



National Alliance on Mental Illness

Volume XXXX No. 2

# Santa Clara County Newsletter

February 2015

## Inside This Issue:

General Meeting	1
Holiday Drive Thank You	1
NAMI SCC Board Officers	1
ABLE Act for SSI	1
General Meeting Write-Up	2
New WRAP Groups in English and Spanish	2
Volunteer/Staff Spotlight	2
NAMIWalk News	3
Job Workshops at Zephyr	3
Each Mind Matters Conference	3
NAMI Conferences	3
Connections Group/ Nature Walk	4
Paid Opportunity	4

## Calendar:

- Feb. 1 / Sun.**  
Nature Walk (p.4)
- Feb. 1, 8, 15, 22 / Sun.**  
Recovery Support Group (p.4)
- Feb. 3 / Tues.**  
NAMI Board Meeting (p.3)
- Feb. 8 / Sun.**  
Peer PALS Event
- Feb. 16 / Mon.**  
Office Closed for President Day
- Feb. 17-20 / Tues.-Fri.**  
Each Mind Matters Conference (p.3)
- May 30 / Sat.**  
NAMIWalk in San Francisco

## 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](http://www.namisantaclara.org)  
M-F, 10 A.M.-2 P.M.

## 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)

## 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.

## 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.

## 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/nami/app/document/5956217](http://www.cqrcengage.com/nami/app/document/5956217)

## 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.

## 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](mailto:info@dbsasanjose.org)

## 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 imposter, 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](mailto:mksingh@stanford.edu) or **650-725-5922**.

To access audio recordings of our General Meetings, go to  
[www.namiantaclara.org/meetings.htm](http://www.namiantaclara.org/meetings.htm)

## Family Wrap Now Being Offered in English and Spanish

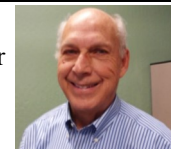
**WRAP (Wellness Recovery Action Plan)** is an evidence-based practice that guides you through a process to allow you to develop personal resources to get well, stay well and better deal with life's challenges. Open to everyone, the class meets at Central Wellness at the Valley Medical Center campus, 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](mailto:Diana.Guido@hhs.sccgov.org) or [Juan.Perez@hhs.sccgov.org](mailto: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.



## 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**



## 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.

## 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.

## 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.



## 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

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

### 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](http://www.eachmindmatters.org) and click on "International Conference Brings World Together to Combat Stigma" for info.

**WHEN: February 17-20, 2015**

**WHERE: Hyatt Regency Hotel**  
5 Embarcadero Center  
San Francisco

## 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](http://www.nami.org).

For complete registration information, go to [www.nami.org/convention](http://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](mailto:Eugenia@namica.org) or call **916-567-0167**.

The Super Early Bird deadline is **Jan. 31**. Go to [www.namicalifornia.org](http://www.namicalifornia.org) to register or send a check to NAMI California, 1851 Heritage Ln, Suite 150, Sacramento CA 95815.

## Peer PALS Activities

**By Cindy McCalmont**

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.



### 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](http://www.namisantaclara.org). Submit a resume and cover letter to **Francesca at [fmerchant@namisantaclara.org](mailto: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](http://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) 408-294-9730**  
Free legal help for mental health patients' rights

**VA Referrals—Help for Veterans 800-455-0057**

**New Lifestyles—The Source for Senior Living Magazine 800-869-9549**  
[www.NewLifeStyles.com](http://www.NewLifeStyles.com)



### 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](http://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](http://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](http://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**