.-Sat.
California ADA25 Conference & Disability Unity Festival (p.3)

Contact Us:

**NAMI Santa Clara County
Community Resource &
Support Center**
1150 S. Bascom Avenue
Suite 24
San Jose, CA 95128-3509
408.453.0400
www.namisantacleara.org
M-F, 10 A.M.-2 P.M.

General Meeting, Tuesday, September 8, 2015

Hon. Judge Richard J. Loftus, Jr. Mentally Ill & the California Justice System

Judge Richard J. Loftus, Jr. has been the Chair of the California Judicial Branch's Mental Health Issues Implementation Task Force since 2012. He was a member of the Task Force on Criminal Justice Collaboration on Mental Health Issues from 2009-2011. Additionally, he is the past Presiding Judge of the Superior Court of Santa Clara County.

In 1998 Judge Loftus was appointed to and has served in both the civil and criminal courts. He was supervising judge of Family Court as well as supervising and presiding judge of the Juvenile Court. While in Juvenile Court, he presided over the first juvenile mental health court and has actively promoted the establishment of such courts throughout the nation. Judge Loftus has also served on numerous Judicial Council committees including as

Vice-Chair of the Presiding Judges Advisory Committee, Working Group on Criminal Justice Realignment, Judicial Branch Leadership Budget Group, Judicial Recruitment and Retention Working Group and Judicial Education faculty.

Judge Loftus received both his B.A. and M.A. from the University of Detroit and his J.D. from the University of Michigan. Prior to his appointment, he was a high school teacher and a lawyer for 26 years.

Join us in the auditorium of Good Samaritan Hospital (in the basement of the main building) at **7:30 P.M.** for announcements. The presentation will be from **8-9 P.M.**

NOTE: Good Samaritan Hospital is located at 2425 Samaritan Drive, San Jose. Directions can be found at www.maps.yahoo.com

11h Annual Mood Disorders Education Day at Stanford University Sat., August 29, 2015 ~ 8:30 A.M.-2:30 P.M.

The **11th Annual Mood Disorders Education Day** will be held on the **Stanford University** campus at the **Frances C. Arillaga Alumni Center** at 326 Galvez St. This is an excellent opportunity for community members to learn about bipolar disorder and depressive disorder from experts in the field.

This event is free to the community, but the organizers would like attendees to register. Visit <http://med.stanford.edu/mooddisorders/MoodDisordersDay.html> for more information, including the agenda and link to register.

Free parking may be found within walking distance (there is no parking at the building).

Update from the NAMI 2015 National Convention

The NAMI 2015 National Convention that took place in San Francisco at the beginning of July featured amazing speakers and sessions throughout the four-day event. This year, audio

recordings of various speakers and sessions are available for purchase. The link in the shaded box below will take you to the website for details.

<http://vwtapes.com/nationalallianceonmentalillness.aspx>

Momentum for Mental Health Family Advisory Board Presents *The Shaken Tree*

The Shaken Tree is a poignant and moving award-winning film documenting the perspective of family members of those living with mental illness. If you haven't yet viewed this film, this is an opportunity. The screening will be followed by a facilitated discussion.

WHEN: Wed., September 23, 2015
7 P.M. – 9 P.M.

WHERE: 2001 The Alameda
San Jose 95126

Everyone is welcome to attend!
Light refreshments will be provided.

For more information, contact:

- ♦ **Janna Mitchell, LMFT, 408-261-7777 ext. 2212**
- ♦ **Lynn Dellaporta, Family Advisory Board Member, 408-247-1362**

Who's Who at the NAMI SCC Office

Kathy Forward:
Executive Director

Francesca Merchant:
Office Manager

Dawn Brown:
Development Manager

Donna Mechanic:
Administrative Helper

Rita Girman:
Warmline/Help Desk Manager

Indra Carlos:
Volunteer Services Coordinator

Karen Fifer:
Office and Outreach Assistant

Eleanor Russell:
Volunteer Project Assistant

Verna Barrientos:
Volunteer Project Assistant

Programs

Indra Carlos:
Family-to-Family

Greg Osborn:
Provider Education

Sharon Ruhl:
NAMI Basics

Cindy McCalmont:
Peer PALS Advisor

David DeTata:
Peer PALS Coordinator

Barbara Thompson:
Peer-to-Peer

Isabel Romero:
Spanish Program Coordinator

Marc Fowler:
Community Programs
Coordinator (In Our Own
Voice, Ending the Silence,
Parents & Teachers as Allies)

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.

Jacob Ballon, M.D., Director of INSPIRE Clinic at Stanford June 9, 2015 General Meeting Write-Up

By Cole Buxbaum

Jacob Ballon, M.D., Director of the INSPIRE Clinic at Stanford University, presented at our general meeting with **Tracy Chesler**, Clinical Social Worker. They spoke about the program they started at Stanford, working with people with psychiatric disorders and those at risk. The clinic is part of Stanford Medical School's Department of Psychiatry where Dr. Ballon is an assistant professor.

According to Dr. Ballon, the name INSPIRE connotes how the staff feel about their clients and how they want clients to feel about themselves. The name was chosen to describe not just a clinic to care for the mentally ill, but one that works with other parts of the university, drawing from their specialties. For instance, they work with **Kate Hardy**, Licensed Psychologist with the world-renowned Cognitive Behavioral Therapy Program, doing brain activity studies as well as medication with patients having diagnoses including schizophrenia.

Tracy Chesler continued the presentation by describing her involvement in providing psychosocial support to patients and their families, such as texting and other support services, for example, vocational training, making sure that the illness does not define the

person, and taking advantage of the skills of team psychologists.

Dr. Ballon is emphatic when he states that when a person has a mental illness the whole family is impacted. He and his staff take advantage of all skills, trying to figure out what is best for the individual and what works for each person.

An audience member asked what is being done to better address negative symptoms. Dr. Ballon explained that while positive symptoms (such as delusions and paranoia) that are common in schizophrenia have shown important progress in reducing illness symptoms, negative symptoms (such as depression and lack of motivation) have not responded as well.

Cognitive behavioral therapy is a promising area. Brain stimulation such as ECT is also effective in reducing negative symptoms, and deeper stimulation is also being studied.

Dr. Ballon answered a number of other questions which are included in the audio recording (see below for access). Dr. Ballon may be contacted at jballon@stanford.edu

To access audio recordings of our General Meetings, go to
www.namisantaclara.org/meetings.htm

Amazon Wish List: Support Our Holiday Gift Drive

In preparation for our annual Holiday Gift Drive, we've set up an Amazon Wish List with some of the items that are needed at NAMI. You can purchase items from the list, and Amazon will ship them directly to our office for added convenience. Additionally, we can get 0.5% of your purchase price donated back to us through the Amazon Smiles program.

Use the link in the shaded box below or go to smile.amazon.com and follow these steps:

http://smile.amazon.com/gp/registry/wishlist/ref=nav_wishlist_btn

- 1) Select **NAMI Santa Clara County**;
- 2) Click on "Wish List" at the top of the page;
- 3) Search under "Find A Wish List or Registry";
- 4) Type in **NAMI Santa Clara County Holiday Drive** and you'll be taken to our list. (We've also created a general wish list that can be found in the same location.)

As always, we thank you for your support!

Participants Needed for Research Studies

- ♦ **Study at Palo Alto University**
Earn up to \$100 in a research study. We are looking for right-handed adults between the ages of 18-50 who have no medical conditions. You will be required to travel to both the Palo Alto University and Stanford campuses in Los Altos and Stanford for lab sessions and MRI scans. We have flexible hours and can work around your schedule! For more info, please call **650-417-2000 ext. 3642** or email pal-oalto.study@gmail.com

- ♦ **Study at Stanford**
Stanford is conducting a research study for people between the ages of 16-30. The study involves memory, attention and information processing, and how they relate to risk for certain mental health symptoms or conditions. Participants will receive \$15-\$30 per hour depending on the task. If interested, call **650-849-1930** or email brain-research@stanford.edu

NAMI SCC Board Meetings

Held the **first Tuesday** of the month. The next Board Meeting will take place on **Tuesday, Sept. 1, 7-9 P.M.**, at NAMI SCC.

NAMI SCC Board Officers

President:

Vic Ojakian

Past President:

Jen Hong

Vice Presidents:

Beverly Lozoff (1st VP)

Juan Perez (2nd VP)

Gerry Larvey

Harold Brown

Treasurer:

Steve Wade

Secretary:

Peter Newman

Members at Large:

Alan Cade

Lowanda Pierson

Lilly Henning

Congratulations to Michael Fitzgerald

Michael Fitzgerald, Executive Director of Behavioral Health at El Camino Hospital, received NAMI California's 2015 Outstanding Treatment Provider award. The award recognizes someone who provides "exemplary treatment and care to those suffering from severe mental illness."

NAMI CA Conference: Aug. 21-22, 2015

If you haven't already taken note of the NAMI California Conference, here are details:

WHEN: Aug. 21-22, 2015

WHERE: Newport Beach
Marriott Hotel and Spa

Go to www.namicalifornia.org for details and/or to register.

National Alliance on Mental Illness

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Recap of NAMIWalk 2015

By Gini Mitchem

NAMI Santa Clara and friends, you did a fabulous job supporting our 11th NAMIWalk SF Bay Area. All the money our NAMI SCC sponsors pledged is now in the bank, and our teams are prominent on the Top Ten list, as are some of SCC's individual walkers. While the online system is now closed for donations, Donna is still gathering last-minute checks that come into the office from sponsors, corporate matches, as well as ones forgotten under the mattress!

Thanks so much, Donna, for your meticulous work during yet another NAMIWalk year. And, of course, thanks to NAMI Santa Clara County member **Laurie Williams**, our NAMIWalk Director, for your terrific planning and guidance once again.

Thanks to you all! We'll have final numbers in the next Newsletter as well as information about NAMIWalk 2016!

Americans with Disabilities Act (ADA) 25th Conference, Sept. 25-26, 2015 Disability Unity Festival and Parade, Sept. 26, 2015

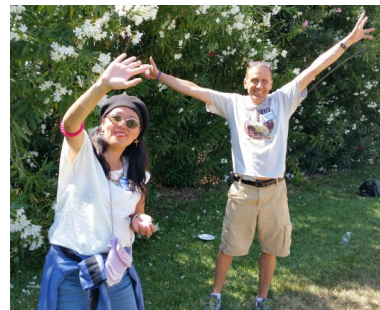
Last year the Disability Pride Parade was held in Mountain View. This year the festival, celebrating the 25th Anniversary of the Americans with Disabilities Act (ADA), has been moved to San Francisco and renamed the **Disability Unity Festival**. The **ADA Conference** takes place both on **Friday, Sept. 25**, and **Saturday, Sept. 26**. NAMI Santa Clara County advocate **Abigayil Tamara** will be presenting a workshop on Saturday.

Important Details:

- ♦ **California ADA25 Conference (Fri./Sat.)**
UC Hastings, San Francisco
Info: **877-427-0387** or DisabilityOrganizing.net
- ♦ **Festival and Parade (11 A.M.-3 P.M. Sat.)**
UN Plaza/Civic Center Plaza, SF
NOTE: The **Parade** will start at UN Plaza at **11 A.M.** Info: **408-673-7590** or DisabilityUnityFestival.org

NAMI SCC Annual Picnic 2015

Over 200 NAMI members and friends attended this year's picnic, and all had a great time.



NAMI SCC Ongoing Activities

Supporting others is part of the recovery process.

Connection Recovery Support Group

This group—for people over 18 with a mental illness—*now* meets on the **2nd & 4th Sun. from 3–4:30 P.M.** at the NAMI office. Facilitators are **Robin** and **Mary**. (To reduce group interruptions, arrive between **2:45–3:10 P.M.** when the building door is open.)

Nature Walks

Join the group **9–11 A.M.** on the **1st Sunday of the month** at Campbell Park in Campbell. For more information, call the **Davé** family at **408-946-4379**.

World Suicide Prevention Day Sept. 10

National Suicide Prevention Week is **Sept. 7-13, 2015**, the Monday-Sunday surrounding World Suicide Prevention Day, this year on **Sept. 10**. Info: www.iasp.info/wspd/index.php

NAMI Santa Clara County Warmline Help Desk

[Offers nonjudgmental support to individuals & families during times of need as well as guidance on how to begin a path of recovery.]

Hours — M–F, 10 A.M.–2 P.M. 408-453-0400

For Information in Other Languages:

Isabel Romero (se habla español) **408-453-0400 x3065**

Juan Perez (se habla español) **408-528-5353**

Athen Hong (Mandarin) **408-996-1016**

SCC Emergency & Referral Information

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 Program 408-379-9085

EMQ Families First Crisis Stabilization Unit 408-364-4083

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

New Lifestyles—The Source for Senior Living Magazine

www.NewLifeStyles.com **800-869-9549**



We're on Twitter!

Be part of our online community and engage in conversations on Mental Health on **Twitter@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 and click on "Join NAMI."

Donate a vehicle today. To find out more, call 800-240-0160 or go to www.namisantaclara.org

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