

Inside This Issue:

General Meeting	1
Housing Talk	1
NAMI SCC Board Officers	1
How to Protect SSDI	1
General Meeting Write-Up	2
Barbara Thompson Wins	2
NAMIWalk News	3
Eating Disorders Awareness Week	3
Employment Rights Workshop	3
NAMI Conferences	3
Connections Group/ Nature Walk	4

General Meeting, Tuesday, March 10, 2015

Behavioral Health Challenges, Michael Fitzgerald & Dr. Daniel Becker

Join **Michael Fitzgerald**, Executive Director of Behavioral Health Services at El Camino Hospital and Chair of the California Hospital Association's Center for Behavioral Health, and **Daniel Becker, M.D.**, Medical Director for Behavioral Health Services at Mills-Peninsula Health Services, for a presentation on how their organizations are working across systems of care to address some of the most important challenges facing the behavioral health system in the U.S. today.

The presentation includes a discussion of the fragmentation of services in mental health and opportunities for change, as well as a Q&A

session. This is an ideal chance for NAMI members to engage experts from two leading organizations and provide feedback on community needs. Information on both Mills-Peninsula & El Camino Hospital Behavioral Health services will be available.

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

Consumer Advisory Council Conversation: Housing

You are invited to a conversation with **Bob Dolci**, Housing and Homeless Concerns Coordinator with the Santa Clara Behavioral Health Department. Bob will talk about housing availability and how to find housing in a tight market. This meeting will be particularly useful for consumers looking for housing.

WHEN: Tuesday, March 31 at 4 P.M.

WHERE: NAMI SCC Classroom

RSVP: 408-453-0400

Calendar:

- Mar. 1 / Sun.**
Nature Walk (p.4)
- Mar. 1, 8, 15, 22 / Sun.**
Recovery Support Group (p.4)
- Mar. 3 / Tues.**
NAMI Board Meeting (p.3)
- Mar. 7 / Sat.**
NAMIWalk Team Captain Lunch (p.3)
- Mar. 10/Tues.**
General Meeting (p.1)
- Mar. 4 / Wed.**
Employment Rights Workshop (p.3)
- Mar. 31 / Tues.**
Housing Talk (p.1)
- May 30 / Sat.**
NAMIWalk in San Francisco

NAMI SCC Board Officer Nominations

The NAMI SCC Nominating Committee is pleased to announce the following slate of officers for 2015-2016:

President: **Victor Ojakian**
1st VP: **Beverly Lozoff**
2nd VP: **Juan Perez**
Other VP's: **Gerry Larvey, Harold Brown**
Treasurer: **Steve Wade**
Secretary: **Peter Newman**

Please note that nominations can still be accepted from the floor at our March General Meeting.

The slate of candidates will be voted on at the March meeting and installation of officers will take place in April.

How to Protect SSDI — Call Your Senators!

Please tell your senators to protect Social Security Disability Insurance (SSDI) benefits. The Social Security Administration (SSA) has projected that without a reallocation of funds, the SSDI trust fund will not be able to pay full benefits within two years. Unless the Senate acts now, monthly cash SSDI benefits could be cut by as much as 19%.

Reallocation would mean a temporary shift of Social Security revenues to the SSDI fund reserves. This will extend the SSDI fund for almost two decades, without cutting Social Security coverage, eligibility or benefits—and without increasing taxpayer contributions.

Last month the House of Representatives passed a change in the rules that would create a budget "point of order" to prevent reallocating funds between Social Security trust funds. NAMI joined a coalition of national disability organizations objecting to this change. In recent decades these reallocations have proceeded with broad bipartisan support in Congress. Ask your Senator to do it again—it's important!

Contact your Senators! Help us protect SSDI for millions of Americans now and in years to come.

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.

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 Psychiatric Medications and Q&A, Victoria Stanton, M.D. Jan. 13, 2014 General Meeting Write-Up

By Cole Buxbaum

Victoria Stanton, M.D. is a psychiatrist at the Momentum for Mental Health Clinic at 2001 The Alameda in Santa Jose. She is dedicated to collaboration with patients, families and other clinicians.

Dr. Stanton's goal for the evening was to introduce the newest psychiatric medications, discuss how they fit into those already in use and answer questions. She emphasized that each person is unique so that a particular drug may not be appropriate for all.

Dr. Stanton reviewed antidepressants and antipsychotics. The **antidepressants** are SSRI's (e.g., Prozac, Zoloft); SSRI+'s (e.g., Vilibryd); SNRI's (e.g., Fetzima); Wellbutrin; Remeron; SARI's (e.g., Oleptro); and Brintellix.

The SSRI's are the most frequently used antidepressants. They are used to treat depression, anxiety, panic attacks, OCD and eating disorders. It is often weeks before they take full effect. They behave by affecting serotonin, a neurotransmitter in the brain. Other drugs work by affecting other neurotransmitters. Vilibryd, for example, may be a good option if other SSRI's do not work; it adds the medication Buspar to the standard SSRI.

SNRI's are serotonin and norepinephrine reuptake inhibitors used for the treatment of depression with few side effects. Examples are Cymbalta, Effexor, Pristiq and the newer drug Fetzima, which was approved by the FDA in 2013. Fetzima has more impact on norepinephrine than serotonin, but there is no evidence that it is superior to the older SNRI's.

Bupropion is a norepinephrine and dopamine reuptake inhibitor used to treat depression and adult ADHD. It is not associated with sexual side effects or weight gain.

Remeron is a serotonin and norepinephrine reuptake inhibitor and also an alpha blocker. It has a strong antidepressant effect.

SARI's are serotonin-2A antagonist and reuptake inhibitors. They are used to treat depression, insomnia and anxiety. The FDA approved Oleptro in 2010; it is the same as Trazodone but releases over a 24-hour period and does not show peaks and drops.

Brintellix is a multimodal antidepressant that increases serotonin, norepinephrine, dopamine, glutamate, acetylcholine and histamine. It was approved by the FDA in 2013. It has a different mechanism than any other antidepressant. It may help with cognition and there is no weight gain.

Typical antipsychotics are the earlier drugs, first generation, that were used to treat schizophrenia, delirium and other psychoses. They work by blocking dopamine. These medications are Haldol, Prolixin, Trilafon and Navane. Common side effects include drowsiness, blurred vision, tremors, muscle stiffness and uncontrolled movements (tardive dyskinesia).

Atypical antipsychotics are newer than the typical drugs; they block dopamine *and* serotonin. They are Risperdal, Seroquel, Zyprexa, Abilify, Geodon and Clozaril. The newest ones in this group are Fanapt, Saphris, Latuda, Zyprexa Relprevv and Abilify Maintena. They are less likely to cause tardive dyskinesia, movement disorders, tremors, etc. Weight gain as well as blood sugar and cholesterol should be monitored.

Fanapt, for schizophrenia, and Saphris, for schizophrenia, acute mania and mixed episodes in bipolar disorder, were approved by the FDA in 2009. Latuda was approved in 2010 for schizophrenia and for bipolar depression in 2013.

Zyprexa Relprevv, approved in 2009, and Abilify Maintena, approved in 2013, are both long-acting injectables.

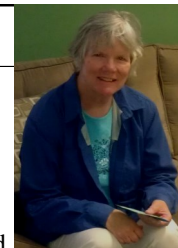
The audience had many questions for Dr. Stanton. To hear the Q&A, please go to www.namiantaclara.org/meetings.htm to access the audio recording of this General Meeting.

Barbara Thompson Wins Junior League Award

Congratulations to **Barbara Thompson** who will be honored with a Certificate of Appreciation at the Junior League of San Jose's Volunteer Recognition Luncheon on **Friday, April 24, 2015**. Barbara will be honored for her outstanding volunteer work over the past five years after completing our Peer-to-Peer Recovery Education course.

Barbara has worn many hats at NAMI SCC. As coordinator of our Warmline, she trained and staffed other volunteers to answer calls

and help people looking for support and resources. She then started coordinating all aspects of the Peer-to-Peer course, led the Consumer Advisory Council and became a NAMI SCC Board member. In addition, Barbara has been and continues to be Team Captain for our NAMIWalk and has volunteered many hours on the Steering Committee for this key fundraising event for our affiliate.



NAMI SCC Board Meetings

Held the **first Tuesday** of the month. The next Board Meeting will take place on **Tuesday, March 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

Support Group Asian Pacific Islanders (API)

As of **March, 2015** the API Adult/Young Adult Peer Support Group will meet on the **1st Thursday of each month only**. (The 3rd Thursday of the month group will no longer meet.) Info: **Sophia Huang, 408-623-9711**.

Employment Support Group at Zephyr

Zephyr Self-Help Center offers an employment support group on the **2nd & 4th Wednesdays** of the month from **2-3 P.M.** The group is for those contemplating employment, actively looking and currently employed.

NAMIWalk 2015 News

Team Captain Lunch Saturday, March 7:

If you are thinking about becoming a team captain and want to learn more about it, please attend the lunch on **Saturday, March 7**, from **noon-2 P.M.** at the NAMI SCC office. Lunch will be provided. Please RSVP by **Friday, Feb. 27** by contacting **Dawn** at

dbrown@namisantaclara.org or **Barbara** at **bthompson@namisantaclara.org**.

Kickoff Luncheon Wednesday, April 8:

Be sure to keep on your NAMI Walking Shoes and attend our Kickoff Luncheon on **Wednesday, April 8**, at the Crow Canyon Country Club in Danville. Details to follow, but mark it on your calendars.

Sponsorships: Work on Sponsorships is in full swing. Many thanks to **Alan & Janice Cade** and to **Phil Boyce**, our NAMI SCC landlord. Please send information or questions to Dawn.

Welcome to Already-Registered Santa Clara County Teams:

Go Mechanic Girls, Brave-Hearts, Good Sam, In Memory of Kate, Joy Luck, Lisel and Weekend Walkers! If you haven't found the website yet, simply go to **www.namiwalksfbay.org** and check in.

Virtual Teams: You can also register as a Virtual team. Encourage friends to join you, support you and participate in our 2015 NAMI-Walk from wherever in the world they are. Call our office with questions, and thanks so much for leading us into our 11th NAMIWalk year!

What's the date again? Saturday, May 30, in San Francisco's Golden Gate Park. Working together, this year's Walk will be even more financially successful and, most importantly, further our efforts to reduce stigma.



Eating Disorders Awareness Week: February 22-28, 2015

Eating disorders (ED's) are very serious mental illnesses with major repercussions for an individual's emotional, physical and social well-being. Early diagnosis and treatment increase the odds of recovery. Recognizing the signs of disordered eating is vital for both the public and health professionals.

During Eating Disorders Awareness Week, local events include two free public talks and an essay contest:

- ◆ **Thursday, Feb. 26**, a program focused on

recovery will be presented by Stanford Children's Health Clinic in Palo Alto.

- ◆ **Saturday, Feb. 28**, the Eating Disorders Resource Center (EDRC) will host a workshop for parents of children with ED's in Los Gatos; info at **www.edrc.org**
- ◆ EDRC will award cash prizes to middle and high school students for essays written on the theme "Every Body's Beautiful." The deadline is **Friday, March 27**.

Employment Rights Workshop

The Center for Independence of Individuals with Disabilities is hosting a free workshop on understanding your rights to employment as an individual with a disability. Topics include when and if to disclose your disability, reasonable accommodations, and so on.

RSVP to ensure seating. For accommodation requests, contact **Maisoon Sahouria**,

650-645-1780 x130 by **March 1**.

WHEN: Wednesday, March 4, 1-2:30 P.M.

WHERE: Silicon Valley Community Fdn
1300 S. El Camino Real, San Mateo
CA 94402

NOTE: Please refrain from wearing scented products to this event.

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 \$210 is available to members until **March 1, 2015**. For more info, 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**. Go to **www.namicalifornia.org** to register or send a check to NAMI California, 1851 Heritage Ln, Suite 150, Sacramento CA 95815.

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 Sun. 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.**



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 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



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."

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**