**General Meeting, Tuesday, February 10, 2015**

**Mental Health Services at the Gronowski Clinic in Palo Alto**

Dr. Sandra Macias is an Associate Professor at Palo Alto University, as well as the Director of the Gronowski Center, a community clinic for psychological services. Along with directing the clinic, Dr. Macias also supervises doctoral-level students and provides trainings on clinical topics.

Dr. Macias will present an overview of the Gronowski Clinic and outline treatment approaches used for various mental health issues. These include cognitive behavior therapy (CBT), dialectical behavior therapy (DBT), emotion-focused therapy (EFT), and psychodynamic therapy. Her goal for the evening is for community members to get a better understanding of what the different treatment approaches are, how they differ, and which ones work better for specific mental health issues.

Join us in the Good Samaritan Hospital auditorium (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](http://www.maps.yahoo.com)

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**A Heartfelt Thank You for Another Successful Holiday Drive**

On December 15, 2014, NAMI SCC gave holiday gifts to 508 local individuals living with mental illness at these places: Valley Medical’s Barbara Arons Pavilion, Zephyr Self Help Center, South County Self Help Center, Riviera, ACT for Mental Health, Julian Street Inn, Grace Community Center, Heaven’s Gate and our Connections Support Group. We would like to extend a huge thank you to all who donated thousands of items needed to fill the bags, along with the many volunteers who came to the office on Saturday, December 13, and worked hard to assemble the bags.

Without all of this support, NAMI’s annual holiday drive would not be possible. We have already heard from one of the agencies that received bags for their clients about how thrilled they have been to receive the gifts! It’s definitely a labor of love.

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**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 and Secretary.

If you are interested in any of these positions or wish to suggest someone, please contact a member of the nominating committee:

- Vic Ojakian, Beverly Lozoff, Juan Perez or Gerry Larvey.

Nominations will be posted on our website at the beginning of February. 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.

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**ABLE Act Permits Tax-free Savings Accounts for Some on SSI**

The Achieving a Better Life Experience, or ABLE Act, passed Congress and was signed by President Barack Obama on Dec. 19. This new law allows some families and individuals to establish tax-free savings accounts for the qualified expenses of people with blindness and physical or mental disabilities without the fear of losing government benefits.

In the final stages of the legislative process, a restriction was included on ABLE accounts: only people whose onset of disability occurred before age 26 will be eligible. This means that many adults living with serious mental illness will not qualify for these accounts. It is important to note that the age of 26 is not related to the onset of illness, but rather the point at which the Social Security Administration (SSA) deemed an individual to be so disabled that they became eligible for benefits under SSI. For many adults with serious mental illness this is long after their initial diagnosis.

For more info, go to [www.cqrcengage.com](http://www.cqrcengage.com/nami/app/document/5956217)
New SJ DBSA Group
The DBSA chapter that meets the 1st & 3rd Mon. of the month has added the 2nd & 4th Sun. at 3 P.M.
Info/location: Kristi Colino 408-657-9977 or info@dbsasanjose.org

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
Rita Girman: Warmline Help Desk Coordinator
Eleanor Russell: Volunteer Assistant
Michelle Ta: Bookkeeper

Programs
Kathy Forward: In Our Own Voice (IOOV) Parents & Teachers as Allies (PTAA) Ending the Silence
Indra Carlos: Family-to-Family
Greg Osborn: Provider Education
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.

Latest Research in Pediatric Brain Development, Dr. Manpreet Singh
Nov. 11, 2014 General Meeting Write-Up
By Cole Buxbaum

When Dr. Singh began her career as a psychiatrist, she noted that she felt like an impostor, giving advice to families but not being a parent herself. Four years ago she became a parent and that changed everything. Part of the reason she specialized is the fact that her sister has Down Syndrome and she saw what it is like to have a chromosomal abnormality that slows psychological development. For the first twenty years of her sister’s life, doctors continued to believe that she was not going to survive or develop, but they were proven wrong. She became a real joy even today at age 34. “Life is meant to be cherished,” said Dr. Singh.

Dr. Singh received an NIMH award in 2009, providing her the opportunity to do research on pediatric brain development. What is now known is that two-thirds of individuals with mood disorders manifest them in childhood and reflect a problem in brain function differently than that in adults, when a phenomenon such as schizoaffective disorder shows up. To fully decide what will happen as a child progresses in life, we must wait, watch, and wonder. However, there are things that can be done in childhood to improve the outcome, such as diet, exercise and no use of substances. Recently professionals have been able to better track how the brain grows using measuring devices, coming up with normal vs. abnormal behavior. Mood disorders can also run in families. In addition, until recently parents were blamed for psychological differences in a child, called stigma. A recent example was the increase in suicide due to “black box warnings on drugs,” which lowered the use of antidepressants.

What is important to note is that in some children and adolescents the brain is still developing and some areas may not be activated properly. In some children the brain is working ten times harder than in others due to a combination of environmental and genetic factors; they end up with behavior disorders, such as impulsivity.

Dr. Singh dismissed the importance of a chaotic disorganized environment on the normal growth of a child. Even situations such as unduly emotional stress can impact them.

The subject of the differences in behavior between bipolar disorder and ADHD was raised. With ADHD there aren’t specific mood problems. Children are externally distracted by things that are happening outside and usually do better if given specific medication like Ritalin. With bipolar disorder there is grandiosity and euphoria with unstable moods and internally distracted thoughts. The cognitive disabilities don’t usually start until a little older but they are highly functioning at first. Family history seems to be an important factor as well, and initial insomnia is a typical problem. Early intervention when signs appear seems to be very useful with family-focused treatment.

For further details, you can email Dr. Singh at mksingh@stanford.edu or 650-725-5922.

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

Family Wrap Now Being Offered in English and Spanish

WRAP (Wellness Recovery Action Plan) is an evidence-based practice that guides you through a process to allow you to develop personal resources to get well, stay well and better deal with life’s challenges. Open to everyone, the class meets at Central Wellness at the Valley Medical Center campus, 2221 Enborg Lane.

The Spanish class meets Saturday, 5-6:30 P.M.; & English class meets Wednesday, 6:30-8 P.M. (enter through the side patio door). Info: call the Office of Family Affairs at 408-792-2166 or email Diana.Guido @hhs.sccgov.org or Juan.Perez@hhs.sccgov.org

Volunteer/Staff Spotlight: Darrell Erb

Darrell joined NAMI in 1998 when he, like many other family members, was looking for help and answers. He took a class that preceded today’s Family-to-Family class. Then in 2004, Darrell joined our warmline help desk team and served on the NAMI SCC Board advocating with public officials. As one of our most experienced warmline volunteers, Darrell does a lot of warmline training & advises us on how to improve processes.

Before retiring, Darrell spent his career in the semiconductor industry working in research and development. These days, Darrell spends considerable time outdoors golfing and riding a bicycle. He also loves spending time with his three grandchildren and supporting them in their various activities.
The Passing of Peter Chymz
After graduating from Palo Alto High and UC San Diego, Peter started a successful business. When he was 27, he suffered a traumatic brain injury in a car crash and at 28 was diagnosed with a severe mental illness. Fighting intense pain and personal demons, he nevertheless grew into a kind, caring and thoughtful man. On Nov. 18, 2014, he succumbed to his injury. He will be missed greatly by his mother Margene (a longtime NAMI SCC volunteer), his siblings, their spouses and his seven nephews/nieces.

NAMI SCC Board Meetings
Held the first Tuesday of the month. The next Board Meeting will take place on Tuesday, Feb. 3, 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

National Alliance on Mental Illness

NAMIWalk 2015 News

Please plan to participate in our 2015 SF Bay Area NAMIWalk on Saturday, May 30, in Lindley Meadow located in Golden Gate Park. The Walk continues to be a significant portion of NAMI Santa Clara County’s revenue.

Now is the time to request sponsorships. Ask your doctor, dentist, pharmacist & any business you regularly support financially to return the favor. Sponsorship forms are available electronically on our website, or phone the office and we’ll mail copies. If you work for or have connections with a large corporation, coordinate your solicitation efforts with Dawn Brown, our Development Manager. Dawn can help unite efforts with others at that company.

Job Readiness Workshops and Peer Support Group at Zephyr

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

Job Readiness
1st & 3rd Tuesdays, 11 A.M.– noon
2/03: References/Getting ready for interviews
2/17: Getting ready for interviews/Part 2
3/03: Thank you & Follow-up for interviews

Employment Support Group
2nd & 4th Wednesdays, 2–3 P.M.
Peer support group for those contemplating employment, actively looking and currently employed.

7th International Together Against Stigma: Each Mind Matters Conference

This important international conference empowers community mental health through research, practice, policy and advocacy. This year’s conference takes place in San Francisco. Go to www.eachmindmatters.org and click on “International Conference Brings World Together to Combat Stigma” for info.

NAMI Conferences

NAMI National Convention
July 6–9, 2015
The NAMI 2015 National Convention will take place in San Francisco at the SF Hilton. The discounted registration fee of $195 is only available to members until Jan. 31, 2015. For more information, contact Hanem Ali at 703-524-7600 or go online to www.nami.org. For complete registration information, go to www.nami.org/convention.

NAMI California Conference
August 21–22, 2015
This year’s conference will take place in Newport Beach at the Newport Beach Marriott Hotel & Spa. The theme is “Bringing Communities Together.” For details, contact Eugenia Cervantes at Eugenia@namica.org or call 916-567-0167.

The Super Early Bird deadline is Jan. 31. Go to www.namicalifornia.org to register or send a check to NAMI California, 1851 Heritage Ln, Suite 150, Sacramento CA 95815.

Peer PALS Activities

The Peer PALS held potluck dinners in Nov. & Dec. with about 40 people at each. In Nov., dinner was followed by a talent show that featured an extremely gifted group of musicians and artists—and even a hula dancer and stand-up comedian! In Dec., the group enjoyed the annual White Elephant Gift Exchange. The next social event will be an Arts and Crafts Night on Sunday, Feb. 8 at 5 P.M.. at the NAMI SCC office. Artist and Peer PAL Molly Dyche will lead the group in making dream boards.

Team Captain Lunch
WHEN: Sat., March 7
TIME: 12–2 P.M.
Thinking about being a team captain and want to know more about what is involved? This is the perfect time to create a Walk team. Come to our Team Captain Lunch and mingle with other NAMIWalk members who will offer advice on how to have a winning team. Food will be provided.

Working together, this year’s Walk will be even more financially successful and, most importantly, will further our efforts to reduce stigma.
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.

Paid Opportunity at NAMI SCC
NAMI SCC is looking for a Community Programs Coordinator to work 12 hours per week to oversee the coordination, administration & supervision of all aspects of the IOOV, ETS & PTAA presentations. See a full job description at www.namisantaclara.org. Submit a resume and cover letter to Francesca at fmerchant@namisantaclara.org

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) 408-916-6193
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 808-850-6140

Mental Health Advocacy Project (MHAP) Free legal help for mental health patients’ rights 408-294-9730

VA Referrals—Help for Veterans 800-455-0057


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.”

Drive Change: 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