



National Alliance on Mental Illness

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Santa Clara County Newsletter

December 2014/January 2015

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General Meeting, Tuesday, January 13, 2015

Latest Medications and Q&A, Dr. Victoria Stanton

Dr. Victoria Stanton is a Psychiatrist at the Momentum for Mental Health Alameda Clinic. She is dedicated to active collaboration with patients, families and other clinicians.

Dr. Stanton graduated from medical school at the University of California at San Francisco and completed her psychiatric residency at the Stanford University Hospital and Clinics.

Dr. Stanton is board certified in Psychiatry and Neurology.

Dr. Stanton will update the audience about current and new medications in treating mental illnesses, and then she will take questions from the floor.

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

NOTE: We will be back in our usual meeting place in the auditorium in the basement of the main building of Good Samaritan Hospital. Check www.maps.yahoo.com for directions.

Momentum's Family Night Holiday Celebration

Momentum for Mental Health in collaboration with Momentum's Family Advisory Board will host a Family Night Holiday Celebration with delicious holiday foods, games and ideas for coping with holiday stressors. Everyone is welcome, including children!

WHEN: Wed., Dec. 10, 2014, 7-9 P.M.

WHERE: 2001 The Alameda SJ 95126

CONTACTS: Janna Mitchell
408-261-7777 x 2212

Lynn Dellaporta
408-247-1362

Calendar:

- Dec. 2/Jan. 6 / Tues.**
NAMI Board Meeting (p.3)
- Dec. 7, Jan. 4 / Sun.**
Nature Walk (p.4)
- Dec. 7, 14, 21, 28 / Jan. 4, 11, 18, 25 / Sun.**
Recovery Support Group (p.4)
- Dec. 10 / Wed.**
Momentum Family Night (p.3)
- Dec. 19 / Fri.**
Holiday Crafts / Dinner (p.3)
- Dec. 25/Jan. 1 / Thurs.**
Office Closed
- Jan. 19 / Mon.**
Office closed (MLK Day)
- Jan. 27 / Tues.**
Consumer Advisory Conversation (p.2)

NAMI SCC Board Officer Nominations

In accordance with our bylaws, our annual election of officers will take place at the March, 2015 General Meeting. We need candidates for:

- President
- 4 Vice Presidents
- Treasurer
- Secretary

If you are interested in any of these positions

or wish to suggest someone, please contact the NAMI SCC office. If you are interested in serving on the nominating committee, contact **Navah Statman**, NAMI SCC Board President, at nstatman@namisantaclara.org

Nominations will be accepted from the floor at the February and March general meetings. Installation of officers will take place at the April meeting, following the election in March.

Directing Change Student Video Contest

Students throughout California are invited to Direct Change by submitting 60-second films in two categories: Suicide Prevention and Ending the Silence. The winning teams and their associated high schools will win prizes, receive mental health or suicide prevention

programs for their schools, participate in a meeting with state legislators on these topics and attend an award ceremony.

Submissions are due **February 1, 2015**. For contest rules and more information, visit www.directingchange.org.

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

NAMI SCC Extends Wishes for a Very Happy and Safe Holiday Season!

The NAMI Office will be closed in observance of the following holidays:

- Dec. 25, 2014**
Christmas Day
- Jan. 1, 2015**
New Year's Day



Who's Who at the NAMI SCC Office

Kathy Forward:
Executive Director

Francesca Merchant:
Office Manager

Sanja Pesich:
Volunteer Services Manager

Dawn Brown:
Development Manager

Donna Mechanic:
Administrative Helper

Karen Fifer:
Office Outreach Assistant

Eleanor Russell:
Volunteer Assistant

Michelle Ta:
Bookkeeper

Programs

Kathy Forward:
Family-to-Family
In Our Own Voice (IOOV)
Parents & Teachers as Allies (PTAA)
Ending the Silence

Greg Osborn:
Provider Education Course

Sharon Ruhl:
Basics

Cindy McCalmont:
Peer PALS Advisor

David DeTata:
Peer PALS Coordinator

Barbara Thompson:
Peer-to-Peer

Isabel Romero:
Spanish Program Coordinator

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.

Free Tobacco Cessation Groups

Thinking About Quitting?
Please Join Us!

Wed., 12 P.M. – 1 P.M.

Zephyr Self-Help Center
1075 E. Santa Clara St.
(Rear), SJ

INFO: Lorraine Zeller
408-792-2132

Latest Research About Schizophrenia, Dr. Jong H. Yoon Oct. 14, 2014 General Meeting Write-Up

By Cole Buxbaum

Dr. Jong H. Yoon completed his residency at UCSF and was a research fellow in neuroimaging at UC Berkeley. Currently he is at Stanford University.

Dr. Yoon discussed some of the latest work in his lab and others in understanding the neural mechanisms in schizophrenia. "It has been my challenge to make progress in neurological and psychiatric illnesses," he said. Recently there has been a breakthrough in Alzheimer's Disease, and the goal is to do the same for schizophrenia, which unfortunately is a more complex illness. There has been progress, and some individuals are doing better.

Schizophrenia is a disease involving cognitive and information processing. A major portion of the brain that affects thinking and reality is the prefrontal cortex. Abnormalities can result in positive or negative symptoms, or cognitive disorders. Positive symptoms refer to mental experiences that are added to the person by the illness, including hallucinations and delusions. Negative symptoms are so called because they take away from the person's usual way of being. Cognitive symptoms result when a person has trouble organizing thoughts or lacks insight, or shows impulsivity.

Gamma-Amino Butyric Acid (GABA) is one of the major neurotransmitters in the brain that

slows down the firing of the neurons. In schizophrenia there is a deficit in GABA, leading to an increase in their firing and less suppression of abnormal perception in the visual area. Dr. Yoon has done important work in this area.

Another important neurotransmitter in the brain is dopamine. When overactive, it can cause hallucinations or delusions. Also, functional impairment in thinking results, and social engagement can be reduced. Many drugs block these receptors in the brain, resulting in some improvement in thought.

The Yoon Lab has developed new high-resolution functional magnetic resonance imaging methods to more precisely measure the function of basal ganglia components, which, given their small size and location deep within the brain, has been challenging. They also seek to discover the brain mechanisms responsible for schizophrenia and to translate this knowledge into neuroimaging to improve this condition.

Dr. Yoon's lab can be reached at **650-493-5000 x69193**, or email jhyoon1@stanford.edu.

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

Consumer Advisory Conversation: W.R.A.P

You are invited to a conversation with **Karen Flink**, Peer Support Specialist from Zephyr Self-Help Center. Karen will talk about WRAP (Wellness Recovery Action Plan). This will be particularly useful for consumers who want to work on a personal plan.

WHEN: Tuesday, Jan. 27
4 P.M.

WHERE: NAMI SCC Classroom

RSVP: Please call the NAMI office at **408-453-0400** to RSVP.

Volunteer/Staff Spotlight: Eleanor Russell

Eleanor has been very engaged with NAMI SCC since taking Peer-to-Peer in 2009. And since 2010, she has been part of the Peer PALS and In Our Own Voice programs. In the same year, she started volunteering on the Warmline. In addition, she received a certification to support the Connection Recovery Support Group and has worked as a facilitator for this program.

In March of this year, Eleanor became a NAMI SCC employee as Volunteer Project Assistant. Because of her warm and welcoming personality, our group of office volunteers has significantly grown in size. Eleanor has initiated movie days and other activities for our volunteers.

Being part of the community and supporting underserved populations are very important to Eleanor. She spends time volunteering at shelters and helping the homeless. She is also an active member of her church where she participates in their "Celebrate Recovery" program.

Eleanor enjoys spending time with her large family: her three sons, three grandsons and her mother. In her free time, she likes to invite friends to her home to work on creating jewelry and she loves to go to the movies.



NAMI SCC Board Meetings

Held the **first Tuesday** of the month. The next Board Meeting will take place on **Tuesday, Dec. 2, Jan. 6 7-9 P.M.**, at NAMI SCC.

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:
Steve Wade

Secretary:
Peter Newman

Members-at-Large:
Alan Cade
Lowanda Pierson
Harold Brown



Holiday Events

December 19 / Fri.

- ◆ **Holiday Craft Fair**
11 A.M. – 3 P.M.

Sign up to sell your crafts!

**Zephyr Self-Help
Center**

1075 E. Santa Clara, SJ
(Rear) 408-792-2140

- ◆ **Christmas Dinner &
Dance 5 – 9 P.M.**

Grace Community Ctr.
484 E. San Fernando, SJ
Admission \$4

December 27 / Sat.

6 – 9 P.M.

**Holiday Potluck with
NAMI, ECCAC &
ROLF**

Festive Food, Kung Fu,
Dance, Live Music

**River of Life Christian
Church**

1177 Laurelwood Rd,
Santa Clara

RSVP: Chiao-Wen Chen,
CwChen2001@gmail.com

NAMIWalk News — Stepping into 2015!

WHAT: NAMIWalk SF Bay Area—11th year!

WHERE: Lindley Meadow in Golden Gate Park

WHY: To celebrate once again the work we do together

WHO: All of us

HOW: Be a Team Captain, Walker, Sponsor, Volunteer, Whatever category fits!

And last of all —

WHEN: It's confirmed! **Saturday, May 30, 2015** — Mark it down!

Last year's Team Captains: You are the best! Here's our NAMIWalk team list from 2014. Look at the wonderful team names and read behind the words to hear the passion, commitment and courage of our community:

ACT Now Walkers; Advocates; Arirang Network; Back Us for Bacus; Bononia Docet Walkers; BraveHearts; Break Yo Stigma; Crestwood Robins Crusaders; Criselda & Carolyn Walk 4 WISH;

El Camino Hospital Walks 4 NAMI; Friends of Grace; Good Samaritan Hospital; HOPE WALKERS; In Memory of Kate; Johnson; Joyluck; MHAT; MOMENTUM MAVERICKS; Moving Forward; NAMI EN ESPANOL; Navah's Virtual Team; Palo Alto University; Persistent Striders; Rising Phoenix; Sunrise Walkers; Team Durham; Team Stanford; TEAM TEEAH BRIAN; Team-Forward; Walking in Memory of My Dad and Sisters Linda & Cyd; Weekend Walkers; Zephyr, and a number of independent walkers.

Go NAMI Santa Clara County NAMIWalkers! If you'd like to help us plan, suggest a sponsor, or ask your company to match your NAMIWalk donations, let us know. Contact **Gini** (vmitchem@hotmail.com or 408-259-2256) or the office at 408-453-0400 to find out how to get involved.



Job Readiness Workshops and Peer Support Group at Zephyr

Zephyr Self-Help Center offers job readiness workshops and an employment support group.

For more information, call **Enrique Ruiz** at 408-792-2140.

Job Readiness

1st & 3rd Tuesdays, 11 A.M.– noon

12/02: References/ Benefits of Volunteering

12/16: Resume Writing

1/06: Second part of writing resumes

1/20: Filling out online applications

Employment Support Group

2nd & 4th Wednesdays, 2–3 P.M.

Peer support group for those contemplating employment, actively looking and currently employed.

Participants Needed for Research Studies

Brain, Stress & Genetics Study of Resilience in Families Affected by Mood Disorders

(Stanford University School of Medicine)

Eligible Participants: Between the ages of 8-17; at least one parent with either depression or bipolar disorder; no history of psychiatric illness in participant; no brace or metal in participant's body.

This study involves interviews, computer activities and saliva samples; a safe, non-invasive functional MRI brain scan.

For more info or to enroll, call **650-725-6760** or email BipolarKids@stanford.edu

Sleep-Dependent Learning in Bipolar Disorder

(Veterans Affairs PA Health Care System)

Eligible Participants: Between the ages of 18-45 with a bipolar diagnosis. Both veterans and nonveterans are eligible.

This study requires participants to go to the VA Hospital for a total of one hour across two days. Eligible subjects who complete both sessions will earn up to \$55 for their time. If interested, contact **David Grimm** at 650-849-0161.

MoodSwings: An online Self-Help Program for Bipolar Disorder

(Veterans Affairs PA Health Care System)

Eligibility Requirements: Between the ages of 21-65 with a bipolar diagnosis; have medical supervision for bipolar disorder and access to emergency care; access to a computer with Internet; able to read and speak English proficiently.

This study aims to evaluate the effectiveness of the MoodSwings website in improving the well-being of people with bipolar disorder. For more info, please call **650-849-0161** or visit www.moodswings.net.au

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—meets every **Sunday 3-4:30 P.M.** at the NAMI office. To reduce group interruptions, arrive between **2:45-3:10 P.M.** when bldg. doors are 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.**

Volunteer Opportunities at NAMI SCC

- ◆ **Outreach Representatives** (Orientation is requested.)
- ◆ **Warmline Volunteers** (Training is required.)
- ◆ **CRM Management** (Knowledge of CRM software, e.g. Salesforce.)

For more info and a volunteer application form, Contact our Volunteer Services Manager at spesich@namisantaclara.org

Paid Opportunities at NAMI SCC

- ◆ **Family-to-Family Education Coordinator (15 hours per week)**

The Family-to-Family (FTF) Education Coordinator oversees the coordination and administration of all aspects of the ongoing program. This includes the outreaching, planning, organizing, staffing, leading and controlling all the program activities.

- ◆ **Warmline Help Desk Coordinator (20 hours per week)**

The Warmline Help Desk Coordinator oversees the coordination and administration of all aspects of the Warmline Help Desk including planning, organizing, warmline staffing, training, leading and controlling Warmline activities.

For a full description of these positions, please visit our website at www.namisantaclara.org. If you are interested in one of these positions, please contact the NAMI SCC Office Manager at fmerchant@namisantaclara.org

NAMI Basics Class Starting in January, 2015

NAMI Basics is a free, six-week educational course for parents and caregivers of children and adolescents 17 and under. The course covers issues frequently faced by families dealing with a child or teen with mental illness, including how to advocate for them. If you are interested, please contact **Sharon Ruhl** at **408-453-0400** or at basics@namisantaclara.org



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 SCC Holiday Gift Drive 2014

This holiday season we will be distributing gifts to consumers at local hospitals, self-help centers, churches and homeless centers.



- ◆ Socks*
- ◆ Scarves & Gloves*
- ◆ Winter Hats*
- ◆ Power Bars*
- ◆ Toiletries
- ◆ Decks of Playing Cards
- ◆ \$5 Gift Certificates (Examples: Starbucks, Peet's, Jamba Juice, Burger King, McDonald's, Discount & Drug Stores)

Monetary donations are especially appreciated and needed to cover all expenses.

*Most-needed items; please remember that we serve both men and women.

Important Dates for the Holiday Drive

- ◆ **Mon., Dec. 1:** Please have your donations at the office. Monetary donations are most needed, since our budget for this project is well over \$2500.
- ◆ **Sat., Dec. 13, 11 A.M.-3 P.M.:** All gift bags will be assembled at the NAMI office.

NOTE: Donor letters are available if you choose to solicit at businesses to get discounts.